



# Nutritional Information

Quesadillas (Without Sauce)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Chicken	806	50	57	6	42
Shrimp	798	51	54	6	42
Garden Fresh	744	57	39	8	40

+ Salsa & Sour Cream are extra

Salads (Without Dressing)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Covington	73	14	2	4	1
Tex-Mex Taco+	240	9	15	5	16
Bangkok	165	36	3	5	1
Chicago Blues	148	13	6	4	8
Kentucky Club	414	13.5	27	5	28
Buffalo	372	14	16	4	28

+ without tortilla strips

Dressings	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Ranch	219	2	1	0.25	23
Bleu Cheese	204	2	4	1	20
Honey Mustard	311	12	0.4	0.32	29
Thai Peanut	282	26	4	0	18
Italian Vinaigrette	240	6	0	0	24
Southwest Ranch	228	2	1	1	24

Salad Additions	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Add Grilled Chicken	124	0	23	0	3.5
Add Grilled Shrimp	114	1	23	0	2
Add Fried Chicken	258	15	27	6	10
Add Fried Shrimp	336	21	18	4	20

WOW Wings (Without Sauce)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
8 Piece	422	8	48	8	22
12 Piece	633	12	72	12	33
15 Piece	789	15	90	15	41
20 Piece	1022	20	120	20	55
50 Piece	2642	50	300	50	137.5

Tenders (Not Including Sides)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
4 Piece	520	30	54	12	20
6 Piece	780	45	81	18	30
12 Piece	1560	90	162	36	60
20 Piece	2600	150	270	60	100



# Nutritional Information

WOW Sauces (1 oz)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Kansas City	50	14	0	0	0
Texas	50	12	0	0	0
Italian	190	1	0	0	21
Jamaican	110	8	2	0	9
Thai	140	13	2	0	9
Buffalo I	110	0	0	0	12
Buffalo II	90	1	0	0	9
Buffalo III	80	1	0	0	9
Asian	100	24	1	0	0
Key West	180	8	0	0	17
Santa Fe	104	1	1	1	11

  

Burgers (Not Including Sides)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Crescent City	899	39	44	2	63
Philly	1103	34.5	50	0.25	85
Texas	1180	41	53.25	0.4	90

  

Sandwiches (Not Including Sides)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
Kentucky Fried Chicken	986	56	51	7	62

  

Wraps (Not Including Sides)	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
West Coast Veggie Wrap	673	60	25	9	37
Buffalo Grilled Chicken Wrap	820	53	44	7	48
Buffalo Fried Chicken Wrap	975	68	52	13	55
Sonoma Grilled Chicken Wrap	639	53	36	7	52
Sonoma Fried Chicken Wrap	804	68	43	13	40
Memphis Grilled Chicken Wrap	702	75	33	10	30
Memphis Fried Chicken Wrap	906	90	51	15.5	38
Kentucky Grilled Chicken Wrap	752	59	47	7	49

  

Sides	Calories	Carbs (g)	Protein (g)	Fiber (g)	Fat (g)
French Fries - Small (6.5 oz)	520	74	1	12	22
BBQ Baked Beans - Small	68	15	2	1	0
Honey Mustard Slaw - Small	138	19	2	5	6
Texas Toast - 1 Slice	130	16	6	0	6.5