

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 Breast Sandwich	510	50	6g	1.5g	0g	95mg	1110mg	68g	3g	19g	44g	15%	10%	6%	25%
BBQ Chicken Pizza	1340	450	51g	22g	0g	305mg	2700mg	132g	13g	31g	104g	20%	2%	70%	35%
Big Bob's BBQ Burger	750	280	31g	11g	1g	130mg	1510mg	68g	5g	23g	47g	15%	15%	15%	35%
Big Bob's Burger	550	200	23g	9g	1g	105mg	670mg	46g	3g	6g	38g	8%	15%	15%	30%
BLT	500	190	22g	7g	0g	55mg	1440mg	47g	< 1g	2g	27g	8%	10%	6%	20%
Boneless Wings-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 Chicken Pizza (fried)	1720	850	95g	48g	2.5g	405mg	3190mg	121g	11g	15g	111g	50%	4%	90%	30%
Buffalo Chicken Sub (fried)	1060	530	59g	32g	2.5g	210mg	2120mg	74g	2g	5g	59g	50%	15%	60%	25%
Caesar Side Salad with dressing	380	320	35g	6g	0g	60mg	640mg	14g	1g	< 1g	8g	100%	4%	15%	2%
Cajun Chicken Breast Sandwich	420	50	6g	1.5g	0g	95mg	830mg	46g	< 1g	2g	43g	8%	8%	6%	25%
Cajun Chicken Salad full size without dressing	460	140	16g	7g	0g	180mg	590mg	12g	4g	5g	66g	230%	25%	30%	20%
Celery and Blue Cheese	350	320	37g	7g	0g	40mg	400mg	3g	1g	1g	2g	10%	4%	6%	2%
Celery and Ranch	190	150	18g	3.5g	0g	25mg	370mg	5g	1g	2g	2g	8%	4%	6%	0%
Cheese Only Pizza	730	270	30g	13g	0g	80mg	1900mg	104g	12g	17g	27g	20%	8%	70%	35%
Cheese Pizza (Base)	710	250	28g	12g	0g	75mg	1940mg	104g	12g	17g	26g	20%	8%	80%	30%
Cheesy Bacon Fries (fried)	620	360	41g	12g	1.5g	45mg	1040mg	54g	8g	0g	16g	2%	25%	4%	0%
Cheesy Bacon Tots (fried)	900	550	62g	19g	1.5g	45mg	2390mg	79g	9g	0g	18g	2%	30%	4%	0%
Cheesy Bacon Wedges (fried)	530	300	33g	11g	0.5g	45mg	1890mg	49g	5g	0g	13g	2%	45%	4%	10%
Cheesy Garlic Bread	630	290	32g	11g	4g	50mg	1380mg	64g	< 1g	3g	23g	30%	2%	50%	20%
Chef's Salad full size without dressing	460	230	25g	11g	0g	305mg	1930mg	13g	4g	8g	45g	230%	20%	25%	20%
Chef's Salad half size without dressing	230	110	13g	6g	0g	150mg	970mg	8g	2g	5g	23g	120%	15%	15%	10%
Chicken Bacon Ranch Sub	1000	480	54g	17g	2.5g	170mg	1960mg	67g	< 1g	5g	59g	30%	10%	50%	30%
Chicken Burrito	740	270	30g	13g	0g	120mg	1900mg	69g	6g	8g	48g	35%	25%	40%	30%
Chicken Caesar Salad-full with lightly seasoned chicken, with dressing	890	550	61g	12g	0g	245mg	1300mg	21g	2g	1g	69g	200%	8%	30%	15%
Chicken Caesar Salad-half with lightly seasoned chicken, with dressing	480	330	37g	7g	0g	110mg	740mg	14g	1g	< 1g	26g	100%	4%	15%	6%
Cinnamon poppers (fried)	580	270	30g	12g	0g	5mg	380mg	79g	4g	43g	8g	8%	8%	8%	15%
Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Curly Fries (fried)	430	230	26g	6g	1.5g	0mg	95mg	50g	8g	0g	8g	0%	25%	0%	0%
Dressing-Award Winning Red Rooster Dressing 2 oz	200	150	16g	4g	0g	0mg	125mg	15g	0g	14g	0g	0%	2%	0%	2%
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 2 oz	210	190	205g	3g	0g	0mg	480mg	4g	0g	4g	0g	0%	0%	0%	0%
Dressing-Balsamic Vinaigrette 3 oz	310	290	307g	4.5g	0g	0mg	710mg	6g	0g	6g	0g	0%	0%	0%	0%
Dressing-Blue Cheese 2 oz	340	310	36g	7g	0g	40mg	340mg	< 1g	0g	0g	2g	2%	0%	4%	0%
Dressing-Blue Cheese 3 oz	510	470	55g	11g	0.5g	60mg	510mg	1g	0g	0g	2g	2%	0%	4%	0%
Dressing-Caesar 2 oz	280	260	29g	4.5g	0g	50mg	330mg	2g	0g	0g	2g	0%	0%	0%	0%
Dressing-Caesar 3 oz	410	400	44g	6g	0g	80mg	490mg	3g	0g	0g	3g	0%	0%	0%	0%
Dressing-Fat Free Honey Mustard 2 oz	100	0	0g	0g	0g	0mg	460mg	24g	0g	20g	0g	0%	0%	0%	2%
Dressing-Fat Free Honey Mustard 3 oz	150	5	0.5g	0g	0g	0mg	690mg	36g	0g	30g	0g	0%	0%	0%	4%
Dressing-Garlic Italian 2 oz	330	320	36g	6g	0g	< 5mg	430mg	1g	0g	< 1g	1g	2%	4%	4%	2%
Dressing-Garlic Italian 3 oz	410	400	44g	7g	0g	< 5mg	540mg	2g	0g	< 1g	2g	2%	4%	4%	2%
Dressing-Golden Italian 2 oz	200	190	22g	3.5g	0g	0mg	570mg	3g	0g	3g	0g	10%	4%	0%	0%
Dressing-Golden Italian 3 oz	300	290	32g	5g	0.5g	0mg	850mg	5g	0g	5g	0g	15%	4%	0%	0%
Dressing-Honey Mustard 2 oz	250	180	20g	3.5g	0g	20mg	290mg	16g	0g	14g	0g	0%	0%	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 2 oz	180	150	18g	3g	0g	25mg	300mg	2g	0g	1g	< 1g	0%	0%	2%	0%
Dressing-Ranch 3 oz	260	230	27g	5g	0g	35mg	460mg	4g	0g	2g	1g	2%	0%	4%	0%
Dressing-Red Wine Vinegar	10	0	0g	0g	0g	**	0mg	0g	0g	0g	0g	0%	0%	0%	2%
Dressing-Rooster's Spicy Ranch 2 oz	130	100	12g	4g	0g	20mg	560mg	4g	0g	1g	1g	8%	0%	4%	0%

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Dressing-Rooster's Spicy Ranch 3 oz	190	160	18g	6g	0g	30mg	840mg	5g	0g	2g	2g	10%	0%	4%	0%
Dumpster Chips	810	580	65g	21g	1.5g	95mg	3130mg	47g	3g	5g	21g	20%	30%	35%	2%
Dumpster Fries (fried)	870	540	61g	20g	2g	95mg	2020mg	61g	8g	3g	27g	20%	40%	35%	2%
Dumpster Tots (fried)	1160	740	82g	27g	2.5g	95mg	3360mg	85g	10g	3g	28g	20%	45%	35%	2%
Dumpster Wedges (fried)	790	480	54g	19g	1.5g	95mg	2870mg	56g	5g	3g	24g	20%	60%	35%	10%
Fish Sandwich (fried)	960	410	45g	9g	0.5g	75mg	2480mg	102g	3g	13g	39g	8%	10%	8%	25%
Freshly Fried Potato Chips	370	270	30g	7g	1g	0mg	1290mg	35g	2g	2g	2g	0%	15%	0%	0%
Fried Chicken Salad full size without dressing	700	360	40g	19g	2.5g	185mg	720mg	24g	4g	7g	65g	230%	25%	25%	10%
Fried Chicken Salad half size without dressing	270	130	15g	7g	1g	65mg	280mg	12g	3g	4g	24g	120%	15%	15%	6%
Fried Chicken Sandwich (fried)	520	150	17g	7g	1.5g	85mg	760mg	54g	< 1g	2g	39g	8%	10%	4%	15%
Fried Mushrooms (fried)	720	410	46g	15g	2.5g	25mg	2090mg	82g	4g	1g	15g	0%	0%	2%	0%
Fried Pickles (fried)	630	570	64g	23g	3g	25mg	1350mg	27g	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%
Full Caesar Salad	590	490	54g	10g	0g	95mg	1020mg	21g	2g	1g	14g	200%	8%	25%	6%
Full Garden Salad	230	100	11g	4.5g	0g	25mg	460mg	25g	4g	5g	12g	230%	20%	25%	10%
Grilled Cajun Chicken Fingers-full	390	80	9g	2.5g	0g	200mg	500mg	0g	0g	0g	74g	2%	0%	4%	15%
Grilled Cajun Chicken Fingers-half	200	40	4.5g	1g	0g	100mg	250mg	0g	0g	0g	37g	0%	0%	2%	6%
Grilled Chicken Breast 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 Marinated Full	490	180	20g	7g	0g	180mg	690mg	10g	4g	5g	65g	230%	20%	25%	20%
Grilled Chicken Salad Marinated- Half	240	110	12g	5g	0g	75mg	340mg	7g	2g	3g	26g	120%	15%	20%	10%
Grilled Chicken Salad-full size without dressing	440	130	15g	6g	0g	180mg	320mg	10g	4g	5g	64g	230%	20%	25%	20%
Grilled Chicken Salad-half size without dressing	170	60	6g	3g	0g	65mg	140mg	6g	2g	3g	23g	110%	15%	15%	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%
Half Garden Salad without dressing	140	60	6g	2g	0g	15mg	270mg	16g	2g	3g	7g	110%	15%	10%	6%
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%
Kids 9 inch cheese pizza	730	270	30g	13g	0g	80mg	1900mg	104g	12g	17g	27g	20%	8%	70%	35%
Kids Applesauce	70	0	0g	0g	0g	0mg	5mg	16g	1g	13g	0g	0%	0%	0%	0%
Kids Boneless Fried Chicken Wings (3)	310	130	14g	6g	1g	110mg	280mg	7g	0g	< 1g	39g	0%	0%	0%	0%
Kids Cheeseburger	400	160	17g	7g	0g	60mg	670mg	35g	1g	4g	23g	4%	4%	15%	20%
Kids Curly Fries (fried)	220	120	13g	3.5g	0.5g	0mg	50mg	25g	4g	0g	4g	0%	10%	0%	0%
Kids Grilled Cheese	330	150	17g	10g	0g	35mg	1010mg	29g	< 1g	2g	12g	10%	0%	30%	10%
Kids Hamburger	340	120	13g	4g	0g	50mg	500mg	35g	1g	4g	21g	0%	4%	10%	20%
Kids Mac and Cheese Bites (fried)	240	120	14g	4.5g	0g	10mg	660mg	25g	2g	3g	6g	2%	0%	10%	6%
Kids Mandarin Oranges	45	0	0g	0g	**	0mg	5mg	12g	< 1g	11g	< 1g	20%	70%	2%	2%
Kids Mini Corn Dogs (fried)	290	210	23g	8g	1g	35mg	490mg	22g	1g	7g	7g	0%	0%	2%	4%
Kids Potato Wedges (fried)	170	80	9g	2.5g	0g	0mg	470mg	22g	2g	0g	2g	0%	25%	0%	4%
Kids Salad	80	35	4g	1.5g	0g	10mg	180mg	9g	< 1g	< 1g	4g	60%	4%	8%	2%
Kids Tater Tots (fried)	360	210	24g	7g	1g	0mg	720mg	37g	5g	0g	5g	0%	15%	0%	0%
Little Extra for Salad-Croutons	80	20	2.5g	0g	0g	0mg	220mg	13g	0g	0g	2g	0%	0%	0%	0%
Little Extra For Salads-Bacon Bits	150	100	11g	5g	0g	60mg	800mg	0g	0g	0g	13g	0%	0%	0%	0%
Little Extra for Salads-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	6%	0%	20%	0%
Little Extra For Salads-Egg	80	50	6g	2g	0g	230mg	75mg	< 1g	0g	< 1g	7g	6%	0%	2%	4%
Little Extra for Salads-Fresh Mushrooms	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Little Extra For Salads-Grilled Chicken Tenders	200	40	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g	0%	0%	2%	6%
Little Extra For Salads-Side of Garlic Bread	200	60	7g	1g	1.5g	0mg	380mg	30g	0g	1g	5g	8%	0%	2%	10%

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Mac and Cheese Bites (fried)	640	370	41g	19g	0.5g	75mg	1360mg	52g	4g	10g	15g	15%	0%	25%	10%
Marinated Chicken Breast Sandwich	470	100	11g	2.5g	0g	95mg	940mg	46g	< 1g	3g	44g	10%	10%	8%	25%
Meat Lovers Pizza	1240	620	69g	29g	0g	255mg	4700mg	107g	13g	18g	65g	20%	10%	80%	40%
Milk	150	70	8g	4.5g	**	25mg	105mg	12g	0g	12g	8g	8%	0%	30%	0%
Mini Corn Dogs (fried)	620	440	48g	16g	1.5g	65mg	1660mg	47g	5g	14g	15g	2%	0%	8%	15%
Mozzarella Sticks (fried)	590	290	33g	15g	0.5g	60mg	1940mg	57g	7g	14g	25g	4%	4%	60%	2%
Nachos (fried)	640	360	40g	17g	2.5g	15mg	960mg	75g	8g	< 1g	11g	4%	8%	15%	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%
Orange Juice	120	0	0g	0g	**	0mg	0mg	29g	< 1g	**	2g	2%	140%	2%	2%
Parmesan Chicken Sandwich-Fried	650	250	28g	13g	1.5g	120mg	1270mg	55g	< 1g	3g	49g	10%	4%	40%	15%
Parmesan Chicken Sandwich-Grilled	550	150	17g	8g	0g	130mg	1070mg	47g	< 1g	3g	53g	10%	4%	40%	25%
Pizza Topping- Grilled Chicken	140	30	3g	1g	0g	70mg	210mg	0g	0g	0g	26g	0%	0%	2%	4%
Pizza Topping-Cheddar	220	170	18g	10g	1g	60mg	360mg	2g	0g	0g	14g	10%	0%	40%	2%
Pizza Topping-Diced Onion	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Pizza Topping-Diced Tomato	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g	4%	6%	0%	0%
Pizza Topping-Fresh Mushrooms	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	2%
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-Mozarella/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 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%
Potato Skins (fried)	1050	680	75g	42g	2g	240mg	1780mg	52g	5g	3g	49g	35%	0%	100%	15%
Quarter Pound Burger	350	120	13g	4.5g	0g	50mg	550mg	36g	2g	5g	21g	6%	10%	10%	20%
Quesadilla with chicken	820	410	46g	20g	0g	155mg	2090mg	57g	3g	6g	62g	45%	20%	90%	30%
Quesadilla without chicken	680	380	43g	19g	0g	80mg	1780mg	57g	3g	6g	35g	45%	20%	90%	25%
Red Rooster Salad-full size without dressing	230	130	15g	6g	0g	220mg	770mg	10g	4g	5g	19g	230%	20%	8%	15%
Red Rooster Salad-half size without dressing	120	70	7g	3g	0g	110mg	390mg	6g	2g	3g	10g	110%	15%	4%	8%
Red, Bacon, Blue Salad-full size without dressing	290	170	19g	10g	0g	80mg	1080mg	11g	4g	5g	21g	230%	20%	25%	10%
Red, Bacon, Blue Salad-half size without dressing	150	90	10g	5g	0g	40mg	540mg	6g	2g	3g	10g	110%	10%	10%	6%
Rooster's Chicken Wrap-Fried	830	370	42g	17g	2g	130mg	1640mg	68g	4g	7g	47g	30%	15%	35%	25%
Rooster's Chicken Wrap-Grilled	720	270	31g	12g	0g	140mg	1590mg	60g	4g	7g	51g	30%	15%	35%	30%
Rooster's Club Sub	740	250	28g	12g	0g	135mg	2520mg	65g	< 1g	6g	52g	20%	10%	50%	25%
Rooster's Homemade Chili-Bowl	210	40	4.5g	1.5g	0g	20mg	950mg	29g	8g	7g	16g	20%	35%	25%	15%
Rooster's Homemade Chili-Cup	140	25	2.5g	1g	0g	15mg	600mg	19g	5g	4g	10g	15%	25%	15%	10%
Rooster's Nest (fried)	1720	830	93g	35g	4.5g	420mg	2330mg	80g	8g	5g	149g	15%	40%	15%	2%
Rooster's Noodle Soup-Bowl	240	120	13g	3g	0g	15mg	1550mg	21g	0g	0g	9g	20%	0%	0%	6%
Rooster's Noodle Soup-Cup	140	70	8g	1.5g	0g	10mg	880mg	12g	0g	0g	5g	10%	0%	0%	4%
Roosters Onion Feathers (fried)	780	490	56g	10g	0g	30mg	1360mg	65g	2g	2g	6g	4%	8%	4%	8%
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-Mozarella/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-Pepperjack Cheese	160	110	12g	8g	0g	50mg	260mg	2g	0g	0g	10g	8%	0%	30%	0%

Recipe Name	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
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-SautÃ©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%
Saucy Suggestions-Dumpster Dressing 2oz	100	80	9g	2g	0g	15mg	500mg	3g	0g	2g	1g	2%	0%	4%	0%
Saucy Suggestions-Dumpster Dressing 3oz	160	120	14g	3g	0g	20mg	750mg	5g	0g	2g	2g	2%	0%	6%	0%
Saucy Suggestions-Feather Sauce 2 oz	180	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 2 oz	130	100	12g	4g	0g	20mg	560mg	4g	0g	1g	1g	8%	0%	4%	0%
Saucy Suggestions-Salsa	30	0	0g	0g	**	0mg	680mg	7g	2g	4g	1g	10%	4%	2%	2%
Saucy Suggestions-Sour Cream	180	130	15g	11g	0g	60mg	45mg	3g	0g	3g	3g	10%	0%	6%	0%
Soft Baked Pretzel	490	100	12g	3g	0g	10mg	1290mg	78g	2g	2g	12g	2%	0%	4%	20%
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 Wedge Salad-full size without dressing	150	90	10g	5g	0g	40mg	540mg	6g	2g	4g	10g	20%	10%	10%	4%
The Works Pizza	960	430	48g	20g	0g	125mg	3030mg	112g	14g	20g	37g	20%	60%	80%	40%
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 and Cheese Sub	620	160	17g	8g	0g	110mg	1880mg	65g	< 1g	6g	45g	20%	10%	50%	25%
Turkey Burger	440	110	13g	3.5g	0g	95mg	570mg	46g	3g	6g	36g	10%	15%	15%	25%
Veggie Burger	370	90	9g	1.5g	0g	0mg	1040mg	51g	5g	7g	22g	6%	10%	15%	20%
Veggie Lovers Pizza	750	250	29g	12g	0g	75mg	2190mg	111g	14g	20g	29g	25%	60%	80%	35%
Veggie Sub	700	330	37g	12g	2g	50mg	1680mg	71g	2g	8g	24g	35%	50%	50%	25%
White Pizza	840	400	45g	15g	4g	75mg	1810mg	104g	11g	15g	27g	35%	8%	70%	30%
Wing Sauce-Carolina Gold 2 oz	110	0	0g	0g	0g	0mg	680mg	25g	0g	22g	0g	4%	0%	0%	0%
Wing Sauce-Carolina Gold 3 oz	160	0	0g	0g	0g	0mg	1020mg	38g	0g	32g	0g	6%	0%	0%	0%
Wing Sauce-Donkey 2 oz	20	5	0.5g	0g	0g	0mg	1560mg	4g	1g	2g	< 1g	30%	4%	2%	2%
Wing Sauce-Donkey 3 oz	25	10	1g	0g	0g	0mg	2340mg	5g	2g	2g	< 1g	45%	6%	2%	4%
Wing Sauce-Garlic 2 oz	190	170	20g	12g	1g	55mg	740mg	2g	0g	2g	0g	25%	0%	0%	0%
Wing Sauce-Garlic 3 oz	280	260	30g	19g	1g	80mg	1110mg	2g	0g	2g	0g	35%	0%	0%	0%
Wing Sauce-Honey BBQ 2 oz	100	0	0g	0g	0g	0mg	610mg	24g	3g	19g	1g	6%	2%	0%	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 2 oz	170	160	18g	11g	0g	45mg	860mg	2g	0g	0g	0g	35%	4%	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 2 oz	170	10	1g	0g	0g	0mg	2030mg	38g	0g	31g	6g	4%	2%	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-Medium 2 oz	220	220	24g	15g	1g	65mg	570mg	2g	0g	< 1g	0g	30%	2%	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 2 oz	220	220	25g	15g	1g	65mg	570mg	2g	0g	2g	0g	25%	0%	0%	0%
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 2oz	30	10	1.5g	0g	0g	0mg	1490mg	6g	2g	3g	< 1g	40%	6%	2%	4%
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 2 oz	130	0	0g	0g	0g	0mg	1150mg	30g	0g	24g	< 1g	4%	10%	0%	2%
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 2 oz	120	10	1.5g	0g	0g	0mg	85mg	25g	0g	21g	2g	0%	0%	0%	0%
Wing Sauce-Teriyaki 3 oz	190	20	2.5g	0g	0g	0mg	130mg	37g	0g	32g	3g	0%	0%	0%	0%
Zesty Potato Wedges (fried)	350	170	18g	5g	0.5g	0mg	950mg	45g	5g	0g	5g	0%	45%	0%	10%