



CLASSIC & BONELESS WINGS NUTRITION GUIDE

			CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
CLASSIC WINGS														
Plain	1 ea		90	7	1.5	0	25	25	0	0	0	6	-	-
Asian Orange	1 ea		110	7	1.5	0	25	35	6	0	5	6	-	-
Buffalo	1 ea		110	9	3	0	30	230	0	0	0	6	-	2
Butter Cheese	1 ea		140	12	3	0	30	135	0	0	0	8	-	2
Cajun	1 ea		120	10	2	0	25	270	0	0	0	6	-	-
Carolina Gold	1 ea		130	10	2	0	30	45	2	0	2	6	-	1, 6, 5
Creole Parmesan	1 ea		130	11	2.5	0	30	115	0	0	0	6	-	1, 2
Firecracker	1 ea		130	10	2	0	30	90	3	0	3	6	-	1
Garlic Parmesan	1 ea		140	12	2.5	0	30	115	0	0	0	6	-	1, 2
Greek	1 ea		120	10	2	0	25	70	1	0	0	6	-	-
Habanero Ranch	1 ea		120	10	2	0	25	75	0	0	0	6	-	2, 5
Honey BBQ	1 ea		100	7	1.5	0	25	85	3	0	3	6	-	6, 5
Honey Chipotle	1 ea		100	7	1.5	0	25	80	4	0	3	6	-	6, 5, 7
Hot Garlic	1 ea		100	7	2	0	30	210	1	0	1	6	-	2
Lauri G's	1 ea		110	7	1.5	2	25	40	4	0	3	6	-	5, 7
Lemon Pepper	1 ea		120	10	2	0	25	160	1	0	0	6	-	2
Spicy Italian	1 ea		120	10	2	0	25	70	0	0	0	6	-	2
Sweet Heat	1 ea		110	7	1.5	0	25	95	6	0	6	6	-	2, 5, 7
Teriyaki	1 ea		140	7	1.5	0	25	480	13	0	11	6	-	6, 5, 9
Tiger Sauce	1 ea		130	11	3	0	30	180	0	0	0	7	-	2, 1, 9
Whiskey BBQ	1 ea		110	7	1.5	0	25	105	3	0	3	6	-	5, 6
BONELESS WINGS														
Plain	1 ea		130	8	1	0	20	260	8	00	0	7	-	2, 1, 6
Asian Orange	1 ea		160	8	1	0	20	270	14	0	5	7	-	2, 1, 6
Buffalo	1 ea		150	10	2.5	0	25	470	9	0	0	7	-	2, 1, 6
Butter Cheese	1 ea		190	13	2.5	0	25	370	8	0	0	9	-	2, 1, 6
Cajun	1 ea		170	12	1.5	0	20	500	9	0	0	7	-	2, 1, 6
Carolina Gold	1 ea		170	11	1.5	0	20	280	10	0	2	7	-	2, 1, 6, 5
Creole Parmesan	1 ea		170	12	2	0	20	350	8	0	0	7	-	2, 1, 6
Firecracker	1 ea		170	11	1.5	0	20	320	12	0	3	7	-	2, 1, 6
Garlic Parmesan	1 ea		190	13	2	0	25	350	9	0	0	8	-	2, 1, 6
Greek	1 ea		170	11	1.5	0	20	300	9	0	0	7	-	2, 1, 6
Habanero Ranch	1 ea		170	11	1.5	0	20	310	8	0	0	7	-	2, 1, 6, 5
Honey BBQ	1 ea		150	8	1	0	20	320	12	0	3	7	-	2, 1, 6, 5
Honey Chipotle	1 ea		150	8	1	0	20	310	12	0	3	7	-	2, 1, 6, 5, 7
Hot Garlic	1 ea		150	8	1.5	0	20	450	9	0	1	7	-	2, 1, 6
Lauri G's	1 ea		150	8	1	2	20	270	13	0	3	7	-	2, 1, 6, 5, 7
Lemon Pepper	1 ea		170	12	1.5	0	20	390	9	0	0	7	-	2, 1, 6
Spicy Italian	1 ea		170	11	1.5	0	20	300	8	0	0	7	-	2,1,7
Sweet Heat	1 ea		160	8	1	0	20	330	14	0	6	7	-	2,1,6,5,7
Teriyaki	1 ea		150	8	1	0	20	410	13	0	4	7	-	2, 1, 6, 5, 9
Tiger Sauce	1 ea		180	12	2.5	0	25	410	9	0	0	8	-	2, 1, 6, 9
Whiskey BBQ	1 ea		150	8	1	0	20	340	12	0	3	7	0	2, 1, 6, 5

COMMON ALLERGENS:

1. CONTAINS EGG / 2. CONTAINS MILK / 3. CONTAINS PEANUTS / 4. CONTAINS TREE NUTS / 5. CONTAINS SOY / 6. CONTAINS WHEAT** / 7. CONTAINS FISH / 8. CONTAINS SHELLFISH / 9. CONTAINS SESAME

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TENDERS & PRETENDIES NUTRITION GUIDE

		CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
HAND-BATTERED TENDERS													
Plain	1 ea	250	1.5	0	0	40	1270	36	0	0	21	-	2, 6
Butter Cheese	1 ea	360	12	3.5	0	50	1480	37	0	0	25	-	2, 6
Cajun	1 ea	260	1.5	0	0	40	1440	37	1	0	21	-	2, 6
Greek	1 ea	260	1.5	0	0	40	1270	37	0	0	21	-	2, 6
Habanero Ranch	1 ea	250	1.5	0	0	40	1280	36	0	0	21	-	2, 6, 5
Lemon Pepper	1 ea	260	1.5	0	0	40	1370	37	0	0	21	-	2, 6
Spicy Italian	1 ea	260	1.5	0.5	0	40	1280	36	0	0	21	-	2, 6
PLANT BASED TENEREDERS (PRETENDIES)													
Plain	1 ea	100	6	0.5	0	0	170	7	0	0	6	-	5, 6
Asian Orange	1 ea	120	6	0.5	0	0	180	13	0	5	6	-	5, 6
Buffalo	1 ea	120	7	2	0	5	380	8	0	1	6	-	2, 5, 6
Butter Cheese	1 ea	150	11	2.5	0	5	280	8	0	0	8	-	2, 5, 6
Cajun	1 ea	130	9	1.5	0	0	380	8	0	0	6	-	2, 5, 6
Carolina Gold	1 ea	140	9	1	0	5	190	9	0	2	6	-	1, 5, 6
Creole Parmesan	1 ea	140	10	1.5	0	5	260	7	0	0	6	-	1, 2, 5, 6
Firecracker	1 ea	140	8	1	0	5	230	11	0	4	6	-	1, 5, 6
Garlic Parmesan	1 ea	150	11	1.5	0	5	260	8	0	0	6	-	1, 2, 5, 6
Greek	1 ea	130	9	1.5	0	0	210	8	0	0	6	-	5, 6
Habanero Ranch	1 ea	130	9	1.5	0	0	220	8	0	0	6	-	2, 5, 6
Honey BBQ	1 ea	110	6	0.5	0	0	230	11	0	3	6	-	5, 6
Honey Chipotle	1 ea	110	6	0.5	0	0	230	11	0	3	6	-	5, 6, 7
Hot Garlic	1 ea	110	6	1	0	5	360	8	0	2	6	-	2, 5, 6
Lauri G's	1 ea	120	6	1	2	0	180	12	0	4	6	-	5, 6, 7
Lemon Pepper	1 ea	130	9	1.5	0	0	300	8	0	0	6	-	2, 5, 6
Spicy Italian	1 ea	130	9	1.5	0	0	220	8	0	0	6	-	2, 5, 6
Sweet Heat	1 ea	120	6	1	0	0	240	14	0	6	6	-	2, 5, 6, 7
Teriyaki	1 ea	120	6	0.5	0	0	320	12	0	4	6	-	5, 6, 7
Tiger Sauce	1 ea	140	9	2	0	5	320	8	0	0	6	-	1, 2, 5, 6, 7
Whiskey BBQ	1 ea	120	6	0.5	0	0	250	11	0	4	6	-	5, 6

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CHICKEN SANDWICHES & SALADS

NUTRITION GUIDE

		CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
CHICKEN SANDWICHES (For Sauced Options please add from the Side Sauces to Plain Sandwich)													
Plain	1 ea	710	21	4	0	100	2490	86	3	5	40	-	2, 1, 6, 5, 9
Savory Rub	1 ea	740	21	4	0	100	2930	93	3	11	40	-	2, 1, 6, 5, 9
Honey Butter Hot	1 ea	1000	48	7	0	105	3020	99	3	16	40	-	2, 1, 6, 5, 9
Butter Cheese	1 ea	910	44	8	0	105	2780	87	3	5	42	-	2, 1, 6, 5, 9
Cajun	1 ea	720	21	4	0	100	2650	86	3	5	40	-	2, 1, 6, 5, 9
Greek	1 ea	720	21	4	0	100	2490	87	3	5	40	-	2, 1, 6, 5, 9
Habanero Ranch	1 ea	710	21	4	0	100	2490	86	3	5	40	-	2, 1, 6, 5, 9
Lemon Pepper	1 ea	720	21	4	0	100	2580	87	3	5	40	-	2, 1, 6, 5, 9
Spicy Italian	1 ea	720	21	4	0	100	2500	86	3	5	40	-	2, 1, 6, 5, 9

		CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
PLANT-BASED CHICKEN SANDWICHES													
Plain	1 ea	500	30	5	0	15	740	40	2	6	18	VT	2, 1, 6, 5, 9
Savory Rub	1 ea	530	30	5	0	15	1190	47	3	13	19	VT	2, 1, 6, 5, 9
Honey Butter Hot	1 ea	1000	48	7	0	105	3020	99	3	16	40	VT	2, 1, 6, 5, 9
Butter Cheese	1 ea	700	52	9	0	20	1040	41	2	6	20	VT	2, 1, 6, 5, 9
Cajun	1 ea	500	30	5	0	15	910	40	3	6	18	VT	2, 1, 6, 5, 9
Greek	1 ea	500	30	5	0	15	750	41	2	7	18	VT	2, 1, 6, 5, 9
Habanero Ranch	1 ea	500	30	5	0	15	750	40	2	6	18	VT	2, 1, 6, 5, 9
Lemon Pepper	1 ea	500	30	5	0	15	840	41	2	7	18	VT	2, 1, 6, 5, 9
Spicy Italian	1 ea	500	30	5	0	15	760	40	2	6	19	VT	2, 1, 6, 5, 9

		CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
SALADS (Dressing not included in info, see side dip options)													
Crispy Tender Salad (Entree)	1 ea	990	33	18	0	175	3250	113	7	10	59	-	2, 1, 6
Crispy Tender Salad (Small)	1 ea	530	18	10	0	95	1620	61	4	8	30	VT	2, 1, 6
DWC Side Salad	1 ea	270	17	10	0	55	310	24	3	8	8	VT	2, 1, 6

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SHAREABLES & SIDES

NUTRITION GUIDE

		CALORIES	TOAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VEGAN or VEGETARIAN	ALLERGENS** (SEE BELOW)
SHAREABLES													
Bleu Cheese Brussels	12 oz	470	31	9	0	40	570	38	10	18	15	VT	2, 5, 1, 6
Cheese Sticks (No Dip)	9 oz	920	58	24	0	75	2380	62	2	2	38	VT	2, 1, 6
Crispy Cauliflower	20 oz	1170	23	8	0	40	5990	191	9	5	31	VT	2, 1, 6, 9
Disco Tots	19 oz	910	58	20	0	70	2530	81	5	6	16	-	2, 6
DWC Fries (No Sauce/Rub)	13 oz	780	47	15	0	65	580	68	3	0	22	VT	2
DWC Poutine	20 oz	1150	72	33	0	165	1800	80	4	2	35	-	2, 6
Onion Rings (No Dip)	11 oz	740	35	5	0	0	1380	99	4	7	11	VT	6

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SIDES													
Cheese Sauce (2 oz)	58 grams	280	27	17	0	80	490	3	0	0	5	-	2, 5, 7
Coleslaw (2 oz)	40 grams	160	15	2.5	0	15	115	7	0	7	0	VT	1
Coleslaw (Small)	4.2 oz	480	43	8	0	40	340	21	2	19	1	VT	1
Coleslaw (Medium)	8.4 oz	950	86	16	0	80	690	43	4	39	2	VT	1
Coleslaw (Large)	12.6 oz	1430	130	24	0	115	1030	64	6	58	3	VT	1
Cornbread (Small)	1 loaf	90	4.5	3	0	25	60	11	0	5	1	VT	2, 1, 6
Cornbread (Medium)	2 loaves	180	9	6	0	45	115	21	0	10	3	VT	2, 1, 6
Cornbread (Large)	4 loaves	360	19	11	0	90	230	42	1	20	6	VT	2, 1, 6
French Fries (Small) (No Sauce/Rub)	7 oz	340	16	1.5	0	0	80	44	2	0	5	VT	-
French Fries (Medium) (No Sauce/Rub)	10.5 oz	500	24	2.5	0	0	120	65	3	0	7	VT	-
French Fries (Large) (No Sauce/Rub)	18 oz	860	41	4	0	0	210	112	6	0	12	VT	-
Gravy (2 oz)	67 grams	90	7	4.5	0	20	370	5	0	1	2	-	2, 6
Mac N' Cheese (Small)	6.69 oz	400	28	17	0	80	490	96	7	5	24	-	2, 6, 7, 5
Mac N' Cheese (Medium)	13.39 oz	800	56	35	0	155	980	193	14	11	47	-	2, 6, 7, 5
Mac N' Cheese (Large)	20 oz	1210	84	52	0	235	1470	289	21	16	71	-	2, 6, 7, 5
Sweet Corn (Small)	2.7 oz	140	9	6	0	25	200	14	1	2	2	VT	2
Sweet Corn (Medium)	5.4 oz	280	18	11	0	45	400	29	3	5	4	VT	2
Sweet Corn (Large)	8.1 oz	420	27	17	0	70	590	43	4	7	6	VT	2
Tater Tots (Small) (No Rub)	5 oz	270	15	2	0	0	760	34	2	2	2	VT	-
Tater Tots (Medium) (No Rub)	8 oz	430	23	3.5	0	0	1180	53	3	3	3	VT	-
Tater Tots (Large) (No Rub)	14 oz	580	31	4.5	0	0	1620	72	4	4	4	VT	-
Veggies (No Dip)	134 grams	35	0	0	0	0	100	8	3	4	1	VEGAN	-

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SWEETS - COOKIES													
Chocolate Chip	1 each	180	8	5	0	20	140	27	0	17	2	VT	1, 2, 5, 6
Heathbar Crunch	1 each	190	9	5	0	25	180	27	0	17	2	VT	1, 2, 4, 5, 6
Sugar	1 each	190	8	4.5	0	30	190	27	0	15	2	VT	1, 2, 5, 6
White Chunk Macadamia	1 each	200	11	6	0	20	135	25	0	17	2	VT	1, 2, 4, 5, 6

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SAUCES & DIPS

NUTRITION GUIDE

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SAUCES & DIPS - 2oz Side													
Asian Orange	76 g	190	0	0	0	0	75	49	0	38	0	VT	-
Bleu Cheese (dip)	44 g	210	22	5	0	25	330	0	0	0	1	VT	2, 1
Buffalo	63 g	130	13	9	0	35	1410	4	0	4	0	VT	2
Butter Cheese	52 g	400	45	8	0	0	570	3	0	0	4	VT	2
Carolina Gold	63 g	260	22	3.5	0	20	130	15	0	11	0	VT	1, 6, 5
Cajun	54 g	390	44	8	0	0	1740	6	0	0	1	VT	-
Comeback Sauce (dip)	50 g	230	22	4	0	20	560	8	0	6	0	-	1, 5, 7
Creole Parmesan	59 g	240	28	5	0	15	560	0	0	0	0	VT	2, 1
Firecracker	64 g	260	19	3.5	0	20	430	22	0	22	0	VT	1
Fry Sauce	64 g	290	26	4.5	0	25	510	15	0	13	0	-	1, 5, 7
Garlic Parmesan	58 g	320	33	7	0	35	550	3	0	1	3	VT	2, 1
Greek	54 g	390	44	7	0	0	510	7	0	2	2	VT	-
Habanero Ranch	54 g	380	43	7	0	0	550	3	0	0	2	VT	2, 5
Honey BBQ	67 g	100	0	0	0	0	430	24	0	20	0	VT	6, 5
Honey Chipotle	74 g	130	0	0	0	0	440	29	0	26	0	-	6, 5, 7
Hot Garlic	66 g	80	4	2	0	20	1320	8	0	8	0	VT	2
Lauri G's	65 g	130	2	1	12	5	110	31	0	23	0	-	5, 7, 2
Lemon Pepper	51 g	390	44	7	0	0	900	6	0	1	0	VT	-
Mississippi Ranch (dip)	51 g	170	17	3	0	15	360	3	0	3	1	-	5, 7, 2
Ranch (dip)	46 g	170	18	3.5	0	20	320	1	0	1	1	VT	2, 1
Spicy Italian	55 g	390	44	8	0	0	540	3	0	0	3	VT	2
Sweet Heat	74 g	210	2.5	1.5	0	5	550	49	1	45	1	-	2, 5, 7
Teriyaki	72 g	140	0	0	0	0	1160	34	0	29	0	VT	6, 5, 9
Tiger Sauce	58 g	220	20	8	0	40	950	4	0	2	2	VT	2, 1, 9
Whiskey BBQ	71 g	140	0	0	0	0	600	25	0	25	0	VT	6, 5

CRAFT BEVERAGES

Strawberry Lemonade	16 fl oz	500	30	5	0	15	740	40	2	6	18	VT	1, 2, 5, 6, 9
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