



# NUTRITIONAL MENU

## CHEF CRAFTED TENDERS

10 count (1 serving)  
 20 count (1 serving)  
 3 count (1 serving)  
 6 count (1 serving)

## NASHVILLE HOT TENDERS

10 count (1 serving)  
 20 count (1 serving)  
 3 count (1 serving)  
 6 count (1 serving)

	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
10 count (1 serving)	1006	191	21	4	0	250	1962	87	4	6	112	504	6	140	8
20 count (1 serving)	1956	355	39	8	0	500	3750	167	8	11	222	1008	12	279	16
3 count (1 serving)	340	76	8	2	0	75	711	31	1	2	34	151	2	42	2
6 count (1 serving)	626	125	14	3	0	150	1247	55	3	3	67	303	4	84	5
10 count (1 serving)	1658	793	88	46	0	430	5913	97	7	10	112	3813	26	173	9
20 count (1 serving)	3260	1560	173	92	0	860	11652	187	14	20	224	7625	51	345	17
3 count (1 serving)	558	277	31	16	0	135	2010	34	3	3	34	1254	8	52	3
6 count (1 serving)	1060	527	59	31	0	270	3846	61	5	6	68	2508	17	105	5

## WINGS

Boneless Wings,  
10 count (1 serving)

Chicken Wings,  
10 count (1 serving)

## CHICKEN TENDER SANDWICHES

Crispy Chicken  
Sandwich (1 serving)

Nashville Hot Crispy  
Chicken Sandwich  
(1 serving)

	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Boneless Wings, 10 count (1 serving)	855	333	37	6	0	117	3008	80	4	0	47	0	4	67	6
Chicken Wings, 10 count (1 serving)	628	436	48	12	0	189	179	0	0	0	45	360	2	29	2
Crispy Chicken Sandwich (1 serving)	728	218	24	4	0	80	1546	82	3	13	42	193	2	168	4
Nashville Hot Crispy Chicken Sandwich (1 serving)	889	392	44	18	0	140	2513	79	4	15	42	1295	9	172	5

## TWISTED SAUCES (1.5 OUNCES)

	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Big A1	95	0	0	0	0	0	490	23	0	20	0	61	1	18	0
Blue Cheese	234	216	24	6	0	19	330	1	0	0	3	138	0	69	0
Classic Buffalo	23	16	2	0	0	0	879	2	0	1	0	697	1	5	0
Crazy Rich Asian	237	208	23	4	0	10	504	6	0	5	0	228	1	11	0
Dr Assburn	151	140	16	10	0	42	794	2	1	1	0	767	4	3	0
El Cilantro Lime Ranch	161	146	16	3	0	8	221	2	0	1	1	112	1	33	0
Free Range Ranch	167	153	17	3	0	8	228	2	0	1	1	55	0	31	0
Honey Trap Mustard	240	189	21	3	0	15	203	12	0	11	0	0	0	0	0
Pep In Yo Step Parmesan Peppercorn	159	134	15	2	0	7	206	4	0	3	1	82	1	53	0
Smoked and Toked Buffalo	203	180	20	3	0	8	553	5	0	4	0	213	0	1	0
Son Of A B	233	211	23	4	0	12	390	4	0	3	0	46	0	7	0
This is Qd Up	83	0	0	0	0	0	343	21	0	19	0	118	6	0	0
Tickled Pickle Ranch	149	133	15	3	0	12	185	2	0	1	1	167	0	33	0
Twisted Ranch	164	145	16	3	0	8	240	3	0	3	1	60	1	29	0
Twisted Sauce	188	133	15	2	0	11	303	13	0	11	0	111	1	1	0
Voodoo	298	287	32	5	0	13	336	1	0	0	0	91	3	7	0

## SIDES

Chipotle Twisted  
Mac N Cheese  
(1 serving)

523 313 35 21 2 93 1435 32 2 7 21 2022 14 512 1

Kettle Chips  
(1 serving)

221 105 12 2 0 0 507 25 1 0 3 0 0 0 0

Kettle Chips  
(1 serving) with  
Ranch Seasoning

260 107 12 2 0 0 1236 34 2 5 3 47 1 15 1

Kettle Chips  
(1 serving) with  
Salty Dill Seasoning

227 106 12 2 0 0 3997 26 2 0 3 286 1 14 1

Kettle Chips  
(1 serving) with  
Sea Smoked  
Seasoning

245 109 12 2 0 0 1354 30 2 0 4 535 1 23 1

Kettle Chips  
(1 serving) with  
Smokehouse BBQ  
Seasoning

255 107 12 2 0 0 1207 33 2 6 3 154 1 8 1

## DESSERT

Sticky Brownie  
Balls (1 serving)

1023 349 39 23 0 131 796 157 3 106 10 871 0 58 6

TOTAL CALORIES (KCAL)

FAT CALORIES (KCAL)

TOTAL FAT (G)

SATURATED FAT (G)

TRANS FAT (G)

CHOLESTEROL (MG)

SODIUM (MG)

TOTAL CARBS (G)

FIBER (G)

SUGARS (G)

PROTEIN (G)

VIT A (IU)

VIT C (MG)

CALCIUM (MG)

IRON (MG)

**DRINKS  
(1 DRINK)**

	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)
Barqs Root Beer	166	0	0	0	0	0	36	45	0	45	0	0	0	0	0
Coke	149	0	0	0	0	0	9	40	0	40	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Lemonade	225	0	0	0	0	0	6	56	0	51	0	14	34	10	0
Sprite	145	0	0	0	0	0	33	39	0	39	0	0	0	0	0