

# Nutritional Information

<b>Appetizers</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Sticky Fingers Large (includes ranch) 8 pieces	2102.0	103.4	21.6	222.5
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Sticky Finger Regular (includes ranch) 5 pieces	1349.0	64.9	13.6	146.8
Ranch Dressing (1.5 ounces)	154.0	16.2	3.0	2.5
Sticky Finger Quesadilla (inc. creamy amazing dressing)	1397.0	82.0	29.5	113.2
Creamy Amazing Dressing (1.5 ounces)	175.0	13.0	2.1	13.9
Wings- 6 (includes ranch)	620.0	27.2	6.1	54.5
Wings- 6 (without ranch)	466.0	11.0	3.1	52.0
Ranch Dressing (1.5 ounces)	154.0	16.2	3.0	2.5
Wings-12 (includes ranch)	1149.0	47.3	10.8	103.2
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Wings & Things Sampler (includes ranch)	1833.0	95.0	31.4	165.0
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Potato Skins (including sour cream)	832.0	53.0	33.5	52.5
Sour Cream- 1 tablespoon	30.0	3.0	1.8	1.0
Onion Rings- non fried (4 Pieces)	170.0	0.5	0.0	41.0
Popcorn- 4.5 cups	160.0	9.0	8.0	19.0
<b>Salads (No Dressing)</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Sweet Sesame Chicken	978.0	51.8	17.3	71.8
Asian Dressing (3 ounces)	99.0	0.0	0.0	22.7
Balsamic Chicken Salad	751.0	39.6	7.6	56.7
Balsamic Vinaigrette (3 ounces)	75.0	0.0	0.0	14.5
BBQ Cobb	896.0	50.3	26.8	50.4
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Caesar Salad	81.0	3.1	0.6	9.3
Caesar Dressing (3 ounces)	411.0	41.1	7.3	5.9
Crispy Chicken Salad	490.0	29.0	15.6	18.6
Creamy Amazing Dressing (3 ounces)	266.0	20.0	3.8	21.9
Grilled Chicken Caesar Salad	318.0	6.1	1.3	29.1
Caesar Dressing (3 ounces)	411.0	41.1	7.3	5.9
Grilled Chicken Salad	901.0	29.1	15.6	108.5
Creamy Amazing Dressing (3 ounces)	266.0	20.0	3.8	21.9
House Salad	212.0	14.6	7.6	9.3
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Mango Chicken Salad	531.0	12.0	1.2	68.5
Poppyseed Dressing (3 oz)	273.0	21.5	2.9	17.6
Southwest Salad W/ Chicken	493.0	23.8	9.1	31.2
Southwest Dressing (3 ounces)	364.0	36.4	3.0	6.1
Southwest Salad w/ Pork	665.0	35.3	13.6	51.0
Southwest Dressing (3 ounces)	364.0	36.4	3.0	6.1
Sticky Finger Salad	1110.0	48.9	19.8	126.8
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Blue cheese Dressing- 3 oz.	450.0	48.0	4.5	3.0
<b>Salads and Combos</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>

House Salad (without Ranch) & 1/2 Turkey BLT	563.0	35.7	12.8	33.9
Soup and House Salad (Without Ranch Dressing)	671.0	26.2	12.2	73.5
Chicken Tortilla Soup	459.0	11.6	4.6	64.2
House Salad (no dressing)	212.0	14.6	7.6	9.3
Ranch Dressing (3 ounces)	308.0	32.3	6.0	5.0
Tortilla Soup & 1/2 Turkey BLT	811.0	32.7	9.7	88.8

<b>Amazing Platters</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Amazing Ribs (½ Rack) w/ sides	2675.0	158.3	57.8	176.1
Amazing Ribs (½ Rack) no sides	2143.0	138.8	54.3	96.8
Center Cut Sirloin Steak w/ sides	1133.0	62.1	17.7	79.7
Center Cut Sirloin Steak no sides	601.0	42.6	14.2	0.3
Grilled Salmon w/ sides	1149.0	33.7	5.6	149.0
Grilled Salmon no sides	702.0	14.3	2.2	95.7
Ribs and Sticky Fingers Combo w/ sides	3196.0	179.4	62.3	241.7
Ribs & Sticky Finger Combo no sides	2665.0	159.9	58.8	162.3
Ribs & Wings Combo w/ sides	3033.0	165.6	59.8	223.4
Ribs & Wings Combo no sides	2501.0	146.1	56.3	144.0
Winger's Saucy! Grilled Chicken w sides	1073.0	22.0	4.1	147.8
Winger's Saucy! Grilled Chicken no sides	626.0	2.6	0.7	94.5
Sticky Finger Dinner w/ sides	1606.0	90.1	18.9	157.1
Sticky Finger Dinner no sides	968.0	54.1	11.2	85.7
World Famous Wing Dinner w/ sides	1289.0	63.7	14.1	120.7
World Famous Wing Dinner no sides	651.0	27.7	6.5	49.3

<b>Signature Specialties</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Chicken Pot Pie	1394.0	84.5	21.5	112.9
Blackened Chicken Alfredo	1042.0	64.3	19.0	61.9
Blackened Chicken Alfredo- no garlic bread	847.0	57.9	17.0	36.4
Fish and Chips	1096.0	57.6	13.6	108.1
Fish and Chips- no fries, tartar, or coleslaw	327.0	7.5	3.8	35.9
Loaded Chicken	1451.0	65.3	25.3	116.6
Loaded Chicken- no sides	920.0	45.7	21.8	37.2
Smokin Chicken Platter	1173.0	52.8	19.8	88.8
Smokin Chicken Platter- no sides	642.0	33.3	16.4	9.4
Smokin Steak Platter	1403.0	81.5	30.2	88.8
Smokin Steak Platter- no sides	871.0	62.0	26.7	9.4
Chicken Fajitas (includes tortillas and sides)	1150.0	48.6	22.7	90.0
Combo Fajitas (includes tortillas and sides)	1220.0	58.1	25.9	90.0
Steak Fajitas (includes tortillas and sides)	1291.0	67.7	29.1	90.0
Sticky Finger Rice Bowl	1196.0	35.4	7.2	171.7
Teriyaki Chicken Rice Bowl	1012.0	15.6	3.0	156.7

<b>Burgers</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
All American Burger (w/ fries, mayo, ketchup, L-TOP)	1196.0	68.4	19.2	95.0
All American Burger- no fries	653.0	39.4	12.5	31.2
Bacon Ranch Burger	1253.0	73.0	21.1	91.9
Bacon Ranch Burger- no fries	710.0	44.0	14.3	28.0
Cajun Burger	1351.0	73.4	22.2	116.2
Cajun Burger- no fries	809.0	44.4	15.5	52.4
Gutbuster Burger	1885.0	100.9	35.7	144.7
Gutbuster Burger- no fries	1342.0	71.9	29.0	80.9

Mushroom Mojo & Onion Burger	1550.0	76.7	22.7	151.3
Mushroom Mojo & Onion Burger- no fries	1007.0	47.7	16.0	87.5
Texas Bacon Cheeseburger	1439.0	81.9	25.3	114.6
Texas Bacon Cheeseburger- no fries	897.0	52.9	18.6	50.8
Winger Burger	1451.0	73.4	22.2	141.2
Winger Burger- no fries	909.0	44.4	15.5	77.4

<b>Sandwiches &amp; Wraps</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
7 Layer Wrap w/ fries	1688.0	93.7	26.4	154.7
7 Layer Wrap- no fries	1146.0	64.7	19.6	90.9
Blackened Chicken Sandwich	1598.0	87.7	19.1	146.0
Blackened Chicken Sandwich- no fries	1056.0	58.7	12.4	82.2
Crispy chicken Sandwich	1147.0	49.4	12.0	132.7
Crispy chicken Sandwich- no fries	605.0	20.4	5.2	68.9
Deluxe chicken Sandwich	1542.0	67.7	19.2	171.7
Deluxe chicken Sandwich- no fries	1000.0	38.7	12.4	107.9
Deluxe chicken Sandwich- no fries or mayo	900.0	27.7	10.4	106.9
Garlic Sirloin Steak Sandwich	1578.0	87.9	25.6	128.7
Garlic Sirloin Steak Sandwich- no fries	1035.0	58.9	18.9	64.9
Pulled Pork Sandwich w/ fries	1369.0	61.5	17.6	140.9
Pulled Pork Sandwich - no fries	826.0	32.5	10.8	77.1
Southwest Wrap with Chicken	1473.0	81.1	21.8	127.1
Southwest Wrap with Chicken- no fries	930.0	52.1	15.0	63.3
Southwest Wrap with Pork	1654.0	92.6	26.2	148.9
Southwest Wrap with Pork- no fries	1112.0	63.6	19.5	85.1
Sticky Finger Wrap	1821.0	98.8	27.4	186.6
Sticky Finger Wrap- no fries	1278.0	69.8	20.7	122.8
Turkey Bacon & Swiss Melt	1306.0	76.6	25.3	109.7
Turkey Bacon & Swiss Melt- no fries	763.0	47.6	18.5	45.9
Turkey BLT Sandwich	1245.0	71.2	17.0	113.1
Turkey BLT Sandwich- no fries	703.0	42.2	10.3	49.3

<b>Desserts</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Concrete Pie w/ toppings	972.0	49.6	31.7	118.9
Concrete Pie- no toppings	643.0	36.3	21.0	70.3
Asphalt Pie w/ toppings	876.0	47.2	29.3	106.9
Asphalt Pie- no toppings	547.0	33.9	18.6	58.3

<b>Kids Menu</b>	<b>cals</b>	<b>fat (g)</b>	<b>fat-saturated (g)</b>	<b>carbs (g)</b>
Kid Alfredo w/ teddy grahams & celery	365.0	22.7	7.7	31.5
Kid Alfredo- no teddy grahams & celery-	290.0	20.7	7.2	18.2
Kid All American Burger w/ toppings and sides	811.0	47.7	13.4	72.3
Kid All American Burger- no sides	466.0	31.2	9.5	27.2
Kid Corn Dog Nuggets W/ sides	676.0	36.0	9.1	73.6
Kid Corn Dog Nuggets- no sides	330.0	19.5	5.3	28.5
Kid fingers w/ sides and ranch	832.0	53.8	11.4	65.9
Kid fingers- no sides	487.0	37.2	7.5	20.8
Kid Fingers- no sides OR ranch	333.0	21.1	4.5	18.3
Kid Grilled cheese w/ sides	740.0	43.7	19.5	71.5
Kid Grilled cheese- no sides	395.0	27.2	15.7	26.3
Kid Grilled chicken w/ sides	386.0	3.7	0.9	53.3
Kid Grilled chicken- no sides	312.0	1.6	0.4	40.0

Kid Mac & Cheese w/ sides	461.0	20.5	8.3	53.5
Kid Mac & Cheese- no sides	387.0	18.4	7.8	40.3
Kid Quesadilla w/ sides	652.0	33.0	16.7	58.7
Kid Quesadilla- no sides	577.0	31.0	16.2	45.5
Kid Turkey Sandwich w/ sides	691.0	35.0	9.4	72.8
Kid Turkey Sandwich- no sides	345.0	18.5	5.6	27.7
Kid Wings w/ sides (4 wings)	668.0	40.0	8.9	47.7
Kid Wings- no sides (4 wings)	323.0	23.5	5.0	2.5

Sides	cals	fat (g)	fat-saturated (g)	carbs (g)
Fries	543.0	29.0	6.7	63.8
Amazing Sauce 4 oz.	378.0	0.0	0.0	94.5
Bacon 1 slice	42.0	3.2	1.1	0.1
Cheddar Cheese- 1 slice	80.0	7.0	4.0	0.5
Cole Slaw- 1/3 cup	95.0	7.0	1.0	7.6
Fajita Veggies	68.0	2.0	0.3	11.8
Feta Cheese- 1 oz	70.0	4.0	3.0	2.0
Fries- Kids serving	271.0	14.5	3.4	31.9
Fried Rice Noodles	93.0	1.1	0.0	19.8
Garlic Bread- 1 slice	194.0	6.4	2.0	25.5
Ketchup- 1 tablespoon	18.0	0.0	0.0	3.8
L-TO	19.0	0.1	0.0	4.4
Mayo- tablespoon	100.0	11.0	2.0	1.0
Mixed Veggies- 5 oz serving	173.0	12.2	2.4	11.8
Parm Cheese- 1 tablespoon	21.0	1.4	0.9	0.2
Pecans 1.5 oz	302.0	31.6	2.7	5.8
Pico de Gallo- 2 tablespoons	7.0	0.1	0.0	1.6
Rice Bowl Sauce- 4 oz	185.0	0.0	0.0	41.6
Sauteed mushrooms- 1 bullet	27.0	1.8	0.2	2.0
Sauteed onions- 1 bullet	33.0	1.6	0.2	4.3
Shredded 50/50 Cheddar/Jack mix- 3 oz	334.0	27.3	15.2	3.0
Sour Cream- 1 tablespoon	30.0	3.0	1.8	1.0
Swiss Cheese- 1 slice	70.0	5.0	3.0	0.0
Tartar Sauce 3/4 bullet	132.0	14.1	2.2	0.9
Teddy Grahams	61.0	1.9	0.5	10.9
Teriyaki Sauce- 2 tablespoons	119.0	0.0	0.0	26.9
1 8" Four Tortilla	140.0	3.5	1.0	23.0
Tortilla Strips	4.0	0.1	0.0	0.8
1 Scoop of Wicked Rice	180.0	0.3	0.1	33.9
1 Sticky Finger	203.5	9.5	2.1	20.1
1 Wing with Original Amazing Sauce	81.4	1.8	0.6	8.7

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
71.9	6.6	5615.8
1.5	0.0	237.2
45.4	5.1	3675.2
0.8	0.0	118.6
56.2	5.7	2943.6
0.8	0.0	356.0
38.1	2.6	1280.4
37.3	2.6	1161.8
0.8	0.0	118.6
74.7	2.6	2382.7
1.5	0.0	237.2
82.3	9.1	4140.5
1.5	0.0	237.2
42.4	9.0	1327.4
0.5	0.0	7.5
5.0	1.0	520.0
3.0	3.0	240.0

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
58.3	9.2	1914.3
0.0	0.0	652.0
42.4	11.6	600.8
0.4	0.0	19.6
63.9	6.7	2986.8
1.5	0.0	237.2
4.7	2.4	192.2
2.9	0.0	1026.4
40.7	3.8	2196.1
0.9	0.0	514.7
33.9	4.8	380.2
2.9	0.0	1026.4
49.7	8.4	1562.1
0.9	0.0	514.7
12.6	2.2	344.3
1.5	0.0	237.2
34.3	10.3	210.5
0.0	0.0	682.5
41.7	7.7	2244.1
0.0	0.0	668.2
38.3	7.7	1582.2
0.0	0.0	668.2
41.0	9.4	2146.0
1.5	0.0	237.2
3.0	0.0	660.0

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
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29.2	3.7	1409.7
38.8	10.8	2966.2
26.1	8.6	2622.0
12.6	2.2	344.3
1.5	0.0	237.2
42.6	10.2	3687.4

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
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113.3	10.8	2719.5
103.1	0.0	2238.8
61.0	10.9	1381.7
50.9	0.1	900.9
51.2	6.9	3526.3
45.2	0.5	2742.5
130.7	11.8	4288.5
120.6	1.0	3807.7
137.4	10.8	3718.4
127.3	0.0	5237.7
58.4	6.5	2753.9
52.4	0.0	1970.1
41.9	9.0	2830.1
35.5	2.0	2299.7
55.2	7.0	1698.4
48.8	0.0	1167.9

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
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42.3	4.8	3282.2
48.3	2.6	2679.9
41.4	2.6	2246.9
31.5	7.3	1574.1
25.1	0.4	850.2
98.1	12.2	2968.8
88.0	1.3	2488.0
85.8	12.2	2101.1
75.7	1.3	222.5
79.0	12.2	2075.0
68.9	1.3	1594.3
88.8	8.8	2406.9
85.3	8.8	2412.6
81.8	8.8	2418.3
29.5	8.8	3852.0
39.7	7.8	3953.9

<b>protein (g)</b>	<b>fiber (g)</b>	<b>sodium (mg)</b>
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48.7	8.0	897.2
42.3	2.0	567.3
54.8	7.9	1100.2
48.4	2.0	770.2
53.4	7.9	1640.1
47.0	2.0	1310.2
96.6	7.9	2115.5
90.2	2.0	1785.5

58.5	9.2	3237.0
52.1	3.3	2907.0
59.5	8.3	1948.2
53.1	2.3	1618.2
53.4	7.9	1750.1
47.0	2.0	1420.2

protein (g)	fiber (g)	sodium (mg)
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53.8	11.0	2731.3
47.4	5.0	2401.3
53.1	7.2	2615.6
46.7	1.2	2285.6
39.3	7.2	2975.5
32.9	1.2	2645.5
59.2	7.2	2824.2
52.8	1.2	2494.3
52.8	1.2	2429.3
63.2	8.7	2107.9
56.8	2.7	1778.0
55.7	7.7	1784.3
49.3	1.8	1454.3
56.6	10.1	2567.8
50.2	4.2	2237.8
53.3	10.1	2472.9
46.9	4.2	2142.9
49.7	10.3	3180.6
43.3	4.4	2850.6
43.1	8.3	2512.8
36.7	2.3	2182.8
39.4	9.1	2460.8
33.1	3.2	2130.8

protein (g)	fiber (g)	sodium (mg)
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10.0	1.8	620.5
8.6	0.9	342.9
7.6	1.8	608.5
6.2	0.9	330.9

protein (g)	fiber (g)	sodium (mg)
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8.9	3.1	839.7
7.3	1.3	704.8
23.6	5.9	805.8
18.9	1.2	505.9
15.3	4.7	1064.9
10.5	0.0	765.0
22.9	5.7	1061.4
18.2	1.0	761.5
17.5	1.0	642.9
21.4	5.9	992.2
16.6	1.2	692.3
29.5	3.2	1018.7
27.9	1.4	883.9

16.4	3.3	912.8
14.8	1.6	777.9
28.5	4.8	1162.1
27.0	3.1	1027.2
23.5	5.9	1156.2
18.8	1.2	856.3
29.6	4.7	491.3
24.9	0.0	191.4

protein (g)	fiber (g)	sodium (mg)
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6.4	6.0	330.0
0.0	0.0	1852.2
3.0	0.0	191.8
5.0	0.0	135.0
0.0	1.0	200.4
1.1	1.7	516.7
6.0	0.0	340.0
3.2	3.0	165.0
0.0	0.4	125.9
6.9	0.0	433.0
0.3	0.0	167.1
1.1	1.0	4.6
0.0	0.0	65.0
3.1	3.6	252.0
1.9	0.0	84.8
4.0	4.0	0.4
0.8	0.4	35.1
2.3	0.0	1778.8
1.5	0.5	86.6
0.5	0.8	82.4
21.3	0.0	546.7
0.5	0.0	7.5
5.0	0.0	40.0
0.0	0.0	193.4
0.9	0.5	70.9
1.5	0.0	1148.9
4.0	2.0	290.0
0.1	0.1	6.3
3.0	1.9	331.4
8.7	0.5	545.3
6.2	0.4	193.6