



NUTRITIONAL GUIDE

CLASSIC (BONE-IN) WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1 ea (39g)	90	5	1.5	0	45	220	1	0	0	0	10	0	10	0	94	
Cajun	1 ea (39g)	90	5	1.5	0	45	310	0	0	0	0	10	0	14	0	100	
Garlic Parm	1 ea (36g)	120	8	2	0	45	75	1	0	0	0	10	0	15	0	90	Milk, Soy
Hawaiian	1 ea (40g)	100	5	1.5	0	45	85	3	0	2	2	10	0	9	0	88	Soy, Wheat
Hickory Smoked BBQ	1 ea (40g)	100	5	1.5	0	45	150	4	0	3	3	10	0	11	0	122	
Spicy Korean Q	1 ea (39g)	100	5	1.5	0	45	135	3	0	3	2	10	0	10	0	93	Soy, Wheat
Lemon Pepper	1 ea (35g)	120	8	2	0	45	210	0	0	0	0	10	0	16	0	84	Milk, Soy
Louisiana Rub	1 ea (34g)	110	7	2	0	45	140	0	0	0	0	10	0	14	0	91	Milk, Soy
Mango Habanero	1 ea (39g)	100	5	1.5	0	45	80	4	0	3	3	10	0	9	0	84	
Mild	1 ea (38g)	120	8	2	0	45	160	0	0	0	0	10	0	9	0	86	Milk, Soy
Original Hot	1 ea (38g)	90	5	1.5	0	45	230	0	0	0	0	10	0	9	0	92	
Plain	1 ea (31g)	90	5	1.5	0	45	30	0	0	0	0	10	0	8	0	80	
Old Bay	1 ea (34g)	100	7	2	0	45	110	0	0	1	0	10	0	14	0	87	Milk, Soy

BONELESS WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1 ea (34g)	90	4.5	1	0	10	380	7	0	0	0	4	0	8	0	73	Wheat
Cajun	1 ea (34g)	80	4.5	1	0	10	450	6	0	0	0	4	0	11	0	77	Wheat
Garlic Parm	1 ea (31g)	110	7	1.5	0	15	260	6	0	0	0	4	0	12	0	70	Wheat, Milk, Soy
Hawaiian	1 ea (34g)	90	4.5	1	0	10	270	8	0	2	2	4	0	7	0	68	Wheat, Soy
Hickory Smoked BBQ	1 ea (34g)	90	4.5	1	0	10	330	9	0	3	2	5	0	9	0	95	Wheat
Spicy Korean Q	1 ea (34g)	90	4.5	1	0	10	320	8	0	2	2	5	0	8	0	72	Wheat, Soy
Lemon Pepper	1 ea (30g)	110	7	1.5	0	10	290	6	0	0	0	4	0	9	0	63	Wheat, Milk, Soy
Louisiana Rub	1 ea (29g)	100	6	1	0	10	260	6	0	0	0	4	0	8	0	65	Wheat, Milk, Soy
Mango Habanero	1 ea (34g)	90	4.5	1	0	10	270	9	0	3	2	4	0	7	0	65	Wheat
Mild	1 ea (33g)	110	7	1.5	0	10	330	6	0	0	0	4	0	7	0	66	Wheat, Milk, Soy
Original Hot	1 ea (33g)	80	4.5	1	0	10	390	6	0	0	0	4	0	7	0	71	Wheat
Plain	1 ea (27g)	80	4.5	1	0	10	230	6	0	0	0	4	0	7	0	62	Wheat
Old Bay	1 ea (29g)	100	6	1	0	10	290	6	0	1	0	4	0	8	0	63	Wheat, Milk, Soy

*Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.

BONE-IN THIGHS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (90g)	230	14	3.5	0	125	470	2	0	0	0	25	0	16	1	359	
Cajun	1ea (90g)	230	14	3.5	0	125	650	1	0	0	0	25	0	22	1	370	
Garlic Parm	1ea (84g)	290	21	5	0	125	180	1	0	0	0	25	0	25	1	351	Milk, Soy
Hawaiian	1ea (91g)	250	14	3.5	0	125	200	6	0	5	5	25	0	14	1	347	Soy, Wheat
Hickory Smoked BBQ	1ea (92g)	250	14	3.5	0	125	340	8	0	6	6	25	0	17	1	415	
Spicy Korean Q	1ea (91g)	250	14	3.5	0	125	310	6	0	6	5	25	0	16	1	356	Soy, Wheat
Lemon Pepper	1ea (82g)	280	21	5	0	125	460	1	0	0	0	25	0	28	1	338	Milk, Soy
Louisiana Rub	1ea (81g)	270	19	4.5	0	125	320	1	0	0	0	25	0	24	1	353	Milk, Soy
Mango Habanero	1ea (91g)	250	14	3.5	0	125	200	7	0	7	6	24	0	13	1	338	
Mild	1ea (89g)	290	21	5	0	125	350	0	0	0	0	25	0	12	1	342	Milk, Soy
Original Hot	1ea (89g)	230	14	3.5	0	125	500	0	0	0	0	25	0	13	1	354	
Plain	1ea (74g)	220	14	3.5	0	125	95	0	0	0	0	24	0	12	1	330	
Old Bay	1ea (80g)	260	19	4.5	0	125	310	1	0	2	0	25	0	24	1	347	Milk, Soy

THIGH BITES

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	Regular Order (305g)	850	51	6	0	125	4,400	62	10	1	1	18	-	63	3	703	Wheat
	Large Order (458g)	1,275	77	9	0	188	6,600	93	15	2	2	27	-	95	5	1,055	Wheat
Cajun	Regular Order (306g)	840	52	6	0	125	5,110	58	10	1	1	18	-	89	3	746	Wheat
	Large Order (459g)	1,260	78	9	0	188	7,665	87	15	2	2	27	-	134	5	1,119	Wheat
Garlic Parm	Regular Order (220g)	1,090	79	12	0	130	3,240	59	10	2	1	19	-	98	2	669	Wheat, Milk, Soy
	Large Order (330g)	1,635	119	18	0	195	4,860	89	15	3	2	29	-	147	3	1,004	Wheat, Milk, Soy
Hawaiian	Regular Order (309g)	910	51	6	0	125	3,330	78	10	20	20	18	-	55	2	654	Soy, Wheat
	Large Order (464g)	1,365	77	9	0	188	4,995	117	15	30	30	27	-	83	3	981	Soy, Wheat
Hickory Smoked BBQ	Regular Order (313g)	930	51	6	0	125	3,860	84	10	27	24	19	-	68	4	926	Wheat
	Large Order (470g)	1,395	77	9	0	188	5,790	126	15	41	36	29	-	102	6	1,389	Wheat
Spicy Korean Q	Regular Order (308g)	920	51	6	0	125	3,740	79	10	23	19	19	-	64	3	689	Soy, Wheat
	Large Order (462g)	1,380	77	9	0	188	5,610	119	15	35	29	29	-	96	5	1,034	Soy, Wheat
Lemon Pepper	Regular Order (269g)	1,050	77	11	0	125	3,500	55	10	1	1	17	-	67	2	598	Wheat, Milk, Soy
	Large Order (404g)	1,575	116	17	0	188	5,250	83	15	2	2	26	-	101	3	897	Wheat, Milk, Soy
Louisiana Rub	Regular Order (262g)	990	70	10	0	125	3,190	55	10	1	1	17	-	58	2	618	Wheat, Milk, Soy
	Large Order (393g)	1,485	105	15	0	188	4,785	83	15	2	2	26	-	87	3	927	Wheat, Milk, Soy
Mango Habanero	Regular Order (309g)	940	51	6	0	125	3,300	83	10	27	23	17	-	51	2	621	Wheat
	Large Order (464g)	1,410	77	9	0	188	4,950	125	15	41	35	26	-	77	3	932	Wheat
Mild	Regular Order (299g)	1,070	79	11	0	125	3,930	55	10	1	1	17	-	49	2	636	Wheat, Milk, Soy
	Large Order (449g)	1,605	119	17	0	188	5,895	83	15	2	2	26	-	74	3	954	Wheat, Milk, Soy
Original Hot	Regular Order (301g)	830	52	6	0	125	4,520	56	10	1	1	18	-	51	2	684	Wheat
	Large Order (452g)	1,245	78	9	0	188	6,780	84	15	2	2	27	-	77	3	1,026	Wheat
Plain	Regular Order (240g)	810	51	6	0	125	2,900	54	10	1	1	17	-	47	2	588	Wheat
	Large Order (360g)	1,215	77	9	0	188	4,350	81	15	2	2	26	-	71	3	882	Wheat
Old Bay	Regular Order (261g)	970	69	10	0	125	3,060	55	10	8	-	17	-	58	2	638	Wheat, Milk, Soy
	Large Order (392g)	1,455	104	15	0	188	4,590	83	15	12	-	26	-	87	3	957	Wheat, Milk, Soy

Value of 0 on Sugars is based on an MDL of 387 mg/serving. Beverages will vary upon amount of ice in a serving.

BONELESS TENDERS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (74g)	150	7	1	0	30	850	12	0	0	0	10	0	12	0	199	Wheat
Cajun	1ea (74g)	150	7	1	0	30	1020	11	0	0	0	10	0	18	0	210	Wheat
Garlic Parm	1ea (68g)	210	14	2.5	0	30	550	11	0	0	0	10	0	20	0	191	Wheat, Milk, Soy
Hawaiian	1ea (75g)	160	7	1	0	30	580	16	0	5	5	10	0	10	0	187	Wheat, Soy
Hickory Smoked BBQ	1ea (76g)	170	7	1	0	30	710	17	0	6	6	10	0	13	1	255	Wheat
Spicy Korean Q	1ea (75g)	170	7	1	0	30	680	16	0	6	5	10	0	12	0	196	Wheat, Soy
Lemon Pepper	1ea (65g)	200	13	2.5	0	30	620	10	0	0	0	10	0	13	0	173	Wheat, Milk, Soy
Louisiana Rub	1ea (63g)	180	12	2	0	30	540	10	0	0	0	10	0	10	0	178	Wheat, Milk, Soy
Mango Habanero	1ea (75g)	170	7	1	0	30	570	17	0	7	6	10	0	9	0	179	Wheat
Mild	1ea (72g)	200	14	2.5	0	30	730	10	0	0	0	10	0	8	0	183	Wheat, Milk, Soy
Original Hot	1ea (73g)	140	7	1	0	30	870	10	0	0	0	10	0	9	0	195	Wheat
Plain	1ea (58g)	140	7	1	0	30	470	10	0	0	0	10	0	8	0	171	Wheat
Old Bay	1ea (63g)	170	11	2	0	30	420	10	0	2	0	10	0	10	0	176	Wheat, Milk, Soy

SIDES

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin D	Calcium	Iron	Potassium
Veggie Sticks (celery)	4 sticks	0	1	1	5	0	26	0	1	0	0	0	0	0	0	0
Veggie Sticks (carrot)	4 sticks	0	2	4	17	0	19	1	0	0	0	0	0	0	0	0
Ranch	3.25 oz cup	33	1	2	313	1	518	0	301	5	0	26	0	59	0	71
Blue Cheese	3.25 oz cup	32	1	3	312	3	543	0	291	7	0	33	0	0	0	0
Honey Mustard	3.25 oz cup	33	17	18	367	0	682	0	297	5	0	30	0	0	0	0
Hot Cheddar Cheese Sauce	3.25 oz cup	9	2	8	130	2	860	0	85	1.5	0	0	0	49	0	39
Yeast Rolls	3.25 oz	2	5	25	135	5	163	1	16	0	0	3	0	0	0	0
Seasoned Fries	10oz/6oz ckd	17	4	53	390	7	1090	0	149	3	0	0	0	99	0	1734
	18oz/11oz ckd	30	7	97	710	14	1910	0	274	6	4	5	0	54	0	946
Cheese Fries Regular	10oz/6oz Cooked	23	5	58	470	8	1650	0	204	4	0	0	0	85	0	971
Cheese Fries Large	18oz/11oz Cooked	39	8	105	830	15	2750	0	355	7	0	5	0	146	0	1772
													0	115	0	1754
Buffalo Ranch Fries Regular	10oz/6oz Cooked	23	4	54	450	8	1720	0	204	4	0	5	0	65	0	959
Buffalo Ranch Fries Large	18oz/11oz Cooked	40	8	98	800	14	2880	0	357	7	0	10	0	115	0	1754
													0	102	0	1003
Louisiana Voodoo Fries Reg.	10oz/6oz Cooked	29	1	55	520	9	1070	0	261	5	0	5	0	102	0	1003
Louisiana Voodoo Fries Large	18oz/11oz Cooked	49	2	100	910	16	1710	0	443	9	0	10	0	173	1	1825
													0	8	0	16
Cajun Fried Corn Regular	5 each	17	9	34	300	5	660	2	151	2.5	0	0	0	8	0	16
Cajun Fried Corn Large	10 each	34	18	68	600	10	1320	4	302	5	0	0	0	16	0	32
Brownie	1 each	24	33	49	430	6	160	3	220	10	0	85	0	0	0	0

Value of 0 on Sugars is based on an MDL of 387 mg/serving. Beverages will vary upon amount of ice in a serving.

BEVERAGES

Description of Product	Portion Size Volume	Serving Size* (ml)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Sugars (g)	Sodium (mg)	Total Carbs (g)
Dr. Pepper	Regular	600	225	0	0	0	65	75	65
	Large	960	360	0	0	0	104	120	104
Coke	Regular	600	248	0	0	0	68	5	68
	Large	960	396	0	0	0	108	8	108
Diet Coke	Regular	600	2	0	0	0	1	25	1
	Large	960	3	0	0	0	2	40	2
Sprite	Regular	600	243	0	0	0	65	55	65
	Large	960	388	0	0	0	104	88	104
Fanta Orange	Regular	600	278	0	0	0	75	35	75
	Large	960	444	0	0	0	120	56	120
Fanta Strawberry	Regular	600	283	0	0	0	78	23	78
	Large	960	452	0	0	0	124	36	124
Lipton Tea - Sweet	Regular	600	175	0	0	0	45	0	45
	Large	960	280	0	0	0	72	0	72
Lipton Tea - Plain	Regular	600	0	0	0	0	0	0	0
	Large	960	0	0	0	0	0	0	0
Minute Maid Lemonade	Regular	600	243	0	0	0	63	103	65
	Large	960	388	0	0	0	100	164	104
Nestea Raspberry Tea	Regular	600	195	0	0	0	52	20	52
	Large	960	312	0	0	0	84	32	84
Gold Peak Sweet Green Tea	Regular	600	200	0	0	0	55	19	55
	Large	960	320	0	0	0	88	30	88
Gold Peak Unsweetened Tea	Regular	600	2	0	0	0	0	20	1
	Large	960	3	0	0	0	0	32	2
Gold Peak Southern Tea	Regular	600	255	0	0	0	65	20	66
	Large	960	388	0	0	0	104	32	105
Nestea Peach Tea	Regular	600	202	0	0	0	50	20	50
	Large	960	308	0	0	0	80	32	80

Value of 0 on Sugars is based on an MDL of 387 mg/serving. Beverages will vary upon amount of ice in a serving.