

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Apple Juice	110	0	0g	0g	**	0mg	10mg	28g	0g	24g	0g	0%	160%	2%	2%
BBQ Chicken Sandwich	510	50	6g	1.5g	0g	95mg	1110mg	68g	3g	19g	44g	15%	10%	6%	25%
BBQ Chicken with Bacon and Cheddar Sandwich	820	150	30g	14g	0g	175mg	1760mg	69g	5g	23g	62g	35%	0%	25%	25%
BBQ Chicken Pizza	1440	520	58g	26g	0.5g	330mg	2910mg	133g	13g	31g	110g	25%	2%	90%	35%
BLT Sandwich	870	20	52g	22g	0g	145mg	2280mg	46g	3g	6g	44g	45%	10%	8%	15%
Bob's All-American Cheeseburger	1140	430	63g	23g	1g	175mg	2220mg	81g	4g	8g	56g	90%	10%	20%	30%
Bob's Cheeseburger	660	280	32g	15g	1g	130mg	1020mg	47g	3g	6g	43g	90%	10%	20%	30%
Bob's BBQ Bacon Cheeseburger	930	280	46g	21g	1g	170mg	2010mg	69g	5g	23g	54g	120%	10%	20%	30%
Boneless Wing-10 (fried)	1030	430	47g	20g	2.5g	360mg	950mg	23g	0g	3g	129g	0%	0%	0%	0%
Boneless Wings-20 (fried)	2070	850	95g	41g	5g	725mg	1890mg	47g	0g	6g	258g	0%	0%	0%	0%
Boneless Wings-5 (fried)	520	210	24g	10g	1.5g	180mg	470mg	12g	0g	1g	65g	0%	0%	0%	0%
Boneless Wings-50 (fried)	5170	2130	237g	102g	14g	1810mg	4730mg	117g	0g	15g	645g	0%	0%	0%	0%
Buffalo Cauliflower (fried)	630	370	42g	14g	2.5g	25mg	920mg	48g	5g	8g	8g	2%	0%	2%	10%
Buffalo Chicken Pizza (fried)	1810	920	102g	52g	2.5g	430mg	3410mg	122g	11g	15g	117g	60%	4%	110%	30%
Buffalo Chicken Sub (fried)	1060	530	59g	32g	2.5g	210mg	2120mg	74g	2g	5g	59g	50%	15%	60%	25%
Caesar Salad-full size with dressing	590	490	54g	10g	0g	95mg	1020mg	21g	2g	1g	14g	200%	8%	25%	6%
Caesar Side-half size with dressing	370	290	32g	7g	0g	30mg	1030mg	16g	1g	3g	8g	100%	4%	15%	2%
Cajun Chicken Sandwich	420	50	6g	1.5g	0g	95mg	830mg	46g	< 1g	2g	43g	8%	8%	6%	25%
Cajun Chicken with Jalapenos and Pepper Jack Sandwich	640	200	23g	11g	0g	160mg	1340mg	50g	3g	7g	54g	45%	6%	35%	25%
Cauliflower Pizza Crust	480	0	11g	6g	0g	30mg	840mg	81g	3g	6g	12g	0%	0%	25%	6%
Celery and Blue Cheese	520	320	37g	7g	0g	40mg	400mg	3g	1g	1g	2g	10%	4%	6%	2%
Celery and Ranch	280	150	18g	3.5g	0g	25mg	370mg	5g	1g	2g	2g	8%	4%	6%	0%
Cheese Only Pizza	800	320	35g	16g	0g	100mg	2150mg	104g	12g	17g	32g	130%	4%	80%	30%
Cheesy Bacon Fries (fried)	1110	560	63g	17g	1.5g	70mg	2700mg	108g	7g	0g	27g	10%	8%	4%	25%
Cheesy Bacon Tots (fried)	960	590	66g	21g	1.5g	70mg	2710mg	79g	9g	0g	23g	10%	20%	4%	0%
Cheesy Bacon Wedges (fried)	590	330	37g	13g	0.5g	70mg	2190mg	48g	5g	0g	18g	10%	30%	4%	10%
Cheesy Garlic Bread	820	370	40g	14g	5g	65mg	1790mg	84g	< 1g	3g	30g	40%	2%	60%	25%
Chicken Bacon Ranch Sub	1000	480	54g	17g	2.5g	170mg	1960mg	67g	< 1g	5g	59g	30%	10%	50%	30%
Chicken Caesar Salad-full with lightly seasoned chicken, with dressing	860	500	56g	13g	0g	200mg	1890mg	25g	2g	4g	70g	200%	8%	35%	15%
Chicken Caesar Salad-half with lightly seasoned chicken, with dressing	460	300	34g	7g	0g	80mg	1130mg	16g	1g	3g	27g	100%	4%	15%	6%
Chocolate Truffle Bomb	470	250	28g	11g	0g	45mg	310mg	51g	3g	37g	4g	0%	0%	4%	20%
Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Curly Fries (fried)	860	250	28g	8g	1.5g	0mg	650mg	48g	3g	0g	6g	0%	6%	0%	10%
Dressing-Award Winning Red Rooster Dressing 3 oz	310	220	25g	6g	0g	0mg	190mg	22g	0g	22g	0g	2%	2%	2%	2%
Dressing-Balsamic Vinaigrette 3 oz	310	290	37g	4.5g	0g	0mg	710mg	6g	0g	6g	0g	0%	0%	0%	0%
Dressing-Blue Cheese 3 oz	510	470	55g	11g	0.5g	60mg	510mg	1g	0g	0g	2g	2%	0%	4%	0%
Dressing-Caesar 3 oz	410	350	39g	7g	0g	30mg	1080mg	6g	0g	3g	3g	0%	0%	6%	0%
Dressing-Garlic Italian 3 oz	410	400	44g	7g	0g	< 5mg	540mg	2g	0g	< 1g	2g	2%	4%	4%	2%
Dressing-Golden Italian 3 oz	300	290	32g	5g	0.5g	0mg	850mg	5g	0g	5g	0g	15%	4%	0%	0%
Dressing-Honey Mustard 3 oz	380	270	30g	5g	0g	25mg	430mg	24g	0g	22g	0g	0%	0%	0%	0%
Dressing-Olive Oil 2 oz	400	400	45g	6g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	2%
Dressing-Ranch 3 oz	260	230	27g	5g	0g	35mg	460mg	4g	0g	2g	1g	2%	0%	4%	0%
Dressing-Raspberry Vinaigrette 3 oz	50	0	0g	0g	0g	0mg	840mg	24g	0g	21g	0g	0%	0%	0%	0%
Dressing-Red Wine Vinegar 1 oz	10	0	0g	0g	0g	**	0mg	0g	0g	0g	0g	0%	0%	0%	2%
Dressing-Roosters Spicy Ranch 3 oz	290	160	18g	6g	0g	30mg	840mg	5g	0g	2g	2g	10%	0%	4%	0%
Dumpster Fries (fried)	1410	860	97g	26g	2g	130mg	3660mg	115g	7g	3g	34g	100%	20%	20%	30%
Dumpster Tots (fried)	1330	890	100g	30g	2.5g	130mg	3670mg	85g	10g	3g	31g	100%	30%	20%	0%
Dumpster Wedges (fried)	950	630	71g	22g	1.5g	130mg	3160mg	55g	5g	3g	26g	100%	40%	20%	10%
Fish Sandwich (fried)	1080	410	45g	9g	0.5g	75mg	2480mg	102g	3g	13g	39g	8%	10%	8%	25%
Fried Chicken Salad full size without dressing	750	400	44g	21g	0g	200mg	810mg	25g	4g	7g	69g	230%	15%	30%	10%
Fried Chicken Salad half size without dressing	380	220	24g	12g	0g	95mg	460mg	13g	3g	4g	31g	120%	10%	25%	8%
Fried Chicken Sandwich (fried)	530	160	18g	7g	1.5g	90mg	670mg	54g	3g	6g	40g	45%	10%	8%	15%
Fried Nashville Chicken Sandwich (fried)	750	360	42g	11g	2g	120mg	1350mg	54g	3g	6g	40g	45%	10%	8%	15%

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Fried Mushrooms (fried)	810	410	46g	15g	2.5g	25mg	2090mg	82g	4g	1g	15g	0%	0%	2%	0%
Fried Pickles (fried)	750	585	66g	24g	3g	26mg	1400mg	28g	4g	1g	3g	0%	0%	10%	4%
Fried Shrimp (fried)	630	380	42g	17g	0g	205mg	1960mg	35g	1g	1g	25g	50%	10%	10%	15%
Garden Salad-full size without dressing	280	140	15g	7g	0g	40mg	530mg	26g	4g	5g	15g	230%	12%	327%	2%
Garden Salad-half size without dressing	180	90	10	4.5	0g	25mg	350mg	17g	2g	3g	10g	650%	8%	10%	6%
Grilled Cajun Chicken Fingers-full	510	190	20g	9g	0g	195mg	680mg	12g	4g	5g	69g	4%	15%	30%	25%
Grilled Cajun Chicken Fingers-half	200	40	4.5g	1g	0g	100mg	250mg	0g	0g	0g	37g	0%	0%	2%	6%
Grilled Chicken Sandwich	420	50	6g	1.5g	0g	95mg	720mg	46g	< 1g	2g	43g	8%	10%	6%	25%
Grilled Chicken Fingers-full	400	90	9g	2.5g	0g	200mg	330mg	0g	0g	0g	74g	2%	0%	4%	15%
Grilled Chicken Fingers-half	200	45	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g	0%	0%	2%	6%
Grilled Chicken Salad Cajun- full	510	190	20g	9g	0g	195mg	680mg	12g	4g	6g	69g	230%	15%	30%	25%
Grilled Chicken Salad Cajun- half	250	100	11g	5g	0g	100mg	340mg	3g	1g	1g	33g	120%	4%	15%	6%
Grilled Chicken Salad Marinated- full	510	190	21g	8g	0g	180mg	710mg	11g	4g	5g	66g	230%	15%	25%	20%
Grilled Chicken Salad Marinated- half	240	110	12g	5g	0g	75mg	340mg	7g	2g	3g	26g	120%	10%	15%	10%
Grilled Chicken Salad-full size without dressing	480	170	19g	8g	0g	190mg	400mg	11g	4g	5g	67g	230%	15%	0%	25%
Grilled Chicken Salad-half size without dressing	220	90	10g	5g	0g	75mg	220mg	7g	2g	3g	26g	120%	8%	0%	10%
Grilled Marinated Chicken Fingers-full	470	150	16g	3.5g	0g	205mg	690mg	0g	0g	0g	75g	2%	0%	4%	15%
Grilled Marinated Chicken Fingers-half	230	70	8g	2g	0g	100mg	350mg	0g	0g	0g	38g	0%	0%	2%	8%
Ham and Swiss Sub	620	180	21g	10g	0g	105mg	2140mg	64g	< 1g	6g	42g	20%	10%	45%	25%
Hand Breaded Fried Chicken Fingers-Full	710	360	40g	18g	2.5g	205mg	680mg	16g	0g	2g	73g	0%	0%	0%	0%
Hand Breaded Fried Chicken Fingers-Half	350	180	20g	9g	1.5g	105mg	340mg	8g	0g	< 1g	36g	0%	0%	0%	0%
Hot Tea	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Iced Tea	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g	0%	0%	2%	0%
Italian Sub	930	500	55g	19g	2g	125mg	2960mg	70g	1g	8g	40g	35%	25%	50%	25%
Kid's Applesauce	70	0	0g	0g	0g	0mg	5mg	16g	1g	13g	0g	0%	0%	0%	0%
Kid's Boneless Fried Chicken Wings (3)	310	130	14g	6g	1g	110mg	280mg	7g	0g	< 1g	39g	0%	0%	0%	0%
Kid's Cheeseburger	400	160	17g	7g	0g	60mg	670mg	35g	1g	4g	23g	4%	4%	15%	20%
Kid's Curly Fries (fried)	220	130	14g	4g	0.5g	0mg	330mg	24g	1g	0g	3g	0%	2%	0%	6%
Kid's Hamburger	440	200	21g	11g	0g	80mg	870mg	37g	2g	5g	26g	45%	2%	15%	20%
Kid-s Mac-N-Cheese Bites (fried)	240	120	14g	4.5g	0g	10mg	660mg	25g	2g	3g	6g	2%	0%	10%	6%
Kid's Mandarin Oranges	45	0	0g	0g	**	0mg	5mg	12g	< 1g	11g	< 1g	20%	70%	2%	2%
Kid's Mini Corn Dogs (fried)	290	210	23g	8g	1g	35mg	490mg	22g	1g	7g	7g	0%	0%	2%	4%
Kid's Potato Wedges (fried)	170	80	9g	2.5g	0g	0mg	470mg	22g	2g	0g	2g	0%	25%	0%	4%
Kid's Salad	80	35	4g	1.5g	0g	10mg	180mg	9g	< 1g	< 1g	4g	60%	4%	8%	2%
Kid's Tater Tots (fried)	360	210	24g	7g	1g	0mg	720mg	37g	5g	0g	5g	0%	15%	0%	0%
Mac-N-Cheese Bites (fried)	640	370	41g	19g	0.5g	75mg	1360mg	52g	4g	10g	15g	15%	0%	25%	10%
Marinated Chicken Sandwich	470	100	11g	2.5g	0g	95mg	940mg	46g	< 1g	3g	44g	10%	10%	8%	25%
Marinated Chicken with Mushrooms and Swiss Sandwich	920	460	52g	16g	1.5g	170mg	1310mg	50g	6g	7g	60g	70%	10%	40%	25%
Meat Lover's Pizza	1410	700	78g	33g	0g	280mg	5010mg	121g	14g	23g	73g	2%	2%	80%	45%
Milk	150	70	8g	4.5g	**	25mg	105mg	12g	0g	12g	8g	8%	0%	30%	0%
Mini Corn Dogs (fried)	640	440	48g	16g	1.5g	65mg	1660mg	47g	5g	14g	15g	2%	0%	8%	15%
Mozzarella Sticks (fried)	600	290	33g	15g	0.5g	60mg	1940mg	57g	7g	14g	25g	4%	4%	60%	2%
Nachos (fried)	710	410	45g	18g	2.5g	21mg	1300mg	77g	8g	< 1g	12g	5%	8%	17%	8%
Nachos Deluxe (fried)	1080	570	64g	30g	2.5g	95mg	2620mg	112g	17g	15g	28g	60%	50%	45%	25%
Nachos Deluxe with Chicken (fried)	1220	600	67g	31g	2.5g	165mg	2810mg	112g	17g	15g	54g	60%	50%	45%	30%
Nashville Chicken Pizza	1200	590	67g	33g	1.5g	225mg	3790mg	109g	11g	17g	56g	210%	0%	80%	30%
Nashville Hot Dry Rub	30	10	1g	0g	0g	0mg	1190mg	6g	2g	3g	< 1g	45%	4%	2%	4%
Orange Juice	120	0	0g	0g	**	0mg	0mg	29g	< 1g	**	2g	2%	140%	2%	2%
Pizza Toppings-Bacon	110	70	8g	3.5g	0g	45mg	570mg	0g	0g	0g	9g	0%	0%	0%	0%
Pizza Toppings-Banana Pepper	5	0	0g	0g	0g	0mg	350mg	1g	0g	0g	0g	0%	0%	0%	0%
Pizza Topping-Cheddar	220	170	18g	10g	1g	60mg	360mg	2g	0g	0g	14g	10%	0%	40%	2%
Pizza Topping- Diced Grilled Chicken	140	30	3g	1g	0g	70mg	210mg	0g	0g	0g	26g	0%	0%	2%	4%
Pizza Topping-Diced Onion	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Pizza Topping-Diced Tomato	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g	4%	6%	0%	0%
Pizza Topping-Green Pepper	5	0	0g	0g	**	0mg	0mg	2g	< 1g	< 1g	0g	2%	45%	0%	0%
Pizza Topping-Ham	30	10	1g	0g	0g	15mg	270mg	< 1g	0g	< 1g	4g	0%	0%	0%	0%
Pizza Topping-Jalapeno	10	0	0g	0g	0g	0mg	450mg	2g	2g	0g	0g	0%	20%	4%	0%
Pizza Topping-Mozzarella/Provolone	180	130	14g	8g	0g	50mg	450mg	2g	0g	0g	12g	8%	0%	45%	0%
Pizza Topping-Pepperoni	230	200	22g	8g	0g	50mg	830mg	0g	0g	0g	8g	0%	6%	0%	4%
Pizza Topping-Sausage	100	70	8g	2.5g	0g	20mg	420mg	2g	1g	0g	5g	0%	0%	2%	4%
Pizza Topping-Sliced Mushrooms	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	2%
Potato Skins (fried)	1050	680	75g	42g	2g	240mg	1780mg	52g	5g	3g	49g	35%	0%	100%	15%
Potato Wedges (fried)	340	170	18g	5g	0.5g	0mg	950mg	45g	5g	0g	5g	0%	45%	0%	10%
Quarter Pound Cheese Burger	450	200	21g	11g	0g	80mg	920mg	38g	3g	6g	26g	80%	6%	20%	20%
Quesadilla with chicken	820	410	46g	20g	0g	155mg	2090mg	57g	3g	6g	62g	45%	20%	90%	30%
Quesadilla without chicken	760	400	44g	22g	0.5g	110mg	1720mg	60g	3g	6g	34g	40%	20%	100%	25%
Red Rooster Salad-full size without dressing	310	180	20g	8g	0g	250mg	1180mg	10g	4g	5g	25g	230%	15%	6%	15%
Red Rooster Salad-half size without dressing	190	110	13g	5g	0g	140mg	770mg	6g	2g	3g	16g	110%	15%	4%	8%
Red, Bacon, Blue Salad-full size without dressing	430	260	30g	16g	0g	120mg	1680mg	11g	4g	5g	30g	230%	15%	25%	0%
Red, Bacon, Blue Salad-half size without dressing	280	180	20g	11g	0g	80mg	1110mg	6g	2g	3g	20g	110%	8%	15%	6%
Rooster Chicken Wrap (fried)	870	370	42g	17g	2g	130mg	1640mg	68g	4g	7g	47g	30%	15%	35%	25%
Rooster Chicken Wrap (grilled)	760	270	31g	12g	0g	140mg	1590mg	60g	4g	7g	51g	30%	15%	35%	30%
Roosters Homemade Chili-Bowl	210	40	4.5g	1.5g	0g	20mg	950mg	29g	8g	7g	16g	20%	35%	25%	15%
Rooster Nest (fried)	1630	800	89g	30g	3g	240mg	3480mg	121g	7g	3g	85g	100%	20%	15%	25%
Rooster Noodle Soup-Bowl	240	120	13g	3g	0g	15mg	1550mg	21g	0g	0g	9g	20%	0%	0%	6%
Roosters Onion Feathers (fried)	1090	550	61g	11g	0g	27mg	1850mg	95g	3g	1g	8g	2%	10%	4%	10%
Sandwich Topper-American Cheese	110	80	9g	6g	0g	25mg	350mg	< 1g	0g	0g	5g	8%	0%	15%	0%
Sandwich Topper-Bacon	70	45	5g	1.5g	0g	15mg	240mg	0g	0g	0g	5g	0%	0%	0%	0%
Sandwich Topper-Banana Peppers	0	0	0g	0g	0g	0mg	250mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Blue Cheese Crumble	120	90	10g	6g	**	25mg	390mg	< 1g	0g	0g	7g	4%	0%	20%	0%
Sandwich Topper-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	6%	0%	20%	0%
Sandwich Topper-Jalapenos	5	0	0g	0g	0g	0mg	490mg	1g	0g	1g	0g	2%	15%	0%	0%
Sandwich Topper-Lettuce	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	2%	0%	0%
Sandwich Topper-Mayonnaise	160	150	17g	3g	0g	20mg	105mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Mozzarella/Provolone Blend	90	60	7g	4g	0g	25mg	220mg	< 1g	0g	0g	6g	4%	0%	20%	0%
Sandwich Topper-Mustard	0	0	0g	0g	0g	0mg	290mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Onion Feathers	350	150	17g	3g	0g	0mg	800mg	47g	2g	0g	5g	0%	4%	0%	6%
Sandwich Topper-Pepper Jack Cheese	160	110	12g	8g	0g	50mg	260mg	2g	0g	0g	10g	8%	0%	30%	0%
Sandwich Topper-Pickle Chips	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Red Onion	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Sandwich Topper-Saut�ed Mushrooms	35	25	3g	0.5g	0.5g	0mg	35mg	2g	< 1g	1g	2g	4%	2%	0%	2%
Sandwich Topper-Swiss Cheese	160	110	12g	8g	0g	40mg	90mg	0g	0g	0g	12g	8%	0%	40%	0%
Sandwich Topper-Tomato	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	6%	8%	0%	0%
Salad Extras-Bacon Bits	150	100	11g	5g	0g	60mg	800mg	0g	0g	0g	13g	0%	0%	0%	0%
Salad Extras-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	6%	0%	20%	0%
Salad Extras-Croutons	80	20	2.5g	0g	0g	0mg	220mg	13g	0g	0g	2g	0%	0%	0%	0%
Salad Extras-Egg	80	50	6g	2g	0g	230mg	75mg	< 1g	0g	< 1g	7g	6%	0%	2%	4%
Salad Extras-Grilled Chicken Tenders	200	40	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g	0%	0%	2%	6%
Salad Extras-Sliced Mushrooms	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Saucy Suggestions-Dumpster Dressing 3oz	260	120	14g	3g	0g	20mg	750mg	5g	0g	2g	2g	2%	0%	6%	0%
Saucy Suggestions-Feather Sauce 3 oz	340	150	17g	3g	0g	15mg	320mg	7g	0g	4g	0g	0%	2%	0%	0%
Saucy Suggestions-Nacho Cheese 3 oz	110	80	9g	3g	0g	10mg	540mg	4g	0g	0g	2g	2%	0%	4%	0%
Saucy Suggestions-Rooster's Spicy Ranch Dressing 3 oz	290	100	12g	4g	0g	20mg	560mg	4g	0g	1g	1g	8%	0%	4%	0%
Saucy Suggestions-Salsa 3 oz	30	0	0g	0g	**	0mg	680mg	7g	2g	4g	1g	10%	4%	2%	2%
Saucy Suggestions-Sour Cream 3 oz	180	130	15g	11g	0g	60mg	45mg	3g	0g	3g	3g	10%	0%	6%	0%
Soft-Baked Pretzels	440	120	13g	3g	0g	30mg	1450mg	73g	4g	4g	12g	2%	0%	8%	8%

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Sweet Iced Tea	180	0	0g	0g	0g	0mg	20mg	47g	0g	47g	0g	0%	0%	2%	0%
Tater Tots (fried)	720	420	47g	13g	1.5g	0mg	1440mg	74g	9g	0g	9g	0%	30%	0%	0%
The Wedgie Salad-full size without dressing	280	180	20g	11g	0g	80mg	1120mg	7g	2g	4g	20g	140%	8%	15%	4%
The Works Pizza	1150	510	58g	24g	0g	150mg	3550mg	127g	18g	24g	47g	100%	35%	80%	45%
Traditional Wings-10 (fried)	800	320	35g	15g	0g	300mg	700mg	20g	0g	0g	100g	0%	0%	0%	0%
Traditional Wings-20 (fried)	1600	630	70g	30g	0g	600mg	1400mg	40g	0g	0g	200g	0%	0%	0%	0%
Traditional Wings-5 (fried)	400	160	18g	7g	0g	150mg	350mg	10g	0g	0g	50g	0%	0%	0%	0%
Traditional Wings-50 (fried)	4000	1580	175g	75g	0g	1500mg	3500mg	100g	0g	0g	500g	0%	0%	0%	0%
Turkey Burger	440	110	13g	3.5g	0g	95mg	570mg	46g	3g	6g	36g	10%	15%	15%	25%
Veggie Lover's Pizza	840	320	36g	16g	0g	100mg	2410mg	112g	14g	20g	35g	30%	60%	100%	35%
Veggie Sub	700	330	37g	12g	2g	50mg	1680mg	71g	2g	8g	24g	35%	50%	50%	25%
White Chicken Pizza	1070	460	52g	19g	4g	100mg	2030mg	105g	11g	15g	33g	40%	8%	100%	30%
Wing Sauce-Carolina Gold 3 oz	160	0	0g	0g	0g	0mg	1020mg	38g	0g	32g	0g	6%	0%	0%	0%
Wing Sauce-Donkey 3 oz	25	10	1g	0g	0g	0mg	2340mg	5g	2g	2g	< 1g	45%	6%	2%	4%
Wing Sauce-Garlic 3 oz	280	260	30g	19g	1g	80mg	1110mg	2g	0g	2g	0g	35%	0%	0%	0%
Wing Sauce-Garlic Parmesan 3 oz	330	0	34g	19g	1g	80mg	1420mg	3g	0g	2g	2g	0%	0%	4%	0%
Wing Sauce-Honey BBQ 3 oz	150	0	0g	0g	0g	0mg	920mg	36g	4g	28g	2g	10%	2%	0%	0%
Wing Sauce-Hot 3 oz	260	230	26g	16g	0g	65mg	1270mg	3g	0g	0g	0g	50%	6%	0%	0%
Wing Sauce-Korean BBQ 3 oz	260	15	1.5g	0g	0g	0mg	3040mg	58g	0g	47g	10g	6%	2%	0%	0%
Wing Sauce-Mango Habanero 3 oz	160	0	0g	0g	0g	0mg	840mg	38g	0g	36g	0g	0%	0%	0%	0%
Wing Sauce-Medium 3 oz	330	320	36g	23g	1.5g	95mg	850mg	3g	< 1g	1g	< 1g	45%	2%	2%	2%
Wing Sauce-Mild 3 oz	330	330	38g	23g	1.5g	100mg	870mg	3g	0g	3g	0g	40%	0%	0%	0%
Wing Sauce-Nu Killer 3 oz	50	15	2g	0g	0g	0mg	2230mg	9g	2g	5g	< 1g	60%	8%	2%	4%
Wing Sauce-Sweet Thai Chili 3 oz	200	0	0g	0g	0g	0mg	1780mg	46g	0g	38g	1g	6%	20%	0%	2%
Wing Sauce-Teriyaki 3 oz	190	20	2.5g	0g	0g	0mg	1330mg	37g	0g	32g	3g	0%	0%	0%	0%