



### 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)	
<b>ZALADS</b>	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	35	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	
<b>SANDWICHES</b>	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	
<b>MOST POPULAR</b>	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		
<b>1 BONELESS WING<sup>1</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>	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	
	<b>5 BONELESS WINGS<sup>1</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>	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	
<b>1 TRADITIONAL WING<sup>1</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>		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	
	<b>5 TRADITIONAL WINGS<sup>1</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>	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	
<b>1 CHICKEN FINGER<sup>2</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>		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	
	<b>5 CHICKEN FINGERS<sup>2</sup> WITH EACH SAUCE (PROTEIN ONLY)</b>	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	
<b>DESSERT</b>		Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2
<b>SAUCES (DIP CUPS)</b>	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	
	<b>SAUCES (2 OZ PORTION BY VOLUME)</b>	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	
<b>SAUCES (8 OZ PORTION BY VOLUME)</b>		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	3	
	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	
	<b>DRESSINGS (1 OZ PER PACKET)</b>	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	
<b>SIDES (SAUCE NOT INCLUDED)</b>	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	
	<b>KIDS MEALS<sup>3</sup></b>	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		120	4	1	0	0	105	19	1	7	1	
Milk 8 oz		110	2.5	1.5	0	10	125	13	0	12	8	
<b>DRINKS</b>	Chocolate Milk 8oz	160	2.5	1.5	0	10	220	27	0	25	8	
	Apple Juice 6oz	80	0	0	0	0	15	21	0	19	0	
	<b>Sweet Tea</b>	Kidz	160	0	0	0	0	0	41	0	40	0
		Small	270	0	0	0	0	0	68	0	66	0
		Medium	410	0	0	0	0	0	103	0	100	0
		Large	550	0	0	0	0	0	137	0	133	0
		Gallon	1750	0	0	0	0	0	438	0	425	0
	<b>Unsweet Tea</b>	Kidz	0	0	0	0	0	0	0	0	0	0
		Small	0	0	0	0	0	0	0	0	0	0
		Medium	0	0	0	0	0	0	0	0	0	0
		Large	0	0	0	0	0	0	0	0	0	0
		Gallon	0	0	0	0	0	0	0	0	0	0
	<b>Coca-Cola</b>	Kidz	160	0	0	0	0	40	40	0	40	0
		Small	270	0	0	0	0	65	67	0	67	0
		Medium	400	0	0	0	0	95	100	0	100	0
		Large	530	0	0	0	0	125	133	0	133	0
		<b>Dr Pepper</b>	Kidz	140	0	0	0	0	45	39	0	38
	Small		240	0	0	0	0	75	65	0		



