

# WINGS OVER NUTRITIONAL GUIDE

ITEM	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME	HONEY	Calories
<b>X = contains allergen</b>									
<b>* = contains ingredients or is processed in a facility with peanuts, tree nuts and/or wheat + gluten</b>									
<b>CHICKEN &amp; RIBS</b>									
BONELESS WINGS	X					X			330-7,200
WINGS (BONE IN )						X			570-13,140
RIBS									875-1,750
<b>SANDWICHES AND WRAPS</b>									
FRIED CHICKEN SANDWICH	X	X			X	X	X		610-930
FRIED CHICKEN WRAP	X					X			490-810
BUFFALO CHICKEN SANDWICH	X	X			X	X	X		960 - 1,000
BUFFALO CHICKEN WRAP	X	X				X			830 - 870
GRILLED CHICKEN SANDWICH	X	X			X	X	X		600 - 920
GRILLED CHICKEN WRAP	X					X			480 - 800
SOUTHWEST BBQ SANDWICH	X	X			X	X	X		840
SOUTHWEST BBQ WRAP	X					X			920
FRIED CHICKEN-BACON-RANCH SANDWICH	X	X			X	X	X		925
FRIED CHICKEN-BACON-RANCH WRAP	X	X				X			1,005
GRILLED CHICKEN BLT SANDWICH	X	X			X	X	X		720
GRILLED CHICKEN BLT WRAP	X					X			600
<b>SIDES</b>									
WAFFLE FRIES	X					X			430-860
ONION RINGS	X	X				X			420-840
CROUTONS	X	X							
<b>DAIRY</b>									
AMERICAN CHEESE		X				X			70
BLUE CHEESE		X			X	X			350-690
SHREDDED PARM CHEESE		X							110
CEASAR DRESSING		X	X		X				300
CHEESE SAUCE		X				X			140
DELUXE RANCH		X			X	X			260-640
RANCH		X			X	X			260-640
<b>SWEETS</b>									
COOKIE	X	X			X	X			380
BROWNIE	X	X			X	X			350
<b>SAUCES</b>									
BBQ CAJUN									80
BBQ CITRUS CHIPOTLE	X					X			140
BBQ GOLDEN	X					X			120
BBQ HONEY								X	100
BBQ KICKIN'									80
BBQ TRADITIONAL									80
TERIYAKI CAJUN	X					X			120
TERIYAKI SPICY	X					X			120
TERIYAKI TRADITIONAL	X					X			120
HONEY MUSTARD					X	X		X	280
HOT GARLIC						X			56
JAMAICAN JERK	X					X			0
MANGO HABANERO									100
SWEET CHILI	X	X				X			160
WIMPY									0
CRUISIN ALTITUDE									0
JET FUEL									0
AFTERBURNER									0
7 PEPPER									0
CAJUN BLACKENED									0
GARLIC ROMANO		X							10
MUSTANG RANCH		X						X	0
WEST TEXAS MESQUITE	X	X							0
BUTTER FLAVORING						X			130
KETCHUP HEINZ									20
KETCHUP WINGS OVER									10
MAYO WEST CREEK					X				90
MUSTARD									5

Individual foods may come in contact with one another during preparation which is not reflected on the chart. Although efforts are made to avoid cross-contact or allergens, Wings Over, does not guarantee that cross-contact with allergens will not occur, before placing your order, please inform your crew member if you or anyone in your party has a food allergy.