



HOW *Detroit* WINGS

NUTRITIONAL INFO

ORDER NOW

Updated: 4.14.2026

NEW ITEMS LIMITED TIME ONLY

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Truffle Parm Sauce	2 fl oz	350	39	7	0	35	360	0	0	0	1	Milk, Egg	VT
Truffle Parm Fries - Regular	1	730	55	8	0	25	370	52	3	0	8	Milk, Egg	VT
Truffle Parm Fries - Large	1	1420	105	15	0	45	700	103	5	0	16	Milk, Egg	VT
Texas Toast - Nashville Hot	1	240	17	3	0	0	400	22	1	4	4	Wheat, Sesame, Soy, Milk	
Texas Toast - Lemon Pepper	1	230	15	3	0	0	500	23	1	4	3	Wheat, Sesame, Soy, Milk	
Lemon Pepper Ranch	76g	290	30	6	0	30	590	3	0	2	1	Milk, Egg, Soy	VT
Spicy Ranch	76g	360	37	9	0	45	1150	4	0	3	1	Milk, Egg, Soy	VT
Dill Pickle Sauce (Classic & Spicy)	2 floz	300	32	6	0	30	400	1	0	0	0	Egg, Soy	
Dill Pickle Fries - Regular	1	810	64	8	0	30	1790	54	3	1	6	Egg, Soy	
Dill Pickle Fries - Large	1	1170	73	10	0	30	1900	115	6	1	12	Egg, Soy	
Dill Pickle Wrap	1	1230	74	18	0	145	2700	89	3	2	49	Wheat, Milk, Egg, Soy	

ALLERGEN STATEMENT

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WINGS

BONELESS WINGS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Plain	1 ea	130	8	1	0	20	260	8	0	0	7	Milk, Egg, Wheat	
Buffalo	1 ea	150	10	2.5	0	25	470	9	0	0	7	Milk, Egg, Wheat	
Buffalo Parmesan	1 ea	170	12	2	0	25	420	9	0	0	7	Milk, Egg, Wheat, Soy	
Butter Cheese	1 ea	190	13	2.5	0	25	370	8	0	0	9	Milk, Egg, Wheat	
Cajun	1 ea	170	12	1.5	0	20	500	9	0	0	7	Milk, Egg, Wheat	
Creole Parmesan	1 ea	170	12	2	0	20	350	8	0	0	7	Milk, Egg, Wheat	
Firecracker	1 ea	170	11	1.5	0	20	320	12	0	3	7	Milk, Egg, Wheat	
Garlic Parmesan	1 ea	190	13	2	0	25	350	9	0	0	8	Milk, Egg, Wheat, Soy	
Korean BBQ	1 ea	144	8	1	0	20	400	10.8	0	2	7	Soy, Wheat, Sesame, Milk, Egg	
Nashville Hot	1 ea	210	17	3	0	20	470	9	0	0	7	Milk, Egg, Wheat	
Habanero Ranch	1 ea	170	11	1.5	0	20	310	8	0	0	7	Milk, Egg, Wheat, Soy	
Honey BBQ	1 ea	150	8	1	0	20	320	12	0	3	7	Milk, Egg, Wheat, Soy	
Honey Chipotle	1 ea	150	8	1	0	20	310	12	0	3	7	Milk, Egg, Wheat, Soy	
Lemon Pepper	1 ea	170	12	1.5	0	20	390	9	0	0	7	Milk, Egg, Wheat	
Mango Habanero	1 ea	160	8	1	0	20	470	14	0	5	7	Milk, Egg, Wheat	
Whiskey BBQ	1 ea	150	8	1	0	20	340	12	0	3	7	Milk, Egg, Wheat, Soy	
Truffle Parm	1 piece	200	16	2.5	0	25	330	8	0	0	7	Milk, Egg, Wheat	

CLASSIC WINGS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Plain	1 ea	90	7	1.5	0	25	25	0	0	0	6		
Buffalo	1 ea	110	9	3	0	30	230	0	0	0	6	Milk	
Buffalo Parmesan	1 ea	130	11	3	0	30	180	0	0	0	7	Milk, Egg, Soy	
Butter Cheese	1 ea	140	12	3	0	30	135	0	0	0	8	Milk	
Cajun	1 ea	120	10	2	0	25	270	0	0	0	6		
Creole Parmesan	1 ea	130	11	2.5	0	30	115	0	0	0	6	Egg, Milk	
Firecracker	1 ea	130	10	2	0	30	90	3	0	3	6	Egg	
Garlic Parmesan	1 ea	140	12	2.5	0	30	115	0	0	0	6	Egg, Milk, Soy	
Korean BBQ	1 ea	104	7	1.5	0	25	165	2.8	0	2	6	Soy, Wheat, Sesame	
Nashville Hot	1 ea	170	16	3.5	0	30	240	1	0	0	6	Milk	
Habanero Ranch	1 ea	120	10	2	0	25	75	0	0	0	6	Milk, Soy	
Honey BBQ	1 ea	100	7	1.5	0	25	85	3	0	3	6	Wheat, Soy	
Honey Chipotle	1 ea	100	7	1.5	0	25	80	4	0	3	6	Wheat, Soy	
Lemon Pepper	1 ea	120	10	2	0	25	160	1	0	0	6		
Mango Habanero	1 ea	110	7	1.5	0	25	280	7	0	6	6		
Whiskey BBQ	1 ea	110	7	1.5	0	25	105	3	0	3	6	Soy, Wheat	
Truffle Parm	1 piece	160	15	3	0	30	95	0	0	0	6	Milk, Egg	

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TENDERS

CHICKEN TENDERS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
1 Tender	1	110	4	1	0	20	490	11	1	0	7	Milk, Egg, Wheat, Soy	
Buffalo	1	173	10	3	0	30	973	12	1	1	7	Milk, Egg, Wheat, Soy	
Buffalo Parmesan	1	190	12	3	0	30	810	12	1	1	7	Milk, Egg, Wheat, Soy	
Butter Cheese	1	287	24	4	0	23	750	12	1	0	9	Milk, Egg, Wheat, Soy	
Cajun	1	283	23	4	0	20	1307	14	1	0	7	Milk, Egg, Wheat, Soy	
Creamy Dill Pickle	1	210	15	2.5	0	30	627	11	1	0	7	Milk, Egg, Wheat, Soy	
Creole Parmesan	1	163	10	1	0	23	813	12	1	0	7	Milk, Egg, Wheat, Soy	
Firecracker	1	277	18	4	0	37	953	19	1	8	7	Milk, Egg, Wheat, Soy	
Garlic Parmesan	1	297	23	5	0	42	993	13	1	1	8	Milk, Egg, Wheat, Soy	
Korean BBQ	1	133	4	1	0	20	723	16	1	3	7	Milk, Egg, Wheat, Soy, Sesame	
Nashville Hot	1	280	23	4	0	23	850	13	2	1	7	Milk, Egg, Wheat, Soy	
Habanero Ranch	1	237	18	3	0	20	673	12	1	0	8	Milk, Egg, Wheat, Soy	
Honey BBQ	1	147	4	1	0	20	650	20	1	9	7	Milk, Egg, Wheat, Soy	
Honey Chipotle	1	163	4	1	0	20	643	24	1	11	7	Milk, Egg, Wheat, Soy	
Hot Sauce	1	117	4	1	0	20	1303	11	1	0	7	Milk, Egg, Wheat, Soy	
Lemon Pepper	1	117	4	1	0	20	1303	11	1	0	7	Milk, Egg, Wheat, Soy	
Mango Habanero	1	137	4	1	0	20	743	17	1	6	7	Milk, Egg, Wheat, Soy	
Sweet Heat	1	170	4	1	0	20	690	26	1	10	7	Milk, Egg, Wheat, Soy	
Whiskey	1	157	4	1	0	20	713	22	1	87	15	Milk, Egg, Wheat, Soy	
Truffle Parm	1 piece	360	25	4	0	50	820	18	0	0	16	Milk, Egg, Wheat, Soy	

TENDERS COMBOS SIDES

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Combo Cole Slaw	3 floz	340	31	6	0	30	240	15	1	14	1	Egg	
Combo Fry	5oz	240	11	1	0	0	55	31	2	0	3		
Texas Toast	1	220	15	3	0	0	370	22	1	4	3	Wheat, soy, sesame	

PLANT BASED TENDERS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Plain	1 ea	100	6	0.5	0	0	170	7	0	0	6	Wheat, Soy	VT
Buffalo	1 ea	120	7	2	0	5	380	8	0	1	6	Milk, Wheat, Soy	VT
Butter Cheese	1 ea	150	11	2.5	0	5	280	8	0	0	8	Milk, Wheat, Soy	VT
Cajun	1 ea	130	9	1.5	0	0	380	8	0	0	6	Milk, Wheat, Soy	VT
Creole Parmesan	1 ea	140	10	1.5	0	5	260	7	0	0	6	Egg, Milk, Wheat, Soy	VT
Firecracker	1 ea	140	8	1	0	5	230	11	0	4	6	Egg, Wheat, Soy	VT
Garlic Parmesan	1 ea	150	10	1.5	0	5	260	8	0	0	6	Milk, Egg, Wheat, Soy	VT
Habanero Ranch	1 ea	130	9	1.5	0	0	220	8	0	0	6	Milk, Soy, Wheat	VT
Honey BBQ	1 ea	110	6	0.5	0	0	230	11	0	3	6	Wheat, Soy	VT
Honey Chipotle	1 ea	110	6	0.5	0	0	230	11	0	3	6	Wheat, Soy	VT
Korean BBQ	1 ea	114	6	0.5	0	0	310	9.8	0	2	6	Soy, Wheat, Sesame	VT
Lemon Pepper	1 ea	130	9	1.5	0	0	300	8	0	0	6	Milk, Wheat, Soy	VT
Whisky BBQ	1 ea	120	6	0.5	0	0	250	11	0	4	6	Wheat, Soy	VT

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HANDHELDS

SIGNATURE CHICKEN SANDWICHES

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Crispy Chicken BLT	1 ea	880	34	8	0	130	3090	88	3	6	50	Milk, Egg, Wheat, Soy, Sesame	
Classic Crispy	1 ea	770	22	4.5	0	145	2540	85	3	5	52	Milk, Egg, Wheat, Soy, Sesame	

CHICKEN WRAPS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Signature Chicken Bacon Ranch	1 ea	920	56	17	0	135	2100	56	4	5	46	Milk, Egg, Soy, Wheat	
Classic Chicken Wrap - Baked (Not including sauce choice)	1 ea	680	21	10	0	90	1720	84	4	29	39	Milk, Wheat, Soy	
Classic Chicken Wrap - Crispy Chicken (Not including sauce choice)	1 ea	1060	42	12	0	120	2770	120	4	29	50	Milk, Wheat, Soy	

FRESH SALADS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Signature Chicken Bacon Ranch Salad - Baked	1	920	56	17	0	135	2080	56	4	5	46	Milk, Egg, Wheat, Soy	
Classic Chicken Salad - Baked Chicken	1	580	45	14	0	140	1460	10	3	5	33	Milk, Egg, Soy	
Classic Chicken Salad - Crispy Chicken	1	970	67	17	0	145	2220	46	3	5	44	Milk Egg, Wheat, Soy	

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SIDES DESSERTS

SIDES

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan or Vegetarian (VT)</i>
Carrots and Celery (no dip)	134 grams	35	0	0	0	0	100	8	3	4	1		VEGAN
Cheese Stick Bites (6 ct.)	83 grams	260	19	9	0	50	510	11	0	1	13	Milk, Wheat	VT
Cheese Stick Bites (10 ct.)	84 grams	430	31	15	0	80	850	18	0	10	21	Milk, Wheat	VT
Cheese Fries (Reg)	1	630	41	8	0	30	480	54	3	2	13	Milk	VT
Cheese Fries (Large)	1	1260	82	16	0	55	940	107	5	3	25	Milk	VT
Coleslaw (Reg)	4.2 oz	480	43	8	0	40	340	21	2	19	1	Egg	VT
Coleslaw (Large)	12.6 oz	1430	130	24	0	115	1030	64	6	58	3	Egg	VT
Dill Pickle Fries	14 oz	1160	73	10	0	30	610	113	6	0	12	Egg, Soy	VT
French Fries (Reg) (No Sauce/Rub)	8oz	510	31	2.5	0	0	95	51	3	0	5		VT
French Fries (Large) (No Sauce/Rub)	16oz	1020	63	5	0	0	190	103	5	0	11		VT
Garlic Parm Fries - Regular	1	750	55	11	0	45	800	53	3	1	13	Milk, Egg, Soy	VT
Garlic Parm Fries - Large	1	1130	73	13	0	45	890	103	5	1	18	Milk, Egg, Soy	VT
Nashville Hot Fries - Regular	1	710	52	11	0	20	1260	57	4	2	7	Milk	VT
Nashville Hot Fries - Large	1	1250	87	17	0	30	1650	109	7	2	14		
Mac N' Cheese (Reg)	5 oz	210	8	4.5	0	20	390	27	2	1	7	Milk, Wheat	VT
Mac N' Cheese (Large)	14 oz	640	23	13	0	60	1170	80	5	4	20	Milk, Wheat	VT
Poutine (Regular)	410 g	770	47	20	0	90	1250	62	3	2	18	Wheat, Soy, Fish, Milk	
Poutine (Large)	820g	1330	79	31	0	140	1780	114	6	3	33	Wheat, Soy, Fish, Milk	
Texas Toast	1	220	15	3	0	0	370	22	1	4	3	Wheat, Sesame, Soy	

DESSERTS

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan or Vegetarian (VT)</i>
Chocolate Chip Cookie	1.50 oz	180	8	5	0	20	140	27	0	17	2	Egg, Milk, Soy, Wheat	VT
Funnel Cake Fries	5 oz	500	19	6	0	45	490	78	0	34	4	Milk, Egg, Wheat, Soy	VT
Stuffed Peanut Butter Cookie	113 grams	530	29	12	0	25	250	63	2	37	10	Wheat, Milk, Eggs, Soy, Peanuts, Tree Nuts (Hazelnut)	VT
Stuffed Strawberry Shortcake Cookie	113 grams	500	24	15	0	65	390	67	0	33	5	Wheat, Milk, Eggs	VT

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SAUCES, RUBS, DIPS

SAUCES

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Buffalo	2 fl oz	270	24	12	0	45	2050	6	0	3	0	Milk	VT
Buffalo Parmesan	2 fl oz	300	30	9	0	40	1200	4	0	2	2	Milk, Egg, Soy	VT
Creamy Dill Pickle	2 fl oz	300	32	6	0	30	460	1	0	0	0	Soy, Egg	VT
Creole Parmesan	2 fl oz	260	29	3.5	0	15	1580	6	0	0	0	Milk, Egg	VT
Firecracker	2 fl oz	370	26	5	0	25	600	31	0	31	0	Egg	VT
Garlic Parmesan	2 fl oz	400	42	9	0	40	700	4	0	2	3	Milk, Egg, Soy	VT
Honey BBQ	2 fl oz	100	0	0	0	0	430	24	0	20	0	Wheat, Soy	VT
Honey Chipotle	2 fl oz	130	0	0	0	0	440	29	0	26	0	Wheat, Soy	VT
Hot Sauce	2 fl oz	0	0	0	0	0	2440	0	0	0	0	-	V
Korean BBQ	2 fl oz	70	0	0	0	0	700	14	0	10	0	Soy, Wheat, Sesame	VT
Mango Habanero	2 fl oz	132	0	0	0	0	1259	33	0	30	0	-	VT
Margarita BBQ	2 fl oz	100	0	0	0	0	650	26	0	20	0	-	VT
Whiskey BBQ	2 fl oz	200	0	0	0	0	980	49	0	38	0	Wheat, Soy	VT
Truffle Parm Sauce	2 fl oz	350	39	7	0	35	360	0	0	0	1	Milk, Egg	VT

RUBS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Cajun	54 grams	520	58	10	0	0	2450	9	1	0	1		VT
Butter Cheese	52 grams	530	60	11	0	10	780	4	0	0	5	Milk	VT
Habanero Ranch	54 grams	500	58	10	0	0	740	4	0	0	2	Milk, Soy	VT
Lemon Pepper	51 grams	510	57	10	0	0	1270	8	0	2	0		VT
Nashville Hot	56 grams	510	57	11	0	10	1080	6	2	2	1	Milk	VT

DIPS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan or Vegetarian (VT)
Lemon Pepper Ranch	76g	290	30	6	0	30	590	3	0	2	1	Milk, Egg, Soy	VT
Spicy Ranch	76g	360	37	9	0	45	1150	4	0	3	1	Milk, Egg, Soy	VT
DWC Ranch	76g	280	30	6	0	30	540	2	0	2	1	Milk, Egg, Soy	VT
Bleu Cheese	75 grams	360	38	8	0	40	570	1	0	2	2	Milk, Egg, Soy	VT
DWC Sauce	75 grams	350	34	6	0	30	840	12	0	9	0	Egg, Soy, Fish	
Fry Sauce	96 grams	370	31	3	0	15	530	22	0	15	0	Egg	VT

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DRINKS & MORE

DWC CRAFT DRINKS

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan or Vegetarian (VT)</i>
Watermelon Lime Energy Lemonade	16 fl oz	350	0	0	0	0	25	84	0	84	0	Contains 120mg Caffeine	VT
Green Apple Lime Energy Lemonade	16 fl oz	370	0	0	0	0	25	94	0	94	0	Contains 120mg Caffeine	VT
DWC Craft Strawberry Lemonade	16 fl oz	330	0	0	0	0	25	84	0	84	0		VT
DWC Sweet Tea	16 fl oz	270	0	0	0	0	20	71	0	71	0		VT

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