

World of Beer Menu Nutritionals

	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)
Appetizers															
Baked Spinach and Artichoke Dip (1 serving)	1045	602	67	21	0	86	1791	79	2	12	29	6178	16	432	8
Balsamic Brussels Sprouts (1 serving)	313	127	14	4	0	16	1210	33	7	16	12	1387	147	224	3
Black and Tan Onion Rings (1 serving)	621	289	32	6	0	8	1441	73	4	15	4	151	7	0	1
Buffalo Cauliflower (1 serving)	650	506	56	13	0	41	1156	23	10	11	8	1637	162	126	2
Chips and Salsa (1 serving)	687	251	28	4	0	0	756	99	8	7	10	1129	21	25	1
Colorado Chili, Cup (1 serving)	161	63	7	2	0	30	632	12	3	2	13	845	11	29	2
German Pretzel (1 serving)	942	87	10	1	0	0	19796	190	10	10	20	33	0	2	0
German Pretzel (1 serving) with WOB Beer Cheese	1100	192	21	8	0	29	20388	196	10	14	26	525	1	189	0
German Pretzel (1 serving) with WOB House Made Mustard	1087	139	15	1	0	0	21377	208	13	24	25	65	0	34	1
Hummus (1 serving)	949	444	49	3	0	1	1602	98	12	14	25	647	14	157	10
Loaded Nachos (1 serving)	1361	639	71	27	0	112	2136	142	9	10	31	2295	24	535	1
Loaded Nachos (1 serving) with Colorado Chili	1522	702	78	30	0	142	2768	154	12	12	44	3140	34	564	3
Loaded Nachos (1 serving) with Nacho Chicken	1542	659	73	28	0	194	3258	145	9	10	64	2375	27	554	2
Mac and Cheese Bites (1 serving)	771	596	66	16	0	164	1310	31	1	3	9	815	6	131	1
Parmesan Truffle Fries (1 serving)	1000	718	80	14	0	61	1722	65	7	0	10	782	22	102	0
Southern Fried Pickles (1 serving)	833	409	45	8	0	187	2649	91	8	15	14	1393	105	665	3
Tavern Taters (1 serving)	1049	530	59	19	0	63	2674	103	10	7	21	997	25	273	2
Soups															
Colorado Chili with Fixings (1 serving)	472	203	23	9	0	95	1596	32	7	7	34	2379	28	98	5
French Onion Soup (1 serving)	410	207	23	13	0	55	2086	33	2	5	15	789	6	423	0
Salads															
Asian Chicken Salad (1 serving)	486	119	13	2	0	61	2192	58	5	33	29	6544	120	108	4
Caesar Salad (1 serving)	526	381	42	10	0	55	2024	25	4	3	10	8605	38	232	2
Caesar Salad (1 serving) with Grilled Chicken Breast	686	400	44	10	0	137	2326	25	4	3	43	8636	39	249	3
Caesar Salad (1 serving) with Grilled Flat Iron Steak	905	685	76	20	0	126	2689	26	4	3	27	8608	38	245	4
Caesar Salad (1 serving) with IPA Glazed Salmon	727	479	53	12	0	113	2437	30	4	7	30	8656	42	247	2
House Salad (1 serving)	507	316	35	3	0	0	873	39	8	19	6	17823	31	120	3
House Salad (1 serving) with Grilled Chicken Breast	666	335	37	3	0	82	1176	39	8	19	39	17855	33	136	4
House Salad (1 serving) with Grilled Flat Iron Steak	886	620	69	13	0	72	1538	39	8	19	23	17827	31	132	5
House Salad (1 serving) with IPA Glazed Salmon	708	414	46	5	0	59	1287	43	8	23	26	17875	35	134	3
Shrimp, Add On (1 serving)	106	16	2	0	0	148	684	3	1	0	20	507	3	68	3
Spring Greens and Kale Salad (1 serving)	459	218	24	6	0	20	529	49	7	32	10	12591	124	192	6
Spring Greens and Kale Salad (1 serving) with Grilled Chicken Breast	619	237	26	7	0	103	831	49	7	32	43	12622	126	208	7
Spring Greens and Kale Salad (1 serving) with Grilled Flat Iron Steak	838	522	58	16	0	92	1194	49	7	32	27	12595	124	204	8
Spring Greens and Kale Salad (1 serving) with IPA Glazed Salmon	660	316	35	8	0	79	942	54	7	36	30	12642	128	206	7
The WOB Wedge Salad (1 serving)	397	294	33	9	0	58	591	15	3	10	8	1396	14	192	1
The WOB Wedge Salad (1 serving) with Grilled Chicken Breast	557	313	35	10	0	140	894	16	3	10	41	1428	16	208	2
The WOB Wedge Salad (1 serving) with Grilled Flat Iron Steak	776	598	66	20	0	129	1256	16	3	10	25	1400	15	204	3
The WOB Wedge Salad (1 serving) with IPA Glazed Salmon	598	392	44	12	0	116	1005	20	3	14	28	1448	18	206	1
Entrees															
12 oz Grilled Ribeye (1 serving)	1433	835	93	39	0	488	2174	37	4	6	99	4815	122	224	9
Baby Back Ribs, Full Rack (1 serving)	1241	534	59	21	0	161	3406	115	5	55	67	2529	31	372	4
Baby Back Ribs, Half Rack (1 serving)	888	322	36	11	0	80	2822	108	5	52	38	1414	23	246	3
Bi Bim Bap Bowl (1 serving)	751	302	34	12	0	294	1383	76	3	25	32	3136	9	80	4
Cali Bowl (1 serving)	507	214	24	4	0	23	1007	65	5	14	7	5168	16	36	1
Cali Bowl (1 serving) with Beer Battered Shrimp	747	325	36	7	0	123	1837	83	5	14	20	5168	16	76	3
Cali Bowl (1 serving) with Blackened Ahi Tuna	657	250	28	5	0	74	1650	67	6	14	34	5611	18	73	3
Cali Bowl (1 serving) with Blackened Steak	841	458	51	14	0	104	1684	67	6	14	27	5543	17	67	4
Fried Shrimp Entree (1 serving)	862	174	19	3	0	137	3051	146	10	50	25	707	28	319	0
Grilled Shrimp Linguine (1 serving)	1582	851	95	45	0	476	2868	121	9	6	48	4477	32	509	10
Sandwiches															
BYO Burger (1 serving)	638	299	33	11	0	123	5331	41	1	10	42	358	3	73	4
BYO Burger (1 serving) with Cheese Choice Danish Blue Cheese	713	353	39	15	0	138	5616	42	1	10	46	583	3	185	4
BYO Burger (1 serving) with Cheese Choice Mild Cheddar Cheese	718	362	40	15	0	148	5466	41	1	10	47	558	3	223	4
BYO Burger (1 serving) with Cheese Choice Pepper Jack Cheese	718	353	39	15	0	148	5461	42	1	10	47	558	3	223	4
BYO Burger (1 serving) with Cheese Choice Swiss Cheese	718	353	39	15	0	143	5376	42	1	10	48	558	3	273	4
BYO Burger (1 serving) with Cheese Choice White American Cheese	713	353	39	15	0	142	5676	42	1	11	46	583	3	223	4
BYO Burger (1 serving) with Sauce Choice Chipotle BBQ	718	299	33	11	0	123	5811	60	1	26	43	458	5	113	4
BYO Burger (1 serving) with Sauce Choice Chipotle Mayo	793	449	50	14	0	146	5591	42	1	11	42	391	5	73	4
BYO Burger (1 serving) with Sauce Choice Garlic Aioli	839	497	55	15	0	153	5516	41	1	10	42	358	3	74	4
BYO Burger (1 serving) with Sauce Choice Sriracha Lime Aioli	795	449	50	14	0	146	5553	42	1	11	42	459	5	75	4
Black and Blue Burger (1 serving)	1085	657	73	25	0	195	3177	49	2	10	55	1552	4	446	5
Buffalo Chicken Sandwich (1 serving)	829	287	32	11	0	213	3686	82	3	9	44	1680	5	215	3
French Dip Sandwich (1 serving)	1256	763	85	31	0	181	2383	71	4	9	53	619	6	486	4
Grilled Cheese Sandwich (1 serving)	509	241	27	12	0	54	1111	47	0	5	22	442	0	459	4
Grilled Cheese Sandwich (1 serving) with Ketchup	572	242	27	12	0	54	1591	62	1	17	22	682	4	467	4
Grilled Cheese Sandwich (1 serving) with Tater Tots	880	400	44	14	0	54	2734	93	5	5	26	442	9	459	5
Pimento Cheese Burger (1 serving)	1029	513	57	20	0	170	5551	75	2	37	53	827	24	284	5
Truffle Burger (1 serving)	1055	628	70	28	0	187	6061	45	1	11	58	230	3	550	4
Side Items															
Mac and Cheese (1 serving)	593	387	43	25	0	161	1008	29	1	2	18	1478	1	484	1
Parmesan Truffle Fries (1 serving)	819	620	69	12	0	58	1344	45	5	0	7	575	16	70	0

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Sweet Potato Fries (1 serving)	280	96	11	1	0	0	472	44	5	12	2	5005	10	35	1
Kids Menu Items															
Kids Cheese Flatbread (1 serving)	661	295	33	9	0	35	1135	71	3	6	23	264	0	265	0
Kids Cheeseburger Sliders (1 serving)	516	243	27	11	0	113	1269	32	0	4	35	250	0	253	4
Kids Chicken Tenders (1 serving)	281	54	6	1	0	100	576	12	1	1	41	246	4	53	2
Kids Grilled Cheese Sandwich (1 serving)	407	174	19	8	0	50	668	44	0	4	16	417	0	420	4
Kids Mac N Cheese (1 serving)	309	83	9	3	0	10	684	45	2	8	10	20	0	151	2
Brunches															
Belgian Beer Waffles (1 serving)	834	228	25	9	0	172	1858	126	3	38	13	889	1	297	3
Belgian Beer Waffles (1 serving) with Almond Butter	1011	355	39	11	0	172	1911	132	6	40	18	889	1	368	4
Belgian Beer Waffles (1 serving) with Blackberry Jam	905	228	25	9	0	172	1858	145	3	55	13	889	1	297	3
Belgian Beer Waffles (1 serving) with Blueberries	870	229	25	9	0	172	1858	134	4	43	14	920	6	300	4
Belgian Beer Waffles (1 serving) with Strawberries	854	229	25	9	0	172	1858	131	4	40	13	894	34	306	4
Single Pancake (1 serving)	154	77	9	2	0	27	331	15	0	3	2	182	0	50	1
Single Pancake (1 serving) with Maple Bourbon Syrup	339	77	9	2	0	27	429	60	0	32	2	182	0	50	1
Waffles with Fresh Strawberry Sauce (1 serving)	661	228	25	9	0	172	1761	85	3	12	13	891	12	300	4
Waffles with Fresh Strawberry Sauce (1 serving) with Maple Bourbon Syrup	846	228	25	9	0	172	1858	129	3	40	13	891	12	300	4
Flatbreads															
Black and Blue Flatbread (1 serving)	1042	577	64	18	0	91	1829	81	4	12	36	753	3	504	1
Chipotle BBQ Chicken (1 serving)	814	265	29	10	0	72	1892	94	4	24	44	1118	58	324	1
Margherita Flatbread (1 serving)	766	351	39	10	0	22	1260	81	4	12	25	1292	10	359	1
Fresh Greens															
WOB Cobb Salad (1 serving)	1018	480	53	14	0	272	3580	84	11	43	50	4509	47	522	7
Soups and Sides															
Side of Loaded Fries (1 serving)	468	232	26	9	0	34	786	50	5	3	11	500	12	137	0
Side of Loaded Tater Tots (1 serving)	574	311	35	11	0	34	1610	51	5	3	11	500	12	137	1
Sweets															
Apple Cobbler Flatbread (1 piece)	74	18	2	0	0	0	85	13	0	5	1	31	0	1	0
Apple Cobbler Flatbread (12 pieces)	891	215	24	6	0	0	1015	155	5	63	14	376	3	10	0
Nutella Churro Donuts (1 serving)	1216	540	60	24	0	0	429	153	6	111	9	10	0	183	6
Belgian Waffle S'mores (1 serving)	723	253	28	13	0	98	978	99	2	47	7	669	0	171	3
Salted Caramel Cookie Skillet (1 serving)	1153	431	48	32	1	201	1312	167	2	114	11	1523	0	220	3
A La Cartes															
Apple and Kale Coleslaw (1 serving)	142	109	12	2	0	16	173	7	1	4	1	2473	36	36	0
Applewood Smoked Bacon (1 serving)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0
Bacon (1 serving)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0
Candied Bacon (1 serving)	125	82	9	4	0	15	341	6	0	5	5	440	19	3	0
Homemade Biscuit (1 serving)	264	156	17	4	4	0	663	23	1	2	4	67	0	0	1
Jalapeno Cheddar Sausage (1 serving)	213	154	17	7	0	55	609	1	0	0	14	117	0	74	1
Mac and Cheese (1 serving)	1188	773	86	50	0	322	2017	58	3	4	36	3167	6	971	2
Pancake (1 serving)	154	77	9	2	0	27	331	15	0	3	2	182	0	50	1
Seasonal Fruit Cup (1 serving)	99	3	0	0	0	0	2	23	2	17	1	78	61	23	1
Side Caesar Salad (1 serving)	263	191	21	5	0	27	1012	13	2	2	5	4302	19	117	1
Side House Salad (1 serving)	254	158	18	1	0	0	437	19	4	9	3	8912	16	60	1
Side Spring Greens and Kale Salad (1 serving)	220	109	12	3	0	10	264	22	3	14	5	6296	62	93	3
Tater Tots (1 serving)	370	159	18	2	0	0	1623	46	5	0	5	0	9	0	1
Tater Tots (1 serving) with Ketchup	433	159	18	2	0	0	2103	61	6	12	5	240	12	8	1
Tavern Fries (1 serving)	264	78	9	1	0	0	1550	45	5	0	5	0	8	0	0
Texas Toast (1 serving)	331	132	15	2	0	0	472	44	0	4	6	83	0	120	4
Sandwiches and Burgers															
Ancho Chipotle Chicken Sandwich (1 serving)	651	273	30	11	0	129	2239	41	1	9	50	1222	8	255	2
Ancho Chipotle Chicken Sandwich (1 serving) with Ketchup	713	274	30	11	0	129	2719	56	2	21	51	1462	11	263	2
Ancho Chipotle Chicken Sandwich (1 serving) with Tater Tots	1021	432	48	13	0	129	3862	87	6	9	55	1222	17	255	3
BBO Bacon Burger (1 serving)	442	189	21	9	0	40	1429	48	1	16	17	1223	6	208	1
BBO Bacon Burger (1 serving) with Black Bean Burger Patty	662	252	28	10	0	40	1989	70	9	18	34	1223	6	288	3
BBO Bacon Burger (1 serving) with Burger Patty	855	443	49	18	0	163	6041	50	1	18	52	1223	6	240	4
Chimay Burger (1 serving)	509	275	31	13	0	192	1170	39	1	9	21	573	2	436	0
Chimay Burger (1 serving) with Black Bean Burger Patty	729	338	38	14	0	192	1730	61	9	11	38	573	2	516	2
Chimay Burger (1 serving) with Burger Patty	921	529	59	22	0	315	5783	41	1	10	56	573	2	468	4
Classic Cheeseburger (1 serving)	222	45	5	1	0	0	714	38	1	8	6	973	5	38	0
Classic Cheeseburger (1 serving) with Black Bean Burger Patty	442	108	12	2	0	0	1274	60	9	10	23	973	5	118	2
Classic Cheeseburger (1 serving) with Burger Patty	635	299	33	11	0	123	5326	40	1	10	42	973	5	70	4
Classic Cheeseburger (1 serving) with Cheddar Cheese	302	108	12	5	0	25	849	38	1	8	11	1173	5	188	0
Classic Cheeseburger (1 serving) with Danish Blue Cheese	297	99	11	5	0	15	999	39	1	8	11	1198	5	150	0
Classic Cheeseburger (1 serving) with Pepper Jack Cheese	302	99	11	5	0	25	844	39	1	8	11	1173	5	188	0
Classic Cheeseburger (1 serving) with Swiss Cheese	302	99	11	5	0	20	759	39	1	8	12	1173	5	238	0
Guiness Bratwurst (1 serving)	690	322	36	11	0	46	2339	69	5	10	24	424	22	92	2
Pesto Grilled Chicken Sandwich (1 serving)	914	340	38	17	0	143	2747	66	3	6	77	1495	8	908	2

Veggie and Hummus Wrap (1 serving)	1062	580	64	13	0	20	2155	89	8	18	25	2715	135	547	5
Veggie and Hummus Wrap (1 serving) with Grilled Chicken Breast	1222	598	66	14	0	103	2457	89	8	18	58	2747	137	563	6
Plates	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)
Bangers and Mash (1 serving)	1025	606	67	23	0	118	2756	60	9	17	36	2047	61	158	4
Char Grilled Shrimp (1 serving)	956	642	71	14	0	294	1953	36	3	4	39	1554	23	150	5
Fish and Tots (1 serving)	1177	640	71	12	0	167	2657	77	8	6	49	3201	66	142	2
IPA Salmon (1 serving)	636	302	34	9	0	140	1460	33	2	10	44	541	30	91	2
Pork Schnitzel (1 serving)	1257	617	69	18	0	409	4071	91	6	9	58	11890	116	238	6
Steak Frites (1 serving)	1561	1206	134	35	0	203	2676	46	5	0	39	603	9	27	4
Thai Chicken Satays (1 serving)	507	208	23	6	0	176	1052	24	4	16	50	2205	4	59	4
Brunch Breakfast 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)
Applewood Bacon Benedict (1 serving)	1114	677	76	28	4	513	3408	78	6	6	34	712	11	128	5
Avocado Toast (1 serving)	632	344	38	7	0	5	984	61	9	8	12	760	16	102	5
Avocado Toast (1 serving) with Add Bacon	732	425	47	10	0	20	1324	61	9	8	17	760	16	102	5
Avocado Toast (1 serving) with Add Eggs Any Style	796	449	50	10	0	429	1347	62	9	9	25	1261	16	155	7
Beer Batter Pancakes (1 serving)	627	230	26	7	0	82	1092	86	1	34	7	546	0	149	2
Beer Batter Pancakes (1 serving) with Blueberries	663	232	26	7	0	82	1092	94	3	39	7	577	6	152	2
Beer Batter Pancakes (1 serving) with Candied Pecans	954	424	47	9	0	83	1223	117	4	61	9	571	1	172	2
Beer Batter Pancakes (1 serving) with Semi Sweet Chocolate Chips	929	366	41	16	0	82	1092	124	1	64	7	546	0	149	3
Brunch Burger (1 serving)	659	406	45	14	0	275	2191	40	1	10	23	817	5	222	2
Breakfast Flatbread (1 serving)	1205	698	78	26	0	684	1908	78	4	9	49	2080	57	507	4
Breakfast Potatoes (1 serving)	270	97	11	0	0	0	1354	38	4	1	4	356	30	9	1
Breakfast Sandwich (1 serving)	729	389	43	10	0	450	1670	56	5	8	28	1296	11	134	7
Breakfast Tacos, 3 (1 serving)	650	329	37	15	0	614	1286	43	4	2	35	1153	7	490	7
Brunch Burger (1 serving)	659	406	45	14	0	275	2191	40	1	10	23	817	5	222	2
Brunch Burger (1 serving) with Black Bean Burger Patty	879	469	52	15	0	275	2751	62	9	12	40	817	5	302	4
Brunch Burger (1 serving) with Burger Patty	1072	660	73	23	0	399	6804	42	1	11	58	817	5	254	5
Chicken and Waffle Sandwich (1 serving)	632	179	20	6	0	137	2427	73	2	13	31	656	3	195	3
Chicken and Waffle Sandwich (1 serving) with Ketchup	694	180	20	6	0	137	2907	87	3	25	32	895	6	203	3
Chicken and Waffle Sandwich (1 serving) with Maple Bourbon Syrup	818	179	20	6	0	137	2525	117	2	41	31	656	3	195	3
Chicken and Waffle Sandwich (1 serving) with Tater Tots	1003	338	38	9	0	137	4050	119	7	13	36	656	12	195	4
Hangover Skillet (1 serving)	974	568	63	22	0	866	2818	52	5	3	46	1222	18	392	5
Hangover Skillet (1 serving) with Butter	1010	604	67	25	0	877	2818	52	5	3	46	1222	18	392	5
Hangover Skillet (1 serving) with Texas Toast	1097	592	66	22	0	666	3018	74	5	5	49	1231	18	452	7
Huevos Rancheros (1 serving)	882	483	54	23	0	511	2414	53	10	3	42	1515	11	857	6
Huevos Rancheros (1 serving) with Ketchup	945	484	54	23	0	511	2893	68	10	15	43	1755	15	865	6
Huevos Rancheros (1 serving) with Tater Tots	1253	641	71	26	0	511	4037	100	14	3	47	1515	20	857	6
Steak and Egg Bowl (1 serving)	951	603	67	24	0	548	2189	47	7	6	39	1126	33	167	5
Sweet Cream Pancakes (1 serving)	1732	1209	134	15	0	140	1227	109	1	50	9	650	0	146	3
Sweet Cream Pancakes (1 serving) with Add Fruit Topping	1777	1210	134	15	0	140	1227	119	2	58	9	686	28	156	3
Sweet Cream Waffles (1 serving)	864	252	28	9	0	180	1603	125	2	52	12	867	0	194	4
WOBSTAR Breakfast (1 serving)	599	274	30	5	0	424	1779	57	4	5	20	857	26	74	5
WOBSTAR Breakfast (1 serving) with Bacon	749	395	44	11	0	447	2289	57	4	5	28	857	26	74	5
WOBSTAR Breakfast (1 serving) with Jalapeno Cheddar Sausage	812	427	47	12	0	479	2388	58	4	5	34	974	26	148	5
Wam Donut Bites (1 serving)	854	249	28	12	0	11	808	140	1	79	6	0	0	27	2
WOB Chicken 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 (1 serving)	650	100	11	2	0	197	3694	45	3	1	83	540	6	65	4
Boneless Wings (1 serving) with Dressing Choice Blue Cheese	924	354	39	9	0	245	4085	46	3	2	86	731	6	142	4
Boneless Wings (1 serving) with Dressing Choice Ranch	928	367	41	7	0	239	4020	46	3	2	84	585	6	92	4
Boneless Wings (1 serving) with Seasoning Choice 5 Spice Dry Rub	664	105	12	2	0	197	4656	47	5	4	84	541	6	65	7
Boneless Wings (1 serving) with Seasoning Choice Dry Rub	678	103	11	2	0	197	4199	51	4	5	84	1288	37	74	4
Boneless Wings (1 serving) with Wing Sauce Choice Buffalo Hot	715	152	17	4	0	197	4563	46	4	2	83	1350	9	70	4
Boneless Wings (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	776	210	23	6	0	197	4139	46	3	2	83	1382	7	67	4
Boneless Wings (1 serving) with Wing Sauce Choice Garlic Parmesan	846	259	29	8	0	205	3987	48	3	3	86	1376	7	160	4
Boneless Wings (1 serving) with Wing Sauce Choice Hot Honey BBQ	817	105	12	2	0	197	4391	83	4	35	85	749	9	108	5
Boneless Wings (1 serving) with Wing Sauce Choice Jerk	751	141	16	2	0	203	4119	59	4	12	84	765	41	83	5
Boneless Wings (1 serving) with Wing Sauce Choice Korean BBQ	843	169	19	3	0	197	4851	73	7	19	86	763	7	80	5
Boneless Wings (1 serving) with Wing Sauce Choice Sweet Fire	798	102	11	2	0	197	4138	80	4	33	84	974	13	74	4
WOB Chicken Wings, 10 (1 serving)	906	587	65	16	0	251	2144	15	3	10	61	1331	28	80	4
WOB Chicken Wings, 10 (1 serving) with Dressing Choice Blue Cheese	1181	840	93	23	0	299	2535	16	3	11	64	1521	28	157	4
WOB Chicken Wings, 10 (1 serving) with Dressing Choice Ranch	1185	854	95	21	0	292	2470	16	3	11	62	1376	28	107	4
WOB Chicken Wings, 10 (1 serving) with Seasoning Choice 5 Spice Dry Rub	920	592	66	16	0	251	3106	17	4	10	62	1331	28	80	6
WOB Chicken Wings, 10 (1 serving) with Seasoning Choice Dry Rub	935	589	65	16	0	251	2649	21	4	13	62	2079	59	89	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Buffalo Hot	971	639	71	17	0	251	3013	17	3	11	61	2140	31	85	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	1032	696	77	20	0	251	2589	16	3	10	61	2173	29	82	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Garlic Parmesan	1102	745	83	22	0	259	2437	18	3	12	64	2167	29	175	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Hot Honey BBQ	1073	592	66	16	0	251	2841	53	3	44	63	1540	31	123	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Jerk	1008	628	70	16	0	257	2569	29	4	20	62	1556	63	98	4
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Korean BBQ	1100	655	73	17	0	251	3301	43	6	27	64	1654	29	95	5
WOB Chicken Wings, 10 (1 serving) with Wing Sauce Choice Sweet Fire	1055	588	65	16	0	251	2588	50	3	42	62	1765	35	89	4
WOB Chicken Wings, 20 (1 serving)	1812	1173	130	31	0	502	4288	30	5	20	122	2662	56	160	8
WOB Chicken Wings, 20 (1 serving) with Dressing Choice Blue Cheese	2362	1680	187	46	0	598	5070	32	5	21	128	3043	56	313	8
WOB Chicken Wings, 20 (1 serving) with Dressing Choice Ranch	2370	1707	190	42	0	585	4941	33	5	21	124	2751	56	214	8
WOB Chicken Wings, 20 (1 serving) with Seasoning Choice 5 Spice Dry Rub	1841	1183	131	31	0	502	6211	35	8	21	123	2663	56	160	13
WOB Chicken Wings, 20 (1 serving) with Seasoning Choice Dry Rub	1870	1178	131	31	0	502	5299	41	7	27	123	4158	117	179	8
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Buffalo Hot	1877	1225	136	33	0	502	5157	31	6	20	122	3471	59	165	8
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Buffalo Mild and Medium	1938	1283	143	35	0	502	4733	31	5	20	122	3504	57	162	8
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Garlic Parmesan	2204	1490	166	44	0	518	4874	35	6	24	129	4333	58	350	8
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Hot Honey BBQ	2147	1183	131	31	0	502	5682	107	6	38	125	3079	62	247	9
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Jerk	2016	1255	139	33	0	514	5137	58	8	41	124	3111	126	196	9
WOB Chicken Wings, 20 (1 serving) with Wing Sauce Choice Korean BBQ	2200	1310	146	33	0	502	6602	86	13	55	129	3107	58	190	9

WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Garlic Parmesan	555	374	42	11	0	130	1232	9	2	6	32	1134	15	96	2
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Hot Honey BBQ	538	296	33	8	0	126	1428	27	2	22	31	812	16	65	2
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Jerk	505	314	35	8	0	129	1292	15	2	10	31	820	32	53	2
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Korean BBQ	522	319	35	8	0	126	1450	17	3	11	32	784	15	50	2
WOB Chicken Wings, 5 (1 serving) with Wing Sauce Choice Sweet Fire	529	294	33	8	0	126	1302	25	2	21	31	925	18	48	2
Tacos	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)
Beef Barbacoa Street Tacos, 3 (1 serving)	618	261	29	8	0	59	1361	63	11	9	26	1436	35	329	6
Beer Battered Shrimp Tacos, 3 (1 serving)	994	547	61	13	0	166	2146	81	11	7	27	1241	29	360	7
Crispy Beer Brined Chicken Street Tacos, 3 (1 serving)	891	314	35	8	0	88	2967	91	12	7	45	1390	30	381	6
Mahi Tacos, 2 Piece (1 serving)	528	290	32	7	0	91	1584	37	5	6	22	3862	53	249	5
Mahi Tacos, 3 Piece (1 serving)	767	414	46	10	0	137	2357	55	7	8	32	5734	76	371	7