



NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Range Required																				
WINGS																				
Traditional Wings	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings Traditional Dragon-Glazed without Dressing	750	500	56	12	0	160	1090	28	1	22	36	X	X	X	X	X	X	X	X	X
Wings Traditional Garlic Parm without Dressing	940	780	87	18	0	160	1210	9	0	1	35	X	X	X	X	X	X	X	X	X
Wings Traditional Frank's Buffalo without Dressing	620	490	55	12	0	160	2660	0	0	0	34	X	X	X	X	X	X	X	X	X
Wings Traditional Signature Whiskey-Glazed without Dressing	840	490	55	12	0	160	240	56	0	54	34	X	X	X	X	X	X	X	X	X
Wings Traditional Chile-Lime without Dressing	700	550	61	13	0	160	1300	7	0	4	35	X	X	X	X	X	X	X	X	X
Wings Traditional Apple Butter BBQ without Dressing	740	500	55	12	0	160	580	29	1	24	34	X	X	X	X	X	X	X	X	X
Boneless Wings	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings Boneless Dragon-Glazed without Dressing	900	390	43	7	0	60	2970	82	7	21	42	X	X	X	X	X	X	X	X	X
Wings Boneless Garlic Parm without Dressing	1090	660	74	13	0	65	3090	63	6	10	41	X	X	X	X	X	X	X	X	X
Wings Boneless Frank's Buffalo without Dressing	770	380	42	7	0	60	4540	54	6	9	39	X	X	X	X	X	X	X	X	X
Wings Boneless Signature Whiskey-Glazed without Dressing	990	380	42	7	0	60	2820	110	6	63	39	X	X	X	X	X	X	X	X	X
Wings Boneless Chile-Lime without Dressing	850	430	48	8	0	60	3180	61	6	13	40	X	X	X	X	X	X	X	X	X
Wings Boneless Apple Butter BBQ without Dressing	880	380	42	7	0	60	3450	83	7	33	40	X	X	X	X	X	X	X	X	X
Bucket of Bones	1540	900	100	26	0	235	1140	108	4	78	57	X	X	X	X	X	X	X	X	X
Roulette Platter (Single Option)	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings - Roulette Boneless Wings BBQ without Celery and Dressing	730	310	34	6	0	50	1990	72	5	31	32	X	X	X	X	X	X	X	X	X
Wings - Roulette Boneless Wings Buffalo without Celery and Dressing	610	300	34	6	0	50	4080	43	5	7	31	X	X	X	X	X	X	X	X	X
Wings - Roulette Boneless Wings Chile-Lime without Celery and Dressing	690	360	40	6	0	50	2720	50	5	11	32	X	X	X	X	X	X	X	X	X
Wings - Roulette Boneless Wings Dragon-Glaze without Celery and Dressing	740	310	35	6	0	50	2510	71	6	29	34	X	X	X	X	X	X	X	X	X
Wings - Roulette Boneless Wings Garlic Parmesan without Celery and Dressing	930	590	65	11	0	50	2630	51	5	8	33	X	X	X	X	X	X	X	X	X
Wings - Roulette Boneless Wings Whiskey-Glaze without Dressing	830	300	34	6	0	50	2360	99	5	61	31	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings BBQ without Celery and Dressing	370	250	28	6	0	80	280	14	0	12	17	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings Buffalo without Celery and Dressing	310	250	27	6	0	80	1330	0	0	0	17	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings Chile-Lime without Celery and Dressing	350	270	30	6	0	80	650	4	0	2	17	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings Dragon-Glaze without Celery and Dressing	380	250	28	6	0	80	540	14	0	11	18	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings Garlic Parm without Celery and Dressing	470	390	43	9	0	80	600	4	0	1	18	X	X	X	X	X	X	X	X	X
Wings - Roulette Traditional Wings Whiskey-Glaze without Celery and Dressing	420	250	27	6	0	80	470	28	0	27	17	X	X	X	X	X	X	X	X	X
Wings - Roulette Wings - Side Celery (4)	5	0	0	0	0	0	15	0	0	0	0									
RANGE: Wings Roulette Platter Complete	1060-2520																			
Side Ranch Dressing	130	120	14	2.5	0	10	300	1	0	1	1	X	X	X	X	X	X	X	X	X
Side Bleu Cheese Dressing	200	190	21	4	0.5	20	310	1	0	1	2	X	X	X	X	X	X	X	X	X
APPETIZERS																				
Spinach & Artichoke Dip	760	500	55	28	1	125	2230	43	6	6	20	X	X	X	X	X	X	X	X	X
Mozarella Sticks with Marinara	840	470	52	24	1.5	75	1400	54	8	2	39	X	X	X	X	X	X	X	X	X
Green Bean Fries with Cucumber Wasabi Ranch	900	580	65	21	0	5	1720	69	8	7	9	X	X	X	X	X	X	X	X	X
Warm Pretzels with Beer Cheese FRIED	1170	670	74	25	0	85	2850	140	4	5	39	X	X	X	X	X	X	X	X	X
Warm Pretzels with Beer Cheese Sauce IMPINGER	1120	410	46	20	0	85	2850	140	4	5	39	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sesame Chicken Strips	810	200	22	3.5	0	115	1830	119	0	115	38	X	X	X	X	X	X	X	X	X
Pan-Seared Pot Stickers with Szechwan Dipping Sauce	990	230	25	9	0	15	2150	72	2	22	18	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sampler (PB)	1570	530	59	15	0	260	3840	198	2	170	68	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sampler (HB)	1510	520	58	15	0	255	3370	180	1	169	72	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sliders - 2 with Fries	820	450	50	16	0	65	1480	69	4	18	24	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sliders - 3 with Fries	1120	610	68	22	0	100	2100	93	5	27	35	X	X	X	X	X	X	X	X	X
Fridays Signature Whiskey-Glazed Sliders - 4 with Fries	1420	770	85	28	0	135	2730	116	5	36	46	X	X	X	X	X	X	X	X	X
Loaded Potato Skins	2120	830	92	26	0	90	1450	283	48	10	44	X	X	X	X	X	X	X	X	X
Giant Onion Rings (App) with BBQ Ranch	1120	470	52	10	0	5	1540	146	9	31	14	X	X	X	X	X	X	X	X	X
Philly Cheesesteak Eggrolls with Beer Cheese Sauce	1070	550	61	23	0	110	2000	82	3	4	47	X	X	X	X	X	X	X	X	X
Chips and Salsa	240	90	10	2	0	0	1310	29	4	2	4	X	X	X	X	X	X	X	X	X
CLASSIC FRIDAYS COMBO Each Option Listed Separately																				
Fridays Combo Wings - Traditional Dragon-Glazed (add choice of dressing)	500	310	34	7	0	95	940	28	1	22	23	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Traditional Frank's Buffalo (add choice of dressing)	690	580	65	13	0	100	1070	9	0	1	22	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Traditional Frank's Buffalo (add choice of dressing)	370	300	33	7	0	95	2520	0	0	0	20	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Traditional Signature Whiskey-Glazed (add choice of dressing)	560	390	33	7	0	95	890	56	0	54	20	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Traditional Chile-Lime (add choice of dressing)	450	350	39	8	0	95	1160	7	0	4	21	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Traditional Apple Butter BBQ (add choice of dressing)	490	300	33	7	0	95	430	29	1	24	21	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Dragon-Glazed (add choice of dressing)	900	390	43	7	0	60	2970	82	7	21	42	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Garlic Parm (add choice of dressing)	1090	660	74	13	0	65	3090	63	6	10	41	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Frank's Buffalo (add choice of dressing)	770	380	42	7	0	60	4540	54	6	9	39	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Signature Whiskey-Glazed (add choice of dressing)	990	380	42	7	0	60	2820	110	6	63	39	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Chile-Lime (add choice of dressing)	850	430	48	8	0	60	3180	61	6	13	40	X	X	X	X	X	X	X	X	X
Fridays Combo Wings - Boneless Apple Butter BBQ (add choice of dressing)	880	380	42	7	0	60	3450	83	7	33	40	X	X	X	X	X	X	X	X	X
Add Side Ranch Dressing	130	120	14	2.5	0	10	300	1	0	1	1	X	X	X	X	X	X	X	X	X
Add Side Bleu Cheese Dressing	200	190	21	4	0.5	20	310	1	0	1	2	X	X	X	X	X	X	X	X	X
Fridays Combo Loaded Potato Skins	850	350	39	11	0	40	980	108	18	5	18	X	X	X	X	X	X	X	X	X
Fridays Combo Mozzarella Sticks with Marinara Sauce	570	320	35	16	1	50	1000	37	5	2	26	X	X	X	X	X	X	X	X	X
Add - Fridays Combo Pan Seared Pot Stickers with Szechwan Dipping Sauce	390	150	17	6	0	10	1430	48	1	15	12	X	X	X	X	X	X	X	X	X
Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce FRIED	630	290	32	10	0	30	1490	68	2	2	17	X	X	X	X	X	X	X	X	X
Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce IMPINGER	500	160	18	7	0	30	1490	68	2	2	17	X	X	X	X	X	X	X	X	X
LOADED BURGERS																				
Seasoned Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X	X	X	X	X	X	X
Side House Salad with Bread Stick without Dressing FRIED	300	120	14	4	0	10	550	38	3	6	9	X	X	X	X	X	X	X	X	X
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing IMPINGER	280	100	11	3.5	0	10	550	38	3	6	9	X	X	X	X	X	X	X	X	X
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	330-480																			
Side House Salad without Bread Stick without Dressing																				



NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Soup - French Onion	590	160	18	10	0	105	2230	84	5	16	21	X	X					X	X	X
Soup - White Cheddar Broccoli	290	180	20	11	0	50	1550	18	2	5	12			X				X	X	X
SEASONAL SOUPS																				
Soup - Chicken Noodle (SOD)	150	30	3.5	0	0	35	910	18	1	1	11	X								X
Soup - Creamy Tomato Basil (SOD)	300	220	24	14	0	75	1930	20	4	10	5			X				X		X
Soup - New England Clam Chowder (SOD)	500	270	30	18	0	105	1560	45	2	3	14	X	X	X				X	X	X
Soup - Tortilla (SOD)	210	60	6	2.5	0	25	670	220	4	6	12	X	X	X				X	X	X
Side House Salad with Bread Stick without Dressing FRIED	300	120	14	4	0	10	550	38	3	6	9	X	X	X				X	X	X
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing IMPINGER	280	100	11	3.5	0	10	550	38	3	6	9			X						X
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	130-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X						X
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Side Caesar Salad with Breadstick FRIED	500	330	36	8	0	25	900	35	3	4	10	X	X	X				X	X	X
Side Caesar Salad with Breadstick IMPINGER	480	310	34	7	0	25	900	35	3	4	10	X	X	X				X	X	X
Side Caesar Salad without Breadstick	290	240	27	5	0	25	540	8	2	1	5	X	X	X				X	X	X
SALAD DRESSINGS																				
Balsamic Vinaigrette 1.25#	190	170	19	3	0	0	240	4	0	4	0									
BBQ Ranch 1.25#	110	80	9	1.5	0	5	230	5	0	4	1	X	X	X				X	X	X
Blue Cheese 1.25#	200	190	21	4	0.5	20	310	1	0	1	2	X	X	X				X	X	X
Cesar 1.25#	190	180	20	3.5	0	20	300	1	0	0	1	X	X	X				X	X	X
Honey Mustard 1.25#	190	160	17	2.5	0	15	320	8	0	7	0	X								
Low Fat Balsamic Vinaigrette 1.25#	50	15	2	0	0	0	180	9	0	5	0			X						
Ranch 1.25#	130	120	14	2.5	0	10	300	1	0	1	1	X						X		X
Sesame Citrus 1.25#	160	130	15	2.5	0	0	560	7	0	7	0									
SANDWICHES																				
Fridays Signature Whiskey-Glazed Chicken Sandwich without Side	1160	510	56	17	0	155	3140	107	5	64	57	X	X	X				X	X	X
Bacon Ranch Chicken Sandwich without Side	690	280	31	11	0	140	2100	47	7	12	56	X	X	X				X	X	X
Southern FRIED Chicken Sandwich without Side	920	490	55	14	0	115	2300	65	5	11	41	X	X	X				X	X	X
Buffalo FRIED Chicken Sandwich without Side	920	490	55	14	0	115	4590	66	5	11	41	X	X	X				X	X	X
Additional Items																				
Seasoned Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X				X	X	X
Side House Salad with Bread Stick without Dressing FRIED	300	120	14	4	0	10	550	38	3	6	9	X	X	X				X	X	X
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing IMPINGER	280	100	11	3.5	0	10	550	38	3	6	9			X						X
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	130-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X						X
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Substitute Giant Onion Rings	510	240	26	4.5	0	5	750	61	4	15	6	X	X	X				X	X	X
PASTAS																				
Cajun Shrimp & Chicken Pasta with Breadstick FRIED	1390	540	60	28	0	225	3230	132	8	13	73	X	X	X				X	X	X
Cajun Shrimp & Chicken Pasta with Breadstick IMPINGER	1370	520	58	27	0	225	3230	132	8	13	73	X	X	X				X	X	X
Chicken & Broccoli Cheese Tortelloni with Breadstick FRIED	1850	990	110	53	1	305	4970	140	12	13	78	X	X	X				X	X	X
Chicken & Broccoli Cheese Tortelloni with Breadstick IMPINGER	2020	1030	114	54	1	305	5330	167	13	16	83	X	X	X				X	X	X
Chicken Parmesan Pasta with Breadstick FRIED	1630	680	75	28	0.5	175	3990	161	8	16	71	X	X	X				X	X	X
Chicken Parmesan Pasta with Breadstick IMPINGER	1610	650	73	27	0.5	175	3990	161	8	16	71	X	X	X				X	X	X
SIZZLING																				
Sizzling Chicken & Shrimp with Mashed Potatoes	1030	640	71	22	0.5	200	2290	41	3	9	59			X				X	X	X
Sizzling Chicken & Cheese with Mashed Potatoes	930	540	60	22	0.5	185	2030	37	3	7	63			X				X	X	X
Sizzling Fridays Signature Whiskey-Glazed Flat Iron Steak with Mashed Potatoes	1470	700	78	34	0.5	215	3440	127	5	71	70	X	X	X				X	X	X
STEAKS																				
New York Strip (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	890	270	30	11	0	200	2710	85	7	62	71			X				X	X	X
New York Strip (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	740	310	34	13	0	200	2260	36	7	5	71			X				X	X	X
Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	670	280	31	10	0	165	3240	63	8	10	42	X	X	X				X	X	X
Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	620	270	30	9	0	160	2770	45	7	10	45	X	X	X				X	X	X
Sirloin (6 oz) (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	540	150	17	6	0	95	2420	71	6	38	32			X				X	X	X
Sirloin (6 oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	440	190	21	8	0	95	2110	36	6	4	32			X				X	X	X
Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	690	240	26	8	0	160	3340	77	8	24	42	X	X	X				X	X	X
Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	630	230	25	7	0	155	2870	59	7	23	45	X	X	X				X	X	X
PIZZAS																				
Fridays Big Ribs - Apple Butter BBQ (Half Rack) with Seasoned Fries & Colelaw	770	480	53	15	0	80	1090	50	4	23	24	X	X	X				X	X	X
Fridays Big Ribs - Apple Butter BBQ (Full Rack) with Seasoned Fries & Colelaw	1150	730	81	25	0	160	1820	66	5	35	44	X	X	X				X	X	X
Fridays Big Ribs - Whiskey-Glazed (Half Rack) with Seasoned Fries & Colelaw	1070	480	53	15	0	80	2070	127	5	99	23	X	X	X				X	X	X
Fridays Big Ribs - Whiskey-Glazed (Full Rack) with Seasoned Fries & Colelaw	1620	730	81	25	0	160	3410	185	5	153	44	X	X	X				X	X	X
Fridays Signature Whiskey-Glazed Ribs (Half Rack) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	1170	440	49	16	0	165	4180	154	8	98	37	X	X	X				X	X	X
Fridays Signature Whiskey-Glazed Ribs (Half Rack) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	1120	430	48	16	0	155	3710	136	7	97	40	X	X	X				X	X	X
Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	830	440	49	18	0	175	2840	52	7	16	52			X				X	X	X
COMBINE YOUR FAVORITES																				
Side Caesar Salad with Breadstick FRIED	500	330	36	8	0	25	900	35	3	4	10	X	X	X				X	X	X
Side Caesar Salad with Breadstick IMPINGER	480	310	34	7	0	25	900	35	3	4	10	X	X	X				X	X	X
Side House Salad with Bread Stick without Dressing FRIED	300	120	14	4	0	10	550	38	3	6	9	X	X	X				X	X	X
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing IMPINGER	280	100	11	3.5	0	10	550	38	3	6	9			X						X
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	130-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X						X
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Soup - French Onion	590	160	18	10	0	105	2230	84	5	16	21	X	X					X	X	X
Soup - White Cheddar Broccoli	290	180	20	11	0	50	1550	18	2	5	12			X				X	X	X
Soup - Chicken Noodle (SOD)	150	30	3.5	0	0	35	910	18	1	1	11	X								X
Soup - Creamy Tomato Basil (SOD)	300	220	24	14	0	75	1930	20	4	10	5			X				X		X
Soup - New England Clam Chowder (SOD)	500	270	30	18	0	105	1560	45	2	3	14	X	X	X				X	X	X
Soup - Tortilla (SOD)	210	60	6	2.5	0	25	670	220	4	6	12									



NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Fish & Chips with Seasoned Fries, Colelaw, & Tartar Sauce	1180	600	72	13	0	100	1840	97	4	16	40	X	X	X	X	X	X	X	X	X
Crispy Fried Shrimp (PB) with Cocktail Sauce, Seasoned Fries & Colelaw	820	400	45	9	0	140	2160	82	6	18	24	X	X	X	X	X	X	X	X	X
Crispy Fried Shrimp (HB) with Cocktail Sauce, Seasoned Fries & Colelaw	700	380	43	8	0	130	1220	47	4	17	30	X	X	X	X	X	X	X	X	X
Dragon-Glaze Salmon with Lemon-Butter Broccoli & Jasmine Rice	810	280	31	4.5	0	75	2170	98	7	17	40	X	X	X	X	X	X	X	X	X
Dragon-Glaze Salmon with Lemon-Butter Broccoli & Mashed Potatoes (SV)	510	210	23	6	0	80	2040	46	7	17	35	X	X	X	X	X	X	X	X	X
Dragon-Glaze Salmon with Double Lemon-Buttered Broccoli	540	230	26	7	0	75	2590	45	11	19	37	X	X	X	X	X	X	X	X	X
Simply Grilled Salmon with Lemon-Butter Broccoli & Jasmine Rice	830	370	41	9	0	80	1870	81	6	3	38	X	X	X	X	X	X	X	X	X
Simply Grilled Salmon with Lemon-Butter Broccoli & Mashed Potatoes (SV)	530	300	33	10	0	90	1740	29	7	4	34	X	X	X	X	X	X	X	X	X
Simply Grilled Salmon with Double Lemon-Buttered Broccoli	560	320	36	11	0	85	2250	29	11	5	36	X	X	X	X	X	X	X	X	X
DESSERTS																				
Red Velvet Cake	1560	720	82	35	1	295	930	195	1	244	17	X	X	X	X	X	X	X	X	X
Brownie Obsession	1180	530	58	29	0	180	480	154	4	125	14	X	X	X	X	X	X	X	X	X
Balleys -75oz Add On	70	25	3	1.5	0	10	15	5	0	4	1									
Cheo Madness	540	200	23	11	0.5	50	320	79	2	52	6									
Cinnamon Cheesecake	970	440	49	24	0	160	570	127	2	105	11	X	X	X	X	X	X	X	X	X
DESSERT DRINKS																				
Irish Coffee	140	10	1	0.5	0	5	0	14	0	14	0									
Mudslide	550	200	23	14	0	65	130	68	2	61	4									
Strawberry Shortcake	450	140	16	10	0	50	70	62	1	37	2									
KIDS																				
Kids Siders (add choice of side & beverage)	490	260	29	10	0	50	970	37	1	8	19									
Add Cheese (American - 1 slice)	60	40	4.5	2.5	0	10	180	1	0	0	3									
Kids Chicken Tenders (PB) with Honey Mustard (add choice of side & beverage)	460	280	32	5	0	60	980	27	1	8	16	X	X	X	X	X	X	X	X	X
Kids Chicken Tenders (HB) with Honey Mustard (add choice of side & beverage)	350	250	27	4.5	0	60	520	11	0	7	16	X	X	X	X	X	X	X	X	X
Kids Cheddar Mac & Cheese (add choice of side & beverage)	450	200	23	10	0	45	1390	48	0	3	17	X	X	X	X	X	X	X	X	X
Kids Penne Pasta with Alfredo Sauce (add choice of side & beverage)	290	80	9	5	0	25	520	39	2	2	11	X	X	X	X	X	X	X	X	X
Kids Penne Pasta with Butter (add choice of side & beverage)	350	160	18	5	0	10	400	35	2	1	10	X	X	X	X	X	X	X	X	X
Kids Penne Pasta with Marinara Sauce (add choice of side & beverage)	300	90	10	1.5	0	0	840	43	3	6	8	X	X	X	X	X	X	X	X	X
KIDS SIDES																				
Kids Side Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X	X	X	X	X	X	X
Kids Side Fresh Fruit Cup	50	0	0	0	0	0	0	13	1	10	1									
Kids Side Mozzarella Sticks	430	240	27	12	0.5	35	800	28	4	2	20	X	X	X	X	X	X	X	X	X
Kids Side Mashed Potatoes	130	35	4	2	0	15	560	23	1	1	3	X	X	X	X	X	X	X	X	X
Kids Side Lemon-Butter Broccoli	90	45	5	2	0	5	800	11	5	2	4	X	X	X	X	X	X	X	X	X
Kids Dessert Vanilla Ice Cream	650	250	28	15	0	140	230	94	1	88	12	X	X	X	X	X	X	X	X	X
Kids Dessert Sundae	420	210	24	13	0	135	150	48	0	48	11	X	X	X	X	X	X	X	X	X
KIDS BEVERAGES																				
Kids Blue Raspberry Slush	100	0	0	0	0	0	15	24	0	22	0									
Kids Cherry Limeade Slush	150	0	0	0	0	0	30	35	0	29	0									
Kids Strawberry Lemonade Slush	120	0	0	0	0	0	10	31	1	28	0									
Kids Apple Juice	100	0	0	0	0	0	15	24	0	24	0									
Kids Orange Juice	80	5	0	0	0	0	0	19	0	16	1									
Kids Milk 2%	140	50	5	3.5	0	20	130	13	0	13	9	X	X	X	X	X	X	X	X	X
Kids Milk 1%	90	20	2	1.5	0	10	105	10	0	10	7	X	X	X	X	X	X	X	X	X
Kids Milk 1% CA	110	20	2	1.5	0	10	140	14	0	13	9	X	X	X	X	X	X	X	X	X
Kids Chocolate Milk 1%	150	25	2.5	1.5	0	10	170	26	1	23	7	X	X	X	X	X	X	X	X	X
Kids Chocolate Milk 1% CA	180	25	2.5	1.5	0	10	210	29	1	26	10	X	X	X	X	X	X	X	X	X
Kids Lemonade	120	0	0	0	0	0	15	33	0	32	0									
Kids Tea Unsweet	5	0	0	0	0	0	10	1	0	0	0									
Kids Coke	110	0	0	0	0	0	35	29	0	29	0									
Kids Diet Coke	0	0	0	0	0	0	40	0	0	0	0									
Kids Sprite	120	0	0	0	0	0	25	30	0	27	0									
Kids Dr Pepper	110	0	0	0	0	0	45	30	0	29	0									
GLUTEN FRIENDLY MENU																				
Range Discount																				
GLUTEN FRIENDLY BURGERS																				
GS - USF's Bun - Bacon Cheeseburger without Side	850	530	59	19	0	120	2500	45	7	10	37	X	X	X	X	X	X	X	X	X
GS - Green - Bacon Cheeseburger without Side	560	390	44	17	0	120	2030	9	1	6	31	X	X	X	X	X	X	X	X	X
GS - USF's Bun - Cheeseburger without Side	780	500	55	20	0	105	2380	42	7	7	34	X	X	X	X	X	X	X	X	X
GS - Green - Cheeseburger without Side	500	360	40	18	0	105	1920	7	2	3	28	X	X	X	X	X	X	X	X	X
GS - USF's Bun - Spicy Reaper Burger without Side	880	570	62	20	0	120	3160	46	8	10	34	X	X	X	X	X	X	X	X	X
GS - Green Style - Spicy Reaper Burger without Side	590	430	48	19	0	120	2700	10	2	5	28	X	X	X	X	X	X	X	X	X
GS - USF's Bun - Beyond Cheeseburger without Side	870	500	55	15	0	35	2800	52	10	9	43	X	X	X	X	X	X	X	X	X
GS - Green Style - Beyond Cheeseburger without Side	580	360	40	14	0	35	2340	16	4	5	37	X	X	X	X	X	X	X	X	X
GS - USF's Bun - Beyond The Border Burger without Tortillas without Side	900	540	60	12	0	5	3940	57	16	8	39	X	X	X	X	X	X	X	X	X
GS - Green Style - Beyond The Border Burger without Tortillas without Side	630	400	44	11	0	5	3480	22	10	4	33	X	X	X	X	X	X	X	X	X
Burger Topping - Add Avocado	60	50	5	1	0	0	0	3	3	0	1									
Burger Topping - Add Bacon	60	40	4	1.5	0	10	220	1	0	1	5									
GLUTEN FRIENDLY BURGER SUBSTITUTES																				
Beef Patty	370	270	30	12	0	85	880	1	0	0	21									
Beyond Meat Patty	400	240	27	8	0	0	1350	9	3	0	30									
GLUTEN FRIENDLY SALADS AND SOUPS																				
GS - Caesar Salad with Beyond Meat Patty without Croutons	960	730	81	20	1	60	2340	19	7	3	41	X	X	X	X	X	X	X	X	X
GS - Caesar Salad with Chicken without Croutons	720	510	57	12	1	155	1590	12	6	4	44	X	X	X	X	X	X	X	X	X
GS - Caesar Salad with Salmon without Croutons	810	630	68	13	1	125	1490	16	5	4	38	X	X	X	X	X	X	X	X	X
GS - Caesar Salad with Steak 6 oz without Croutons	710	540	60	13	1	130	1640	12	4	3	35	X	X	X	X	X	X	X	X	X
GS - Caesar Salad without Croutons without Breadstick	260	230	26	5	0	25	450	4	1	1	4	X	X	X	X	X	X	X	X	X
GS - House Salad without Croutons, Breadstick and Dressing	30	15	1.5	1	0	5	35	3	1	1	2	X	X	X	X	X	X	X	X	X
Million Dollar Cobb Salad WITHOUT Protein with Ranch	820	630	70	23	0	230	1860	19	7	7	31	X	X	X	X	X	X	X	X	X
GS - Million Dollar Cobb Salad with Beyond Meat Patty and Ranch Dressing	1240	880	97	31	0	230	3210	31	10	8	62	X	X	X	X	X	X	X	X	X
Million Dollar Cobb Salad with Grilled Chicken with Ranch	1000	670	75	24	0	330	2520	21	9	8	66	X	X	X	X	X	X	X	X	X
GS - Million Dollar Cobb Salad with Salmon and Ranch Dressing	1110	770	86	25	0	295	2430	29	8	10	60	X	X	X	X	X	X	X	X	X
GS - Million Dollar Cobb Salad with Steak 6 oz and Ranch Dressing	1000	700	78	24	0	305	2570	24	8	9	57	X	X	X	X	X	X	X	X	X
Soup - Creamy Tomato Basil (SOO)	300	220	24	14	0	75	1930	20	4	10	5									



NUTRITIONAL VALUES

GLUTEN FRIENDLY KIDS		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
GS - Kids Chicken Sandwich with GF Bun without Side and Drink		380	170	18	2.5	0	40	840	37	7	5	21	X	X							
Kids - Chicken Platter with Lemon Butter Broccoli without Drink		180	70	8	2.5	0	40	1160	12	5	3	18									
Kids Side Fresh Fruit Cup		50	0	0	0	0	0	0	13	1	10	1									
Kids Dessert - Sundae		420	210	24	13	0	135	150	48	0	48	11	X							X	
Kids Dessert Vanilla Ice Cream		650	250	28	15	0	140	230	94	1	88	12	X								
BREAKFAST MENU																					
BEVERAGES		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
BAR - Cafe Toledo		190	35	4	2.5	0	15	30	25	1	24	1									
BAR - Hendrick's Cooler		200	0	0	0	0	0	0	28	0	26	0									
BAR - House Bloody Mary		120	10	1	0	0	0	1580	7	1	1	1									
BAR - Irish Coffee		140	10	1	0.5	0	5	0	14	0	14	0									
BAR - Michelada		100	0	0	0	0	0	520	11	1	3	3									
BAR - Mimosa Orange		110	0	0	0	0	0	0	13	1	11	1									
BAR - Mimosa Ruby Red Vanilla		130	0	0	0	0	0	25	18	0	18	0									
BAR - Sangria Peach		220	0	0	0	0	0	0	34	0	27	0									
BAR - Ultimate Long Island Iced Tea		220	0	0	0	0	0	5	24	0	19	0									
CLASSICS																					
BKF - Breakfast Potato Skins		1570	750	84	26	0.5	750	3590	149	25	8	57									
BKF - Breakfast Tacos with Bacon		1150	660	74	24	0.5	525	2770	77	5	3	46									
BKF - Breakfast Tacos with Sausage		1250	790	88	27	1	510	2540	74	5	3	38									
BKF - Egg BLT Sandwich		1170	720	80	25	0	550	2360	70	5	5	43									
BKF - French Toast		850	410	45	16	0	200	860	93	3	32	14									
BKF - Friday's Egg Breakfast - Fried with Potatoes and Multi-Grain Toast without Me		650	350	39	10	0	370	1460	54	5	6	20									
BKF - Friday's Egg Breakfast - Scrambled with Potatoes and Multi-Grain Toast witho		680	360	41	10	0	455	1210	54	5	6	23									
RANGE - Friday's Egg Breakfast		610-660																			
BKF - Kids Egg Breakfast with Fried Egg, Potatoes without Meat		390	260	29	7	0	185	1100	23	3	0	9									
BKF - Kids Egg Breakfast with Scrambled Eggs, Potatoes without Meat*		450	300	33	8	0	340	850	23	3	1	14									
RANGE - Kids Egg Breakfast		520-660																			
BKF - Kids French Toast		630	340	38	12	0	100	570	64	2	23	7									
BKF - Oatmeal		330	100	11	4.5	0	20	65	55	4	42	5									
WAFFLES																					
BKF - Chicken & Waffles HB (Fresh)		700	170	19	4	0	75	1440	108	2	40	27									
BKF - Chicken & Waffles HB (Premade)		870	310	34	5	0	155	990	111	2	44	30									
BKF - Chicken & Waffles PB (Fresh)		840	220	25	5	0	75	2050	130	3	41	27									
BKF - Chicken & Waffles PB (Premade)		1010	360	40	6	0	155	1600	133	3	45	30									
BKF - Strawberry Waffle (Fresh)		380	50	6	1.5	0	15	1130	77	3	29	6									
BKF - Strawberry Waffle (Premade)		540	190	21	2.5	0	95	680	80	4	34	9									
OMILETS																					
BKF - Omelet Bacon Cheddar with Potatoes and Multi-Grain Toast		1090	660	73	24	0.5	740	2220	60	5	8	47									
BKF - Omelet Spinach Florentine with Potatoes and Multi-Grain Toast		940	520	58	16	0	690	1790	61	8	8	37									
BKF - Steak 6 oz & Eggs Fried with Potatoes and Multi-Grain Toast without Me		920	510	57	16	0	455	2270	57	5	7	46									
BKF - Steak 6 oz & Eggs Scrambled with Potatoes and Multi-Grain Toast without Me		960	530	59	17	0	540	2010	57	5	7	49									
RANGE: Steak & Eggs		1080-1130																			
SIDES																					
BKF - Side Bacon (3)		120	80	8	3	0	20	450	1	0	1	11									
BKF - Side Fruit		50	5	0	0	0	0	0	12	2	9	1									
BKF - Side Multi-Grain Toast & Butter		190	40	4.5	1.5	0	0	290	30	2	5	5									
BKF - Side Sausage Links (3)		200	180	20	7	0	35	430	0	0	0	5									
BKF - Side Seasoned Fries 4 oz		230	140	15	3.5	0	0	240	21	2	1	3									
FAMILY MEALS																					
Range Required																					
FAMILY MEAL BOX - Serves 4-6																					
Fried Chicken and Shrimp Box		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Crispy Chicken Tenders Only (PB) with Honey Mustard		2740	1600	178	30	1	380	5940	168	6	40	108	X	X						X	
Crispy Chicken Tenders Only (HB) with Honey Mustard		2010	1350	150	25	1.5	370	2880	60	1	35	107	X	X						X	
Fried Shrimp Only (PB) with Cocktail Sauce		1370	510	57	11	0	410	6210	154	7	31	62	X	X						X	
Fried Shrimp Only (HB) with Cocktail Sauce		1030	460	51	8	0	375	3380	50	3	27	82	X	X						X	
Seasoned Fries		920	540	61	13	0	0	960	84	10	3	10	X	X						X	
House Salad without Dressing		270	110	12	5	0	25	560	32	6	7	12								X	
Caesar Salad		1120	950	106	21	1.5	105	2020	30	6	6	17	X	X						X	
RANGE: Fried Chicken and Shrimp Box (PB)		5560-6280																			
RANGE: Fried Chicken and Shrimp Box (HB)		4480-5200																			
Pasta Platter																					
Cajun Shrimp & Chicken Pasta Only		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Cajun Shrimp & Chicken Pasta Only		3560	1330	148	75	1.5	685	6640	315	19	29	213	X	X						X	
Chicken Parmesan Pasta Only		4230	1760	196	75	1.5	530	10900	407	20	39	199	X	X						X	
Garlic Breadsticks Only FRIED		2550	1030	114	30	0	0	4320	324	12	36	60	X	X						X	
Garlic Breadsticks Only IMPINGER		2280	760	84	24	0	0	4320	324	12	36	60								X	
House Salad without Dressing		270	110	12	5	0	25	560	32	6	7	12								X	
Caesar Salad		1120	950	106	21	1.5	105	2020	30	6	6	17	X	X						X	
RANGE: Pasta Box FRIED		10860-11580																			
RANGE: Pasta Box IMPINGER		10590-11310																			
Fridays Favorite Box																					
Cajun Shrimp & Chicken Pasta Only		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Cajun Shrimp & Chicken Pasta Only		3560	1330	148	75	1.5	685	6640	315	19	29	213	X	X						X	
Parmesan Crusted Chicken Only		2070	850	95	36	0.5	730	7050	65	16	17	243								X	
Garlic Breadsticks FRIED		2550	1030	114	30	0	0	4320	324	12	36	60	X	X						X	
Garlic Breadsticks IMPINGER		2280	760	84	24	0	0	4320	324	12	36	60								X	
House Salad without Dressing		270	110	12	5	0	25	560	32	6	7	12								X	
Caesar Salad		1120	950	106	21	1.5	105	2020	30	6	6	17	X	X						X	
RANGE: Fridays Favorites Box FRIED		8710-9430																			
RANGE: Fridays Favorites Box IMPINGER		8440-9160																			
Grilled Chicken & Ribs Platter																					
Apple Butter BBQ Ribs Only without Side Sauce		Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Apple Butter BBQ Ribs Only without Side Sauce		1550	990	110	40	0	310	2890													



NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Caesar Salad	1120	950	306	21	1.5	105	2020	30	6	6	17	X	X	X					X	X
RANGE: Bones Box	5580-8130																			
Whiskey-Glazed Platter	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Whiskey-Glazed Chicken Only without Side Sauce	1460	240	26	7	0	600	4850	300	14	87	208								X	X
Whiskey-Glazed Ribs Only without Side Sauce	2300	1070	119	42	0	310	5380	232	3	217	81								X	X
Side Whiskey-Glaze 6 fl	660	0	0	0	0	0	1680	168	0	162	0									X
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X					X	X
Sweet Potato Fries	780	350	39	18	0	0	1020	102	12	30	7	X	X	X					X	X
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	11									X	X
Seasonal Vegetables - Asparagus	150	90	10	4	0	10	890	12	6	4	7								X	X
Seasonal Vegetables - Brussels Sprouts	240	130	14	5	0	15	1080	23	8	5	11								X	X
Seasonal Vegetables - Green Beans	220	120	14	5	0	15	1020	23	9	10	9								X	X
Seasonal Vegetables - Lemon-Butter Broccoli	190	90	10	4	0	10	1590	22	10	4	7								X	X
Seasonal Vegetables - Mixed Veggies	160	90	10	4	0	10	930	17	6	6	4								X	X
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X	X						X	X
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X	X						X	X
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12								X	X
Caesar Salad	1120	950	306	21	1.5	105	2020	30	6	6	17	X	X	X					X	X
RANGE: Whiskey-Glazed Box	5230-7770																			
DESSERT BOX Serves 4-6	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Chocolate Chip Cookies	1200	540	60	21	3	30	750	150	6	78	12	X	X						X	X
Chocolate Chip Cookies & Brownies	2730	1200	133	60	2	250	1310	359	12	255	25	X	X						X	X
LUNCH BOX Serves 4-6	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Chicken Caesar Salad	1880	1160	128	28	2	425	4580	55	16	11	133	X	X	X					X	X
Million Dollar Cobb Salad with Chicken and Ranch Dressing	2230	1390	154	49	0.5	755	5720	54	22	21	167	X	X	X					X	X
Chicken Caesar Wraps	2960	1470	164	47	2	275	5850	257	21	12	116	X	X	X					X	X
Million Dollar Cobb Wraps	3500	1770	196	68	0.5	610	7580	284	28	24	156	X	X	X					X	X
Whiskey-Glazed Sliders	2970	1580	175	63	0	335	6250	239	7	89	109	X	X						X	X
Chinese Chicken Salad with Sesame Citrus Dressing	2290	1330	148	27	0	300	6380	132	20	92	122								X	X
Chinese Chicken Wrap with Sesame Citrus Dressing	3560	1660	184	46	0	155	8050	374	28	89	114								X	X
SIDES Serves 4-6	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X					X	X
Sweet Potato Fries	780	350	39	18	0	0	1000	101	12	30	7	X	X	X					X	X
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	11									X	X
Lemon-Butter Broccoli	190	90	10	4	0	10	1590	22	10	4	7								X	X
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X	X						X	X
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X	X						X	X
SALAD DRESSINGS Serves 4-6	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Balsamic Vinaigrette	910	840	93	15	0	0	1140	20	1	17	1								X	X
BBQ Ranch	510	400	45	7	0	35	1100	25	0	19	3	X	X						X	X
Blue Cheese	970	910	101	20	2.5	100	1510	7	1	5	8	X	X						X	X
Caesar	890	860	96	16	1.5	85	1440	7	1	2	4	X	X	X					X	X
Citrus Sesame	780	650	72	12	0	0	2700	36	0	36	0								X	X
Honey Mustard	910	750	83	13	1	75	1540	40	1	35	2	X							X	X
Low Fat Balsamic Vinaigrette	250	80	9	1	0	0	860	45	0	23	0								X	X
Ranch	640	600	67	11	0	50	1460	7	0	4	3	X	X						X	X
BEVERAGES HALF GALLON JUG Serves 4-6	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Freshly Brewed Iced Tea Unsweet	20	0	0	0	0	0	55	6	0	0	0									
Freshly Brewed Iced Tea Sweet	930	0	0	0	0	0	50	240	0	235	0									
Minute Made Lemonade	880	0	0	0	0	0	120	232	0	224	0									
Strawberry Lemonade	1150	5	0	0	0	0	100	301	8	278	2									
Mango Peach Lemonade	1290	0	0	0	0	0	105	328	0	315	0									
Strawberry Passion Tea	860	0	0	0	0	0	50	210	6	181	1									
Watermelon Tea	940	0	0	0	0	0	300	235	0	227	0									
Arnold Palmer	950	0	0	0	0	0	50	252	0	224	0									
PLATTERS																				
Range Required																				
APPETIZER PLATTERS (SMALL serves 4-6; LARGE serves 8-12)																				
Wing Me Platter - LARGE Traditional Wings without Dressing & Celery	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Traditional Wings Apple Butter BBQ (15 ea)	1110	740	83	19	0	235	850	43	1	35	51	X	X	X					X	X
Traditional Wings Chile-Lime (15 ea)	1050	620	91	19	0	235	1940	11	0	6	52	X	X	X					X	X
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X					X	X
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X					X	X
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X					X	X
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X					X	X
Celery (24 ea)	15	0	0	0	0	0	75	3	2	1	1									
Side Blue Cheese Dressing (8 fl oz)	1300	1210	135	27	3	135	2010	9	1	7	11	X	X						X	X
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X	X						X	X
RANGE: Wing Me Platter LARGE Traditional Wings includes Dressing & Celery	4580-6490																			
Wing Me Platter - SMALL Traditional Wings without Dressing & Celery	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X					X	X
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X					X	X
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X					X	X
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	3500	0	0	0	20	X	X	X						



NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X	X	X	X	X	X	X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X	X	X	X	X	X	X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X	X	X	X	X	X	X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X	X	X	X	X	X	X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X	X	X	X	X	X	X	
Celery (24 ea)	15	0	0	0	0	0	75	3	2	1	1										
Side Blue Cheese Dressing (8 fl oz)	1300	1210	135	27	3	135	2010	9	1	7	11	X	X	X	X	X	X	X	X	X	
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X	X	X	X	X	X	X	X	X	
RANGE: Wing Me Platter LARGE Combo Includes Dressing & Celery	5450-6160																				
Wing Me Platter - SMALL Combination Wings without Dressing & Celery	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Boneless Wings Apple Butter BBQ (8 oz)	670	290	31	5	0	45	1810	68	5	30	29	X	X	X	X	X	X	X	X	X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X	X	X	X	X	X	X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X	X	X	X	X	X	X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X	X	X	X	X	X	X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X	X	X	X	X	X	X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X	X	X	X	X	X	X	
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X	X	X	X	X	X	X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X	X	X	X	X	X	X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X	X	X	X	X	X	X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X	X	X	X	X	X	X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X	X	X	X	X	X	X	
Celery (12 ea)	10	0	0	0	0	0	40	1	1	1	0										
Side Blue Cheese Dressing (4 fl oz)	650	610	67	13	1.5	65	1010	4	0	3	6	X	X	X	X	X	X	X	X	X	
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X	X	X	X	X	X	X	X	X	
RANGE: Wing Me Platter SMALL Including Dressing & Celery	2280-3560																				
Friday's Big Ribz Platter LARGE Whiskey Glaze & Apple Butter BBQ Ribz with Side Sauce	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Friday's Big Ribz Platter LARGE Whiskey Glaze & Apple Butter BBQ Ribz with Side Sauce	4310	2080	231	82	1	620	9040	410	7	359	167								X	X	
Friday's Big Ribz Platter SMALL Whiskey Glaze & Apple Butter BBQ Ribz with Side Sauce	2160	1040	116	41	0	310	4520	205	3	180	83								X	X	
The Bones Wings & Ribz Platter LARGE without Dressing	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Apple Butter BBQ Ribz	780	500	55	20	0	155	1450	32	1	24	41								X	X	
Whiskey-Glaze Ribz	1150	540	60	21	0	155	2690	116	1	108	41								X	X	
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X	X	X	X	X	X	X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X	X	X	X	X	X	X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X	X	X	X	X	X	X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X	X	X	X	X	X	X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X	X	X	X	X	X	X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X	X	X	X	X	X	X	
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X	X	X	X	X	X	X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X	X	X	X	X	X	X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X	X	X	X	X	X	X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X	X	X	X	X	X	X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X	X	X	X	X	X	X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X	X	X	X	X	X	X	
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X	X	X	X	X	X	X	X	X	
RANGE: The Bones Platter Wings & Ribz LARGE	5090-6210																				
RANGE: The Bones Platter Wings & Ribz LARGE (Boneless Wings ONLY) SV	4950-6810																				
The Bones Platter Wings & Ribz SMALL without Dressing & Celery	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Apple Butter BBQ Ribz Only	390	250	28	10	0	80	720	16	1	12	21								X	X	
Whiskey-Glaze Ribz Only	570	270	30	10	0	80	1340	58	1	54	20								X	X	
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X	X	X	X	X	X	X	
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X	X	X	X	X	X	X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X	X	X	X	X	X	X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X	X	X	X	X	X	X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X	X	X	X	X	X	X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X	X	X	X	X	X	X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X	X	X	X	X	X	X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X	X	X	X	X	X	X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X	X	X	X	X	X	X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X	X	X	X	X	X	X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X	X	X	X	X	X	X	
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X	X	X	X	X	X	X	X	X	
RANGE: The Bones Platter Wings & Ribz SMALL	2310-2950																				
RANGE: The Bones Platter Wings & Ribz SMALL (Boneless Wings ONLY) SV	2490-3130																				
Friday's Classic App Platter LARGE without Dressing	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG	
Large Friday's Combo Loaded Potato Skins ONLY	1460	620	68	22	0	95	1950	177	30	5	36	X	X	X	X	X	X	X	X	X	
Large Friday's Combo Mozzarella Sticks ONLY	1330	730	82	38	2.5	125	1960	85	13	0	64	X	X	X	X	X	X	X	X	X	
Large Friday's Combo Pot Stickers ONLY	1170	450	50	17	0	30	4300	144	4	44	37	X	X	X	X	X	X	X	X	X	
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X	X	X	X	X	X	X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X	X	X	X	X	X	X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X	X	X	X	X	X	X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X	X	X	X	X	X	X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X	X	X	X	X	X	X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X	X	X	X	X	X	X	
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X	X	X	X	X	X	X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X	X	X	X	X	X	X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X	X	X	X	X	X	X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X	X	X	X	X	X	X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X	X	X	X	X	X	X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X	X	X	X	X	X	X	
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X	X	X	X	X	X	X	X	X	
RANGE: Friday's Combo Platter LARGE	5750-6840																				
RANGE: Friday's Combo Platter (Boneless Wings Only) LARGE SV	6200-6840																				
Friday's Classic App Platter SMALL without Dressing	Cal </																				



NUTRITIONAL VALUES

LIMITED TIME ONLY

Range Required											
APPETIZERS	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Around The World Of Dumplings	1330	650	72	19	0.5	35	5410	140	4	59	31
Potato Skins Of The World	2250	870	96	24	0	105	3090	295	50	17	54
World Wing Quad Bone-In Wings ONLY (16 ea) with Buffalo Sauce Option	990	790	88	20	0	255	9710	0	0	0	53
World Wing Quad Bone-In Wings ONLY (16 ea) with Garlic Parmesan Option	2280	1940	215	43	2	270	3940	33	1	4	62
World Wing Quad Bone-In Wings ONLY (16 ea) with Guava BBQ Option	1430	790	88	20	0	255	1220	109	7	90	55
World Wing Quad Bone-In Wings ONLY (16 ea) with Spicy Hot Mustard Option	1740	1390	154	29	1	300	3040	36	4	29	57
World Wing Quad Boneless Wings ONLY (24 ea) with Buffalo Sauce Option	1840	910	101	18	0	145	14520	130	14	22	94
World Wing Quad Boneless Wings ONLY (24 ea) with Garlic Parmesan Option	3120	2060	229	40	2	160	8740	163	15	26	102
World Wing Quad Boneless Wings ONLY (24 ea) with Guava BBQ Option	2280	910	102	18	0	145	6020	238	21	111	95
World Wing Quad Boneless Wings ONLY (24 ea) with Spicy Hot Mustard Option	2580	1510	168	27	1	195	7850	166	18	51	97
World Wing Quad Dipping Sauce (Marinara Only)	35	25	2.5	0	0	0	220	3	0	2	1
World Wing Quad Dipping Sauce (Blue Cheese Only)	200	190	21	4	0.5	20	310	1	0	1	2
World Wing Quad Dipping Sauce (Ranch Only)	130	120	14	2.5	0	10	300	1	0	1	1
RANGE: World Wing Quad Complete	1160-3360										
DESSERTS	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Churro Brownie Sundae	1580	690	76	39	0	280	710	211	4	170	24
Cookies & Cream Tsunami Cake	5290	2740	305	129	0	550	6260	590	15	465	41