



# NUTRITIONAL FACTS

## PREGAME WARMUP

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fried Pickles (Full Order)	6	612	378	42	0	0	213	1314	47	0	0	0
Fried Pickles (Half Order)	3	306	189	21	0	0	107	657	24	0	0	0
Holy Macaroni	4	1341	615	67	20	0	84	2236	76	6	11	34
Fried Cheese	4	1241	84	32	7	0	302	919	41	0	3	94
Blue Cheese Potato Chips	1	1816	1297	142	34	3	82	3646	106	14	8	29
Waffle N' Cheese (Full Order)	1	1671	979	109	47	0	273	3252	99	10	5	66
Waffle N' Cheese (Half Order)	1	959	545	61	25	0	137	1722	65	7	3	35
Chips & Queso	1	1030	470	60	25	0	80	2918	102	5	16	33
Stuffed Jalapenos	5	325	125	15	9	0	25	1050	38	3	3	8
Magic Mushrooms	12oz	760	400	44	6	0	0	1440	100	8	0	16
Buffalo Bites	1	476-856	20-426	14-61	0-8	0	180-213	457-2275	14-71	0-3	0-38	56-58
Appetizer Sampler		2673	1174	115	27	0	345	4941	131	11	40	114
Pluckers Nachos		1242	1167	138	39	0	140	6832	316	26	41	76

## BONELESS WINGS

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Wings Basket	1	902-1906	175-1015	26-137	0-22	0-5	352-451	1122-6540	32-188	2-13	0-37	100-117
Monster Boneless Wings Basket	1	1265-2948	109-1876	35-300	0-55	0-5	493-673	1430-11507	41-131	2-13	0-74	141-152
Naked Boneless Wings Basket	1	645-1519	175-855	5-102	0-19	0-5	245-308	465-4000	8-129	2-11	0-61	93-108
50 Boneless Wings (Fried)	4	16925	825	575	0	0	8250	18650	525	0	0	2325



# NUTRITIONAL FACTS

## BUFFALO BITES

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Buffalo Bites	20	678	33	23	0	0	301	747	21	0	0	93

## WING COMBOS

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5 Piece Wings	5	360	180	20	7	0	180	135	0	0	0	44
10 piece	10	720	360	40	14	0	360	270	0	0	0	88
15 piece	15	1080	540	60	21	0	540	405	0	0	0	132
20 piece	20	1440	720	80	28	0	720	540	0	0	0	176
50 piece	50	3600	1800	200	70	0	1800	1350	0	0	0	440
100 piece	100	7200	3600	400	140	0	3600	2700	0	0	0	880
5 Wings & 3 Tender Combo	8	503	188	21	7	0	270	1087	0	0	0	76



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## BURGERS

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
The Bypass Burger	1	1055-1380	575-809	55-92	22-30	0-5	206-247	1294-2870	40-104	4-105	15-29	55-67
Honey BBQ Burger	1	890-1215	485-719	45-81	17-25	0-5	166-207	1189-2769	34-98	3-9	22-46	46-58
The Dirty Patty Melt	1	930-1255	445-679	37-74	15-23	0-5	153-195	1211-2791	55-119	3-72	13-38	53-64
Boring Burger	1	970-1450	565-939	51-82	16	0-5	178-428	1099-3019	42-110	4-9	17-45	47-67
The Gut Grenade	50	3600	1800	200	70	0	1800	1350	0	0	0	440
The Impossible Burger	1	1030-1510	400-774	41-82	20-30	0-5	65-97	2195-4115	86-154	2-8	24-52	44-63

## SANDWICHES

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Buffalo Chicken Sandwich	1	950-1594	585-1025	47-120	8-23	0-5	127-198	2173-1932	22-115	5-12	4-53	44-58
Cheech and Chong	1	1157-1482	559-793	47-84	10-18	0	140-182	2485-4065	64-127	9-15	11-35	52-64
South Philly Cheesesteak	1	916-1241	488-722	41-78	17-25	0-5	15-157	1314-2894	41-104	7-12	12-36	53-64
Chicken Cheesesteak	1	736-1061	318-552	21-58	9-17	0-5	105-147	1544-3124	44-107	7-12	14-38	42-54
Chicken Club	1	784-1109	390-624	30-66	10-18	0-5	185-227	3085-4665	16-80	5-10	7-31	56-67
The Chicken Bypass	1	794-1299	355-719	31-81	10-20	0-5	168-219	1980-4040	15-90	4-12	8-32	56-68
The Larry Bird	1	534-1119	215-589	9-73	2-70	0-5	130-188	1235-3962	12-104	4-11	6-54	44-57
Mom's Grilled Cheese	1	485-810	180-414	8-44	3-8	0-5	20-62	1080-2660	51-52	2-8	10-34	15-28
Sean's BLT	1	856-1181	500-734	44-80	11-19	1-5	52-94	1575-3155	49-113	3-8	7-31	23-35
Veggie Sandwich	1	667-992	288-522	25-62	8-16	1-5	30-72	808-1860	44-107	10-18	9-33	21-22



# NUTRITIONAL FACTS

## SAUCES

Sauces * = Amount per 10 wings	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Buffalo Mild*	1oz	55	45	5	1	0	5	1770	4	0	1	1
Buffalo Medium*	1oz	55	45	5	1	0	5	1770	4	0	1	1
Buffalo Hot*	1oz	55	45	5	1	0	5	1770	4	0	1	1
Spicy BBQ*	1oz	45	20	3	0	0	0	830	6	<1	5	1
Dr Pepper*	1oz	80	0	0	0	0	0	1010	18	0	15	2
Baker's Gold*	1oz	40	0	1	0	0	0	300	4	0	4	0
Fire in the Hole*	1oz	55	45	5	<1	0	5	1770	4	0	1	1
Teriyaki*	1oz	80	0	0	0	0	0	1010	18	0	15	2
Honey BBQ*	1oz	80	0	0	0	0	0	480	19	0	16	0
Ranch* (Butter Included)	1oz	105	100	11	3	0	0	240	0	0	0	0
Spicy Ranch* (Butter Included)	1oz	105	100	11	3	0	0	235	0	0	0	0
Goldrush*	1oz	70	0	<1	0	0	0	380	15	1	13	<1
Cajun* (Butter Included)	1oz	100	100	11	3	0	0	235	0	0	0	0
Sesame*	1oz	40	0	0	0	0	0	330	9	0	7	1
Lemon Pepper* (Butter Included)	1oz	105	100	11	3	0	0	465	1	0	0	0
Spicy Lemon Pepper*	1oz	97	97	10	0	0	5	995	3	0	1	1
Ginger Peach Sriracha*	1oz	50	0	0	0	0	0	0	13	0	12	0
Spicy Garlic Parmesan*	1oz	109	35	11	2	0	13	981	3	0	<1	<1
Manganero*	1oz	90	5	<1	0	0	0	530	20	0	16	0
Gochujang*	1oz	90	0	1	0	0	0	700	20	0	10	0
Spicy Mandarin*	1oz	107	1	<1	0	0	0	177	28	1	24	1
Garlic Parmesan* (Butter Included)	1oz	130	100	14	3	0	8	438	2	0	1	<1
Hallelujah*	1oz	45	0	0	0	0	0	280	11	0	10	0
Vampire Killer	1oz	80	0	0	0	0	0	1010	18	0	15	2
Maple Chipotle	1oz	58	0	0	0	0	0	393	17	0	9	0



# NUTRITIONAL FACTS

## SAUCES CONT.

Sauces * = Amount per 10 wings	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Side Ranch	2oz	260	240	24	4	0	20	460	4	0	2	0
Blue Cheese	2oz	319	306	33	5	0	7	505	3	0	1	2
Buffalo Ranch	2oz	185	174	19	3	0	8	818	3	<1	1	0
Honey Mustard	2oz	100	0	6	1	0	5	215	12	0	10	0
1000 Island (Plucker Sauce)	2oz	110	0	11	2	0	5	230	0	3	0	0
Caesar	2oz	180	160	18	3	0	10	290	1	0	<1	<1
Roasted Bell Pepper Vinaigrette	2oz	30	10	1	0	0	0	340	1	0	3	0
Balsamic Apple Cider Vinaigrette	2oz	300	180	20	3	0	0	580	22	0	26	0
Side Strawberry Chutney	2oz	70	0	0	0	0	0	0	18	1	18	0

## SALADS

Sauces	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Buffalo Chicken Salad	1	610-1448	264-1016	23-117	60-76	10	91-147	1268-4030	44-130	6-10	6-56	34-36
Honey BBQ Chicken Salad	1	646-1224	44-656	12-79	2-12	<1	60-100	2011-3626	91-149	8-12	32-58	66
Southwest Caesar Salad	1	752-937	354-474	30-43	10-65	<1	87-100	1944-2064	49-70	7-9	7	38-41
Blue Cheese Chicken Club	1	760-1338	321-92	41-71	22-33	<1	144-184	2728-4343	35-93	7-11	5-31	86
Grilled Chicken Garden Salad	1	432-1010	144-756	10-76	5-15	9.5	103-143	1393-3008	25-83	4-8	6-32	70



# NUTRITIONAL FACTS

## SIDELINE

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Sweet Potato Fries	6oz	300	100	12	1	0	0	365	43	6	3	2
Macaroni and Cheese	6oz	300	113	11	0	0	0	435	38	2	2	6
Buffalo Fries		360-620	162-302	18-45	4-10	0	0-17	280-1427	43-71	5-7	0-24	5-7
Homemade Potato Chips		435	180	20	9	1	15	939	57	8	<1	6
Waffle Fries (Half Order)	8oz	360	162	18	4	0	0	280	43	5	0	5
Tater Tots	8oz	320	140	16	3	0	0	840	40	4	2	4
Side Salad		168-457	68-374	4-37	2-8	5	22-42	345-1153	13-42	4-6	5-18	9
Side Caesar Salad		254	189	21	5	0	15	429	7	2	2	7
Side Southwest Caesar Salad		381	219	23	7	0	20	557	25	4	3	13

## KIDS MENU

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kids Wings	4	450-690	180-355	20-40	6-12	<1	180-198	135-1494	10-53	1-6	0-43	44-50
Kids Corndog Meal		215-365	111-186	12-18	3-6	<1	0-5	400-749	27-43	1-4	6-25	5-9
Kids Grilled Cheese		340-490	40-115	7-14	3-6	<1	20-25	800-1149	54-70	1-4	10-29	14-18
Buffalo Bites		261-790	63-564	7-61	2-13	<1	24-62	36-2202	21-94	2-9	0-56	9-15
Mac and Cheese Meal		350-500	113-188	1-8	0-3	<1	0-5	435-784	48-64	3-7	2-21	6-10
Side Homemade Potato Chips		145	60	7	3	0	5	349	19	3	<1	2
Apple Slices	1 apple	95	0	<1	<1	0	0	2	25	4	19	<1
Tater Tots	2oz	80	35	4	<1	0	0	210	10	1	1	1
Mac and Cheese	4oz	200	75	1	0	0	0	290	26	2	1	4
Waffle Fries	3oz	135	61	7	1	0	0	105	16	2	0	2
Apple Sauce	1 cup	50	0	0	0	0	0	0	13	1	11	0



# NUTRITIONAL FACTS

## DESSERT

Menu Item	Serving Size	Calories (kcal)	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brownie	1	1230	360	42	23	0	130	670	205	6	150	9
Fried Oreos		1040	525	58	14	0	75	891	173	3	74	15
Fried Twinkie		700	103	171	24	5	75	731	157	2	69	12