



NUTRITION INFORMATION

Shareables	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)
Buffalo Cauliflower Wings (1 serving)	730	215	24	11	0	0	3281	110	10	8	18	3881	99	166	4
Buffalo Cauliflower Wings (1 serving) with Dipping Sauce Choice Blue Cheese	971	439	49	16	0	16	3594	111	10	9	20	3985	99	207	4
Buffalo Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch	958	432	48	15	0	10	3509	111	10	9	19	3903	99	191	4
Buffalo Chicken Dip (1 serving)	1366	974	108	45	0	194	2460	54	3	7	44	2294	1	411	1
Chips, Fresh Guacamole and Salsa (1 serving)	476	128	14	4	0	0	1951	73	6	4	3	790	32	53	4
Mac 'N Cheese Bites (1 serving)	642	265	29	16	0	79	2250	69	2	26	23	150	4	529	2
Rookie Plate (1 serving)	1368	718	80	22	0	147	6128	109	3	45	46	1031	9	319	5
Sheet Pan Nachos (1 serving)	1183	523	58	34	0	175	3906	106	3	21	40	3020	12	1157	5
Sheet Pan Nachos (1 serving) with Smoked Chicken	1576	728	81	39	0	316	4308	108	3	23	82	3192	16	1184	7
Slam Dunk Pretzl Sticks (1 serving)	1102	421	47	14	0	31	9807	135	4	8	31	538	3	284	7
Wannabe Shrimp (1 serving)	968	485	54	9	0	382	2465	64	5	18	54	3726	41	210	9
Greens and Bowls	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)
BBQ Chicken Salad (1 serving)	863	458	51	17	0	155	1985	49	5	24	44	10099	47	503	4
Burger and Blue Salad (1 serving)	822	481	53	19	0	176	1442	26	5	16	50	9611	44	288	6
GDG's Crave A Bowl (1 serving)	986	591	66	12	3	18	1591	77	12	4	19	5260	154	171	3
GDG's Crave A Bowl (1 serving) with Grilled Chicken Breast	1526	864	96	18	4	165	2151	80	12	6	78	5451	158	207	4
GDG's Crave A Bowl (1 serving) with Grilled Salmon	1321	788	88	16	3	118	2110	77	12	4	52	5349	161	194	3
GDG's Crave A Bowl (1 serving) with Grilled Shrimp	1239	790	88	16	3	60	2004	77	12	4	31	5267	154	207	3
Glory Days Cobb Salad (1 serving)	1233	757	84	24	1	392	1818	20	7	7	92	10236	46	541	5



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Grilled Chicken Caesar Salad (1 serving)	1172	765	85	14	1	176	1936	23	6	5	74	10080	46	443	4
Salad Dressings, 2 fl oz (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Balsamic Vinaigrette	120	90	10	1	0	0	400	10	0	8	0	0	0	0	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Blue Cheese Dressing	321	298	33	7	0	21	417	2	0	1	2	139	0	54	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Caesar Dressing	236	212	24	4	0	0	499	5	0	0	0	2	1	5	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Honey Mustard	260	216	24	4	0	30	340	14	0	12	0	0	0	0	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Oil and Vinegar	256	255	28	4	0	0	3	0	0	0	0	0	0	2	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Ranch Dressing	304	288	32	5	0	14	303	2	0	1	1	29	0	33	0
Salad Dressings, 2 fl oz (2 fluid ounces) with Sweet Cane Vinaigrette	318	255	28	4	0	9	450	14	0	13	0	74	0	2	0
Strawberry Salmon Salad (1 serving)	671	417	46	10	0	110	1127	20	5	13	42	8084	64	145	3
Soups	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)
Boston Clam Chowdah, Bowl (1 serving)	415	251	28	15	0	96	1196	30	1	6	12	844	4	169	4
Boston Clam Chowdah, Cup (1 serving)	299	173	19	10	0	64	818	24	1	4	9	563	3	113	3
Best Darn Wings	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, 12 (1 serving)	763	115	13	5	0	211	4000	66	3	3	89	2664	6	108	6
Boneless Wings, 12 (1 serving) with Dipping Sauce Choice Blue Cheese	1003	339	38	10	0	226	4313	67	3	4	91	2768	6	148	6
Boneless Wings, 12 (1 serving) with Dipping Sauce Choice Ranch	991	331	37	9	0	221	4228	67	3	4	90	2686	6	132	6
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Glory Sauce	1113	115	13	5	0	211	5650	146	3	73	89	3164	18	108	6



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Best Darn Wings	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, 12 (1 serving) with Wing Sauce Choice High Heat	802	123	14	5	0	211	8732	72	6	5	90	5467	9	127	7
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Honey BBQ	1143	115	13	5	0	211	5596	160	3	75	89	3462	6	108	6
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Honey Old Bay	1171	130	14	5	0	211	7232	162	3	89	91	4731	9	181	8
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Hot	921	256	28	13	0	211	8094	71	5	5	91	4137	30	108	7
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Mild	1188	520	58	27	0	211	6650	71	3	3	89	5164	6	108	6
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1167	117	13	5	0	211	4802	164	4	72	92	2664	6	160	7
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Tangy Buffalo	1411	728	81	16	0	239	5887	70	4	5	91	3486	7	142	7
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Teriyaki	1165	115	13	5	0	211	7201	156	3	83	89	2726	7	112	6
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thai Chili	1123	115	13	5	0	211	5800	156	3	63	89	2664	6	108	6
Dry Rubbed Wings, 10 (1 serving)	1039	629	70	21	0	235	6402	40	3	27	58	4414	19	113	4
Dry Rubbed Wings, 10 (1 serving) with Dipping Sauce Choice Blue Cheese	1520	1076	120	31	0	266	7027	43	3	29	61	4622	19	194	4
Dry Rubbed Wings, 10 (1 serving) with Dipping Sauce Choice Ranch	1495	1061	118	29	0	255	6858	43	3	28	59	4458	19	162	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Glory Sauce	1179	629	70	21	0	235	7062	72	3	55	58	4614	24	113	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice High Heat	1054	632	70	21	0	235	8295	43	4	28	58	5536	20	120	5
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Honey BBQ	1191	629	70	21	0	235	7041	78	3	56	58	4733	19	113	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Honey Old Bay	1196	636	71	21	0	235	8018	77	3	59	59	5448	20	149	5
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Hot	1039	629	70	21	0	235	6402	40	3	27	58	4414	19	113	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Mild	1209	791	88	30	0	235	7462	42	3	27	58	5414	19	113	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1200	630	70	21	0	235	6723	80	3	54	59	4414	19	134	5
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Tangy Buffalo	1298	874	97	26	0	246	7157	42	3	27	59	4743	19	126	4



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Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Teriyaki	1199	629	70	21	0	235	7683	76	3	59	58	4435	19	114	4
Dry Rubbed Wings, 10 (1 serving) with Wing Sauce Choice Thai Chili	1183	629	70	21	0	235	7122	76	3	51	58	4414	19	113	4
Dry Rubbed Wings, 15 (1 serving)	1558	943	105	32	0	353	9604	60	5	40	87	6621	28	169	7
Dry Rubbed Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	2520	1839	204	52	0	415	10853	66	5	44	94	7038	28	331	7
Dry Rubbed Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	2471	1808	201	48	0	393	10514	66	5	43	89	6710	29	268	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Glory Sauce	1768	943	105	32	0	353	10594	108	5	82	87	6921	35	169	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice High Heat	1582	948	105	32	0	353	12443	64	6	41	88	8303	30	180	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Honey BBQ	1786	943	105	32	0	353	10561	117	5	84	87	7100	28	169	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	1793	954	106	32	0	353	12028	115	5	89	88	8172	31	224	8
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Hot	1654	1028	114	37	0	353	12060	63	6	41	88	7527	44	170	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Mild	1813	1186	132	45	0	353	11194	63	5	40	87	8121	28	169	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1800	945	105	32	0	353	10085	119	5	82	88	6621	28	200	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	1947	1311	146	38	0	369	10736	63	5	41	88	7115	29	190	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	1821	959	107	32	0	353	11532	115	5	88	87	6684	29	185	7
Dry Rubbed Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	1774	943	105	32	0	353	10684	114	5	76	87	6621	28	169	7
Dry Rubbed Wings, 25 (1 serving)	2601	1572	175	53	0	588	16019	102	8	68	145	12270	48	288	11
Dry Rubbed Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	3563	2468	274	73	0	650	17268	107	8	71	152	12686	48	450	11
Dry Rubbed Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	3514	2437	271	69	0	628	16929	107	8	71	147	12358	49	386	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Glory Sauce	2951	1572	175	53	0	588	17669	182	8	138	145	12770	60	288	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice High Heat	2641	1581	176	53	0	588	20750	108	11	69	146	15073	51	307	12



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Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Honey BBQ	2982	1572	175	53	0	588	17614	196	8	140	145	13068	48	288	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	3010	1587	176	53	0	588	19251	198	8	154	146	14337	51	361	13
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Hot	2759	1713	190	61	0	588	20112	106	10	69	146	13742	72	288	12
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Mild	3026	1977	220	75	0	588	18669	107	8	68	145	14770	48	288	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	3005	1575	175	53	0	588	16821	200	9	137	147	12270	48	340	12
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	3249	2185	243	64	0	616	17906	106	9	69	147	13092	49	322	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	3004	1573	175	53	0	588	19220	192	8	148	145	12332	49	292	11
Dry Rubbed Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	2961	1572	175	53	0	588	17819	192	8	128	145	12270	48	288	11
Dry Rubbed Wings, 6 (1 serving)	613	377	42	13	0	141	3349	22	2	14	35	3509	11	68	3
Dry Rubbed Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	854	600	67	18	0	157	3661	23	2	15	36	3613	11	108	3
Dry Rubbed Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	842	593	66	17	0	151	3576	23	2	15	35	3531	11	92	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Glory Sauce	683	377	42	13	0	141	3679	38	2	28	35	3609	13	68	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice High Heat	621	378	42	13	0	141	4295	23	2	15	35	4069	11	71	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Honey BBQ	689	377	42	13	0	141	3668	41	2	29	35	3668	11	68	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Honey Old Bay	695	380	42	13	0	141	3995	41	2	32	35	3922	11	82	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Hot	647	405	45	14	0	141	4167	23	2	15	35	3848	18	68	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Mild	698	458	51	17	0	141	3879	23	2	14	35	4009	11	68	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	694	377	42	13	0	141	3509	42	2	28	35	3509	11	78	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Tangy Buffalo	743	499	55	15	0	147	3726	23	2	15	35	3673	11	74	3
Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Teriyaki	696	377	42	13	0	141	3990	40	2	31	35	3571	12	72	3



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Dry Rubbed Wings, 6 (1 serving) with Wing Sauce Choice Thai Chili	685	377	42	13	0	141	3709	40	2	26	35	3509	11	68	3
Fire Grilled Wings, 15 (1 serving)	2117	1629	181	41	11	353	4133	29	2	16	86	6548	17	116	6
Fire Grilled Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	3079	2524	280	61	11	415	5383	34	3	19	93	6964	18	279	6
Fire Grilled Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	3030	2494	277	57	11	393	5044	34	2	19	88	6636	18	215	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Glory Sauce	2537	1629	181	41	11	353	6113	125	2	100	86	7148	32	116	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice High Heat	2165	1639	182	41	11	353	9811	37	6	18	87	9912	22	139	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Honey BBQ	2574	1629	181	41	11	353	6048	142	2	103	86	7505	17	116	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	2588	1651	183	41	11	353	8981	138	2	113	88	9649	22	226	8
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Hot	2306	1798	200	52	11	353	9045	34	4	18	88	8304	46	117	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Mild	2627	2115	235	68	11	353	7313	35	2	16	86	9548	17	116	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	2602	1632	181	41	11	353	5095	147	4	99	89	6548	17	179	7
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	2894	2365	263	55	11	386	6398	34	4	18	88	7534	19	158	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	2599	1629	181	41	11	353	7974	137	3	112	86	6610	19	121	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	2549	1629	181	41	11	353	6293	137	2	88	86	6548	17	116	6
Fire Grilled Wings, 25 (1 serving)	3533	2716	302	69	19	588	6901	49	4	27	143	12147	30	200	9
Fire Grilled Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	4495	3611	401	89	19	650	8151	54	5	31	150	12563	30	363	9
Fire Grilled Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	4446	3580	398	85	19	628	7812	54	4	30	146	12235	31	299	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Glory	4233	2716	302	69	19	588	10201	209	4	167	143	13147	54	200	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice High Heat	3612	2733	304	69	19	588	16364	62	10	31	146	17753	37	238	11
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Honey BBQ	4294	2716	302	69	19	588	10093	237	4	172	143	13743	30	200	9



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Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	4350	2745	305	69	19	588	13365	241	4	200	146	16281	36	346	13
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Hot	3845	2996	333	86	19	588	15088	57	7	30	146	14980	72	200	10
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Mild	4383	3526	392	114	19	588	12201	59	4	27	143	17147	30	200	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	4342	2720	302	69	19	588	8505	245	7	166	148	12147	30	305	11
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	4829	3942	438	91	19	644	10675	58	6	30	146	13791	33	269	10
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	4335	2716	302	69	19	588	13302	229	5	187	143	12209	31	205	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	4253	2716	302	69	19	588	10501	229	4	147	143	12147	30	200	9
Fire Grilled Wings, 6 (1 serving)	851	652	72	17	5	141	1663	12	1	7	34	3606	8	51	2
Fire Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	1091	876	97	22	5	157	1976	14	1	8	36	3710	8	92	2
Fire Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	1079	868	96	21	5	151	1891	14	1	8	35	3628	8	76	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Buff-A-Que	1013	673	75	17	5	141	3232	45	2	36	35	4073	8	54	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Glory	1061	652	72	17	5	141	2653	60	1	49	34	3906	15	51	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice High Heat	874	657	73	17	5	141	4502	16	3	8	35	5288	10	63	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Honey BBQ	1079	652	72	17	5	141	2621	69	1	50	34	4085	8	51	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Honey Old Bay	1002	657	73	17	5	141	2741	48	1	39	35	4295	9	76	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Hot	946	736	82	22	5	141	4119	15	2	8	35	4512	23	52	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Mild	1106	895	99	30	5	141	3253	15	1	7	34	5106	8	51	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1093	653	73	17	5	141	2144	71	2	48	36	3606	8	83	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Tangy Buffalo	1239	1020	113	23	5	158	2795	15	2	8	35	4099	9	72	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Thai Chili	1067	652	72	17	5	141	2743	66	1	43	34	3606	8	51	2



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Traditional Wings, 10 (1 serving)	947	658	73	23	0	235	2105	11	1	6	57	3175	6	69	3
Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Blue Cheese	1428	1106	123	33	0	266	2730	14	1	8	60	3383	7	150	3
Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Ranch	1403	1090	121	31	0	255	2560	14	1	8	58	3219	7	119	3
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Glory Sauce	1227	658	73	23	0	235	3425	75	1	62	57	3575	16	69	3
Traditional Wings, 10 (1 serving) with Wing Sauce Choice High Heat	979	665	74	23	0	235	5891	17	4	8	58	5417	9	84	4
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Honey BBQ	1252	658	73	23	0	235	3382	87	1	64	57	3813	6	69	3
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Honey Old Bay	1261	673	75	23	0	235	5337	84	1	71	58	5242	10	142	5
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Hot	1074	771	86	30	0	235	5380	15	3	8	58	4364	27	70	4
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Mild	1287	982	109	41	0	235	4225	15	1	6	57	5175	6	69	3
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1270	660	73	23	0	235	2747	90	2	62	59	3175	6	111	4
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Tangy Buffalo	1465	1148	128	32	0	258	3615	15	2	8	58	3832	8	97	4
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Teriyaki	1269	658	73	23	0	235	4666	84	1	70	57	3237	8	74	3
Traditional Wings, 10 (1 serving) with Wing Sauce Choice Thai Chili	1235	658	73	23	0	235	3545	83	1	54	57	3175	6	69	3
Traditional Wings, 15 (1 serving)	1420	987	110	34	0	353	3158	17	2	9	85	4762	10	104	5
Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	2382	1882	209	54	0	415	4407	22	2	13	92	5179	10	266	5
Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	2333	1852	206	50	0	393	4068	22	2	13	88	4850	10	203	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Glory Sauce	1840	987	110	34	0	353	5138	113	2	93	85	5362	24	104	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice High Heat	1468	997	111	34	0	353	8836	25	5	12	86	8126	14	126	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Honey BBQ	1877	987	110	34	0	353	5073	130	2	96	85	5720	10	104	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	1892	1009	112	34	0	353	8006	127	2	107	87	7863	14	213	8



NUTRITION INFORMATION

Best Darn Wings	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)
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Hot	1610	1156	128	44	0	353	8070	23	4	11	87	6518	38	104	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Mild	1930	1473	164	61	0	353	6338	23	2	9	85	7762	10	104	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1906	990	110	34	0	353	4120	135	3	92	88	4762	10	167	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	2198	1723	191	48	0	386	5422	22	3	11	87	5749	12	145	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	1903	987	110	34	0	353	6999	125	2	106	85	4825	11	108	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	1852	987	110	34	0	353	5318	125	2	81	85	4762	10	104	5
Traditional Wings, 25 (1 serving)	2372	1645	183	57	0	588	5275	29	3	16	142	9171	17	179	8
Traditional Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	3334	2541	282	77	0	650	6525	34	4	20	149	9587	17	341	8
Traditional Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	3285	2510	279	73	0	628	6186	35	4	19	144	9259	18	278	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Glory	3072	1645	183	57	0	588	8575	189	3	156	142	10171	41	179	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice High Heat	2451	1662	185	57	0	588	14739	42	9	20	144	14777	24	217	10
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Honey BBQ	3133	1645	183	57	0	588	8467	218	3	161	142	10767	17	179	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	3189	1675	186	57	0	588	11739	221	3	189	145	13306	23	325	12
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Hot	2684	1926	214	74	0	588	13462	38	6	19	145	12004	59	179	9
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Mild	3222	2455	273	102	0	588	10575	39	3	16	142	14171	17	179	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	3181	1650	183	57	0	588	6879	226	6	155	147	9171	17	284	10
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	3668	2871	319	79	0	644	9049	38	5	19	145	10815	20	248	9
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	3174	1646	183	57	0	588	11676	210	4	176	142	9233	18	183	9
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	3092	1645	183	57	0	588	8875	209	3	136	142	9171	17	179	8
Traditional Wings, 6 (1 serving)	572	395	44	14	0	141	1273	8	1	4	34	2892	4	46	2



NUTRITION INFORMATION

Best Darn Wings	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)
Traditional Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	812	619	69	19	0	157	1585	9	1	5	36	2996	4	87	2
Traditional Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	800	611	68	18	0	151	1501	9	1	5	35	2914	5	71	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Glory Sauce	747	395	44	14	0	141	2098	48	1	39	34	3142	10	46	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice High Heat	592	399	44	14	0	141	3639	11	2	5	35	4294	6	56	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Honey BBQ	762	395	44	14	0	141	2071	55	1	40	34	3291	4	46	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Honey Old Bay	769	404	45	14	0	141	3277	53	1	45	35	4174	6	92	3
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Hot	652	466	52	18	0	141	3320	10	2	5	35	3656	18	47	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Mild	784	598	66	25	0	141	2598	10	1	4	34	4142	4	46	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	774	396	44	14	0	141	1674	57	2	39	35	2892	4	73	3
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Tangy Buffalo	896	702	78	19	0	155	2217	10	2	5	35	3303	5	64	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Teriyaki	773	395	44	14	0	141	2873	53	1	44	34	2913	5	48	2
Traditional Wings, 6 (1 serving) with Wing Sauce Choice Thai Chili	752	395	44	14	0	141	2173	53	1	34	34	2892	4	46	2
Wing Sauces, 2 fl oz (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Glory Sauce	140	0	0	0	0	0	660	32	0	28	0	200	5	0	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice High Heat	16	3	0	0	0	0	1893	3	1	1	0	1121	1	8	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Honey BBQ	152	0	0	0	0	0	638	38	0	29	0	319	0	0	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Honey Old Bay	157	7	1	0	0	0	1616	37	0	32	1	1034	2	36	1
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Hot	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Mild	170	162	18	9	0	0	1060	2	0	0	0	1000	0	0	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Stinging Honey Garlic	162	1	0	0	0	0	321	39	0	28	1	0	0	21	0



NUTRITION INFORMATION

Best Darn Wings	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)
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Tangy Buffalo	259	245	27	5	0	11	755	2	0	1	1	329	1	14	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Teriyaki	161	0	0	0	0	0	1280	36	0	32	0	21	0	1	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Thai Chili	144	0	0	0	0	0	720	36	0	24	0	0	0	0	0
Handhelds	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)
Buffalo Chicken Sandwich (1 serving)	1568	733	81	28	0	238	4642	123	10	8	79	1652	20	198	8
Chicken Cheesesteak (1 serving)	1161	635	71	19	0	137	2550	85	5	8	46	863	13	322	5
Glory Day's Cheesesteak (1 serving)	1248	732	81	23	0	105	2386	85	5	6	41	749	59	338	6
Glory Day's Cheesesteak (1 serving) with Double Cheese	1349	814	90	28	0	131	2902	85	5	6	46	1052	59	489	6
Glory Day's Cheesesteak (1 serving) with Double Meat	1560	925	103	31	0	175	3025	90	5	6	65	758	107	379	8
Glory Day's Monte Cristo (1 serving)	1278	330	37	15	0	120	2729	179	7	63	57	504	6	898	6
Grilled Chicken Sandwich (1 serving)	1653	1462	162	52	1	367	6370	108	7	23	129	1704	19	363	6
Ranchero Chicken Wrap (1 serving)	1886	1673	186	57	1	330	7301	106	7	18	136	1683	19	702	8
Turkey BLT Sandwich (1 serving)	1267	1252	139	45	0	204	7165	104	7	24	94	678	10	500	5
Turkey BLT Wrap (1 serving)	1107	1144	127	40	0	179	6659	97	6	12	90	769	13	229	7
Fresh Grilled Burgers	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)
All American Cheeseburger (1 serving)	1146	542	60	24	0	218	2611	94	8	5	54	1221	19	302	8
Bacon Cheddar Burger (1 serving)	1312	1251	139	52	0	327	7156	106	9	16	102	1433	21	310	8
Burger Blue (1 serving)	1255	557	62	25	0	218	3056	110	9	17	55	1322	20	306	8



NUTRITION INFORMATION

Fresh Grilled Burgers	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)
Burger Sliders (1 serving)	1229	516	57	21	1	173	4098	123	5	37	53	1154	6	297	10
Gluten Free Bun (1 bun)	292	105	12	2	0	0	480	43	5	6	6	0	0	40	1
Hero Burger (1 serving)	1323	620	69	27	0	232	3041	108	7	21	62	384	16	372	8
Mac Burger (1 serving)	1410	651	72	30	0	248	3761	123	9	14	62	1071	20	477	9
Swiss Mushroom Onion Burger (1 serving)	1213	567	63	25	0	218	2800	98	9	8	58	1322	21	407	8
The Glory Burger (1 serving)	1659	1342	149	55	0	534	8560	157	10	45	110	2012	30	348	10
Classics	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)
BBQ Ribs, Full Rack (1 serving)	1392	817	91	28	0	248	3472	87	5	21	50	1552	20	182	7
BBQ Ribs, Half Rack (1 serving)	1037	555	62	18	0	148	2679	85	4	21	30	1511	19	137	5
Chicken Tenders Platter (1 serving)	1190	585	65	15	0	138	3220	91	8	11	55	1308	28	148	6
Filet Medallions, 3 (1 serving)	396	218	24	7	1	95	1216	4	0	1	35	247	1	21	4
Filet Medallions, 4 (1 serving)	503	272	30	9	1	127	1687	4	0	1	47	266	1	27	5
GDG's Big Fabulous Fish Fry (1 serving)	1343	614	68	14	0	183	3458	114	9	11	66	1672	35	229	9
GDG's Big Fabulous Fish Fry (1 serving) with Fried Shrimp	1715	650	72	16	0	244	5764	175	12	12	89	2107	35	305	13
Grilled Chicken (1 serving)	1019	539	60	20	4	194	1937	47	7	6	69	5628	137	104	5
Grilled Chicken Dinner (1 serving)	1019	539	60	20	4	194	1937	47	7	6	69	5628	137	104	5
Mr Richard's Meatloaf (1 serving)	1322	644	72	29	0	207	3086	121	8	54	46	1440	24	100	7
Penne Pasta with Garlic Cream Sauce with Chicken (1 serving)	2319	1404	156	65	9	511	2968	118	8	7	98	8502	145	653	8
Penne Pasta with Garlic Cream Sauce with Shrimp (1 serving)	1894	1163	129	60	8	508	2767	116	8	5	58	8492	142	669	8



NUTRITION INFORMATION

Classics	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)
Ribeye Steak (1 serving)	1530	989	110	43	0	567	3367	61	4	4	131	361	64	186	10
Smothered Chicken (1 serving)	1313	736	82	32	4	256	2685	55	8	9	86	6527	164	590	6
T-Bone Steak (1 serving)	1531	1076	120	48	0	348	3397	61	4	4	112	361	64	142	12
The 1988 Sirloin (1 serving)	1085	781	87	34	0	199	2868	61	4	4	77	357	64	177	7
Off The Hook Items	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)
Grilled Salmon (1 serving)	512	321	36	7	0	135	598	2	1	1	45	451	22	42	1
Shrimp Platter (1 serving)	1550	628	70	15	0	141	6024	178	12	9	50	2049	37	239	11
Sides	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)
Baked Potato (1 serving)	327	65	7	1	0	0	977	59	4	2	7	3	64	43	3
Basmati Rice (1 serving)	240	50	6	1	0	0	2	43	0	0	4	0	0	2	0
Freshly Prepared Coleslaw (1 serving)	203	169	19	3	0	8	128	7	1	6	1	1130	13	29	0
Frizzled Onions (1 serving)	268	34	4	2	0	0	1497	52	3	4	7	340	6	37	3
Garlic Mashed Potatoes (1 serving)	329	165	18	11	0	46	878	37	4	2	5	732	0	0	2
Mac 'N Cheese (1 serving)	547	249	27	11	0	58	1384	55	1	18	24	444	0	435	1
Seasoned Fries (1 serving)	317	120	13	4	0	0	976	45	5	0	5	1	11	48	2
Steamed Broccoli (1 serving)	149	101	11	3	3	0	499	8	3	2	4	4706	132	68	1
Yeast Rolls, 2 (1 serving)	251	74	8	2	0	20	400	36	2	6	6	0	0	0	2
Yeast Rolls, 6 (1 serving)	752	221	25	7	0	60	1200	108	6	18	18	0	0	0	5



NUTRITION INFORMATION

Extras	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)
Basket of Seasoned Fries (1 serving)	408	154	17	6	0	0	1255	57	6	0	6	2	14	61	2
Caesar Salad (1 serving)	310	245	27	4	0	14	685	9	2	1	7	3299	14	193	1
Fresh Guacamole (1 serving)	115	101	11	2	0	0	407	5	4	0	2	516	15	10	1
House Salad (1 serving)	186	117	13	6	0	30	243	8	3	2	9	4874	21	234	1
House Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	246	162	18	6	0	30	443	13	3	6	9	4874	21	234	1
House Salad (1 serving) with Dressing Choice Blue Cheese	346	266	30	9	0	40	451	9	3	3	10	4944	21	261	1
House Salad (1 serving) with Dressing Choice Caesar	304	223	25	8	0	30	492	10	3	2	9	4875	21	237	1
House Salad (1 serving) with Dressing Choice Hickory Chipotle	335	257	29	8	0	36	515	9	4	3	9	4959	23	244	1
House Salad (1 serving) with Dressing Choice Honey Mustard	316	225	25	8	0	45	413	15	3	8	9	4874	21	234	1
House Salad (1 serving) with Dressing Choice Oil and Vinegar	314	245	27	8	0	30	244	8	3	2	9	4874	21	235	1
House Salad (1 serving) with Dressing Choice Ranch	338	261	29	9	0	37	394	9	3	3	9	4889	21	251	1
Loaded Baked Potato (1 serving)	474	390	43	17	0	67	2320	60	4	4	26	354	64	111	3
Sweet Potato Fries (1 serving)	717	229	25	6	0	0	1205	113	14	33	5	16336	22	95	0
Sweets	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)
Bourbon Butter Cake (1 serving)	1074	584	65	32	3	210	514	110	1	87	9	672	0	172	1
Cookie Sundae (1 serving)	689	287	32	16	0	70	280	101	3	73	8	0	0	154	3
The Chocolate Slide (1 serving)	1347	591	66	35	0	125	1246	178	0	129	16	0	0	230	9



NUTRITION INFORMATION

Refreshment Stand Items	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)
Acai Blueberry Pomegranate XXX Vitamin Water (1 drink)	83	0	0	0	0	0	0	21	0	21	0	825	99	0	0
Coffee (1 drink)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Coke (1 drink)	163	0	0	0	0	0	10	45	0	45	0	0	0	0	0
Coke Zero (1 drink)	1	0	0	0	0	0	46	0	0	0	0	0	0	0	0
Diet Coke (1 drink)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Dr Pepper (1 drink)	182	0	0	0	0	0	58	45	0	45	0	0	0	0	0
GDG Bottled Water (1 bottle)	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Glory Days Arnold Palmer (1 drink)	123	0	0	0	0	0	3	32	0	31	0	2	16	5	0
Hot Chocolate (1 drink)	109	18	2	1	0	0	153	24	0	21	1	0	0	24	1
Hot Tea (1 drink)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
IBC Root Beer (1 bottle)	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Peach Iced Tea (1 drink)	78	0	0	0	0	0	31	20	1	18	0	52	7	10	0
Raspberry Iced Tea (1 drink)	88	0	0	0	0	0	26	22	1	20	0	502	4	10	1
Signature Lemonade (1 drink)	198	0	0	0	0	0	0	51	0	51	0	0	20	0	0
Sprite (1 drink)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0
Strawberry Lemonade (1 drink)	278	0	0	0	0	0	23	71	1	70	0	2	31	2	0
Kids Menu Items	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)
Kids Applesauce (1 serving)	97	0	0	0	0	0	0	24	1	22	0	0	11	0	0
Kids Boneless Wings (1 serving)	526	158	18	5	3	105	2487	40	4	3	49	4804	134	116	4



NUTRITION INFORMATION

Kids Menu Items	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)
Kids Boneless Wings (1 serving) with Dipping Sauce Choice Blue Cheese	766	382	42	10	3	121	2799	41	4	4	50	4909	134	157	4
Kids Boneless Wings (1 serving) with Dipping Sauce Choice Ranch	754	374	42	9	3	116	2714	41	4	4	49	4826	135	141	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Glory Sauce	666	158	18	5	3	105	3147	72	4	31	49	5004	139	116	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice High Heat	542	161	18	5	3	105	4379	42	5	4	49	5926	136	124	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Honey BBQ	678	158	18	5	3	105	3125	77	4	32	49	5124	134	116	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Honey Old Bay	683	165	18	5	3	105	4102	76	4	35	49	5838	136	153	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Hot	526	158	18	5	3	105	2487	40	4	3	49	4804	134	116	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Mild	696	320	36	14	3	105	3547	42	4	3	49	5804	134	116	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Stinging Honey Garlic	687	159	18	5	3	105	2807	79	4	31	50	4804	134	137	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Tangy Buffalo	785	403	45	10	3	117	3241	41	4	4	49	5133	135	130	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Teriyaki	686	158	18	5	3	105	3767	76	4	35	49	4825	135	118	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Thai Chili	670	158	18	5	3	105	3207	76	4	27	49	4804	134	116	4
Kids Cheeseburger Sliders (1 serving)	859	473	53	20	4	191	2041	40	3	22	53	5098	132	262	7
Kids Fried Chicken Tenders (1 serving)	603	313	35	8	3	94	1840	39	4	11	34	4765	134	108	4
Kids Grilled Cheese (1 serving)	645	335	37	13	3	40	1658	57	5	10	19	4706	133	562	3
Kids Grilled Chicken (1 serving)	689	374	42	9	4	148	1059	11	3	4	63	4897	137	104	3
Kids Macaroni and Cheese (1 serving)	697	349	38	14	3	58	1883	62	4	19	28	5150	132	503	2
Kids Mashed Potatoes (1 serving)	329	165	18	11	0	46	878	37	4	2	5	732	0	0	2
Kids Pasta with Butter (1 serving)	497	271	30	6	0	5	53	47	2	1	12	0	0	40	2
Kids Seasoned Fries (1 serving)	137	51	6	2	0	0	536	19	2	0	2	1	5	21	1



NUTRITION INFORMATION

Kids Menu Items	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)
Kids Stadium Hot Dog (1 serving)	652	402	45	14	3	55	1749	40	4	5	20	4706	132	128	4
Kids Steamed Broccoli (1 serving)	149	101	11	3	3	0	499	8	3	2	4	4706	132	68	1
Kids Sundae (1 serving)	243	105	12	8	0	30	50	32	0	27	3	100	0	117	1