NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
LIMITED TIME ONLY																				
APPETIZER	**CALS**	**FATCAL**	**FAT**	**SAT**	**TRANS**	**CHOL**	**SOD**	**CARB**	**FIB**	**SUG**	**PROT**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Southwest Potato Twisters	1730	940	104	40	0.5	165	3680	155	15	20	49	X	X	X		X	X		X	
ENTREES BIRD DOGS	**CALS**	**FATCAL**	**FAT**	**SAT**	**TRANS**	**CHOL**	**SOD**	**CARB**	**FIB**	**SUG**	**PROT**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Buffalo Bird Dogs (3) with Fries **HB** T88	950	510	57	17	0	75	5070	80	6	11	34	X	X	X		X	X		X	X
Buffalo Bird Dogs (3) with Fries **PB** T88	1060	550	61	18	0	80	5530	96	7	12	34	X	X	X		X	X		X	X
Italian Bird Dogs (3) with Fries **HB** T88	1240	770	85	20	1	55	2490	94	6	13	33	X	X	X		X	X		X	
Italian Bird Dogs (3) with Fries **PB** T88	1350	800	89	20	1	55	2950	110	7	14	33	X	X	X		X	X		X	
Whiskey-Glaze Bird Dogs (3) with Fries **HB** T88	1150	420	46	12	0	50	2070	164	6	92	28	X	X	X	X	X	X	X	X	X
Whiskey-Glaze Bird Dogs (3) with Fries **PB** T88	1260	450	50	12	0	50	2520	180	7	93	28	X	X	X	X	X	X	X	X	X
BOMB BOARDS	**CALS**	**FATCAL**	**FAT**	**SAT**	**TRANS**	**CHOL**	**SOD**	**CARB**	**FIB**	**SUG**	**PROT**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Buffalo Bomb Board **HB**	1330	780	87	20	0	90	6010	97	9	23	40	X	X	X		X	X		X	X
Buffalo Bomb Board **PB**	1400	810	90	20	0	95	6320	108	9	23	41	X	X	X		X	X		X	X
Italian Bomb Board **HB**	1640	980	109	32	1.5	90	2940	120	12	22	50	X	X	X		X	X		X	
Italian Bomb Board **PB**	1710	1000	111	32	1.5	90	3250	131	12	22	50	X	X	X		X	X		X	
Whiskey-Glaze Bomb Board **HB**	1630	600	67	17	0	90	3160	229	7	167	34	X	X	X		X	X		X	
Whiskey-Glaze Bomb Board **PB**	1700	630	70	18	0	90	3460	240	7	168	34	X	X	X		X	X		X	
DESSERT	**CALS**	**FATCAL**	**FAT**	**SAT**	**TRANS**	**CHOL**	**SOD**	**CARB**	**FIB**	**SUG**	**PROT**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Peanut Butter Fudge Obsession	1100	600	67	27	0.5	95	650	114	5	87	18	X		X	X		X		X	
WINGS																				
Traditional Wings	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings Traditional Stout- Glazed without Dressing	830	500	55	12	0	160	580	53	0	49	34	X	X	X		X	X		X	
Wings Traditional Dragon-Glazed without Dressing	750	500	56	12	0	160	1090	28	1	22	36	X	X	X		X	X		X	
Wings Traditional Garlic Parm without Dressing	940	780	87	18	0	160	1210	9	0	1	35	X	X	X		X	X		X	
Wings Traditional Frank's Buffalo without Dressing	620	490	55	12	0	160	2660	0	0	0	34	X	X	X		X	X		X	
Wings Traditional Signature Whiskey Glazed without Dressing	840	490	55	12	0	160	940	56	0	54	34	X	X	X		X	X		X	
Wings Traditional Chile-Lime without Dressing	700	550	61	13	0	160	1300	7	0	4	35	X	X	X		X	X		X	
Wings Traditional Apple Butter BBQ without Dressing	740	500	55	12	0	160	580	29	1	24	34	X	X	X		X	X		X	
Wings Traditional Carolina Reaper without Dressing	670	500	56	12	0	160	2000	11	1	7	34	X	X	X		X	X		X	
RANGE: Traditional wings WITHOUT dressing	620-940																			
Boneless Wings	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings Boneless Stout- Glazed without Dressing	980	380	42	7	0	60	2460	107	6	58	39	X	X	X		X	X		X	
Wings Boneless Dragon-Glazed without Dressing	900	390	43	7	0	60	2970	82	7	31	42	X	X	X		X	X		X	
Wings Boneless Garlic Parm without Dressing	1090	660	74	13	0	65	3090	63	6	10	41	X	X	X		X	X		X	
Wings Boneless Frank's Buffalo without Dressing	770	380	42	7	0	60	4540	54	6	9	39	X	X	X		X	X		X	
Wings Boneless Signature Whiskey Glazed without Dressing	990	380	42	7	0	60	2820	110	6	63	39	X	X	X		X	X		X	
Wings Boneless Chile-Lime without Dressing	850	430	48	8	0	60	3180	61	6	13	40	X	X	X		X	X		X	
Wings Boneless Apple Butter BBQ without Dressing	880	380	42	7	0	60	2450	83	7	33	40	X	X	X		X	X		X	
Wings Boneless Carolina Reaper without Dressing	820	390	43	7	0	60	3880	65	7	16	39	X	X	X		X	X		X	
RANGE: Boneless wings WITHOUT dressing	770-1090																			
Bucket of Bones	1540	900	100	26	0	235	2140	108	4	78	57	X	X	X		X	X		X	
Roulette Platter (Single Option)	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Wings - Roulette Boneless Wings BBQ without Celery and Dressing	730	310	34	6	0	50	1990	72	5	31	32	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Buffalo without Celery and Dressing	610	300	34	6	0	50	4080	43	5	7	31	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Carolina Reaper without Celery and Dressing	670	310	35	6	0	50	3420	54	5	14	31	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Chili-Lime without Celery and Dressing	690	360	40	6	0	50	2720	50	5	11	32	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Dragon-Glaze without Celery and Dressing	740	310	35	6	0	50	2510	71	6	29	34	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Garlic Parmesan without Celery and Dressing	930	590	65	11	0	50	2630	51	5	8	33	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Stout-Glaze without Celery and Dressing	820	310	34	6	0	50	1990	96	5	56	31	X	X	X	X		X	X		X
Wings - Roulette Boneless Wings Whiskey-Glaze without Dressing	830	300	34	6	0	50	2360	99	5	61	31	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings BBQ without Celery and Dressing	370	250	28	6	0	80	280	14	0	12	17	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Buffalo without Celery and Dressing	310	250	27	6	0	80	1330	0	0	0	17	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Carolina Reaper without Celery and Dressing	330	250	28	6	0	80	1000	5	0	3	17	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Chile-Lime without Celery and Dressing	350	270	30	6	0	80	650	4	0	2	17	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Dragon-Glaze without Celery and Dressing	380	250	28	6	0	80	540	14	0	11	18	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Garlic Parm without Celery and Dressing	470	390	43	9	0	80	600	4	0	1	18	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Stout-Glaze without Celery and Dressing	410	250	28	6	0	80	280	26	0	24	17	X	X	X	X		X	X		X
Wings - Roulette Traditional Wings Whiskey-Glaze without Celery and Dressing	420	250	27	6	0	80	470	28	0	27	17	X	X	X	X		X	X		X
Wings - Roulette Wings - Side Celery (4)	5	0	0	0	0	0	15	0	0	0	0									
RANGE: Wings Roulette Platter Complete	1060-2520																			
Side Ranch Dressing	130	120	14	2.5	0	10	300	1	0	1	1	X		X			X			X
Side Bleu Cheese Dressing	200	190	21	4	0.5	20	310	1	0	1	2	X		X			X			
APPETIZERS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Spinach & Artichoke Dip	760	500	55	28	1	125	2230	43	6	6	20	X	X	X		X	X		X	
Mozzarella Sticks with Marinara	840	470	52	24	1.5	75	1400	54	8	2	39	X	X	X		X	X		X	
Green Bean Fries with Cucumber-Wasabi Ranch	900	580	65	21	0	5	1720	69	8	7	9	X	X	X		X	X		X	X
Warm Pretzels with Beer Cheese **FRIED**	1370	670	74	25	0	85	2850	140	4	5	39	X	X	X		X	X		X	
Warm Pretzels with Beer Cheese Sauce **IMPINGER**	1120	410	46	20	0	85	2850	140	4	5	39			X			X		X	
Fridays Signature Whiskey-Glazed Sesame Chicken Strips	810	200	22	3.5	0	115	1830	119	0	115	38	X	X	X		X	X		X	
Pan-Seared Pot Stickers with Szechwan Dipping Sauce	590	230	25	9	0	15	2150	72	2	22	18	X	X	X			X		X	
Fridays Signature Whiskey-Glazed Sliders - 2 with Fries	820	450	50	16	0	65	1480	69	4	18	24	X	X	X		X	X		X	
Fridays Signature Whiskey-Glazed Sliders - 3 with Fries	1120	610	68	22	0	100	2100	93	5	27	35	X	X	X		X	X		X	
Fridays Signature Whiskey-Glazed Sliders - 4 with Fries	1420	770	85	28	0	135	2730	116	5	36	46	X	X	X		X	X		X	
Loaded Potato Skins	2120	830	92	26	0	90	1450	283	48	10	44	X	X	X		X	X		X	X
Philly Cheesesteak Eggrolls with Beer Cheese Sauce	1070	550	61	23	0	110	2000	82	3	4	47	X	X	X		X	X		X	
Chips and Salsa	240	90	10	2	0	0	1310	29	4	2	4	X	X	X		X	X		X	
Fridays Signature Whiskey-Glazed Sampler (HB)	1530	540	60	15	0	255	3370	180	1	169	72	X	X	X		X	X		X	
Fridays Signature Whiskey-Glazed Sampler (PB)	1590	550	61	16	0	260	3840	198	2	170	68	X	X	X		X	X		X	
TABLE-TIZER	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Table-Tizer - Loaded Potato Skins with Ranch Sour Cream	2280	1130	126	43	0	205	5340	207	34	17	59	X	X	X		X	X		X	
Table-Tizer - Mozzarella Sticks with Marinara Sauce	1720	960	107	48	3	150	3060	110	16	5	79	X	X	X		X	X		X	
CLASSIC FRIDAYS COMBO *Each Option Listed Separately*	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Combo Wings - Traditional Dragon-Glazed (add choice of dressing)	500	310	34	7	0	95	940	28	1	22	23	X	X	X		X	X		X	
Fridays Combo Wings - Traditional Garlic Parm (add choice of dressing)	690	580	65	13	0	100	1070	9	0	1	22	X	X	X		X	X		X	
Fridays Combo Wings - Traditional Frank's Buffalo (add choice of dressing)	370	300	33	7	0	95	2520	0	0	0	20	X	X	X		X	X		X	
Fridays Combo Wings - Traditional Signature Whiskey-Glazed (add choice of dressing)	590	300	33	7	0	95	800	56	0	54	20	X	X	X		X	X		X	
Fridays Combo Wings - Traditional Chile-Lime (add choice of dressing)	450	350	39	8	0	95	1160	7	0	4	21	X	X	X		X	X		X	
Fridays Combo Wings - Traditional Apple Butter BBQ (add choice of dressing)	490	300	33	7	0	95	430	29	1	24	21	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Dragon-Glazed (add choice of dressing)	900	390	43	7	0	60	2970	82	7	31	42	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Garlic Parm (add choice of dressing)	1090	660	74	13	0	65	3090	63	6	10	41	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Frank's Buffalo (add choice of dressing)	770	380	42	7	0	60	4540	54	6	9	39	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Signature Whiskey Glazed (add choice of dressing)	990	380	42	7	0	60	2820	110	6	63	39	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Chile-Lime (add choice of dressing)	850	430	48	8	0	60	3180	61	6	13	40	X	X	X		X	X		X	
Fridays Combo Wings - Boneless Apple Butter BBQ (add choice of dressing)	880	380	42	7	0	60	2450	83	7	33	40	X	X	X		X	X		X	
Add Side Ranch Dressing	130	120	14	2.5	0	10	300	1	0	1	1	X		X			X			X
Add Side Bleu Cheese Dressing	200	190	21	4	0.5	20	310	1	0	1	2	X		X			X			
Fridays Combo Loaded Potato Skins	850	350	39	11	0	40	980	108	18	5	18	X	X	X		X	X		X	X
Fridays Combo Mozzarella Sticks with Marinara Sauce	570	320	35	16	1	50	1000	37	5	2	26	X	X	X		X	X		X	
Add - Fridays Combo Pan Seared Pot Stickers with Szechwan Dipping Sauce	390	150	17	6	0	10	1430	48	1	15	12	X	X	X			X		X	
Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce **FRIED**	630	290	32	10	0	30	1490	68	2	2	17	X	X	X		X	X		X	
Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce **IMPINGER**	500	160	18	7	0	30	1490	68	2	2	17			X			X		X	
LOADED BURGERS																				
BURGERS with Regular Bun	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Signature Whiskey Glazed Burger without Side Fries	1140	500	56	22	0	125	3150	117	2	85	40			X			X		X	
Bacon Cheeseburger without Side Fries	840	500	56	21	0	120	2460	45	2	14	38	X		X			X		X	
Loaded Cheese Fry Burger without Side Fries	1450	840	93	37	0	175	3660	99	10	14	55	X	X	X		X	X		X	
Philly Cheesesteak Burger without Side Fries	1050	610	67	26	0	145	3180	63	2	14	48	X	X	X		X	X		X	
Cheeseburger without Fries	770	470	52	21	0	105	2340	41	2	10	34			X			X		X	
SUBSTITUTIONS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Beef Patty	370	270	30	12	0	85	880	1	0	0	21									
Beyond Meat Patty	400	240	27	8	0	0	1350	9	3	0	30				X			X		
Giant Onion Rings with BBQ Ranch	510	240	26	4.5	0	5	750	61	4	15	6	X	X	X		X	X		X	X
Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3	X	X	X		X	X		X	
ADD ONS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Burger Topping - Add Avocado	60	50	5	1	0	0	0	3	3	0	1									
Burger Topping - Add Bacon	60	40	4	1.5	0	10	220	1	0	1	5									
Side House Salad with Bread Stick without Dressing **FRIED**	300	120	14	4	0	10	550	38	3	6	9	X	X	X		X	X		X	
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing **IMPINGER**	280	100	11	3.5	0	10	550	38	3	6	9			X					X	
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	330-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X					X	
RANGE: House Salad without Bread Stick WITH Dressing	140-280																			
Toasted Challah Bun Only	280	110	12	3	0	0	430	36	1	8	7			X			X		X	
Lidl's Toasted Gluten Free Bun Only	290	140	15	2	0	0	470	36	6	5	6	X		X			X			
Lidl's Toasted Gluten Free Bun (Difference)	**Add 10**																			
Green Style Only	10	0	0	0	0	0	15	1	1	0	1									
Green Style (Difference)	**Minus 270**																			
SALADS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Caesar Salad with Grilled Chicken	790	530	59	12	1	155	1770	21	7	5	45	X	X	X			X		X	
Caesar Salad WITHOUT Protein	600	490	54	11	1	55	1100	19	4	4	11	X	X	X			X		X	
Million Dollar Cobb Salad with Grilled Chicken with Ranch	1000	670	75	24	0	330	2520	21	9	8	66	X		X			X			X
Million Dollar Cobb Salad WITHOUT Protein with Ranch	820	630	70	23	0	230	1860	19	7	7	31	X		X			X			X
SALAD Protein Options	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Substitute Grilled Salmon (Value Defense between Chicken)	**Add 90**																			
Substitute Beyond Meat Patty (Value Defense between Chicken)	**Add 210**																			
Substitute Crispy Fried Shrimp (HB) (Value Defense between Chicken)	**Minus 40**																			
Substitute Crispy Fried Shrimp (PB) (Value Defense between Chicken)	**Add 20**																			
Substitute 6 oz Sirloin (Value Defense between Chicken)	**Minus 20**																			
Substitute Sautéed Shrimp (Value Defense between Chicken)	**Add 10**																			
Protein Only - Grilled Salmon for ALL Salads	280	140	15	2.5	0	70	570	7	1	1	29		X				X			
Protein Only - Beyond Meat Patty for ALL Salads	400	240	27	8	0	0	1350	9	3	0	30				X			X		
Protein Only - Crispy Fried Shrimp (HB) for ALL Salads	150	80	8	1.5	0	65	190	3	0	0	13	X	X	X		X	X		X	
Protein Only - Crispy Fried Shrimp (PB) for ALL Salads	210	80	9	2	0	70	660	21	1	1	10	X	X	X		X	X		X	
Protein Only - 6 oz. Sirloin for ALL Salads	170	70	7	2	0	75	720	2	0	1	25						X			
Protein Only - Sautéed Shrimp ALL Salads	200	140	16	3	0	60	210	0	0	0	13			X		X	X			
Protein Only - Chicken for ALL Salads	190	40	4.5	1	0	100	670	3	2	1	35									
SOUPS & SIDE SALADS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Soup - French Onion	590	160	18	10	0	105	2230	84	5	16	21	X		X			X		X	
Soup - White Cheddar Broccoli	290	180	20	11	0	50	1550	18	2	5	12			X			X		X	
SEASONAL SOUPS																				
Soup - Chicken Noodle (SOD)	150	30	3.5	0	0	35	910	18	1	1	11	X							X	
Soup - Creamy Tomato Basil (SOD)	300	220	24	14	0	75	1930	20	4	10	5			X			X			
Soup - New England Clam Chowder (SOD)	500	270	30	18	0	105	1560	45	2	3	14		X	X		X			X	
Soup - Tortilla (SOD)	210	60	6	2.5	0	25	670	220	4	6	12	X	X	X		X	X		X	
Side House Salad with Bread Stick without Dressing **FRIED**	300	120	14	4	0	10	550	38	3	6	9	X	X	X		X	X		X	
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing **IMPINGER**	280	100	11	3.5	0	10	550	38	3	6	9			X					X	
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	330-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X					X	
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Side Caesar Salad with Breadstick **FRIED**	500	330	36	8	0	25	900	35	3	4	10	X	X	X		X	X		X	
Side Caesar Salad with Breadstick **IMPINGER**	480	310	34	7	0	25	900	35	3	4	10	X	X	X			X		X	
Side Caesar Salad without Breadstick	290	240	27	5	0	25	540	8	2	1	5	X	X	X			X		X	
SALAD DRESSINGS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Balsamic Vinaigrette 1.25fl	190	170	19	3	0	0	240	4	0	4	0			X			X		X	
BBQ Ranch 1.25fl	110	80	9	1.5	0	5	230	5	0	4	1	X		X			X		X	X
Blue Cheese 1.25 fl	200	190	21	4	0.5	20	310	1	0	1	2	X		X			X			
Caesar 1.25fl	190	180	20	3.5	0	20	300	1	0	0	1	X	X	X			X			
Honey Mustard 1.25fl	190	160	17	2.5	0	15	320	8	0	7	0	X								
Low Fat Balsamic Vinaigrette 1.25fl	50	15	2	0	0	0	180	9	0	5	0			X						
Ranch 1.25fl	130	120	14	2.5	0	10	300	1	0	1	1	X		X			X			X
Sesame Citrus 1.25fl	160	130	15	2.5	0	0	560	7	0	7	0						X		X	
SANDWICHES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Signature Whiskey-Glazed Chicken Sandwich without Side	1160	510	56	17	0	155	3140	107	5	64	57	X	X	X		X	X		X	
Bacon Ranch Chicken Sandwich without Side	690	280	31	11	0	140	2100	47	7	12	56	X		X			X		X	X
Southern FRIED Chicken Sandwich without Side	920	490	55	14	0	115	2300	65	5	11	41	X	X	X		X	X		X	
Additional Items	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Seasoned Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X		X	X		X	
Side House Salad with Bread Stick without Dressing **FRIED**	300	120	14	4	0	10	550	38	3	6	9	X	X	X		X	X		X	
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing **IMPINGER**	280	100	11	3.5	0	10	550	38	3	6	9			X					X	
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	330-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X					X	
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Substitute Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3	X	X	X		X	X		X	
Substitute Giant Onion Rings	510	240	26	4.5	0	5	750	61	4	15	6	X	X	X		X	X		X	X
PASTAS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Cajun Shrimp & Chicken Pasta with Breadstick **FRIED**	1390	540	60	28	0	225	3230	132	8	13	73	X	X	X		X	X		X	
Cajun Shrimp & Chicken Pasta with Breadstick **IMPINGER**	1370	520	58	27	0	225	3230	132	8	13	73		X	X		X	X		X	
Chicken & Broccoli Cheese Tortelloni with Breadstick **FRIED**	1850	990	110	53	1	305	4970	140	12	13	78	X	X	X		X	X		X	
Chicken & Broccoli Cheese Tortelloni with Breadstick **IMPINGER**	2020	1030	114	54	1	305	5330	167	13	16	83	X		X			X		X	
Chicken Parmesan Pasta with Breadstick **FRIED**	1630	680	75	28	0.5	175	3990	161	8	16	71	X	X	X		X	X		X	
Chicken Parmesan Pasta with Breadstick **IMPINGER**	1610	650	73	27	0.5	175	3990	161	8	16	71	X	X	X		X	X		X	
SIZZLING	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Sizzling Chicken & Shrimp with Mashed Potatoes	1030	640	71	22	0.5	200	2290	41	3	9	59			X		X	X			
Sizzling Chicken & Cheese with Mashed Potatoes	930	540	60	22	0.5	185	2030	37	3	7	63			X			X			
Sizzling Fridays Signature Whiskey-Glazed Flat Iron Steak with Mashed Potatoes	1470	700	78	34	0.5	215	3440	127	5	71	70	X	X	X		X	X		X	
STEAKS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
New York Strip (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	890	270	30	11	0	200	2710	85	7	52	71			X			X		X	
New York Strip (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	740	310	34	13	0	200	2260	36	7	5	71			X			X			
Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	670	280	31	10	0	165	3240	63	8	10	42	X	X	X		X	X		X	
Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (HB) with Mashed Potatoes & Lemon-Butter Broccoli	620	270	30	9	0	160	2770	45	7	10	45	X	X	X		X	X		X	
Sirloin (6 oz) (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	540	150	17	6	0	95	2420	71	6	38	32			X			X		X	
Sirloin (6 oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	440	190	21	8	0	95	2110	36	6	4	32			X			X			
Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	690	240	26	8	0	160	3340	77	8	24	42	X	X	X		X	X		X	
Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp) (HB) with Mashed Potatoes & Lemon-Butter Broccoli	630	230	25	7	0	155	2870	59	7	23	45	X	X	X		X	X		X	
RIBS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Big Ribs - Apple Butter BBQ (Half Rack) with Seasoned Fries & Coleslaw	770	480	53	15	0	80	1090	50	4	23	24	X	X	X		X	X		X	
Fridays Big Ribs - Apple Butter BBQ (Full Rack) with Seasoned Fries & Coleslaw	1150	730	81	25	0	160	1820	66	5	35	44	X	X	X		X	X		X	
Fridays Big Ribs - Whiskey-Glazed (Half Rack) with Seasoned Fries & Coleslaw	1070	480	53	15	0	80	2070	127	5	99	23	X	X	X		X	X		X	
Fridays Big Ribs - Whiskey-Glazed (Full Rack) with Seasoned Fries & Coleslaw	1620	730	81	25	0	160	3410	185	5	153	44	X	X	X		X	X		X	
CHICKEN & SEAFOOD	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Signature Whiskey-Glazed Chicken with Mashed Potatoes & Lemon-Butter Broccoli	850	160	18	6	0	215	3320	102	11	66	76			X			X		X	
Crispy Chicken Fingers (PB) with Coleslaw, Seasoned Fries & Honey Mustard Dressing	1030	600	67	12	0	95	1790	74	5	20	30	X	X	X		X	X		X	
Crispy Chicken Fingers (HB) with Coleslaw, Seasoned Fries & Honey Mustard Dressing	840	540	60	11	0	95	1030	47	4	18	30	X	X	X		X	X		X	
Fish & Chips with Seasoned Fries, Coleslaw, & Tartar Sauce	1180	650	72	13	0	100	1840	97	4	16	40	X	X	X		X	X		X	
Crispy Fried Shrimp (PB) with Cocktail Sauce, Seasoned Fries & Coleslaw	820	400	45	9	0	140	2160	82	6	18	24	X	X	X		X	X		X	
Crispy Fried Shrimp (HB) with Cocktail Sauce, Seasoned Fries & coleslaw	700	380	43	8	0	130	1220	47	4	17	30	X	X	X		X	X		X	
Dragon-Glaze Salmon with Lemon-Butter Broccoli & Jasmine Rice	810	280	31	4.5	0	75	2170	98	7	17	40		X	X			X		X	
Dragon-Glaze Salmon with Lemon-Butter Broccoli & Mashed Potatoes (SV)	510	210	23	6	0	80	2040	46	7	17	35		X	X			X		X	
Dragon Glaze Salmon with Double Lemon-Buttered Broccoli	540	230	26	7	0	75	2550	45	11	19	37		X	X			X		X	
Simply Grilled Salmon with Lemon-Butter Broccoli & Jasmine Rice	830	370	41	9	0	80	1870	81	6	3	38		X	X			X			
Simply Grilled Salmon with Lemon-Butter Broccoli and Mashed Potatoes (SV)	530	300	33	10	0	90	1740	29	7	4	34		X	X			X			
Simply Grilled Salmon with Double Lemon-Buttered Broccoli	560	320	36	11	0	85	2250	29	11	5	36		X	X			X			
COMBINE YOUR FAVORITES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Side Caesar Salad with Breadstick **FRIED**	500	330	36	8	0	25	900	35	3	4	10	X	X	X		X	X		X	
Side Caesar Salad with Breadstick **IMPINGER**	480	310	34	7	0	25	900	35	3	4	10	X	X	X			X		X	
Side House Salad with Bread Stick without Dressing **FRIED**	300	120	14	4	0	10	550	38	3	6	9	X	X	X		X	X		X	
RANGE: House Salad with Bread Stick WITH Dressing FRIED	360-510																			
Side House Salad with Bread Stick without Dressing **IMPINGER**	280	100	11	3.5	0	10	550	38	3	6	9			X					X	
RANGE: House Salad with Bread Stick WITH Dressing IMPINGER	330-480																			
Side House Salad without Bread Stick without Dressing	90	35	4	1.5	0	10	190	11	2	3	4			X					X	
RANGE: House Salad without Bread Stick WITH Dressing	140-290																			
Soup - French Onion	590	160	18	10	0	105	2230	84	5	16	21	X		X			X		X	
Soup - White Cheddar Broccoli	290	180	20	11	0	50	1550	18	2	5	12			X			X		X	
Soup - Chicken Noodle (SOD)	150	30	3.5	0	0	35	910	18	1	1	11	X							X	
Soup - Creamy Tomato Basil (SOD)	300	220	24	14	0	75	1930	20	4	10	5			X			X			
Soup - New England Clam Chowder (SOD)	500	270	30	18	0	105	1560	45	2	3	14		X	X		X			X	
Soup - Tortilla (SOD)	210	60	6	2.5	0	25	670	220	4	6	12	X	X	X		X	X		X	
RANGE: Soups	150-590																			
Crispy FRIED Shrimp 6 (Add-On) (PB)	210	80	9	2	0	70	660	21	1	1	10	X	X	X		X	X		X	
Crispy FRIED Shrimp 6 (Add-On) (HB)	150	80	8	1.5	0	65	190	3	0	0	13	X	X	X		X	X		X	
Sautéed Shrimp (Add-On)	200	140	16	3	0	60	210	0	0	0	13			X		X	X			
Sesame Whiskey- Glazed Chicken Strips (Add-On)	590	130	15	2.5	0	75	1340	91	0	88	25	X	X	X		X	X		X	
Half Rack Apple Butter BBQ Ribs (Add-On)	390	250	28	10	0	80	720	16	1	12	21						X			
Half Rack Whiskey-Glazed Ribs (Add-On)	570	270	30	10	0	80	1340	58	1	54	20						X		X	
Half Rack Fridays Stout-Glazed Big Ribs (Add-On)	430	250	28	10	0	80	720	28	0	24	20			X			X		X	
SIDES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Side Cheddar Mac & Cheese	530	260	28	14	0	60	1530	49	0	3	22	X		X			X		X	
Side Coleslaw	150	90	11	1.5	0	5	140	13	1	11	1	X								
Side Fruit Cup	50	0	0	0	0	0	0	13	1	10	1									
Side Giant Onion Rings with BBQ Ranch	510	240	26	4.5	0	5	750	61	4	15	6	X	X	X		X	X		X	X
Side Jasmine Rice	370	90	10	--	--	--	410	63	--	--	6			X			X			
Side Mashed Potatoes	130	35	4	2	0	15	560	23	1	1	3			X						
Side Seasonal Vegetables - Lemon-Butter Broccoli	90	45	5	2	0	5	800	11	5	2	4			X			X			
Side Seasonal Vegetables - Green Beans	110	60	7	2.5	0	10	510	12	5	5	4			X			X			
RANGE: Side Seasonal Vegetables	70-120																			
Side Seasoned Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X		X	X		X	
Side Sweet Potato Fries	390	180	20	9	0	0	230	50	6	15	3	X	X	X		X	X		X	
DESSERTS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Red Velvet Cake	1560	730	82	35	1	295	930	191	1	144	17	X		X			X		X	
Brownie Obsession	1180	530	58	29	0	180	480	154	4	125	14	X		X	X		X	X	X	
Baileys .75oz Add On	70	25	3	1.5	0	10	15	5	0	4	1									
Cinnabon Cheesecake	970	440	49	24	0	160	570	127	2	105	11	X		X			X	X	X	
DESSERT DRINKS																				
Irish Coffee	140	10	1	0.5	0	5	0	14	0	14	0									
Mudslide	550	200	23	14	0	65	130	68	2	61	4									

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Strawberry Shortcake	450	140	16	10	0	50	70	62	1	37	2									
KIDS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Kids Sliders (add choice of side & beverage)	490	260	29	10	0	50	970	37	1	8	19			X			X		X	
Add Cheese (American - 1 slice)	60	40	4.5	2.5	0	10	180	1	0	0	3			X			X			
Kids Chicken Tenders (PB) with Honey Mustard (add choice of side & beverage)	460	280	32	5	0	60	980	27	1	8	16	X	X	X		X	X		X	
Kids Chicken Tenders (HB) with Honey Mustard (add choice of side & beverage)	350	250	27	4.5	0	60	520	11	0	7	16	X	X	X		X	X		X	
Kids Cheddar Mac & Cheese (add choice of side & beverage)	450	200	23	10	0	45	1390	48	0	3	17	X		X			X		X	
Kids Penne Pasta with Alfredo Sauce (add choice of side & beverage)	290	80	9	5	0	25	520	39	2	2	11			X			X		X	
Kids Penne Pasta with Butter (add choice of side & beverage)	350	160	18	5	0	10	400	35	2	1	10			X			X		X	
Kids Penne Pasta with Marinara Sauce (add choice of side & beverage)	300	90	10	1.5	0	0	840	43	3	6	8						X		X	
KIDS SIDES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Kids Side Fries	230	140	15	3	0	0	230	21	2	0	2	X	X	X		X	X		X	
Kids Side Fresh Fruit Cup	50	0	0	0	0	0	0	13	1	10	1									
Kids Side Mozzarella Sticks	430	240	27	12	0.5	35	800	28	4	2	20	X	X	X		X	X		X	
Kids Side Mashed Potatoes	130	35	4	2	0	15	560	23	1	1	3			X						
Side Seasonal Vegetables - Lemon-Butter Broccoli	90	45	5	2	0	5	800	11	5	2	4			X			X			
Side Seasonal Vegetables - Green Beans	110	60	7	2.5	0	10	510	12	5	5	4			X			X			
RANGE: Side Seasonal Vegetables	70-120																			
Kids Dessert Vanilla Ice Cream	650	250	28	15	0	140	230	94	1	88	12	X		X						
Kids Dessert Sundae	420	210	24	13	0	135	150	48	0	48	11	X		X			X	X		
KIDS BEVERAGES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Kids Blue Raspberry Slush	100	0	0	0	0	0	15	24	0	22	0									
Kids Cherry Limeade Slush	150	0	0	0	0	0	30	35	0	29	0									
Kids Strawberry Lemonade Slush	120	0	0	0	0	0	10	31	1	28	0									
Kids Apple Juice	100	0	0	0	0	0	15	24	0	24	0									
Kids Orange Juice	80	5	0	0	0	0	0	19	0	16	1									
Kids Milk 2%	140	50	5	3.5	0	20	130	13	0	13	9			X						
Kids Milk 1%	90	20	2	1.5	0	10	105	10	0	10	7			X						
Kids Milk 1% CA	110	20	2	1.5	0	10	140	14	0	13	9			X						
Kids Chocolate Milk 1%	150	25	2.5	1.5	0	10	170	26	1	23	7			X						
Kids Chocolate Milk 1% CA	180	25	2.5	1.5	0	10	210	29	1	26	10			X						
Kids Lemonade	120	0	0	0	0	0	15	33	0	32	0									
Kids Tea Unsweet	5	0	0	0	0	0	10	1	0	0	0									
Kids Coke	110	0	0	0	0	0	35	29	0	29	0									
Kids Diet Coke	0	0	0	0	0	0	40	0	0	0	0									
Kids Sprite	120	0	0	0	0	0	25	30	0	27	0									
Kids Dr Pepper	110	0	0	0	0	0	45	30	0	29	0									
Kids Sundae	420	210	24	13	0	135	150	48	0	48	11	X		X			X	X		
Kids Vanilla Ice Cream	650	250	28	15	0	140	230	94	1	88	12	X		X						
Kids Chicken Platter with Lemon Butter Broccoli (add choice beverage) ROOM SERVICE	180	70	8	2.5	0	40	1160	12	5	3	18									
Kids Hot Dog (Milwaukee 0603 Phoenix 0605) (add choice of side & beverage)	450	230	26	12	0	60	1480	37	1	8	16									
GLUTEN FRIENDLY MENU APRIL 2020 MI as of 03.05.2020																				
GLUTEN FRIENDLY BURGERS																				
GS - Udi's Bun - Bacon Cheeseburger without Side	850	530	59	19	0	120	2500	45	7	10	37	X		X			X			
GS - Green - Bacon Cheeseburger without Side	560	390	44	17	0	120	2030	9	1	6	31	X		X			X			
GS - Udi's Bun - Cheeseburger without Side	780	500	55	20	0	105	2380	42	7	7	34	X		X			X			
GS - Green - Cheeseburger without Side	500	360	40	18	0	105	1920	7	2	3	28			X			X			
GS - Udi's Bun - Beyond Cheeseburger without Side	870	500	55	15	0	35	2800	52	10	9	43	X		X	X		X	X		
GS - Green Style - Beyond Cheeseburger without Side	580	360	40	14	0	35	2340	16	4	5	37	X		X	X		X	X		
Burger Topping - Add Avocado	60	50	5	1	0	0	0	3	3	0	1									
Burger Topping - Add Bacon	60	40	4	1.5	0	10	220	1	0	1	5									
GLUTEN FRIENDLY BURGER SUBSTITUTES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Beef Patty	370	270	30	12	0	85	880	1	0	0	21									
Beyond Meat Patty	400	240	27	8	0	0	1350	9	3	0	30				X			X		
GLUTEN FRIENDLY SALADS AND SOUPS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
GS - Caesar Salad with Beyond Meat Patty without Croutons	960	730	81	20	1	60	2340	19	7	3	41	X	X	X	X		X	X		
GS - Caesar Salad with Chicken without Croutons	720	510	57	12	1	155	1590	12	6	4	44	X	X	X			X			
GS - Caesar Salad with Salmon without Croutons	810	610	68	13	1	125	1490	16	5	4	38	X	X	X			X			
GS - Caesar Salad with Steak 6 oz without Croutons	710	540	60	13	1	130	1640	12	4	3	35	X	X	X			X			
GS - Caesar Salad without Croutons without Breadstick	260	230	26	5	0	25	450	4	1	1	4	X	X	X			X			
GS - House Salad without Croutons, Breadstick and Dressing	30	15	1.5	1	0	5	35	3	1	1	2			X						
Million Dollar Cobb Salad WITHOUT Protein with Ranch	820	630	70	23	0	230	1860	19	7	7	31	X		X			X			X
GS - Million Dollar Cobb Salad with Beyond Meat Patty and Ranch Dressing	1240	880	97	31	0	230	3210	31	10	8	62	X		X	X		X	X		X
Million Dollar Cobb Salad with Grilled Chicken with Ranch	1000	670	75	24	0	330	2520	21	9	8	66	X		X			X			X
GS - Million Dollar Cobb Salad with Salmon and Ranch Dressing	1110	770	86	25	0	295	2430	29	8	10	60	X	X	X			X			X
GS - Million Dollar Cobb Salad with Steak 6 oz and Ranch Dressing	1000	700	78	24	0	305	2570	24	8	9	57	X		X			X			X
Soup - Creamy Tomato Basil (SOD)	300	220	24	14	0	75	1930	20	4	10	5			X			X			
GLUTEN FRIENDLY SALAD DRESSINGS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Blue Cheese 1.25 fl	200	190	21	4	0.5	20	310	1	0	1	2	X		X			X			
Caesar 1.25fl	190	180	20	3.5	0	20	300	1	0	0	1	X	X	X			X			
Honey Mustard 1.25fl	190	160	17	2.5	0	15	320	8	0	7	0	X								
Low Fat Balsamic Vinaigrette 1.25fl	50	15	2	0	0	0	180	9	0	5	0			X						
Ranch 1.25fl	130	120	14	2.5	0	10	300	1	0	1	1	X		X			X			X
GLUTEN FRIENDLY SIZZLE	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Sizzling Chicken & Shrimp with Mashed Potatoes	1030	640	71	22	0.5	200	2290	41	3	9	59			X		X	X			
Sizzling Chicken & Cheese with Mashed Potatoes	930	540	60	22	0.5	185	2030	37	3	7	63			X			X			
GLUTEN FRIENDLY THE GRILL	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
New York Strip (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	740	310	34	13	0	200	2260	36	7	5	71			X			X			
Sirloin (6 oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	440	190	21	8	0	95	2110	36	6	4	32			X			X			
GS - Fridays Big Ribs - Apple Butter BBQ Ribs without Sides - Full	780	500	55	20	0	155	1450	32	1	24	41						X			
Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6oz) (Parmesan Butter) with Mashed Potatoes & Lemon- Butter Broccoli	830	440	49	18	0	175	2840	52	7	16	52			X			X			
GS - Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6 oz) (Parmesan Butter) without Sides	600	360	40	14	0	155	1480	18	1	12	46			X			X			
Add Sautéed Shrimp	200	140	16	3	0	60	210	0	0	0	13			X		X	X			
Simply Grilled Salmon with Lemon-Butter Broccoli & Jasmine Rice	830	370	41	9	0	80	1870	81	6	3	38		X	X			X			
Simply Grilled Salmon with Lemon-Butter Broccoli and Mashed Potatoes (SV)	530	300	33	10	0	90	1740	29	7	4	34		X	X			X			
Simply Grilled Salmon with Double Lemon-Buttered Broccoli	560	320	36	11	0	85	2250	29	11	5	36		X	X			X			
GLUTEN FRIENDLY SIDES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Side Coleslaw	150	90	11	1.5	0	5	140	13	1	11	1	X								
Side Fruit Cup	50	0	0	0	0	0	0	13	1	10	1									
Side Jasmine Rice	370	90	10	--	--	--	410	63	--	--	6			X			X			
Side Mashed Potatoes	130	35	4	2	0	15	560	23	1	1	3			X						
Side Seasonal Vegetables - Lemon-Butter Broccoli	90	45	5	2	0	5	800	11	5	2	4			X			X			
Side Seasonal Vegetables - Green Beans	110	60	7	2.5	0	10	510	12	5	5	4			X			X			
RANGE: Side Seasonal Vegetables	70-120																			
GLUTEN FRIENDLY KIDS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
GS - Kids Chicken Sandwich with GF Bun without Side and Drink	380	170	18	2.5	0	40	840	37	7	5	21	X		X			X			
Kids - Chicken Platter with Lemon Butter Broccoli without Drink	180	70	8	2.5	0	40	1160	12	5	3	18			X			X			
Kids Side Fresh Fruit Cup	50	0	0	0	0	0	0	13	1	10	1									
Kids Dessert – Sundae	420	210	24	13	0	135	150	48	0	48	11	X		X			X	X		
Kids Dessert Vanilla Ice Cream	650	250	28	15	0	140	230	94	1	88	12	X		X						
BREAKFAST MENU																				
BEVERAGES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
BAR - Cafe Toledo	190	35	4	2.5	0	15	30	25	1	24	1									
BAR - Hendrick's Cooler	200	0	0	0	0	0	0	28	0	26	0									
BAR - House Bloody Mary	120	10	1	0	0	0	1580	7	1	1	1									
BAR - Irish Coffee	140	10	1	0.5	0	5	0	14	0	14	0									
BAR - Michelada	100	0	0	0	0	0	520	11	1	3	3									
BAR - Mimosa Orange	110	0	0	0	0	0	0	13	1	11	1									
BAR - Mimosa Ruby Red Vanilla	130	0	0	0	0	0	25	18	0	18	0									
BAR - Sangria Peach	220	0	0	0	0	0	0	34	0	27	0									
BAR - Ultimate Long Island Iced Tea	220	0	0	0	0	0	5	24	0	19	0									
CLASSICS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
BKF - Breakfast Potato Skins	1570	750	84	26	0.5	750	2590	149	25	8	57									
BKF - Breakfast Tacos with Bacon	1150	660	74	24	0.5	525	2770	77	5	3	46									
BKF - Breakfast Tacos with Sausage	1250	790	88	27	1	510	2540	74	5	3	38									
BKF - Egg BLT Sandwich	1170	720	80	25	0	550	2360	70	5	5	43									
BKF - French Toast	850	410	45	16	0	200	860	93	3	32	14									
BKF - Friday's Egg Breakfast - Fried with Potatoes and Multi-Grain Toast without Meat	650	350	39	10	0	370	1460	54	5	6	20									
BKF - Friday's Egg Breakfast - Scrambled with Potatoes and Multi-Grain Toast without Meat	680	360	41	10	0	455	1210	54	5	6	23									
RANGE - Friday's Egg Breakfast	810-860																			
BKF - Kids Egg Breakfast with Fried Egg, Potatoes without Meat	390	260	29	7	0	185	1100	23	3	0	9									
BKF - Kids Egg Breakfast with Scrambled Eggs, Potatoes without Meat*	450	300	33	8	0	340	850	23	3	1	14									
RANGE - Kids Egg Breakfast	520-660																			
BKF - Kids French Toast	630	340	38	12	0	100	570	64	2	23	7									
BKF - Oatmeal	330	100	11	4.5	0	20	65	55	4	42	5									
WAFFLES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
BKF - Chicken & Waffles HB (Fresh)	700	170	19	4	0	75	1440	108	2	40	27									
BKF - Chicken & Waffles HB (Premade)	870	310	34	5	0	155	990	111	2	44	30									
BKF - Chicken & Waffles PB (Fresh)	840	220	25	5	0	75	2050	130	3	41	27									
BKF - Chicken & Waffles PB (Premade)	1010	360	40	6	0	155	1600	133	3	45	30									
BKF - Strawberry Waffle (Fresh)	380	50	6	1.5	0	15	1130	77	3	29	6									
BKF - Strawberry Waffle (Premade)	540	190	21	2.5	0	95	680	80	4	34	9									
OMELETS	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
BKF - Omelet Bacon Cheddar with Potatoes and Multi-Grain Toast	1090	660	73	24	0.5	740	2220	60	5	8	47									

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
BKF - Omelet Spinach Florentine with Potatoes and Multi-Grain Toast	940	520	58	16	0	690	1790	61	8	8	37									
BKF - Steak 6 oz & Eggs Fried with Potatoes and Multi-Grain Toast without Meat Choice	920	510	57	16	0	455	2270	57	5	7	46									
BKF - Steak 6 oz & Eggs Scrambled with Potatoes and Multi-Grain Toast without Meat Choice	960	530	59	17	0	540	2010	57	5	7	49									
RANGE: Steak & Eggs	1080-1130																			
SIDES	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
BKF - Side Bacon (3)	120	80	8	3	0	20	450	1	0	1	11									
BKF - Side Fruit	50	5	0	0	0	0	0	12	2	9	1									
BKF - Side Multi-Grain Toast & Butter	190	40	4.5	1.5	0	0	290	30	2	5	5									
BKF - Side Sausage Links (3)	200	180	20	7	0	35	430	0	0	0	5									
BKF - Side Seasoned Fries 4 oz	230	140	15	3.5	0	0	240	21	2	1	3									

FAMILY MEAL BUNDLES

NYC Sodium Icon Required

Range Required

FAMILY MEAL BOX Serves 4-6

Fried Chicken and Shrimp Box	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Crispy Chicken Tenders **Only** (PB) with Honey Mustard	2740	1600	178	30	1	380	5940	168	6	40	108	X	X	X		X	X		X	
Crispy Chicken Tenders **Only** (HB) with Honey Mustard	2010	1350	150	25	1.5	370	2880	60	1	35	107	X	X	X		X	X		X	
Fried Shrimp **Only** (PB) with Cocktail Sauce	1370	510	57	11	0	410	6210	154	7	31	62	X	X	X		X	X		X	
Fried Shrimp **Only** (HB) with Cocktail Sauce	1030	460	51	8	0	375	3380	50	3	27	82	X	X	X		X	X		X	
Seasoned Fries	920	540	61	13	0	0	960	84	10	3	10	X	X	X		X	X		X	
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Fried Chicken and Shrimp Box (PB)	5560-6280																			
RANGE: Fried Chicken and Shrimp Box (HB)	4480-5200																			
Pasta Platter	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Cajun Shrimp & Chicken Pasta **Only**	3560	1330	148	75	1.5	685	6640	315	19	29	213		X	X		X	X		X	
Chicken Parmesan Pasta **Only**	4230	1760	196	76	1.5	530	10900	401	20	39	199	X	X	X		X	X		X	
Garlic Breadsticks Only **FRIED**	2550	1030	114	30	0	0	4320	324	12	36	60	X	X	X		X	X		X	
Garlic Breadsticks Only **IMPINGER**	2280	760	84	24	0	0	4320	324	12	36	60			X					X	
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Pasta Box FRIED	10860-11580																			
RANGE: Pasta Box IMPINGER	10590-11310																			
Fridays Favorite Box	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Cajun Shrimp & Chicken Pasta **Only**	3560	1330	148	75	1.5	685	6640	315	19	29	213		X	X		X	X		X	
Parmesan Crusted Chicken **Only**	2070	850	95	36	0.5	730	7050	65	16	17	243			X			X		X	
Garlic Breadsticks **FRIED**	2550	1030	114	30	0	0	4320	324	12	36	60	X	X	X		X	X		X	
Garlic Breadsticks **IMPINGER**	2280	760	84	24	0	0	4320	324	12	36	60			X					X	
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Fridays Favorites Box FRIED	8710-9430																			
RANGE: Fridays Favorites Box IMPINGER	8440-9160																			
Grilled Chicken & Ribs Platter	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Apple Butter BBQ Ribs **Only** without Side Sauce	1550	990	110	40	0	310	2890	63	2	48	82						X		X	
Side Apple Butter BBQ Sauce 6 fl	350	10	1	0	0	0	580	86	1	71	2						X		X	
Grilled Chicken Breast **Only**	1130	240	26	7	0	600	4010	16	14	6	208									
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X		X	X		X	
Sweet Potato Fries	780	350	39	18	0	0	1000	101	12	30	7	X	X	X		X	X		X	
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	5	11			X						
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X		X			X		X	
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X								
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Grilled Chicken & Ribs Box	3840-6380																			
Bucket of Bones Box	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Whiskey-Glazed Ribs **Only** without Side Sauce	2300	1070	119	42	0	310	5380	232	3	217	81						X		X	
Side Whiskey-Glaze 6 fl	660	0	0	0	0	0	1680	168	0	162	0						X		X	
Apple Butter BBQ Chicken Wings **Only** without Side Sauce	1470	990	110	25	0	315	1130	57	1	47	68	X	X	X		X	X		X	
Side Apple Butter BBQ Sauce 6 fl	350	10	1	0	0	0	580	86	1	71	2						X		X	
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X		X	X		X	
Sweet Potato Fries	780	350	39	18	0	0	1000	101	12	30	7	X	X	X		X	X		X	
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	5	11			X						
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X		X			X		X	
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X								
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Bones Box	5590-8130																			
Whisky-Glazed Platter	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Whiskey-Glazed Chicken **Only** without Side Sauce	1460	240	26	7	0	600	4850	100	14	87	208						X		X	
Whiskey-Glazed Ribs **Only** without Side Sauce	2300	1070	119	42	0	310	5380	232	3	217	81						X		X	
Side Whiskey-Glaze 6 fl	660	0	0	0	0	0	1680	168	0	162	0						X		X	
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X		X	X		X	
Sweet Potato Fries	780	350	39	18	0	0	1000	101	12	30	7	X	X	X		X	X		X	
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	5	11			X						
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X		X			X		X	
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X								
House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12			X					X	
Caesar Salad	1120	950	106	21	1.5	105	2020	30	6	6	17	X	X	X			X		X	
RANGE: Whiskey-Glazed Box	5230-7770																			
DESSERT BOX Serves 4-6	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Chocolate Chip Cookies	1200	540	60	21	3	30	750	150	6	78	12	X		X			X		X	
Chocolate Chip Cookies & Brownies	2730	1200	133	60	2	250	1310	359	12	255	25	X		X	X		X	X	X	
SIDES Serves 4-6	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Seasoned Fries	460	270	30	7	0	0	480	42	5	1	5	X	X	X		X	X		X	
Sweet Potato Fries	780	350	39	18	0	0	1000	101	12	30	7	X	X	X		X	X		X	
Mashed Potatoes	540	140	16	8	0	55	2250	91	5	5	11			X						
Seasonal Vegetables - Green Beans	220	120	14	5	0	15	1020	23	9	10	9			X			X			
Seasonal Vegetables - Lemon-Butter Broccoli	190	90	10	4	0	10	1590	22	10	4	7			X			X			
Cheddar Mac & Cheese	1060	510	57	27	0	120	3060	98	0	6	43	X		X			X		X	
Coleslaw	600	380	42	6	0	15	570	52	5	44	3	X								
SALAD DRESSINGS Serves 4-6	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Balsamic Vinaigrette	910	840	93	15	0	0	1140	20	1	17	1			X			X		X	
BBQ Ranch	510	400	45	7	0	35	1100	25	0	19	3	X		X			X		X	X
Blue Cheese	970	910	101	20	2.5	100	1510	7	1	5	8	X		X			X			
Caesar	890	860	96	16	1.5	85	1440	7	1	2	4	X	X	X			X			
Citrus Sesame	780	650	72	12	0	0	2700	36	0	36	0						X		X	
Honey Mustard	910	750	83	13	1	75	1540	40	1	35	2	X								
Low Fat Balsamic Vinaigrette	250	80	9	1	0	0	860	45	0	23	0			X						
Ranch	640	600	67	11	0	50	1460	7	0	4	3	X		X			X			X
BEVERAGES HALF GALLON JUG Serves 4-6	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Freshly Brewed Iced Tea Unsweet	20	0	0	0	0	0	55	6	0	0	0									
Freshly Brewed Iced Tea Sweet	930	0	0	0	0	0	50	240	0	235	0									
Minute Made Lemonade	880	0	0	0	0	0	120	232	0	224	0									
Strawberry Lemonade	1150	5	0	0	0	0	100	301	8	278	2									
Mango Peach Lemonade	1290	0	0	0	0	0	105	328	0	315	0									
Strawberry Passion Tea	860	0	0	0	0	0	50	210	6	181	1									
Watermelon Tea	940	0	0	0	0	0	300	235	0	227	0									
Arnold Palmer	950	0	0	0	0	0	50	252	0	224	0									

PLATTERS

Range Required

APPETIZER PLATTERS (SMALL serves 4-6; LARGE serves 8-12)

Wing Me Platter - LARGE Traditional Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X		X	X		X	
Traditional Wings Carolina Reaper (15 ea)	1000	750	84	19	0	235	2990	15	0	9	50	X	X	X		X	X		X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X		X	X		X	
Celery (24 ea)	15	0	0	0	0	0	75	3	2	1	1									
Side Blue Cheese Dressing (8 fl oz)	1300	1210	135	27	3	135	2010	9	1	7	11	X		X			X			
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X		X			X			X
RANGE: Wing Me Platter LARGE Traditional Wings Includes Dressing & Celery	4580-6490																			
Wing Me Platter - SMALL Traditional Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X		X	X		X	
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X		X	X		X	
Celery (12 ea)	10	0	0	0	0	0	40	1	1	1	0									
Side Blue Cheese Dressing (4 fl oz)	650	610	67	13	1.5	65	1010	4	0	3	6	X		X			X			
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X		X			X			X

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
RANGE: Wing Me Platter SMALL Traditional Wings Including Dressing & Celery	1920-3420																			
Wing Me Platter - LARGE Boneless Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X		X	X		X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X		X	X		X	
Celery (24 ea)	15	0	0	0	0	0	75	3	2	1	1									
Side Blue Cheese Dressing (8 fl oz)	1300	1210	135	27	3	135	2010	9	1	7	11	X		X			X			
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X		X			X			X
RANGE: Wing Me Platter LARGE Boneless Includes Dressing & Celery	6380-9380																			
Wing Me Platter - SMALL Boneless Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Boneless Wings Apple Butter BBQ (8 oz)	670	280	31	5	0	45	1810	68	5	30	29	X	X	X		X	X		X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X		X	X		X	
Celery (12 ea)	10	0	0	0	0	0	40	1	1	1	0									
Side Blue Cheese Dressing (4 fl oz)	650	610	67	13	1.5	65	1010	4	0	3	6	X		X			X			
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X		X			X			X
RANGE: Wing Me Platter SMALL Boneless Includes Dressing & Celery	2640-4140																			
Wing Me Platter - LARGE Combination Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X		X	X		X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X		X	X		X	
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X		X	X		X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X		X	X		X	
Celery (24 ea)	15	0	0	0	0	0	75	3	2	1	1									
Side Blue Cheese Dressing (8 fl oz)	1300	1210	135	27	3	135	2010	9	1	7	11	X		X			X			
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X		X			X			X
RANGE: Wing Me Plater LARGE Combo Includes Dressing & Celery	5480-8160																			
Wing Me Platter - SMALL Combination Wings without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Boneless Wings Apple Butter BBQ (8 oz)	670	280	31	5	0	45	1810	68	5	30	29	X	X	X		X	X		X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X		X	X		X	
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X		X	X		X	
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X		X	X		X	
Celery (12 ea)	10	0	0	0	0	0	40	1	1	1	0									
Side Blue Cheese Dressing (4 fl oz)	650	610	67	13	1.5	65	1010	4	0	3	6	X		X			X			
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X		X			X			X
RANGE: Wing Me Platter SMALL Including Dressing & Celery	2280-3560																			
	Cal	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Fridays Big Ribs Platter LARGE Whisky-Glaze & Apple Butter BBQ Ribs with Side Sauce	4310	2080	231	82	1	620	9040	410	7	359	167						X		X	
Fridays Big Ribs Platter SMALL Whisky-Glaze & Apple Butter BBQ Ribs with Side Sauce	2160	1040	116	41	0	310	4520	205	3	180	83						X		X	
The Bones Wings & Ribs Platter LARGE without Dressing																				
Apple Butter BBQ Ribs	780	500	55	20	0	155	1450	32	1	24	41						X			
Whiskey-Glaze Ribs	1150	540	60	21	0	155	2690	116	1	108	41						X		X	
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X		X	X		X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X		X	X		X	
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X		X	X		X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X		X	X		X	
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X		X			X			X
RANGE: The Bones Platter Wings & Ribs LARGE	5090-6210																			
RANGE: The Bones Platter Wings & Ribs LARGE (Boneless Wings ONLY) SV	4950-6310																			
The Bones Platter Wings & Ribs SMALL without Dressing & Celery	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Apple Butter BBQ Ribs Only	390	250	28	10	0	80	720	16	1	12	21						X			
Whiskey-Glaze BBQ Ribs Only	570	270	30	10	0	80	1340	58	1	54	20						X		X	
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X		X	X		X	
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X		X	X		X	
Boneless Wings Apple Butter BBQ (8 oz)	670	280	31	5	0	45	1810	68	5	30	29	X	X	X		X	X		X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X		X	X		X	
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X		X			X			X
RANGE: The Bones Platter Wings & Ribs SMALL	2310-2950																			
RANGE: The Bones Platter Wings & Ribs SMALL (Boneless Wings ONLY) SV	2490-3130																			
Fridays Classic App Platter LARGE without Dressing	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Large Fridays Combo Loaded Potato Skins ONLY	1460	620	68	22	0	95	1950	177	30	5	36	X	X	X		X	X		X	
Large Fridays Combo Mozzarella Sticks ONLY	1330	730	82	38	2.5	125	1960	85	13	0	64	X	X	X		X	X		X	
Large Fridays Combo Pot Stickers ONLY	1170	450	50	17	0	30	4300	144	4	44	37	X	X	X			X		X	
Traditional Wings Apple Butter BBQ (15 ea)	1100	740	83	19	0	235	850	43	1	35	51	X	X	X		X	X		X	
Traditional Wings Chile-Lime (15 ea)	1050	820	91	19	0	235	1940	11	0	6	52	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (15 ea)	1130	760	84	19	0	235	1620	42	1	33	54	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (15 ea)	930	740	82	19	0	235	3980	0	0	0	50	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (15 ea)	1410	1170	130	27	0.5	245	1800	12	0	2	53	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (15 ea)	1260	740	82	19	0	235	1400	84	0	81	50	X	X	X		X	X		X	
Boneless Wings Apple Butter BBQ (20 oz)	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X		X	X		X	
Boneless Wings Chile-Lime (20 oz)	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (20 oz)	1640	710	78	13	0	110	5470	153	12	61	76	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (20 oz)	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (20 oz)	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (20 oz)	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X		X	X		X	
Side Ranch Dressing (8 fl oz)	860	800	89	15	0	70	1940	9	0	5	4	X		X			X			X
RANGE: Fridays Combo Platter LARGE	5750-6840																			
RANGE: Fridays Combo Platter (Boneless Wings Only) LARGE SV	6200-6840																			
Fridays Classic App Platter SMALL without Dressing	**Cal**	**Fat Cal**	**Fat**	**Sat**	**Tfat**	**Chol**	**Sod**	**Carb**	**Fib**	**Sug**	**Prot**	**Egg**	**Fish**	**Milk**	**Pnut**	**Shell**	**Soy**	**Tree**	**Wheat**	**MSG**
Small Fridays Combo Loaded Potato Skins ONLY	590	250	28	9	0	40	650	71	12	2	15	X	X	X		X	X		X	
Small Fridays Combo Mozzarella Sticks ONLY	400	220	25	12	0.5	40	600	26	4	0	20	X	X	X		X	X		X	
Small Fridays Combo Pot Stickers ONLY	290	110	13	4.5	0	10	1080	36	1	11	9	X	X	X			X		X	
Traditional Wings Apple Butter BBQ (6 ea)	490	300	33	7	0	95	410	29	0	24	21	X	X	X		X	X		X	
Traditional Wings Carolina Reaper (6 ea)	420	300	34	7	0	95	1840	10	0	6	20	X	X	X		X	X		X	
Traditional Wings Chile-Lime (6 ea)	450	350	39	8	0	95	1140	7	0	4	21	X	X	X		X	X		X	
Traditional Wings Dragon-Glaze (6 ea)	500	310	34	7	0	95	930	28	1	22	23	X	X	X		X	X		X	
Traditional Wings Franks Red Hot Buffalo (6 ea)	370	300	33	7	0	95	2500	0	0	0	20	X	X	X		X	X		X	
Traditional Wings Garlic Parmesan (6 ea)	690	580	65	13	0	100	1050	8	0	1	22	X	X	X		X	X		X	
Traditional Wings Whiskey-Glaze (6 ea)	590	300	33	7	0	95	780	56	0	54	20	X	X	X		X	X		X	
Boneless Wings Apple Butter BBQ (8 oz)	670	280	31	5	0	45	1810	68	5	30	29	X	X	X		X	X		X	
Boneless Wings Carolina Reaper (8 oz)	600	280	31	5	0	45	3240	49	4	12	28	X	X	X		X	X		X	
Boneless Wings Chile-Lime (8 oz)	630	330	36	6	0	45	2540	46	4	10	29	X	X	X		X	X		X	
Boneless Wings Dragon-Glaze (8 oz)	680	280	31	5	0	45	2330	67	5	29	31	X	X	X		X	X		X	
Boneless Wings Franks Red Hot Buffalo (8 oz)	550	270	30	5	0	45	3900	39	4	6	28	X	X	X		X	X		X	
Boneless Wings Garlic Parmesan (8 oz)	870	560	62	11	0	45	2450	47	5	8	30	X	X	X		X	X		X	
Boneless Wings Whiskey-Glaze (8 oz)	770	270	30	5	0	45	2180	95	4	60	28	X	X	X		X	X		X	
Side Ranch Dressing (4 fl oz)	430	400	44	7	0	35	970	5	0	2	2	X		X			X			X

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
RANGE: Fridays Classic App Platter SMALL	2090-2590																			
RANGE: Fridays Classic App Platter (Boneless Wings Only) SMALL SV	2270-2590																			
Spinach & Artichoke Dip Platter with Chips & Celery	1410	950	105	54	2	250	3760	72	9	11	38	X	X	X		X	X		X	
Loaded Potato Skins Platter with Ranch Sour Cream	2620	1200	134	44	0	195	3530	291	48	14	67	X	X	X		X	X		X	X
Mozzarella Sticks Platter with Marinara	1720	960	107	48	3	150	3060	110	16	5	79	X	X	X		X	X		X	
Whisky-Glaze Sliders 10-Pack	2970	1580	175	63	0	335	6250	239	7	89	109	X		X			X		X	
Dessert Platter Large	8120	3550	394	159	8	830	4340	1069	37	774	79	X		X	X		X	X	X	
Dessert Platter Small	3720	1600	178	75	4	265	1790	496	22	354	37	X		X	X		X	X	X	

Master Nutrition & Allergen Information

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
OCTOBER MI 10.12.2020																				
NYC Sodium Icon Required												Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
RIBS	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Ribs - Bucket of Ribs - 2-Bone Cut with Apple Butter BBQ ONLY	450	250	28	10	0	80	820	30	1	24	21	X	X	X		X	X		X	
Ribs - Bucket of Ribs - 2-Bone Cut with Whiskey Glaze ONLY	710	270	30	10	0	80	1690	93	1	88	20	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) with Garnish WITHOUT Celery - Chile-Lime	700	550	61	13	0	160	1290	7	0	4	34	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) with Garnish WITHOUT Celery - Dragon-Glaze	750	500	56	12	0	160	1080	28	1	22	36	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) with Garnish WITHOUT Celery - Garlic Parmesan	940	780	86	18	0	160	1200	8	0	1	35	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) with Garnish WITHOUT Celery - Nashville Hot	830	650	73	14	0	160	1350	13	2	10	33	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) with Garnish WITHOUT Celery - Whiskey-Glaze	850	500	55	12	0	160	1090	57	0	54	34	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) WITHOUT Celery - Apple Butter BBQ	730	500	55	12	0	160	560	29	0	24	34	X	X	X		X	X		X	
Bucket of Bones - Wings - TRADITIONAL (10 PC) WITHOUT Celery - Frank's RedHot Buffalo	620	490	55	12	0	160	2650	0	0	0	33	X	X	X		X	X		X	
Ribs - Apple Butter BBQ Ribs with Fries and Slaw (Full Rack)	1210	730	81	25	0	160	1930	80	5	47	45	X	X	X		X	X		X	
Ribs - Apple Butter BBQ Ribs with Fries and Slaw (Half Rack)	830	480	53	15	0	80	1200	64	5	35	24	X	X	X		X	X		X	
Ribs - Whiskey-Glazed Ribs with Fries and Slaw (Full Rack)	1560	770	85	26	0	160	3140	157	5	127	44	X	X	X		X	X		X	
Ribs - Whiskey-Glazed Ribs with Fries and Slaw (Half Rack)	1090	500	55	15	0	80	2080	127	5	100	24	X	X	X		X	X		X	
WINGS	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Celery ONLY (4) - Apple Butter BBQ	810	340	38	7	0	55	2230	78	6	32	36	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Celery ONLY (4) - Frank's RedHot Buffalo	690	340	38	7	0	55	4320	49	6	8	35	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Chile-Lime	770	390	44	7	0	55	2960	56	6	12	36	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Dragon-Glaze	820	350	39	7	0	55	2750	77	6	31	38	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Garlic Parmesan	1010	630	70	12	0	60	2870	57	6	9	37	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Nashville Hot	900	500	56	9	0	55	3010	62	8	18	35	X	X	X		X	X		X	
Classic Fridays Combo - Wings - BONELESS (1.5-6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Whiskey-Glaze	920	340	38	7	0	55	2760	106	6	62	36	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Celery ONLY (4) - Apple Butter BBQ	490	300	33	7	0	95	430	29	1	24	21	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Celery ONLY (4) - Frank's RedHot Buffalo	370	300	33	7	0	95	2520	0	0	0	20	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Chile-Lime	450	350	39	8	0	95	1160	7	0	4	21	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Dragon-Glaze	500	310	34	7	0	95	940	28	1	22	23	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Garlic Parmesan	690	580	65	13	0	100	1070	9	0	1	22	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Nashville Hot	580	460	51	9	0	95	1210	14	2	10	20	X	X	X		X	X		X	
Classic Fridays Combo - Wings - TRADITIONAL (6 PC) WITH Garnish and Celery (4) WITHOUT Dressing - Whiskey-Glaze	600	300	33	7	0	95	950	57	1	54	21	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Celery - Apple Butter BBQ	730	310	34	6	0	50	1990	72	5	31	32	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Celery - Frank's RedHot Buffalo	610	300	34	6	0	50	4080	43	5	7	31	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Garnish and Celery - Chile-Lime	690	360	40	6	0	50	2720	50	5	11	32	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Garnish and Celery - Dragon-Glaze	740	310	34	6	0	50	2510	71	5	29	34	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Garnish and Celery - Garlic Parmesan	930	590	65	11	0	50	2630	51	5	8	33	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Garnish and Celery - Nashville Hot	810	460	52	8	0	50	2420	55	7	17	31	X	X	X		X	X		X	
Classic Fridays Combo 5V - Wings - BONELESS (8 oz) WITHOUT Garnish and Celery - Whiskey-Glaze	830	300	34	6	0	50	2360	99	5	61	31	X	X	X		X	X		X	
Wings - Garnish ONLY - Cilantro for Chili-Lime	0	0	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Jalapeno Sliced for Nashville Hot	5	0	0	0	0	0	360	1	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Parsley for Garlic Parmesan	0	0	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Sesame Jack and Blackening Spice for Whiskey-Glaze	10	5	0	0	0	0	160	1	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Sesame Jack for Dragon-Glaze	5	5	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
MAKE IT A COMBO	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Make It A Combo and Platters - Half Rack (Add-On) and SMALL - The Bones Platter - Half Rack Apple Butter BBQ Ribs	450	250	28	10	0	80	820	30	1	24	21	X	X	X		X	X		X	
Make It A Combo and Platters - Half Rack (Add-On) and SMALL - The Bones Platter - Whiskey-Glazed Ribs	570	270	30	10	0	80	1340	58	1	54	20	X	X	X		X	X		X	
MAKE IT A DOUBLE	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Make It a Double - Catch Of The Sea (HB) with Mashed Potatoes and Lemon-Butter Broccoli	1320	460	52	11	0	160	3640	164	8	71	56	X	X	X		X	X		X	
Make It a Double - Catch Of The Sea (PB) with Mashed Potatoes and Lemon-Butter Broccoli	1370	470	53	12	0	165	4110	181	8	72	52	X	X	X		X	X		X	
Make It A Double - Crispy Whiskey Combo (HB) with Mashed Potatoes and Lemon-Butter Broccoli	1220	430	47	16	0	155	3590	165	7	125	40	X	X	X		X	X		X	
Make It A Double - Crispy Whiskey Combo (PB) with Mashed Potatoes and Lemon-Butter Broccoli	1280	440	48	16	0	165	4060	182	8	126	36	X	X	X		X	X		X	
Make It A Double - Speared and Seared with Mashed Potatoes and Lemon-Butter Broccoli	980	170	19	6	0	155	3750	163	7	126	44	X	X	X		X	X		X	
Make It A Double - Top Shelf Pairing with Mashed Potatoes and Lemon-Butter Broccoli	1410	390	44	16	0	195	4580	200	9	160	61	X	X	X		X	X		X	
PLATTERS	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Platters - Fridays Classic App Platter - LARGE - Loaded Potato Skins WITHOUT Ranch Sour Cream	1160	470	53	18	0	80	2380	128	22	3	29	X	X	X		X	X		X	
Platters - Fridays Classic App Platter - LARGE - Mozzarella Sticks WITHOUT Marinara	1340	740	83	39	2.5	125	2000	85	13	0	65	X	X	X		X	X		X	
Platters - Fridays Classic App Platter - LARGE - Pot Stickers (12) WITHOUT Pot Sticker Sauce	1170	450	50	17	0	30	4300	144	4	44	37	X	X	X		X	X		X	
Platters - Fridays Classic App Platter - SMALL - Loaded Potato Skins WITHOUT Ranch Sour Cream	580	240	26	9	0	40	1460	64	11	1	15	X	X	X		X	X		X	
Platters - Fridays Classic App Platter - SMALL - Mozzarella Sticks WITHOUT Marinara	400	220	25	12	0.5	40	600	26	4	0	20	X	X	X		X	X		X	
Platters - The Bones Platter - LARGE - Ribs ONLY with Sauce	1870	1040	115	41	0	310	3950	134	3	117	82	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Apple Butter BBQ ONLY	800	340	38	7	0	55	2220	77	6	32	36	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Chile-Lime ONLY	770	390	44	7	0	55	2950	56	5	12	36	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Dragon-Glaze ONLY	810	350	39	7	0	55	2730	76	6	30	37	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Frank's RedHot Buffalo ONLY	690	340	38	7	0	55	4300	49	5	8	35	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Garlic Parmesan ONLY	1010	630	70	12	0	60	2850	57	6	9	37	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Nashville Hot ONLY	890	500	56	9	0	55	2640	61	7	18	35	X	X	X		X	X		X	
Platters - Wings - BONELESS (1.5-6 PC), SMALL Wing Combo, Fridays Classic App - Whiskey-Glaze ONLY	910	340	38	7	0	55	2580	105	5	62	35	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Apple Butter BBQ ONLY	970	600	66	15	0	190	830	57	1	47	42	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Chile-Lime ONLY	900	700	78	16	0	190	2290	14	0	8	42	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Dragon-Glaze ONLY	990	610	67	15	0	190	1860	55	1	44	45	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Frank's RedHot Buffalo ONLY	740	590	66	15	0	190	5010	0	0	0	40	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Garlic Parmesan ONLY	1380	1160	129	26	1	195	2110	16	0	2	44	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Nashville Hot ONLY	1140	910	102	19	0	190	1690	24	4	20	40	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (12 Each), LARGE Wing Combo, Fridays Classic App - Whiskey-Glaze ONLY	1180	590	66	15	0	190	1570	112	0	108	40	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Apple Butter BBQ ONLY	1160	750	83	19	0	235	940	57	1	47	52	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Chile-Lime ONLY	1090	850	94	20	0	235	2400	14	0	8	52	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Dragon-Glaze ONLY	1180	750	84	19	0	235	1970	55	1	44	55	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Frank's RedHot Buffalo ONLY	930	740	82	19	0	235	5120	0	0	0	50	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Garlic Parmesan ONLY	1570	1310	146	30	1	245	2220	16	0	2	54	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Nashville Hot ONLY	1330	1060	118	23	0	235	1800	24	4	20	50	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (15 Each) LARGE Fridays Classic App and The Bones (DON'T Use on Large Wing Platter) - Whiskey-Glaze ONLY	1370	740	82	19	0	235	1680	112	0	108	50	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Apple Butter BBQ ONLY	490	300	33	7	0	95	410	29	0	24	21	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Chile-Lime ONLY	450	350	39	8	0	95	1140	7	0	4	21	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Dragon-Glaze ONLY	500	300	34	7	0	95	930	28	1	22	22	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Frank's RedHot Buffalo ONLY	370	300	33	7	0	95	2500	0	0	0	20	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Garlic Parmesan ONLY	690	580	65	13	0	100	1050	8	0	1	22	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Nashville Hot ONLY	570	460	51	9	0	95	840	12	2	10	20	X	X	X		X	X		X	
Platters - Wings - TRADITIONAL (6 Each), SMALL Wing Combo, Fridays Classic App and The Bones - Whiskey-Glaze ONLY	590	300	33	7	0	95	780	56	0	54	20	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Apple Butter BBQ ONLY	1610	690	76	13	0	110	4430	155	12	63	72	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Chile-Lime ONLY	1540	790	88	14	0	110	5890	111	11	24	72	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Dragon-Glaze ONLY	1630	700	77	13	0	110	5470	152	12	61	75	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Frank's RedHot Buffalo ONLY	1380	680	76	13	0	110	8610	97	11	16	70	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Garlic Parmesan ONLY	2020	1250	139	24	1	115	5710	114	11	18	74	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Nashville Hot ONLY	1780	1000	112	17	0	110	5290	121	15	36	70	X	X	X		X	X		X	
Table-Tiaer - Classic Fridays Combo and Platters - Wings - BONELESS (3-6 PC), LARGE Wing Combo, Fridays Classic App - Whiskey-Glaze ONLY	1820	680	76	13	0	110	5170	209	11	124	70	X	X	X		X	X		X	
Wings - Garnish ONLY - Cilantro for Chili-Lime	0	0	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Jalapeno Sliced for Nashville Hot	5	0	0	0	0	0	360	1	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Parsley for Garlic Parmesan	0	0	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Sesame Jack and Blackening Spice for Whiskey-Glaze	10	5	0	0	0	0	160	1	0	0	0	X	X	X		X	X		X	
Wings - Garnish ONLY - Sesame Jack for Dragon-Glaze	5	5	0	0	0	0	0	0	0	0	0	X	X	X		X	X		X	
PARTY TRAYS	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Party Trays - Apple Butter BBQ Ribs (2 Racks Side 6 ft Apple Butter BBQ)	1670	1000	111	40	0	310	3090	92	3	71	83	X	X	X		X	X		X	
Party Trays - Brownie and Cookie Platter (Chocolate Chip)	3160	1250	139	61	2	255	1530	454	13	326	27	X	X	X		X	X		X	
Party Trays - Caesar Salad	970	810	90	18	1.5	90	1780	29	6	5	16	X	X	X		X	X		X	
Party Trays - Caesar Salad with Chicken	1540	930	103	22	1.5	390	3790	37	13	9	121	X	X	X		X	X		X	
Party Trays - Cajun Shrimp and Chicken Pasta	3550	1330	148	75	1.5	680	6630	315	19	29	212	X	X	X		X	X		X	
Party Trays - Chicken and Broccoli Alfredo Tortalloni	4880	2660	295	147	3	900	14080	347		36	206	X	X	X		X	X		X	
Party Trays - Chicken Parmesan Pasta	4230	1760	196	76	1.5	530	10900	401	20	39	199	X	X	X		X	X		X	
Party Trays - Choice Side - Lemon-Butter Broccoli	370	190	21	8	0	15	3180	44	19	9	14	X	X	X		X	X		X	
Party Trays - Choice Side - Macaroni and Cheese	2950	1380	154	70	0.5	310	8760	292	0	17	116	X	X	X		X	X		X	
Party Trays - Choice Side - Mashed Potatoes	670	180	20	10	0	65	2810	114	7	7	13	X	X	X		X	X		X	
Party Trays - Choice Side - Seasoned Fries (20 oz)	1150	680	76	16	0	0	1200	105	12	3	13	X	X	X		X	X		X	
Party Trays - Choice Side - Slaw	1210	760	84	13	0	30	1140	104	11	87	5	X	X	X		X	X		X	
Party Trays - Cookie Box - Chocolate Chip Cookies (12 Cookies)	2400	1080	120	42	6	60	1500	300	12	156	24	X	X	X		X	X		X	
Party Trays - Crispy Chicken Fingers (HB) with Honey Mustard	1860	1230	137	23	1	360	2630	53	1	29	106	X	X	X		X	X		X	
Party Trays - Crispy Chicken Fingers (PB) with Honey Mustard	2590	1480	164	28	1	370	5690	161	6	35	108	X	X	X		X	X		X	
Party Trays - Fried Shrimp (HB) with Cocktail Sauce	1000	460	51	8	0	375	3000	44	2	23	81	X	X	X		X	X		X	
Party Trays - Fried Shrimp (PB) with Cocktail Sauce	1350	510	57	11	0	410	5840	149	6	27	61	X	X	X		X	X		X	
Party Trays - Garlic Breadsticks (12) FRED	2550	1030	114	30	0	0	4320	324	12	36	60	X	X	X		X	X		X	
Party Trays - Garlic Breadsticks (12) IMPINGER	2280	760	84	24	0	0	4320	324	12	36	60	X	X	X		X	X		X	
Party Trays - Hickory Grilled Chicken (6 Each)	1130	240	26	7	0	600	4010	16	14	6	208	X	X	X		X	X		X	
Party Trays - House Salad with Chicken without Dressing	840	230	25	9	0	325	2560	39	13	10	117	X	X	X		X	X		X	
Party Trays - House Salad without Dressing	270	110	12	5	0	25	560	32	6	7	12	X	X	X		X	X		X	

NUTRITIONAL VALUES

	Cal	Fat Cal	Fat	Sat	Tfat	Chol	Sod	Carb	Fib	Sug	Prot	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Party Trays - Million Dollar Cobb Salad with Chicken and Ranch Dressing	2130	1290	143	47	0.5	750	5480	53	21	20	167	X	X	X		X	X		X	
Party Trays - Million Dollar Cobb Salad with Chicken without Dressing	1590	790	87	38	0.5	705	4260	47	21	17	164	X	X	X		X	X		X	
Party Trays - Million Dollar Cobb Salad with Ranch Dressing	1560	1170	130	43	0.5	450	3470	45	14	17	63	X	X	X		X	X		X	
Party Trays - Million Dollar Cobb Salad without Dressing	1030	670	74	34	0.5	405	2260	39	14	14	60	X	X	X		X	X		X	
Party Trays - Pan-Seared Pot Stickers with Pot Sticker Sauce	2640	910	101	35	0.5	60	13160	352	9	146	81	X	X	X		X	X		X	
Party Trays - Side Dressings - Blue Cheese (5 fl)	810	760	84	17	2	85	1260	6	0	4	7	X	X	X		X	X		X	
Party Trays - Side Dressings - Caesar (5 fl)	740	720	80	13	1	70	1200	5	1	2	3	X	X	X		X	X		X	
Party Trays - Side Dressings - Fat Balsamic Vinaigrette (5 fl)	210	70	7	0.5	0	0	720	37	0	19	0	X	X	X		X	X		X	
Party Trays - Side Dressings - Honey Mustard (5 fl)	760	620	69	11	1	60	1280	33	1	29	2	X	X	X		X	X		X	
Party Trays - Side Dressings - Ranch (5 fl)	540	500	55	9	0	45	1220	6	0	3	3	X	X	X		X	X		X	
Party Trays - Whiskey-Glazed Grilled Chicken with Side of Whiskey Glaze	2010	240	26	7	0	600	6250	240	14	222	208	X	X	X		X	X		X	
Party Trays - Whiskey-Glazed Ribs with Side of Whiskey Glaze Side	2630	1070	119	42	0	310	6220	316	3	298	81	X	X	X		X	X		X	
Party Trays - Whiskey-Glazed Sliders (8)	2620	1440	160	60	0	325	5200	193	6	73	100	X	X	X		X	X		X	
Bundles - Side Fries for Fried Chicken and Shrimp Bundle (16 oz)	920	540	61	13	0	0	960	84	10	3	10	X	X	X		X	X		X	
Bundles - Bones - Traditional Wings ONLY (20) with Apple Butter BBQ Sauce with Side Sauce	1760	1000	111	25	0	315	1610	129	2	106	70	X	X	X		X	X		X	
PLATTERS	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Platters - Classic Spinach Dip Platter with Chips and Celery	1410	930	104	51	3.5	245	4320	69	8	9	46	X	X	X		X	X		X	
Platters - Dessert Platter - LARGE	8540	3750	417	182	6	735	3840	1124	49	842	83	X	X	X		X	X		X	
Platters - Dessert Platter - SMALL	3720	1600	178	75	4	265	1790	496	22	354	37	X	X	X		X	X		X	
Platters - Fridays Classic App Platter - SMALL - Pot Stickers (3) WITHOUT Pot Sticker Sauce	290	110	13	4.5	0	10	1080	36	1	11	9	X	X	X		X	X		X	
Platters - Loaded Potato Skins Platter with Ranch Sour Cream	2030	940	104	35	0	165	4950	201	33	11	53	X	X	X		X	X		X	
Platters - Side Blue Cheese Dressing (4 fl) for SMALL Fridays Classic App Platter	650	610	67	13	1.5	65	1010	4	0	3	6	X	X	X		X	X		X	
Platters - Side Blue Cheese Dressing (8 fl) for LARGE and SMALL Wings, Wing Combo and LARGE Fridays Classic App Platter	1300	1210	135	27	3	135	2010	9	1	7	11	X	X	X		X	X		X	
Platters - Side Celery (12 Each) for SMALL Wings and Wing Combo	10	0	0	0	0	0	40	1	1	1	0		X	X		X	X		X	
Platters - Side Celery (24 Each) for LARGE Wings and Wing Combo	15	0	0	0	0	0	75	3	2	1	1		X	X		X	X		X	
Platters - Side Ranch Dressing (4 fl) for SMALL Fridays Classic App and The Bones Platter	430	400	44	7	0	35	970	5	0	2	2	X	X	X		X	X		X	
Platters - Side Ranch Dressing (8 fl) for LARGE and SMALL Wings, Wing Combo and LARGE Fridays Classic App Platter	860	800	89	15	0	70	1940	9	0	5	4	X	X	X		X	X		X	
Platters - Whiskey-Glazed and BBQ Ribs Platter - LARGE	4210	2090	232	82	1	620	8670	383	7	329	167	X	X	X		X	X		X	
Platters - Whiskey-Glazed and BBQ Ribs Platter - SMALL	2100	1040	116	41	0	310	4340	191	4	164	84	X	X	X		X	X		X	
Platters - Whiskey-Glazed Sesame Chicken Platter with Side Whiskey Glaze	3250	800	88	14	0	455	7340	477	1	459	152	X	X	X		X	X		X	
OFFICE PREMISE	CALS	FATCAL	FAT	SAT	TRAN	CHOL	SOD	CARB	FIBER	SUG	PROT	Egg	Fish	Milk	Pnut	Shell	Soy	Tree	Wheat	MSG
Off Premise - Celebration Box	1920	720	80	38	0	245	1540	301	4	235	23	X	X	X		X	X		X	
Off Premise - Mega Fries with Ketchup (20 oz)	1310	680	76	16	0	0	2480	145	12	35	13	X	X	X		X	X		X	
Off Premise - Mega Loaded Queso Fries	1650	1010	113	36	0	120	3380	126	12	13	36	X	X	X		X	X		X	
Off Premise - Mega Onion Rings with BBQ Ranch	1360	650	72	13	0	25	2050	157	9	40	15	X	X	X		X	X		X	