



# NUTRITION INFORMATION

		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)
ZALADS	The Grilled House Zalad	560	27	12	0	130	1600	34	5	5	48
	The Fried House Zalad	660	37	13	0	90	1920	42	4	4	44
	The Garden House Zalad	410	25	11	0	35	700	33	4	4	17
	The Grilled Cobb Zalad	680	35	14	0	355	1820	35	5	5	58
	The Fried Cobb Zalad	780	45	16	0	315	2130	43	4	5	55
	The Garden Cobb Zalad	530	34	14	0	260	910	34	4	5	27
SANDWICHES	Kickin' Chicken Sandwich Only	690	39	6	0	65	2760	51	2	5	34
	Grilled Chicken Sandwich Only	470	20	3.5	0	100	1440	35	3	8	38
	Nibblerz™ Only	1030	60	11	0	75	2900	81	4	17	41
	Signature Sandwich Only with Zax Sauce	600	32	5	0	75	2200	45	2	8	31
	Signature Sandwich Only with Spicy Zax Sauce	590	31	5	0	70	2260	45	2	8	31
	Signature Club Only with Zax Sauce	720	40	9	0	100	2680	46	2	8	39
	Signature Club Only with Spicy Zax Sauce	710	40	9	0	95	2740	46	2	8	39
MOST POPULAR	Chicken Finger Plate (4)	1110	60	9	0	95	3230	98	8	16	45
	Chicken Finger Plate (5)	1190	64	10	0	110	3640	101	8	16	54
	Chicken Finger Plate (6)	1280	68	11	0	130	4050	104	8	16	63
	Buffalo Chicken Finger Plate (4)	1130	62	10	0	95	3750	98	8	15	46
	Buffalo Chicken Finger Plate (5)	1220	66	10	0	110	4340	102	8	15	55
	Buffalo Chicken Finger Plate (6)	1310	70	11	0	130	4930	106	8	15	64
	Boneless Wings & Things	1450	87	13	0	125	4620	106	8	7	62
	Buffalo Boneless Wings & Things	1460	88	14	0	125	4950	105	8	6	63
	Traditional Wings & Things	1440	88	16	0	265	4520	84	6	7	79
	Buffalo Traditional Wings & Things	1450	89	16	0	265	4850	83	6	6	79
	Boneless Wings Meal (5)	1040	60	9	0	60	2890	92	7	4	34
	Traditional Wings Meal (5)	1030	61	12	0	195	2780	70	6	4	51
	Big Zax Snak Meal	890	48	7	0	70	2650	80	6	5	36
Buffalo Big Zax Snak Meal	900	50	8	0	70	2980	79	6	4	36	
1 BONELESS WING* WITH EACH SAUCE (Green Only)	Boneless Wings (No Sauce)	70	4	0.5	0	10	200	4	0	0	5
	Boneless Wings - Wimpy	80	4.5	0.5	0	10	320	5	0	1	5
	Boneless Wings - Tongue Torch	80	4.5	0.5	0	10	340	5	0	0	5
	Boneless Wings - Nuclear	80	4.5	0.5	0	10	320	5	0	0	5
	Boneless Wings - Buffalo Garlic Blaze	90	6	1	0	10	400	5	0	0	5
	Boneless Wings - HHM	100	6	1	0	10	280	6	0	1	5
	Boneless Wings - Sweet & Spicy	90	4.5	0.5	0	10	260	7	0	2	5
	Boneless Wings - Teriyaki	90	4.5	0	0	10	280	6	0	2	5
	Boneless Wings - BBQ	90	4.5	0.5	0	10	300	7	0	2	5
5 BONELESS WINGS* WITH EACH SAUCE (Green Only)	Boneless Wings (No Sauce)	390	22	3.5	0	45	1090	22	1	0	26
	Boneless Wings - Wimpy	410	22	3.5	0	45	1590	26	2	3	26
	Boneless Wings - Tongue Torch	400	23	3.5	0	45	1680	24	2	1	26
	Boneless Wings - Nuclear	400	23	3.5	0	45	1600	24	2	1	26
	Boneless Wings - Buffalo Garlic Blaze	450	29	4.5	0	50	1990	23	2	1	26
	Boneless Wings - HHM	480	30	4.5	0	55	1390	28	2	4	26
	Boneless Wings - Sweet & Spicy	450	23	3.5	0	45	1310	35	1	11	26
	Boneless Wings - Teriyaki	430	23	3.5	0	45	1420	31	1	8	26
	Boneless Wings - BBQ	450	22	3.5	0	45	1500	36	2	11	26
1 TRADITIONAL WING* WITH EACH SAUCE (Green Only)	Traditional Wings (No Sauce)	80	4.5	1	0	35	200	0	0	0	8
	Traditional Wings - Wimpy	80	4.5	1	0	35	300	1	0	1	9
	Traditional Wings - Tongue Torch	80	4.5	1	0	35	320	0	0	0	9
	Traditional Wings - Nuclear	80	5	1	0	35	330	0	0	0	9
	Traditional Wings - Buffalo Garlic Blaze	90	6	1.5	0	40	370	0	0	0	9
	Traditional Wings - HHM	100	6	1.5	0	40	260	1	0	1	9
	Traditional Wings - Sweet & Spicy	90	5	1	0	35	240	3	0	2	9
	Traditional Wings - Teriyaki	90	4.5	1	0	35	280	2	0	2	9
	Traditional Wings - BBQ	90	4.5	1	0	35	280	3	0	2	9
3 TRADITIONAL WINGS* WITH EACH SAUCE (Green Only)	Traditional Wings (No Sauce)	380	23	6	0	185	980	0	0	0	42
	Traditional Wings - Wimpy	400	24	6	0	185	1520	5	0	3	43
	Traditional Wings - Tongue Torch	390	24	6	0	185	1580	2	0	1	43
	Traditional Wings - Nuclear	400	24	6	0	185	1660	2	1	1	43
	Traditional Wings - Buffalo Garlic Blaze	440	29	7	0	190	1820	2	0	1	43
	Traditional Wings - HHM	480	31	7	0	190	1290	6	0	4	43
	Traditional Wings - Sweet & Spicy	440	24	6	0	185	1210	13	0	11	43
	Traditional Wings - Teriyaki	430	24	6	0	185	1390	12	0	10	43
	Traditional Wings - BBQ	440	23	6	0	185	1390	14	0	11	43
1 CHICKEN FINGER* WITH EACH SAUCE (Green Only)	Chicken Finger (No Sauce)	80	4	0.5	0	20	410	3	0	0	9
	Chicken Finger - Wimpy	90	4	0.5	0	20	560	4	0	1	9
	Chicken Finger - Tongue Torch	90	4	0.5	0	20	590	4	0	0	9
	Chicken Finger - Nuclear	90	4	0.5	0	20	560	4	0	0	9
	Chicken Finger - Buffalo Garlic Blaze	100	6	1	0	20	650	4	0	0	9
	Chicken Finger - HHM	110	6	1	0	20	500	5	0	1	9
	Chicken Finger - Sweet & Spicy	100	4	0.5	0	20	480	7	0	3	9
	Chicken Finger - Teriyaki	100	4	0.5	0	20	540	7	0	3	9
	Chicken Finger - BBQ	100	4	0.5	0	20	550	8	0	4	9
5 CHICKEN FINGERZ* WITH EACH SAUCE (Green Only)	Chicken Finger (No Sauce)	420	20	3	0	90	2030	16	0	0	45
	Chicken Finger - Wimpy	450	20	3	0	95	2790	22	1	5	46
	Chicken Finger - Tongue Torch	440	20	3	0	95	2960	19	1	2	46
	Chicken Finger - Nuclear	440	20	3	0	95	2800	18	1	1	46
	Chicken Finger - Buffalo Garlic Blaze	510	28	4.5	0	100	3260	18	0	1	46
	Chicken Finger - HHM	570	32	5	0	105	2510	25	0	6	46
	Chicken Finger - Sweet & Spicy	510	21	3	0	90	2380	36	0	17	46
	Chicken Finger - Teriyaki	510	20	3	0	95	2690	35	0	16	47
	Chicken Finger - BBQ	520	20	3	0	90	2720	39	1	19	46
DESSERT	Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2
SAUCES (Dip Cup)	Honey Mustard	130	11	2	0	5	210	7	0	6	0
	Ranch Sauce	150	16	2.5	0	10	290	2	0	1	1
	Zax Sauce®	150	15	2.5	0	10	510	4	0	3	0
	Spicy Zax Sauce®	170	16	2.5	0	10	720	5	0	4	1
	Tongue Torch®	20	0	0	0	0	950	4	1	2	0
	BBQ	60	0	0	0	0	480	15	1	11	0
SAUCES (2 oz portion by volume)	Wimpy™	50	0	0	0	0	1180	10	1	7	1
	Nuclear™	30	1	0	0	0	1290	5	1	2	1
	Buffalo Garlic Blaze	120	12	2	0	15	1730	3	1	1	1
	Hot Honey Mustard	200	16	2.5	0	20	640	13	0	8	1
	Sweet & Spicy	150	1.5	0	0	0	570	33	0	28	1
	Teriyaki	110	0.5	0	0	0	850	25	0	21	2
SAUCES (8 oz portion by volume)	Ranch	1020	105	17	0.5	75	1830	12	0	7	4
	Honey Mustard	870	75	12	0	45	1360	48	1	38	2
	Zax Sauce®	1030	102	16	0.5	85	3500	30	3	21	3
	Spicy Zax Sauce®	920	89	14	0	65	3950	28	2	19	3
	Wimpy™	200	2	0	0	5	4720	41	4	28	4
	Tongue Torch®	130	2.5	0	0	5	5780	23	4	10	3
	Nuclear™	120	3.5	0.5	0	5	5170	19	5	7	4
	Buffalo Garlic Blaze	500	49	8	0	55	6940	12	2	6	2
	Hot Honey Mustard	800	65	10	0	70	2550	51	2	33	2
	Sweet & Spicy	590	6	1	0	0	2280	132	1	111	2
	Teriyaki	450	3	0	0	5	3400	99	1	83	7
BBQ	330	0	0	0	0	2300	77	3	62	2	
DRESSINGS (1 oz per pan)	Blue Cheese	140	15	3	0	15	270	2	0	1	1
	Honey Mustard	110	9	1.5	0	5	170	6	0	5	0
	Lite Vinaigrette	30	0	0	0	0	250	6	0	5	0
	Ranch	120	13	2	0	10	230	1	0	1	1
SIDES (Amount limited)	Chicken Bacon Ranch Loaded Fries	1270	78	22	0	145	3070	88	8	2	61
	Fried White Cheddar Bites	700	46	21	1	75	1550	46	3	2	27
	Crinkle Fries - Regular	330	14	2	0	0	580	47	5	0	5
	Crinkle Fries - Large	530	23	3	0	0	930	75	7	1	8
	Cole Slaw - side	140	10	1.5	0	5	170	13	2	11	1
	Texas Toast - 1 slice	150	7	1	0	0	340	19	1	2	3
	Texas Toast - Basket	450	21	3.5	0	0	1020	57	3	5	9
	Fried Pickles	470	31	4.5	0	0	2150	42	3	2	5
ZAX KIDZ MEALS*	Kiddie Finger® with Zax Sauce	320	23	3.5	0	50	1330	11	0	3	19
	Kiddie Cheese® Sandwich Only	410	23	8	0	30	1060	39	2	4	11
	Kid's Crinkle Fries	200	8	1	0	0	350	28	3	0	3
	Goldfish Giant Grahams, Vanilla										

