

Restaurant Foods Nutrition Facts



Wings & Things Hot Bar	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
CHICKEN WINGS																							
Authentic Hot Buffalo Style Wing	4 Wings (207g)	370	25	32	7	35	0	150	50	1490	65	8	3	0	0	4	0	0	28	0	4	6	0
Authentic Mild Buffalo Style Wing	4 Wings (207g)	420	31	39	11	54	0.5	165	55	1250	54	8	3	0	0	4	0	0	27	0	4	6	0
BBQ Chicken Wings	4 Wings (207g)	390	25	32	7	35	0	150	50	830	36	14	5	0	0	9	6	12	27	0	4	6	0
Black Garlic Chicken Wings	4 Wings (207g)	390	25	32	7	35	0	150	50	900	39	14	5	0	0	9	6	12	28	0	4	6	0
Craft Beer BBQ Wing	4 Wings (207g)	400	25	32	7	36	0	150	50	1010	44	16	6	0	0	12	8	16	28	0	4	6	0
Danny's Born in Buffalo Medium Wing	4 Wings (207g)	400	28	36	9	46	0.5	160	53	1350	59	8	3	0	0	4	0	0	28	0	4	6	0
Fire Dragon Wing	4 Wings (207g)	420	25	32	7	35	0	150	50	1470	64	20	7	0	0	12	9	18	30	0	4	6	0
Garlic Parmesan Wing	4 Wings (207g)	450	33	42	9	45	0.5	160	53	960	42	8	3	0	0	4	0	0	30	0	10	6	0
Korean Gochujang Wing	4 Wings (207g)	400	35	32	7	35	0	150	50	1160	50	15	5	0	0	9	6	12	28	0	4	6	0
Nashville Style Hot Wing	4 Wings (207g)	400	26	33	7	36	0	150	50	940	41	14	5	0	0	9	5	10	28	0	4	6	2
Old Bay Wings	4 Wings (185g)	360	25	32	7	35	0	150	50	870	38	7	3	0	0	3	0	0	27	0	4	6	0
Plain Chicken Wings	4 Wings (184g)	360	25	32	7	35	0	150	50	730	32	7	3	0	0	3	0	0	27	0	4	6	0
Sweet-n-Spicy Wings	4 Wings (207g)	430	25	32	7	35	0	150	50	740	32	10	4	0	0	5	1	3	27	0	4	6	0

CHICKEN TENDERS																								
BBQ Chicken Tender	1 Tender (73g)	140	6	8	1	5	0	20	7	450	20	9	3	0	0	2	1	2	11	0	0	0	0	
Craft Beer BBQ Chicken Tender	1 Tender (73g)	140	6	8	1	5	0	20	7	500	22	10	4	0	0	3	2	4	11	0	0	6	0	
Danny's Born in Buffalo Chicken Tender	1 Tender (73g)	140	7	9	1.5	8	0	25	8	580	25	8	3	0	0	1	0	0	11	0	0	0	0	
Garlic Parmesan Tender	1 Tender (73g)	150	8	10	1.5	8	0	25	8	480	21	8	3	0	0	1	0	0	12	0	2	0	0	
Nashville Style Hot Tender	1 Tender (73g)	140	6	8	1	5	0	20	7	480	21	9	3	0	0	2	1	2	11	0	0	6	0	
Old Bay Chicken Tender	1 Tender (68g)	130	6	8	1	5	0	20	7	460	20	7	3	0	0	0	0	0	11	0	0	0	0	
Plain Chicken Tender	1 Tender (68g)	130	6	8	1	6	0	20	7	430	19	7	3	0	0	0	0	0	11	0	0	2	0	
Sweet-n-Spicy Chicken Tender	1 Tender (73g)	150	6	8	1	6	0	20	7	430	19	8	3	0	0	1	0	1	11	0	0	2	0	
BONELESS CHICKEN WING BITES																								
BBQ Bites	3 oz (85g)	180	10	13	2	10	0	25	8	600	26	13	5	0	0	3	3	6	11	0	0	6	4	
Craft Beer BBQ Bites	3 oz (85g)	190	10	13	2	10	0	25	8	700	30	14	5	0	0	5	4	8	11	0	0	6	4	
Danny's Born in Buffalo Bites	3 oz (85g)	190	12	15	3	15	0	30	10	880	38	9	3	0	0	0	0	0	11	0	0	6	4	
Garlic Parmesan Bites	3 oz (85g)	220	15	19	3	15	0	30	10	670	29	10	4	0	0	0	0	0	12	0	2	6	4	
Nashville Style Hot Bites	3 oz (85g)	190	11	14	2	10	0	25	8	660	29	13	5	0	0	3	3	6	11	0	0	6	4	
Old Bay Bites	3 oz (85g)	200	12	15	2.5	13	0	30	10	730	32	11	4	0	0	0	0	0	13	0	0	6	4	
Plain Boneless Bites	3 oz (85g)	200	12	15	2.5	13	0	30	10	640	28	11	4	0	0	0	0	0	13	0	0	6	4	
Sweet-n-Spicy Bites	3 oz (85g)	210	10	13	2	10	0	25	8	550	24	11	4	0	0	1	1	2	11	0	0	6	4	

THINGS																							
Fried Pickles	1 oz (28g)	35	1.5	2	0	0	0	0	0	240	10	6	2	0	0	1	0	0	1	0	0	0	0
Jalapeno Poppers	3 oz (31g)	60	3	4	1	5	0	5	2	260	11	7	3	0	0	1	0	0	2	0	2	0	0
Mozzarella Stick	1 Stick (33g)	100	6	8	2	10	0	10	3	270	12	7	3	0	0	1	0	0	4	0	8	0	0
Onion Rings	3 oz (85g)	190	10	13	2	10	0	0	0	220	10	20	7	0	0	3	3	6	2	0	0	6	2
Pizza Log	1 Log (56g)	160	7	9	3	15	0	15	5	160	7	18	7	1	4	1	0	0	7	0	6	6	2
Potato Wedges	4 oz (113g)	250	12	15	2.5	13	0	0	0	770	33	27	10	0	0	0	0	0	3	0	0	6	0