

Menu Label Report: AROOGAS MARCH 2019 MENU

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	atCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat
ADULT MAC AND CHEESE AR	1	Serving	1720	480	53	27	0	175	1630	225	11	15	76			X					X
BBQ PORK AND BACON MAC	1	Serving	1970	540	60	26	0	230	1850	256	11	49	89			X					X
BEER BATTERED FISH AND CHIPS AR	1	Serving	1090	550	61	9	0	85	1190	103	5	8	31	X	X	X					X
BUFFALO CHICKEN MAC AR	1	Serving	2430	850	94	37	0	155	5750	270	11	14	114			X					X
DRESSING SRIRACHA CAESAR 2 OZ. CUP AR	1	Serving	250	240	27	4	--	15	520	1	0	1	1	X	X	X			X		X
DRESSING SRIRACHA CAESAR 3 OZ. CUP AR	1	Serving	370	360	40	6	--	20	770	2	0	2	2	X	X	X			X		X
HOUSE CAESAR SALAD W/ DRESSING AR	1	Serving	450	390	44	7	--	25	640	13	--	1	6	X	X	X			X		X
IMPOSSIBLE CHILI MAC AR	1	Serving	1610	380	43	21	0.5	105	1720	230	13	17	65			X					X
KID BUTTERED NOODLE AR	1	Serving	920	420	46	18	0	0	440	105	5	5	17			X					X
KID MAC AND CHEESE AR	1	Serving	620	90	10	5	0	30	300	108	5	7	21			X					X
KID MEATBALL MARINARA AR	1	Serving	3160	620	69	13	0	55	15970	509	5	273	96							X	X
KID PASTA MARINARA AR	1	Serving	3430	740	82	16	0	0	18720	583	5	324	97							X	X
SRIRACHA CHICKEN CAESAR SALAD AR	1	Serving	830	510	56	9	--	315	1350	37	0	5	48	X	X	X			X		X
SRIRACHA CHICKEN CAESAR WRAP AR	1	Serving	630	340	38	5	--	125	1030	34	0	2	41	X	X	X			X		X
STREET TACO TILAPIA AR	1	Serving	1180	480	53	9	0	55	5290	144	8	14	39	X	X				X		X
TRUFFLE MAC AR	1	Serving	1020	380	43	20	0	120	1420	114	5	9	43			X					X
1 SCOOP ICE CREAM AR	1	Serving	230	120	14	9	--	55	75	23	--	18	3			X					
10 BONELESS WINGS AR	1	Serving	500	--	--	--	--	--	2050	53	--	3	43	X					X		X
10 NAKED WINGS AR	1	Serving	340	--	--	6	--	170	1560	15	--	--	54								
10 ORIGINAL CHICKEN WINGS AR	1	Serving	750	230	25	8	--	600	550	30	--	--	100								
16 OZ. DIET PEPSI AR	1	Serving	--	--	--	--	--	--	80	--	--	--	--								
16 OZ. GATORADE FRUIT PUNCH AR	1	Serving	100	--	--	--	--	--	210	27	--	26	--								
16 OZ. GINGER ALE AR	1	Serving	180	--	--	--	--	--	40	46	--	46	--								
16 OZ. MUG ROOT BEER AR	1	Serving	210	--	--	--	--	--	85	57	--	57	--								
16 OZ. ORANGE CRUSH AR	1	Serving	260	--	--	--	--	--	50	70	--	70	--								
16 OZ. PEPSI AR	1	Serving	200	--	--	--	--	--	40	56	--	56	--								
16 OZ. PINK LEMONADE AR	1	Serving	200	--	--	--	--	--	210	54	--	54	--								
16 OZ. SIERRA MIST AR	1	Serving	190	--	--	--	--	--	50	49	--	49	--								
2 OZ. BLEU CHEESE DRESSING AR	1	Serving	340	320	35	8	--	30	350	3	--	1	3	X		X					
2 OZ. RANCH DRESSING AR	1	Serving	320	300	34	7	--	25	710	4	0	1	2	X		X					
2 SCOOP ICE CREAM AR	1	Serving	450	240	27	18	--	105	150	45	--	36	6			X					
20 BONELESS WINGS AR	1	Serving	1000	--	--	--	--	--	4100	105	--	5	85	X					X		X
20 NAKED WINGS AR	1	Serving	680	--	--	12	--	340	3120	29	--	--	107								
20 ORIGINAL CHICKEN WINGS AR	1	Serving	1510	450	50	15	--	1205	1100	60	--	--	201								
3 OZ. BLEU CHEESE DRESSING AR	1	Serving	500	470	53	11	--	45	530	4	--	1	5	X		X					
3 OZ. RANCH DRESSING AR	1	Serving	480	460	51	10	--	35	1070	6	0	1	3	X		X					
5 BONELESS WINGS AR	1	Serving	250	--	--	--	--	--	1030	26	--	1	21	X					X		X
5 NAKED WINGS AR	1	Serving	170	--	--	3	--	85	780	7	--	--	27								
5 ORIGINAL WINGS AR	1	Serving	380	110	13	4	--	300	280	15	--	--	50								
50 BONELESS WINGS AR	1	Serving	2500	--	--	--	--	--	10250	263	--	13	213	X					X		X
50 NAKED WINGS AR	1	Serving	1700	--	--	30	--	850	7790	73	--	--	268								
50 ORIGINAL CHICKEN WINGS AR	1	Serving	3760	1130	125	38	--	3010	2760	151	--	--	502								
AMISH PEROGIE AR	1	Serving	730	270	30	10	--	40	1370	97	4	13	15	X		X			X		X
APPLE WALNUT CHOPPED SALAD AR	1	Serving	990	740	82	18	--	60	1540	63	5	34	20	X		X	X			X	
AROOGAS BIG PRETZEL AR	1	Serving	2450	1030	117	23	0	40	16430	311	12	90	48	X	X	X			X		X
AROOGAS CHOPPED SALAD AR	1	Serving	320	170	19	10	--	230	740	26	2	10	19	X		X					
BACON CHEESE FRIES AR	1	Serving	1520	860	96	26	--	175	2280	106	10	--	49	X		X					X
BACON CHEESE TOTS AR	1	Serving	1970	1100	122	32	--	175	3020	145	14	--	39	X		X					
BAKED POTATO SOUP AR	1	Serving	590	340	38	19	--	130	1360	27	2	3	28			X					X
BBQ CHICKEN RANCH SALAD AR	1	Serving	680	230	25	10	--	190	1120	58	3	40	54			X					
BBQ PORK SLIDERS AR	1	Serving	770	240	27	8	--	135	1100	102	4	44	38	X		X					X
BBQ PULLED PORK SANDWICH AR	1	Serving	1010	540	60	19	--	120	1450	85	1	49	33	X		X					X
BEER BATTERED BANANA PEPPERS AR	1	Serving	410	360	40	6	--	--	3760	9	0	2	0	X					X		X
BEYOND BRAT AND HONEY AR	1	Serving	440	220	24	10	--	--	1000	27	6	16	32								
BEYOND BRAT SANDWICH AR	1	Serving	790	490	54	20	0	25	1320	50	7	20	27	X		X			X		X
BIG CINNAMON PRETZEL AR	1	Serving	2440	700	81	15	--	10	2040	413	7	175	41			X			X		X
BLEU AND BACON BURGER AR	1	Serving	850	560	62	24	17	220	2740	50	1	11	49	X		X			X		X
BREADED ONION RINGS AR	1	Serving	890	360	40	7	--	55	1640	112	9	15	19	X		X					X
BRUNCH BURGER AR	1	Serving	780	490	55	26	17	415	2340	46	0	7	55	X		X			X		X
BUFFALO CHICKEN BOLLI AR	1	Serving	1610	640	72	19	--	260	2190	129	4	6	74	X		X			X		X
BUFFALO CHICKEN CHEESE STEAK SUB AR	1	Serving	910	450	50	22	--	245	3310	64	4	7	53	X		X					X
BUFFALO CHICKEN DIP APP AR	1	Serving	990	510	56	25	--	125	2580	91	5	--	38			X			X		
BUFFALO CHICKEN FLATBREAD AR	1	Serving	1020	390	43	12	--	230	1100	66	2	4	59	X		X			X		X
BUFFALO PRETZEL AR	1	Serving	1220	450	50	20	--	125	2180	142	4	29	46	X		X			X		X
BUFFALOJITA AR	1	Serving	980	590	67	17	--	255	3500	23	1	8	77	X		X			X		
BURGER SLIDERS AR	1	Serving	1380	650	73	22	--	195	2270	66	3	10	50	X		X			X		X
CARAMELIZED ONIONS FOR CHEESE STEAK AR	1	Serving	60	40	4	0.5	--	--	55	6	0	5	0								X
CHEESESTEAK BOLLI AR	1	Serving	3560	1100	123	37	--	230	14580	460	5	230	141	X		X			X		X
CHEESESTEAK FLATBREAD AR	1	Serving	2490	810	90	29	--	175	10590	311	2	168	100	X		X					X

CHERRY PEPPER BURGER AR	1	Serving	630	380	43	20	17	205	2930	49	0	7	45	X	X		X	X
CHICKEN BACON QUESADILLA AR	1	Serving	1280	720	81	32	0	235	2730	58	4	6	72		X		X	X
CHICKEN CHEESE STEAK W/ WHITE CHEESE SAU	1	Serving	580	180	20	11	--	200	550	57	4	7	41	X	X			X
CHICKEN CHEESE STEAK W/ WHIZ AR	1	Serving	660	100	12	6	--	220	1340	58	4	8	47	X	X			X
CHICKEN TENDER BASKET W /HONEY BBQ AR	1	Serving	1260	350	38	6	--	5	3630	154	6	40	70	X	X			X
CHOCOLATE SHAKE AR	1	Serving	1220	590	65	44	--	220	340	151	--	118	11		X			
COOKIE PIZZA AR	1	Serving	1600	780	87	46	--	205	780	194	0	132	18	X	X		X	X
COOKIE SALTED CARAMEL AR	82.2136	Gram	350	140	16	11	--	45	390	49	1	30	4	X	X		X	X
CREAMY TOMATO BASIL SOUP AR	1	Serving	370	230	26	14	--	70	760	30	--	15	6		X			X
DA CLUB AR	1	Serving	640	160	17	4	--	100	2910	60	9	2	4	X			X	X
DOPE FLOAT MUG ROOT BEER AR	1	Serving	550	240	27	18	--	105	190	73	--	64	6		X			
DOPE FLOAT PEPSI AR	1	Serving	550	240	27	18	--	105	170	73	--	64	6		X			
DOUGHNUT GRILLED CHEESE AR	1	Serving	630	380	43	20	--	75	1750	38	1	15	20		X		X	X
DRESSING BALSAMIC VINAIGRETTE 2 OZ. AR	1	Serving	220	210	23	1.5	--	--	360	5	0	5	--					
DRESSING BALSAMIC VINAIGRETTE 3 OZ. AR	1	Serving	330	310	34	2.5	--	--	550	8	0	8	--					
DRESSING BLEU CHEESE VINAIGRETTE 3 OZ.	1	Serving	220	200	22	3	--	5	470	2	0	2	1		X			
DRESSING BLUE CHEESE VINAIGRETTE 2 OZ.	1	Serving	150	130	15	2	--	0	310	1	0	2	0		X			
DRESSING HONEY MUSTARD 2 OZ. AR	1	Serving	280	230	26	4	--	15	280	11	1	8	0	X	X			
DRESSING HONEY MUSTARD 3 OZ. AR	1	Serving	410	350	39	6	--	25	430	16	1	12	1	X	X			
FAJITA CHEESE SET AR	1	Serving	700	270	30	16	0	70	1700	78	1	6	27		X			X
FAUX WINGS 14 AR	1	Serving	1120	440	49	7	--	35	3990	105	14	7	63	X	X			X
FAUX WINGS 21 AR	1	Serving	1680	660	74	11	--	55	5990	158	21	11	95	X	X			X
FAUX WINGS 7 AR	1	Serving	560	220	25	3.5	--	20	2000	53	7	4	32	X	X			X
FLOUR WRAP AR	1	Serving	270	70	8	3	--	--	470	45	2	2	7					X
FREE RANGE CHICKEN SALAD AR	1	Serving	990	510	57	14	--	370	1010	55	3	17	62	X	X			X
FULL RACK RIBS AR	1	Serving	660	340	37	7	--	75	1040	51	5	8	28	X	X			X
FUNNEL CAKE FRIES DESSERT AR	1	Serving	430	90	10	4	--	35	280	82	--	51	3	X	X		X	X
GARLIC ROMANO DRY RUB FOR 10 WINGS AR	1	Serving	60	--	--	--	--	--	420	--	--	--	--		X		X	
GARLIC ROMANO DRY RUB FOR 20 WINGS AR	1	Serving	120	--	--	--	--	--	840	--	--	--	--		X		X	
GARLIC ROMANO DRY RUB FOR 5 WINGS AR	1	Serving	20	--	--	--	--	--	140	--	--	--	--		X		X	
GARLIC ROMANO DRY RUB FOR 50 WINGS AR	1	Serving	180	--	--	--	--	--	1260	--	--	--	--		X		X	
GLUTEN FREE VEGAN ROLL	1	Serving	210	45	5	--	--	--	320	43	--	--	2					
GRILLED CHEESE AND SOUP AR	1	Serving	1310	770	87	36	--	165	2930	81	2	17	45		X		X	X
GRILLED CHEESE BURGER MELT AR	1	Serving	1150	600	68	27	17	230	3470	86	12	1	51	X	X		X	X
HALF RACK RIBS AR	1	Serving	540	270	30	4.5	--	40	920	51	5	7	17	X	X			X
HOUSE CHOPPED SALAD AR	1	Serving	200	110	12	5	--	205	370	13	1	5	12	X	X			
HOUSE SALAD AR	1	Serving	390	210	23	10	--	245	420	17	2	6	25	X	X			X
IMPOSSIBLE BURGER AR	1	Serving	940	540	60	34	--	80	2050	53	0	9	47	X	X		X	X
IMPOSSIBLE CHILI BOWL AR	1	Serving	400	170	19	11	--	40	2280	37	14	8	26		X		X	X
IMPOSSIBLE CHILI CHEESE FRIES AR	1	Serving	770	140	16	4	--	110	3750	68	9	10	30		X		X	X
IMPOSSIBLE CHILI NACHOS AR	1	Serving	1050	390	43	22	0	105	3140	119	16	10	47		X		X	X
ITALIAN CHOPPED SALAD	1	Serving	820	580	64	13	--	95	2630	18	0	15	24		X			
ITS SO GOUDA BURGER AR	1	Serving	730	460	51	21	17	200	2260	47	0	8	47	X	X			X
KID BONELESS WING AR	1	Serving	250	--	--	--	--	--	1030	26	--	1	21	X			X	X
KID BURGER AR	1	Serving	580	110	12	5	--	115	760	43	2	6	31	X	X		X	X
KID CHICKEN TENDER AR	1	Serving	520	110	12	3	--	--	1790	48	--	--	48					X
KID CHOCOLATE MILK AR	1	Serving	360	70	8	4.5	--	30	200	64	--	56	14		X			
KID DESSERT AR	1	Serving	490	250	28	14	--	70	260	55	--	37	6	X	X		X	X
KID GRILLED CHEESE AR	1	Serving	580	250	29	11	--	30	1420	60	2	2	20		X		X	X
KID GRILLED CHICKEN AR	1	Serving	170	35	4	0	--	105	130	0	--	0	32					
KID MILK AR	1	Serving	180	70	8	4.5	--	30	180	17	--	17	14		X			
KID NAKED WING AR	1	Serving	170	--	--	3	--	85	780	7	--	--	27					
KID PEANUT BUTTER & JELLY AR	1	Serving	630	180	20	3.5	--	--	840	89	4	29	21			X		X
KID PIZZA AR	1	Serving	2030	520	57	11	--	65	9860	300	2	162	66	X	X			X
KID QUESADILLA AR	1	Serving	560	270	30	12	--	60	760	46	2	2	23		X		X	X
KID SIDE APPLE SLICES AR	1	Serving	--	--	--	--	--	--	--	8	2	6	--					
KID SIDE CARROT AR	1	Serving	--	--	--	--	--	--	55	6	--	--	0					
KID SIDE CELERY AR	1	Serving	10	--	--	--	--	--	55	2	--	1	1					
KID SIDE FRIES AR	1	Serving	290	90	10	--	--	--	720	49	5	--	5					X
KID SIDE SALAD AR	1	Serving	470	240	26	10	--	245	580	28	1	4	27	X	X			X
KID SIDE TOTS AR	1	Serving	520	200	23	3.5	--	--	1080	68	7	--	--					
KID TURKEY AND CHEESE SLIDER AR	1	Serving	410	120	13	5	--	95	1800	43	2	6	12	X	X		X	X
MANGO HEAT SHAKE AR	1	Serving	1170	590	66	44	--	220	550	117	1	103	11		X			
MARYALND CRAB PRETZEL AR	1	Serving	1010	280	31	12	--	90	1240	139	4	30	36	X	X		X	X
MEATBALL BOLLI AR	1	Serving	4100	1130	127	25	--	315	15100	456	4	223	151	X	X		X	X
MEATBALL FLAT BREAD PIZZA AR	1	Serving	2700	680	75	15	--	235	10780	309	2	165	108	X	X		X	X
MEATBALL SUB AR	1	Serving	2820	600	66	13	--	170	13260	379	4	219	101	X	X			X
MEATBALLS MOZZARELLA AR	1	Serving	4660	1070	119	29	--	170	26690	671	1	430	153	X	X			X
MOZZARELLA TRIANGLES AR	1	Serving	620	190	22	8	--	30	3230	82	1	43	25		X			X
OLD BAY DRY RUB FOR 10 WINGS AR	1	Serving	--	--	--	--	--	--	1680	--	--	--	--					
OLD BAY DRY RUB FOR 20 WINGS AR	1	Serving	--	--	--	--	--	--	2520	--	--	--	--					
OLD BAY DRY RUB FOR 5 WINGS AR	1	Serving	--	--	--	--	--	--	560	--	--	--	--					
OLD BAY DRY RUB FOR 50 WINGS AR	1	Serving	--	--	--	--	--	--	5040	--	--	--	--					
ORIGNAL FLATBREAD W/ PEPPERONI AR	1	Serving	2490	740	82	18	--	175	10870	300	2	164	92	X	X			X

ORIGINAL BOLI AR	1	Serving	3640	1080	121	28	--	235	15620	441	4	222	129	X	X		X		X
ORIGINAL FLATBREAD AR	1	Serving	2490	740	82	18	--	175	10870	300	2	164	92	X	X				X
OVEN BAKED BLEU CHIPS AR	1	Serving	1690	1290	143	36	--	155	2730	70	6	2	32	X	X				
PB FUDGE SHAKE AR	1	Serving	1770	950	106	56	--	220	600	183	1	133	26	X	X	X		X	
PB&J BURGER AR	1	Serving	660	330	37	11	17	175	1190	61	2	22	46	X	X	X			X
PETE'S PEPPERJACK CUBES AR	1	Serving	1020	680	75	26	--	160	2200	55	3	13	36	X	X				X
PHILLY CHEESE STEAK W/ WHITE CHEESE SAUCI	1	Serving	580	190	21	10	--	120	660	53	4	5	45	X	X				X
PHILLY CHEESE STEAK AR	1	Serving	660	120	13	5	--	140	1440	54	4	6	50	X	X				X
PRETZEL BACON BURGER AR	1	Serving	880	560	63	24	17	225	1840	53	3	9	54	X	X				X
PULLED PORK SLIDERS AR	1	Serving	1040	540	61	17	--	85	1640	87	1	50	42	X	X				X
REESES SUNDAE AR	1	Serving	1380	660	73	44	--	160	420	163	1	125	21		X	X		X	
RIB AND SLIDER 1/2 RACK AR	1	Serving	1350	550	61	15	--	215	1900	92	7	7	66	X	X		X		X
RIB AND SLIDER FULL RACK AR	1	Serving	1850	920	102	29	--	305	2250	92	7	7	96	X	X		X		X
SALTED CARAMEL SHAKE AR	1	Serving	1480	750	83	56	--	265	840	170	1	121	16	X	X			X	X
SAUCE ALMOST EVERYTHING FOR 10 WINGS OF	1	Serving	170	70	8	1	--	--	2560	26	2	16	2						
SAUCE ALMOST EVERYTHING FOR 20 WINGS AF	1	Serving	250	100	11	2	--	--	3850	40	2	23	3						
SAUCE ALMOST EVERYTHING FOR 5 WINGS OR	1	Serving	80	35	4	0.5	--	--	1280	13	1	8	1						
SAUCE ALMOST EVERYTHING FOR 50 WINGS AF	1	Serving	510	210	23	3.5	--	--	7690	79	5	47	5						
SAUCE BBQ CHIP RUB FOR 10 WINGS AR	1	Serving	45	0	0	0	--	--	860	2	1	10	0						
SAUCE BBQ CHIP RUB FOR 20 WINGS AR	1	Serving	70	5	0	0	--	--	1290	3	1	15	1						
SAUCE BBQ CHIP RUB FOR 5 WINGS AR	1	Serving	20	0	0	0	--	--	430	1	0	5	0						
SAUCE BBQ CHIP RUB FOR 50 WINGS AR	1	Serving	70	5	0	0	--	--	1470	4	1	17	1						
SAUCE BUFFACUE FOR 10 WINGS AR	1	Serving	270	90	10	1.5	--	0	1470	49	1	42	1						
SAUCE BUFFACUE FOR 20 WINGS AR	1	Serving	400	130	15	2.5	--	0	2210	73	2	63	2						
SAUCE BUFFACUE FOR 5 WINGS AR	1	Serving	130	45	5	1	--	0	740	24	1	21	1						
SAUCE BUFFACUE FOR 50 WINGS AR	1	Serving	800	260	29	4.5	--	0	4420	146	4	126	3						
SAUCE BUFFALO BLEU FOR 10 WINGS AR	1	Serving	450	430	48	10	--	30	1600	4	1	1	4	X	X				
SAUCE BUFFALO BLEU FOR 20 WINGS AR	1	Serving	680	650	72	14	--	45	2400	6	1	1	6	X	X				
SAUCE BUFFALO BLEU FOR 5 WINGS AR	1	Serving	230	220	24	5	--	15	800	2	0	0	2	X	X				
SAUCE BUFFALO BLEU FOR 50 WINGS AR	1	Serving	1360	1290	144	29	--	90	4800	11	2	2	11	X	X				
SAUCE BUFFALO RANCH FOR 10 WINGS AR	1	Serving	440	420	47	9	--	25	1960	5	1	1	2	X	X				
SAUCE BUFFALO RANCH FOR 20 WINGS AR	1	Serving	660	630	70	13	--	35	2940	8	1	1	3	X	X				
SAUCE BUFFALO RANCH FOR 5 WINGS AR	1	Serving	220	210	23	4.5	--	10	980	3	0	0	1	X	X				
SAUCE BUFFALO RANCH FOR 50 WINGS AR	1	Serving	1320	1260	140	27	--	70	5890	15	3	2	7	X	X				
SAUCE CAJUN RUB FOR 10 WINGS AR	1	Serving	25	5	0.5	--	--	--	4990	6	2	2	1						
SAUCE CAJUN RUB FOR 20 WINGS AR	1	Serving	30	5	1	--	--	--	5650	6	2	2	1						
SAUCE CAJUN RUB FOR 5 WINGS AR	1	Serving	20	5	0	--	--	--	3320	4	1	1	1						
SAUCE CAJUN RUB FOR 50 WINGS AR	1	Serving	35	10	1	--	--	--	6650	7	3	2	2						
SAUCE COAL CRACKER FOR 10 WINGS AR	1	Serving	610	600	67	10	--	50	1250	3	1	1	1	X					
SAUCE COAL CRACKER FOR 20 WINGS AR	1	Serving	910	900	100	15	--	75	1870	5	1	1	2	X					
SAUCE COAL CRACKER FOR 5 WINGS AR	1	Serving	300	300	33	5	--	25	620	2	0	0	1	X					
SAUCE COAL CRACKER FOR 50 WINGS AR	1	Serving	1830	1800	200	29	--	150	3750	10	3	3	4	X					
SAUCE GARLIC PARM FOR 10 WINGS AR	1	Serving	470	420	47	9	--	15	1070	7	0	4	7		X				
SAUCE GARLIC PARM FOR 20 WINGS AR	1	Serving	700	630	70	13	--	20	1610	11	1	6	10		X				
SAUCE GARLIC PARM FOR 5 WINGS AR	1	Serving	230	210	23	4.5	--	5	540	4	0	2	3		X				
SAUCE GARLIC PARM FOR 50 WINGS AR	1	Serving	1410	1260	140	27	--	40	3220	22	1	11	20		X				
SAUCE GARLIC ROMANO RUB FOR 10 WINGS AI	1	Serving	90	--	--	--	--	--	620	--	--	--	--		X		X		
SAUCE GARLIC ROMANO RUB FOR 20 WINGS AI	1	Serving	130	--	--	--	--	--	930	--	--	--	--		X		X		
SAUCE GARLIC ROMANO RUB FOR 5 WINGS AR	1	Serving	45	--	--	--	--	--	310	--	--	--	--		X		X		
SAUCE GARLIC ROMANO RUB FOR 50 WINGS AI	1	Serving	150	--	--	--	--	--	1050	--	--	--	--		X		X		
SAUCE GEN TSO FOR 10 WINGS AR	1	Serving	260	0	0	0	--	--	1460	60	1	40	3			X			X
SAUCE GEN TSO FOR 20 WINGS AR	1	Serving	380	5	0	0	--	--	2180	90	1	59	5			X			X
SAUCE GEN TSO FOR 5 WINGS AR	1	Serving	130	0	0	0	--	--	730	30	0	20	2			X			X
SAUCE GEN TSO FOR 50 WINGS AR	1	Serving	770	5	0.5	0	--	--	4370	180	2	119	10			X			X
SAUCE GHOST FACE FOR 10 WINGS AR	1	Serving	90	50	6	0.5	--	--	3400	8	2	4	2						
SAUCE GHOST FACE FOR 20 WINGS AR	1	Serving	140	80	9	1	--	--	5100	11	4	6	3						
SAUCE GHOST FACE FOR 5 WINGS AR	1	Serving	45	25	3	0	--	--	1700	4	1	2	1						
SAUCE GHOST FACE FOR 50 WINGS AR	1	Serving	280	160	18	2	--	--	10200	23	7	12	7						
SAUCE HONEY BBQ FOR 10 WINGS OR FULL RAI	1	Serving	280	0	0	--	--	--	860	77	1	67	1						
SAUCE HONEY BBQ FOR 20 WINGS AR	1	Serving	430	0	0	--	--	--	1280	115	2	101	2						
SAUCE HONEY BBQ FOR 5 WINGS OR HALF RAC	1	Serving	140	0	0	--	--	--	430	38	1	34	1						
SAUCE HONEY BBQ FOR 50 WINGS AR	1	Serving	850	5	0	--	--	--	2570	230	4	202	4						
SAUCE HOT FOR10 WINGS AR	1	Serving	140	120	14	2	--	--	3000	4	2	0	1						
SAUCE HOT FOR 20 WINGS AR	1	Serving	200	190	21	3	--	--	4500	6	3	1	1						
SAUCE HOT FOR 5 WINGS AR	1	Serving	70	60	7	1	--	--	1500	2	1	0	0						
SAUCE HOT FOR 50 WINGS AR	1	Serving	410	370	41	6	--	--	9000	12	6	1	3						
SAUCE HOT GARLIC FOR 10 WINGS AR	1	Serving	280	260	28	5	--	5	1920	6	1	2	4			X			
SAUCE HOT GARLIC FOR 20 WINGS AR	1	Serving	430	380	43	8	--	10	2880	8	2	3	5			X			
SAUCE HOT GARLIC FOR 5 WINGS AR	1	Serving	140	130	14	2.5	--	5	960	3	1	1	2			X			
SAUCE HOT GARLIC FOR 50 WINGS AR	1	Serving	850	770	85	16	--	20	5750	17	4	6	11			X			
SAUCE KANGAROOGA FOR 10 WINGS AR	1	Serving	220	180	20	3	--	--	2000	9	2	3	1						
SAUCE KANGAROOGA FOR 20 WINGS AR	1	Serving	320	270	30	4.5	--	--	3000	13	3	5	2						
SAUCE KANGAROOGA FOR 5 WINGS AR	1	Serving	110	90	10	1.5	--	--	1000	4	1	2	1						
SAUCE KANGAROOGA FOR 50 WINGS AR	1	Serving	650	540	60	9	--	--	6000	27	5	10	4						

SAUCE LOUIS GARLIC AR	1	Serving	150	150	16	7	--	--	160	0	--	--	--	X	X
SAUCE LOUIS GARLIC HOT FOR 10 WINGS AR	1	Serving	220	210	23	8	--	--	1670	2	1	0	0	X	X
SAUCE LOUIS GARLIC HOT FOR 20 WINGS AR	1	Serving	330	320	35	12	--	--	2500	3	2	0	1	X	X
SAUCE LOUIS GARLIC HOT FOR 5 WINGS	1	Serving	110	110	12	4	--	--	830	1	1	0	0	X	X
SMA POBLANO PEPPERS AR	17	Gram	50	15	1.5	0	--	--	5	9	4	--	2		
SAUCE LOUIS GARLIC HOT FOR 50 WINGS AR	1	Serving	650	630	70	23	--	--	5000	7	3	1	1	X	X
SAUCE LOUIS GARLIC MEDIUM FOR 10 WINGS /	1	Serving	270	260	29	9	--	0	1420	1	1	--	0	X	X
SAUCE LOUIS GARLIC MEDIUM FOR 20 WINGS /	1	Serving	400	400	44	13	--	0	2120	2	1	--	0	X	X
SAUCE LOUIS GARLIC MEDIUM FOR 5 WINGS AI	1	Serving	130	130	15	4.5	--	0	710	1	0	--	0	X	X
SAUCE LOUIS GARLIC MEDIUM FOR 50 WINGS /	1	Serving	810	790	88	26	--	0	4250	4	2	--	1	X	X
SAUCE LOUIS GARLIC MILD FOR 10 WINGS AR	1	Serving	290	290	32	9	--	--	1140	1	0	--	0	X	X
SAUCE LOUIS GARLIC MILD FOR 20 WINGS AR	1	Serving	440	430	48	14	--	--	1710	2	1	--	0	X	X
SAUCE LOUIS GARLIC MILD FOR 5 WINGS AR	1	Serving	150	140	16	4.5	--	--	570	1	0	--	0	X	X
SAUCE LOUIS GARLIC MILD FOR 50 WINGS AR	1	Serving	880	860	96	28	--	--	3420	4	1	--	1	X	X
SAUCE MANGO HABANERO FOR 10 WINGS AR	1	Serving	170	0	0	--	--	--	420	11	1	33	0		
SAUCE MANGO HABANERO FOR 20 WINGS AR	1	Serving	250	0	0	--	--	--	620	17	1	49	0		
SAUCE MANGO HABANERO FOR 5 WINGS AR	1	Serving	80	0	0	--	--	--	210	6	0	16	0		
SAUCE MANGO HABANERO FOR 50 WINGS AR	1	Serving	500	0	0	--	--	--	1250	33	3	98	1		
SAUCE MEDIUM FOR 10 WINGS AR	1	Serving	240	230	26	4	--	0	2500	2	1	--	1		
SAUCE MEDIUM FOR 20 WINGS AR	1	Serving	360	350	38	6	--	0	3750	3	2	--	1		
SAUCE MEDIUM FOR 5 WINGS AR	1	Serving	120	120	13	2	--	0	1250	1	1	--	0		
SAUCE MEDIUM FOR 50 WINGS AR	1	Serving	710	690	77	12	--	0	7500	7	4	--	2		
SAUCE MILD FOR 10 WINGS AR	1	Serving	280	280	31	5	--	--	1950	2	1	--	0		
SAUCE MILD FOR 20 WINGS AR	1	Serving	430	420	46	7	--	--	2930	3	1	--	1		
SAUCE MILD FOR 5 WINGS AR	1	Serving	140	140	15	2.5	--	--	980	1	0	--	0		
SAUCE MILD FOR 50 WINGS AR	1	Serving	850	830	93	15	--	--	5850	6	3	--	1		
SAUCE RED THAI FOR 10 WINGS AR	1	Serving	280	60	7	1	--	--	780	56	1	53	0		
SAUCE RED THAI FOR 20 WINGS AR	1	Serving	420	100	11	1.5	--	--	1170	84	2	79	0		
SAUCE RED THAI FOR 5 WINGS AR	1	Serving	140	30	3.5	0.5	--	--	390	28	1	26	0		
SAUCE RED THAI FOR 50 WINGS AR	1	Serving	840	190	21	3	--	--	2340	169	4	159	1		
SAUCE SMOKED CHIPOTLE FOR 10 WINGS AR	1	Serving	50	15	1.5	0	--	--	1650	7	2	4	1		
SAUCE SMOKED CHIPOTLE FOR 20 WINGS AR	1	Serving	80	20	2	0	--	--	2470	10	4	6	1		
SAUCE SMOKED CHIPOTLE FOR 5 WINGS AR	1	Serving	25	5	0.5	0	--	--	820	3	1	2	0		
SAUCE SMOKED CHIPOTLE FOR 50 WINGS AR	1	Serving	150	40	4.5	0	--	--	4950	20	7	11	3		
SAUCE SRIRACHA FOR 10 WINGS AR	1	Serving	50	10	1	0	--	--	1300	5	1	7	1	X	X
SAUCE SRIRACHA FOR 20 WINGS AR	1	Serving	70	15	1.5	0	--	--	1950	7	1	10	1	X	X
SAUCE SRIRACHA FOR 5 WINGS AR	1	Serving	25	5	0	0	--	--	650	2	0	3	0	X	X
SAUCE SRIRACHA FOR 50 WINGS AR	1	Serving	150	25	3	0	--	--	3900	14	3	20	2	X	X
SAUCE SUDDEN DEATH FOR 10 WINGS AR	1	Serving	140	100	11	1.5	--	--	2570	8	3	4	2		
SAUCE SUDDEN DEATH FOR 20 WINGS AR	1	Serving	210	150	17	2.5	--	--	3850	12	4	6	3		
SAUCE SUDDEN DEATH FOR 5 WINGS AR	1	Serving	70	50	6	1	--	--	1280	4	1	2	1		
SAUCE SUDDEN DEATH FOR 50 WINGS AR	1	Serving	410	310	34	4.5	--	--	7710	24	8	13	6		
SAUCE SWEET & TANGY FOR 10 WINGS OR FULL	1	Serving	220	10	1	--	--	--	990	54	2	48	2	X	X
SAUCE SWEET & TANGY FOR 20 WINGS AR	1	Serving	340	15	1.5	--	--	--	1480	81	2	72	3	X	X
SAUCE SWEET & TANGY FOR 5 WINGS OR HALF	1	Serving	110	5	0.5	--	--	--	490	27	1	24	1	X	X
SAUCE SWEET & TANGY FOR 50 WINGS AR	1	Serving	670	30	3	--	--	--	2960	161	5	144	7	X	X
SIDE CHEESE AND BACON FRIES AR	1	Serving	450	200	22	7	--	50	1340	52	5	2	13	X	X
SIDE OF CHEESE AND BACON TOTS AR	1	Serving	680	320	35	10	--	50	1810	71	7	2	8	X	
SIDE OF COLESLAW AR	1	Serving	270	230	25	4	--	15	180	5	0	12	1	X	
SIDE OF FRIES AR	1	Serving	290	90	10	--	--	--	820	49	5	--	5		X
side sweet potato fries ar	1	Serving	280	80	9	2.5	--	--	410	44	5	21	--		X
SIZZLIN FAJITA CHICKEN ONLY AR	1	Serving	650	320	36	5	--	210	1820	19	0	8	65	X	
SIZZLIN FAJITA PORK ONLY AR	1	Serving	420	280	32	9	--	90	1680	11	0	5	26	X	
SIZZLIN FAJITA PORK ONLY AR	1	Serving	830	560	63	18	--	175	1970	19	1	9	51	X	
SIZZLING FAJITA CHICKEN EACH AR	1	Serving	330	160	18	2.5	--	105	1590	11	0	5	33	X	
SMKOED GOUDA CHICKEN CLUB AR	1	Serving	970	550	61	22	--	165	2220	45	2	2	55	X	X
spicy italian wrap ar	1	Serving	910	640	72	27	--	170	3060	2	0	3	37	X	X
STREET TACO CHICKEN AR	1	Serving	820	450	50	9	0	105	1500	54	1	12	39	X	X
SWEET POTATO FRY TRAY AR	1	Serving	440	80	9	2.5	--	--	400	86	5	59	--		X
THE SAMPLER AR	1	Serving	3830	1040	115	34	--	190	17140	490	6	223	148	X	X
TRAY OF CHIPS AR	1	Serving	520	170	18	2	--	--	1700	82	7	17	6		
TRAY OF FRIES AR	1	Serving	380	90	10	0	--	--	1770	70	5	17	5		X
TRAY OF TOTS AR	1	Serving	610	210	23	3.5	--	--	2140	90	7	17	0		
TRUFFLE TOTS AR	1	Serving	660	340	38	6	--	0	1190	68	7	--	0	X	X
TURKEY BACON RANCH WRAP AR	1	Serving	400	250	27	12	--	110	2440	6	0	14	X	X	X
USDA PRIME BRISKET SANDWICH AR	1	Serving	770	410	46	12	--	100	1960	46	8	9	25	X	X
VANILLA SHAKE AR	1	Serving	1200	680	75	50	--	250	370	118	--	90	12	X	
VEGGIE BOLI AR	1	Serving	3200	820	91	18	--	135	13660	455	6	226	108	X	X
VEGGIE FLATBREAD AR	1	Serving	2280	620	69	13	--	125	9900	307	3	166	82	X	X
WAGYU CHEESE BURGER AR	1	Serving	660	420	47	17	17	190	2130	46	0	8	41	X	X
WAGYU DOUGHNUT BURGER AR	1	Serving	640	400	44	22	17	200	1930	39	1	15	47	X	X
WHEAT WRAP AR	1	Serving	290	70	8	3	--	--	470	46	5	1	8		X
WING AND FULL RACK BONELESS AR	1	Serving	770	220	25	5	--	70	1980	75	5	3	49	X	X
WING AND HALF RACK BONELESS AR	1	Serving	660	160	17	2.5	--	35	1860	75	5	2	37	X	X

