



NUTRITION		Calories	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Dietary Fiber	Sugar (g)	Protein
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
	The Grilled Asian Zensation Zalad	530	19	3.5	0	95	1850	54	7	18	39
	The Fried Asian Zensation Zalad	640	29	4.5	0	55	2160	62	6	18	35
	The Garden Asian Zensation Zalad	390	17	3	0	0	940	53	6	18	8
	The Grilled Blue Zalad	510	24	10	0	115	1760	34	4	5	43
SANDWICHES	The Fried Blue Zalad	680	39	12	0	80	2890	43	4	5	39
	The Garden Blue Zalad	370	22	9	0	20	860	32	4	4	12
	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	960	56	11	0	70	2710	76	4	16	38
	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
	Add Cheese (1 Slice)	50	4.5	2.5	0	15	190	1	0	0	3
	Add Bacon (2 Slices)	60	4.5	1.5	0	10	290	0	0	0	6
	MOST POPULAR	Chicken Finger Plate (4)	1110	60	9	0	95	3230	98	8	16
Chicken Finger Plate (5)		1190	64	10	0	110	3640	101	8	16	54
Chicken Finger Plate (6)		1430	83	13	0	140	4560	109	8	19	64
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)		1460	86	13	0	140	5220	108	8	16	65
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
1 BONELESS WING* WITH EACH SAUCE (PROTEIN ONLY)	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
	Boneless Wings (No Sauce)	80	4.5	0.5	0	10	220	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
5 BONELESS WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
1 TRADITIONAL WING* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)	Traditional Wings - BBQ	90	4.5	1	0	35	280	3	0	2	9
	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 (PROTEIN ONLY)	Traditional Wings (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 (PROTEIN ONLY)	Chicken Finger (No Sauce)	420	20	3	0	90	2030	16	0	0
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
TREATS		Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15
	Fried Cheesecake Bites (No Sauce)	520	31	15	0	55	700	53	2	16	7
	Handcrafted Vanilla Milkshake	570	17	11	0.5	60	600	94	0	93	13
	Handcrafted Strawberry Milkshake	680	17	11	0.5	60	600	121	1	110	13
	Handcrafted Chocolate Milkshake	670	18	12	0.5	60	670	119	0	111	14
	Handcrafted Birthday Cake Milkshake	730	19	13	0.5	60	600	129	0	113	13
SAUCES (DIP CUPS)	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)	Sweet & Spicy	90	1	0	0	0	330	19	0	16	0
	Strawberry Sauce</										

ALLERGEN INFORMATION							ALLERGENS						SENSITIVITIES														
							Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Shellfish	Sesame*	Fish	HSG	Gluten										
ZALADS™	The Grilled House Zalad						•		•	•								•									
	The Fried House Zalad						•	•	•	•							•	•									
	The Garden House Zalad						•		•	•																	
	The Grilled Cobb Zalad						•	•	•	•							•	•									
	The Fried Cobb Zalad						•	•	•	•							•	•									
	The Garden Cobb Zalad						•	•	•	•								•									
	The Grilled Asian Zensation Zalad						•	•	•	•							•	•									
	The Fried Asian Zensation Zalad						•	•	•	•				•	•		•	•									
	The Garden Asian Zensation Zalad						•	•	•	•				•	•		•	•									
	The Grilled Blue Zalad						•		•	•								•	•								
SANDWICHES	The Fried Blue Zalad						•	•	•	•							•	•									
	The Garden Blue Zalad						•		•	•								•	•								
	Kickin' Chicken Sandwich Only						•	•	•	•							•	•									
	Grilled Chicken Sandwich Only						•	•	•	•				•			•	•									
	Nibblerz™ Only						•	•	•	•							•	•									
	Signature Sandwich Only with Zax Sauce						•	•	•	•				•			•	•									
MOST POPULAR	Signature Sandwich Only with Spicy Zax Sauce						•	•	•	•				•			•	•									
	Add Cheese (1 Slice)						•											•	•								
	Add Bacon (2 Slices)																										
	Chicken Finger Plate (4)						•	•	•	•							•	•									
	Chicken Finger Plate (5)						•	•	•	•							•	•									
	Chicken Finger Plate (6)						•	•	•	•							•	•									
	Buffalo Chicken Finger Plate (4)						•	•	•	•							•	•									
	Buffalo Chicken Finger Plate (5)						•	•	•	•							•	•									
	Buffalo Chicken Finger Plate (6)						•	•	•	•							•	•									
	Boneless Wings & Things						•	•	•	•							•	•									
	Buffalo Boneless Wings & Things						•	•	•	•							•	•									
	Traditional Wings & Things						•	•	•	•							•	•									
	Buffalo Traditional Wings & Things						•	•	•	•							•	•									
	Boneless Wings Meal (5)						•	•	•	•							•	•									
1 BONELESS WING® WITH EACH SAUCE (PROTEIN ONLY)	Traditional Wings Meal (5)						•	•	•	•							•	•									
	Big Zax Snak Meal						•	•	•	•							•	•									
	Buffalo Big Zax Snak Meal						•	•	•	•							•	•									
	Boneless Wings (No Sauce)								•										•								
	Boneless Wings - Wimpy								•										•								
	Boneless Wings - Tongue Torch								•										•								
	Boneless Wings - Nuclear								•										•								
	Boneless Wings - Buffalo Garlic Blaze						•	•	•									•	•								
	Boneless Wings - HHM							•	•										•								
	Boneless Wings - Sweet & Spicy								•	•				•					•	•							
5 BONELESS WINGS® WITH EACH SAUCE (PROTEIN ONLY)	Boneless Wings - Teriyaki								•	•								•	•								
	Boneless Wings - BBQ								•										•	•							
	Boneless Wings (No Sauce)								•											•							
	Boneless Wings - Wimpy								•											•							
	Boneless Wings - Tongue Torch								•											•							
	Boneless Wings - Nuclear								•											•							
	Boneless Wings - Buffalo Garlic Blaze						•	•	•										•	•							
	Boneless Wings - HHM							•	•											•							
	Boneless Wings - Sweet & Spicy								•	•				•						•	•						
	Boneless Wings - Teriyaki								•	•										•	•						
1 TRADITIONAL WING® WITH EACH SAUCE (PROTEIN ONLY)	Boneless Wings - BBQ								•											•	•						
	Traditional Wings (No Sauce)																					•					
	Traditional Wings - Wimpy																					•					
	Traditional Wings - Tongue Torch																					•					
	Traditional Wings - Nuclear																					•					
	Traditional Wings - Buffalo Garlic Blaze						•	•														•					
	Traditional Wings - HHM							•														•					
	Traditional Wings - Sweet & Spicy								•	•				•								•					
5 TRADITIONAL WINGS® WITH EACH SAUCE (PROTEIN ONLY)	Traditional Wings - Teriyaki								•	•												•					
	Traditional Wings - BBQ																						•				
	Traditional Wings (No Sauce)																							•			
	Traditional Wings - Wimpy																							•			
	Traditional Wings - Tongue Torch																							•			
	Traditional Wings - Nuclear																							•			
	Traditional Wings - Buffalo Garlic Blaze						•	•																•			
	Traditional Wings - HHM							•																•			
1 CHICKEN FINGER® WITH EACH SAUCE (PROTEIN ONLY)	Traditional Wings - Sweet & Spicy								•	•				•										•			
	Traditional Wings - Teriyaki								•	•															•		
	Traditional Wings - BBQ																								•		
	Chicken Finger (No Sauce)						•	•	•																•		
	Chicken Finger - Wimpy						•	•	•																•		
	Chicken Finger - Tongue Torch						•	•	•																•		
	Chicken Finger - Nuclear						•	•	•																•		
	Chicken Finger - Buffalo Garlic Blaze						•	•	•																•		
5 CHICKEN FINGERZ™ WITH EACH SAUCE (PROTEIN ONLY)	Chicken Finger - HHM						•	•	•																•		
	Chicken Finger - Sweet & Spicy						•	•	•	•					•										•		
	Chicken Finger - Teriyaki						•	•	•	•															•		
	Chicken Finger - BBQ						•	•	•																•		
	Chicken Finger (No Sauce)						•	•	•																	•	
	Chicken Finger - Wimpy						•	•	•																	•	
	Chicken Finger - Tongue Torch						•	•	•																	•	
	Chicken Finger - Nuclear						•	•	•																	•	
TREATS	Chicken Finger - Buffalo Garlic Blaze						•	•	•																	•	
	Chicken Finger - HHM						•	•	•																	•	
	Chicken Finger - Sweet & Spicy						•	•	•	•					•											•	
	Chicken Finger - Teriyaki						•	•	•	•																•	
	Chicken Finger - BBQ						•	•	•																	•	
	Chocolate Chip Cookie						•	•	•	•																	•
SAUCES (DIP CUPS)	Fried Cheesecake Bites (No Sauce)						•		•																		•
	Handcrafted Vanilla Milkshake						•																				
	Handcrafted Strawberry Milkshake						•																				
	Handcrafted Chocolate Milkshake						•																				
	Handcrafted Birthday Cake Milkshake						•																				
	Honey Mustard							•																			
SAUCES (8 OZ PORTION BY VOLUME)	Ranch Sauce						•																				•
	Zax Sauce®							•																			
	Spicy Zax Sauce®							•																			
	Tongue Torch®																										
	BBQ																										
	Sweet & Spicy								•	•					•												•
SAUCES (2 OZ PORTION BY VOLUME)	Strawberry Sauce																										
	Wimpy™																										
	Nuclear™																										
	Buffalo Garlic Blaze						•	•																			
	Hot Honey Mustard							•																			
	Sweet & Spicy								•	•					•												•
SAUCES (8 OZ PORTION BY VOLUME)	Teriyaki								•	•																	•
	Ranch																										
	Honey Mustard						•	•																			•
	Zax Sauce®							•																			
	Spicy Zax Sauce®							•																			
	Wimpy™																										
DRESSINGS (1/2Z PER PACKET)	Tongue Torch®																										
	Nuclear™																										
	Buffalo Garlic Blaze						•	•																			
	Hot Honey Mustard							•																			
	Sweet & Spicy								•	•																	
	Teriyaki								•	•					•												
SIDES (SAUCES NOT INCLUDED)	BBQ								•	•																	•
	Blue Cheese						•	•																			
	Honey Mustard							•																			
	Lite Vinaigrette																										
	Ranch						•	•																			•
	Citrus Vinaigrette								•	•					•												•
	Chicken Bacon Ranch Loaded Fries						•	•	•																		•
	Fried White Cheddar Bites						•		•																		•
KIDS MEALS	Crinkle Fries - Regular																										
	Crinkle Fries - Large																										
	Cole Slaw - side							•																			
	Texas Toast - 1 slice								•	•																	

7 On April 23, 2021, the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act was signed into law, declaring sesame as