



Nutritional Information

The nutrition information regarding Zaxby's® menu items presented herein was compiled by Silliker®, Inc., which is an independent food safety and quality solutions company engaged by Zaxby's Franchising, Inc. to compile such nutritional information. Please note that this information is based upon standard portion product guidelines established by Zaxby's Franchising, Inc. and that variations in such standard portions can be expected due to minor differences in menu item preparation at different Zaxby's® restaurants. The Silliker logo and name are registered trademarks of Silliker, Inc.

Meal Dealz		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Big Zax Snak® (no sauce or drink)	Chicken Fingerz	101	253	111	12	2	1	74	788	5	2	0	31
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	363	0	0	0	0
	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	TOTAL		767	305	43	6	3	74	1459	77	8	2	39
Buffalo Wings Meal Deal (no sauce or drink - see wing sauces under most popular below)	Chicken Wings	122	366	207	23	6	1	206	173	0	0	0	40
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
TOTAL		755	351	39	9	3	206	1077	56	5	2	46	
Chicken Finger Sandwich Meal Deal (no drink)	Brioche Bun	100	388	155	16	3	3	0	502	48	3	11	9
	Chicken Fingerz	101	253	111	12	2	1	74	788	5	2	0	31
	Green Leaf Lettuce	5	1	0	0	0	0	0	2	0	0	0	0
	Zax Sauce® SAND	61	256	214	24	4	0	22	888	8	1	6	1
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	TOTAL		1268	622	69	12	5	96	2431	113	10	17	46
Grilled Chicken Sandwich Meal Deal (no drink)	Brioche Bun	100	388	155	16	3	3	0	502	48	3	11	9
	Grilled Fillet	134	187	47	5	2	0	103	845	0	0	0	34
	Green Leaf Lettuce	5	1	0	0	0	0	0	2	0	0	0	0
	Honey Mustard SAND	29	121	94	11	2	0	15	188	5	0	5	0
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	TOTAL		1067	438	48	10	4	118	1788	106	7	16	48

Zalads®		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
The House Zalad, Garden	Regular Salad Base	156	23	0	0	0	0	0	61	4	2	2	2
	Cucumbers	58	6	0	0	0	0	0	2	1	0	1	0
	Roma Tomatoes	55	8	0	0	0	0	0	11	1	1	1	1
	JK Cheddar Cheese	33	121	85	9	6	0	31	233	1	0	0	8
	Fried Onions	18	115	83	9	4	0	0	99	7	1	1	1
	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	TOTAL		417	219	34	11	2	31	673	35	5	7	14
	Fried Chicken Fingerz	135	337	148	16	3	1	99	1051	6	3	0	41
	TOTAL		754	368	50	14	3	130	1724	41	8	7	55
	Grilled Grilled Fillet	134	187	47	5	2	0	103	845	0	0	0	34
TOTAL		604	266	39	13	2	135	1519	35	5	7	48	
The Caesar Zalad, Garden	Caesar Salad Base	156	23	0	0	0	0	0	16	4	3	2	2
	Bacon	11	53	31	3	1	0	16	228	0	0	0	5
	Parmesan Cheese	26	100	58	6	4	0	23	219	4	0	0	7
	Croutons	30	152	77	9	2	1	0	273	16	2	1	3
	TOTAL		329	166	18	7	1	39	736	24	5	4	17
	Fried Chicken Fingerz	135	337	148	16	3	1	99	1051	6	3	0	41
	TOTAL		666	314	35	10	3	138	1788	30	8	4	58
	Grilled Grilled Fillet	134	187	47	5	2	0	103	845	0	0	0	34
	TOTAL		516	213	24	8	2	143	1582	24	5	4	51
	The Blue Zalad, Garden	Regular Salad Base	156	23	0	0	0	0	0	61	4	2	2
Roma Tomatoes		55	8	0	0	0	0	0	11	1	1	1	1
Blue Cheese		32	110	78	8	5	0	28	314	2	1	0	7
Fried Onions		18	115	83	9	4	0	0	99	7	1	1	1
Texas Toast		40	144	52	15	1	1	0	267	20	1	2	3
TOTAL			400	212	33	11	2	28	752	34	5	6	13
Buffalo Fingerz Chicken Fingerz		135	337	148	16	3	1	99	1051	6	3	0	41
Tongue Torch® WING		29	14	2	0	0	0	0	719	3	0	1	0
TOTAL			751	363	49	14	3	127	2522	43	8	1	54
Blackened Blackened Fillet		134	187	40	4	1	0	100	968	1	0	0	35
TOTAL		587	252	37	12	2	128	1720	35	5	6	48	



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Zalads®		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
The Chicken Salad Zalad	Regular Salad Base	156	23	0	0	0	0	0	61	4	2	2	2
	Cucumbers	58	6	0	0	0	0	0	2	1	0	1	0
	Roma Tomatoes	55	8	0	0	0	0	0	11	1	1	1	1
	Chicken Salad	155	367	229	25	5	0	108	1206	6	1	4	28
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	TOTAL		532	281	40	6	1	108	1516	31	4	9	32
Dressings (1 packet equals a 1.5 ounce serving)	Honey Mustard Dressing	43	178	138	16	3	0	22	276	8	0	7	1
	Ranch Dressing	43	188	178	20	3	0	17	316	2	0	1	0
	Thousand Island Dressing	43	267	257	29	4	0	30	219	3	0	3	1
	Blue Cheese Dressing	43	218	208	23	4	0	24	420	2	0	2	1
	Honey French Dressing	43	183	137	15	2	0	0	321	11	0	9	0
	Mediterranean Dressing	43	166	149	17	2	0	0	638	5	1	4	0
	Caesar Dressing	43	198	188	21	3	0	11	311	2	0	2	0
	Lite Ranch Dressing	43	104	88	10	2	0	18	476	3	1	2	1
	Lite Vinaigrette Dressing	43	55	26	3	0	0	0	353	8	0	7	0
Most Popular		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Chicken Finger Plate	Chicken Fingerz	169	422	186	20	4	2	124	1314	8	3	0	51
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Cole Slaw	78	117	72	8	3	0	4	130	10	2	8	0
	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	TOTAL		1052	451	59	11	4	128	1962	90	11	10	60
Chicken Finger Plate, Large	Chicken Fingerz	236	590	260	28	5	2	173	1840	11	5	0	71
	Crinkle Fries	227	590	227	25	5	2	0	65	83	7	0	9
	Seasoning Salt	2	2	0	0	0	0	0	337	0	0	0	0
	Cole Slaw	78	117	72	8	3	0	4	130	10	2	8	0
	Texas Toast	80	288	104	30	2	2	0	534	40	2	4	6
	TOTAL		1587	663	91	15	7	177	2906	145	16	13	87
Wings & Things (no sauce)	Chicken Fingerz	101	253	111	12	2	1	74	788	5	2	0	31
	Chicken Wings	122	366	207	23	6	1	206	173	0	0	0	40
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	TOTAL		1140	512	66	12	5	280	1510	78	8	3	80
Wings & Things, Large (no sauce)	Chicken Fingerz	169	422	186	20	4	2	124	1314	8	3	0	51
	Chicken Wings	122	366	207	23	6	1	206	173	0	0	0	40
	Crinkle Fries	227	590	227	25	5	2	0	65	83	7	0	9
	Seasoning Salt	2	2	0	0	0	0	0	337	0	0	0	0
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	Texas Toast	80	288	104	30	2	2	0	534	40	2	4	6
	TOTAL		1675	724	98	16	7	330	2453	133	13	5	106
Dipping Sauces	Honey Mustard	43	178	138	16	3	0	22	276	8	0	7	1
	Zax Sauce®	43	178	148	17	3	0	15	617	6	0	4	1
	Ranch Sauce	43	188	178	20	3	0	17	316	2	0	1	1
	Ketchup	9	10	0	0	0	0	0	108	2	0	2	0
Wing Sauces For 2 oz. portions by volume	Wimpy Sauce	65	45	6	1	0	0	0	1343	10	1	7	1
	Tongue Torch® Sauce	65	30	5	1	0	0	0	1577	6	0	3	0
	Nuclear Sauce	65	30	8	1	0	0	0	1642	5	1	2	1
	Insane Sauce	65	39	13	1	0	0	0	275	6	2	2	1
	BBQ Sauce	70	91	0	0	0	0	0	710	23	1	19	1
	Teryaki Sauce	73	110	0	0	0	0	0	1178	25	0	23	2
	Hot Honey Mustard™ Sauce	60	186	144	16	2	0	12	775	9	1	8	1
	Original Sauce	62	57	49	5	1	1	0	1060	2	1	0	0



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Sandwich Baskets		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Zaxby's Club Sandwich Basket	Texas Toast	80	288	104	30	2	2	0	534	40	2	4	6
	Chicken Fingerz	101	253	111	12	2	1	74	788	5	2	0	31
	Bacon	11	53	31	3	1	0	16	228	0	0	0	5
	American Cheese	14	50	35	4	3	0	13	238	1	0	1	2
	Green Leaf Lettuce	5	1	0	0	0	0	0	2	0	0	0	0
	6x6 Tomato Slice	32	5	0	0	0	0	0	4	1	0	1	0
	Mayonnaise	26	195	192	21	3	0	15	119	1	0	0	0
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Pickle	31	5	0	0	0	0	0	362	1	0	0	0
	TOTAL		1219	615	86	14	5	119	2525	100	9	7	51
Cajun Club™ Sandwich Basket	Brioche Bun	100	388	155	16	3	3	0	502	48	3	11	9
	Blackened Fillet	134	187	40	4	1	0	100	968	1	0	0	35
	Bacon	11	53	31	3	1	0	16	228	0	0	0	5
	American Cheese	14	50	35	4	3	0	13	238	1	0	1	2
	Green Leaf Lettuce	5	1	0	0	0	0	0	2	0	0	0	0
	6x6 Tomato Slice	32	5	0	0	0	0	0	4	1	0	1	0
	Ranch Sauce SAND	28	124	117	13	2	0	11	208	1	0	1	1
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Pickle	31	5	0	0	0	0	0	362	1	0	0	0
	TOTAL		1182	520	56	13	4	141	2763	106	8	14	58
Kickin' Chicken Sandwich™ Basket	Texas Toast	80	288	104	30	2	2	0	534	40	2	4	6
	Chicken Fingerz	101	253	111	12	2	1	74	788	5	2	0	31
	Tongue Torch® Sauce	65	30	5	1	0	0	0	1577	6	0	3	0
	Ranch Sauce SAND	57	252	239	27	4	0	23	424	3	0	2	1
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Pickle	31	5	0	0	0	0	0	362	1	0	0	0
	TOTAL		1197	601	85	11	5	97	3936	107	10	10	44
Chicken Salad Sandwich Basket	Wheatberry Bread	111	300	28	3	1	0	0	553	55	7	6	12
	Chicken Salad	155	367	229	25	5	0	108	1206	6	1	4	28
	Green Leaf Lettuce	5	1	0	0	0	0	0	2	0	0	0	0
	6x6 Tomato Slice	32	5	0	0	0	0	0	4	1	0	1	0
	Mayonnaise	26	195	192	21	3	0	15	119	1	0	0	0
	Crinkle Fries	142	369	142	16	3	1	0	41	52	5	0	5
	Seasoning Salt	1	1	0	0	0	0	0	211	0	0	0	0
	Pickle	31	5	0	0	0	0	0	362	1	0	0	0
	TOTAL		1242	591	65	12	1	123	2496	116	14	12	46



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Wings & Fingerz		Wt. Total (g)	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
		(g)	(rounded per serving)	(rounded per serving)	(grams/serving)	(grams/serving)	(grams/serving)	(grams/serving)	(milligrams/serving)	(milligrams/serving)	(grams/serving)	(grams/serving)	(grams/serving)
Buffalo Wings (no sauce)													
5 Buffalo Wings	Chicken Wings	122	366	207	23	6	1	206	173	0	0	0	40
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	TOTAL		373	207	23	6	1	206	203	2	1	1	41
10 Buffalo Wings	Chicken Wings	244	731	414	46	12	2	412	346	0	0	0	81
	Carrot Sticks	26	9	0	0	0	0	0	17	2	1	1	0
	Celery Sticks	22	2	0	0	0	0	0	28	1	0	0	0
	TOTAL		743	414	46	12	2	412	391	2	1	1	81
20 Buffalo Wings	Chicken Wings	488	1463	829	93	23	5	824	692	0	0	0	162
	Carrot Sticks	44	15	0	0	0	0	0	29	3	1	2	0
	Celery Sticks	37	4	0	0	0	0	0	46	1	0	0	0
	TOTAL		1482	829	93	23	5	824	768	4	2	2	162
Chicken Fingerz													
5 Chicken Fingerz	Chicken Fingerz	169	422	186	20	4	2	124	1314	8	3	0	51
10 Chicken Fingerz	Chicken Fingerz	337	843	371	40	7	3	248	2628	16	7	0	102
20 Chicken Fingerz	Chicken Fingerz	675	1687	742	81	15	7	495	5256	31	14	0	204
Buffalo Chicken Fingerz (no sauce)													
5 Buffalo Chicken Fingerz	Chicken Fingerz	169	422	186	20	4	2	124	1314	8	3	0	51
	Carrot Sticks	18	6	0	0	0	0	0	12	1	1	1	0
	Celery Sticks	15	1	0	0	0	0	0	18	0	0	0	0
	TOTAL		429	186	20	4	2	124	1344	9	4	1	51
10 Buffalo Chicken Fingerz	Chicken Fingerz	337	843	371	40	7	3	248	2628	16	7	0	102
	Carrot Sticks	26	9	0	0	0	0	0	17	2	1	1	0
	Celery Sticks	22	2	0	0	0	0	0	28	1	0	0	0
	TOTAL		855	371	40	7	3	248	2673	18	8	1	102
20 Buffalo Chicken Fingerz	Chicken Fingerz	675	1687	742	81	15	7	495	5256	31	14	0	204
	Carrot Sticks	44	15	0	0	0	0	0	29	3	1	2	0
	Celery Sticks	37	4	0	0	0	0	0	46	1	0	0	0
	TOTAL		1706	742	81	15	7	495	5331	35	16	2	205
Wing Sauces For 2 oz. portions by volume													
	Wimpy Sauce	65	45	6	1	0	0	0	1343	10	1	7	1
	Tongue Torch® Sauce	65	30	5	1	0	0	0	1577	6	0	3	0
	Nuclear Sauce	65	30	8	1	0	0	0	1642	5	1	2	1
	Insane Sauce	65	39	13	1	0	0	0	275	6	2	2	1
	BBQ Sauce	70	91	0	0	0	0	0	710	23	1	19	1
	Teryaki Sauce	73	110	0	0	0	0	0	1178	25	0	23	2
	Hot Honey Mustard™ Sauce	60	186	144	16	2	0	12	775	9	1	8	1
	Original Sauce	62	57	49	5	1	1	0	1060	2	1	0	0



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Zappetizers®		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Tater Chips	Tater Chips	156	794	467	53	10	9	3	822	75	7	1	7
	Seasoning Salt	3	3	0	0	0	0	0	514	1	0	0	0
	TOTAL		797	467	53	10	9	3	1336	75	7	1	7
Onion Peel®	Onion Peel®	225	876	696	76	14	10	0	1399	39	7	10	8
Spicy Fried Mushrooms	Spicy Fried Mushrooms	175	612	437	49	9	7	0	1084	34	4	3	9

Sides & Extras		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Crinkle Fries	Crinkle Fries	227	590	227	25	5	2	0	65	83	7	0	9
	Seasoning Salt	2	2	0	0	0	0	0	337	0	0	0	0
	TOTAL		592	227	25	5	2	0	402	84	7	0	9
Texas Toast	Texas Toast	40	144	52	15	1	1	0	267	20	1	2	3
	Plain Dry Toast	34	98	8	1	0	0	0	225	19	1	2	3
	Basket Texas Toast	80	288	104	30	2	2	0	534	40	2	4	6
Carrots & Celery (no dipping sauce)	Carrot Sticks	88	31	0	0	0	0	0	58	6	3	4	1
	Celery Sticks	74	7	0	0	0	0	0	92	2	0	1	0
	TOTAL		38	0	0	0	0	0	150	8	3	5	1
Cole Slaw	Cole Slaw	78	117	72	8	3	0	4	130	10	2	8	0
Dressings (1 packet equals a 1.5 ounce serving)	Honey Mustard Dressing	43	178	138	16	3	0	22	276	8	0	7	1
	Ranch Dressing	43	188	178	20	3	0	17	316	2	0	1	1
	Thousand Island Dressing	43	267	257	29	4	0	30	219	3	0	3	1
	Blue Cheese Dressing	43	218	208	23	4	0	24	420	2	0	2	1
	Honey French Dressing	43	183	137	15	2	0	0	321	11	0	9	0
	Mediterranean Dressing	43	166	149	17	2	0	0	638	5	1	4	0
	Caesar Dressing	43	198	188	21	3	0	11	311	2	0	2	0
	Lite Ranch Dressing	43	104	88	10	2	0	18	476	3	1	2	1
	Lite Vinaigrette Dressing	43	55	26	3	0	0	0	353	8	0	7	0
Sauces	Honey Mustard	43	178	138	16	3	0	22	276	8	0	7	1
	Zax Sauce®	43	178	148	17	3	0	15	617	6	0	4	1
	Ranch Sauce	43	188	178	20	3	0	17	316	2	0	1	1
	Ketchup	9	10	0	0	0	0	0	108	2	0	2	0

Zax Kidz®		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Kiddie Finger® (no drink)	Chicken Fingerz	67	169	74	8	1	1	50	526	3	1	0	20
	Crinkle Fries	85	221	85	9	2	1	0	24	31	3	0	3
	Seasoning Salt	1	1	0	0	0	0	0	126	0	0	0	0
	TOTAL		391	159	17	3	2	50	676	34	4	0	24
Kiddie Cheese® (no drink)	Texas Toast	46	166	60	17	1	1	0	308	23	1	2	3
	American Cheese	14	50	35	4	3	0	13	238	1	0	1	2
	Crinkle Fries	85	221	85	9	2	1	0	24	31	3	0	3
	Seasoning Salt	1	1	0	0	0	0	0	126	0	0	0	0
	TOTAL		438	181	31	5	2	13	697	56	4	3	9



Nutritional Information

The nutrition information regarding Zaxby's® menu items presented herein was compiled by Silliker®, Inc., which is an independent food safety and quality solutions company engaged by Zaxby's Franchising, Inc. to compile such nutritional information. Please note that this information is based upon standard portion product guidelines established by Zaxby's Franchising, Inc. and that variations in such standard portions can be expected due to minor differences in menu item preparation at different Zaxby's® restaurants. The Silliker logo and name are registered trademarks of Silliker, Inc.

Desserts		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Cheesecake	New York Cheesecake	85	315	179	20	10	1	69	248	29	1	19	5
	Toffee Cheesecake	85	332	187	20	10	1	63	251	32	1	22	5
Key Lime Pie	Key Lime Pie	85	281	94	10	4	1	82	146	40	0	31	6
Fresh Baked Cookies	Chocolate Chip Cookie	37	173	66	7	4	0	11	125	25	1	15	2
	Carnival Cookie	35	164	63	7	3	0	8	127	23	2	14	2
	Peanut Butter Cookie	31	151	69	8	3	0	9	140	17	2	11	3
	White Chocolate Macadamia Nut Cookie	33	156	68	7	3	0	10	112	20	2	13	2

Beverages		Wt. Total (g)	Calories (rounded per serving)	Calories from Fat (rounded per serving)	Total Fat (grams/serving)	Saturated Fat (grams/serving)	Trans Fat (grams/serving)	Cholesterol (milligrams/serving)	Sodium (milligrams/serving)	Total Carbohydrate (grams/serving)	Dietary Fiber (grams/serving)	Sugars (grams/serving)	Protein (grams/serving)
Unsweetened Tea	Cup Size												
	12 ounces	6	1	0	0	0	0	0	4	0	0	0	0
	22 ounces	12	2	0	0	0	0	0	9	0	0	0	0
Sweetened Tea	32 ounces	17	2	0	0	0	0	0	13	0	0	0	0
	12 ounces	6	43	0	0	0	0	0	10	12	0	12	0
	22 ounces	12	92	0	0	0	0	0	21	25	0	25	0
Coke	32 ounces	17	128	0	0	0	0	0	29	35	0	35	0
	12 ounces	6	71	0	0	0	0	0	4	19	0	19	0
	22 ounces	12	144	0	0	0	0	0	9	39	0	39	0
Diet Coke	32 ounces	16	198	0	0	0	0	0	12	54	0	54	0
	12 ounces	6	1	0	0	0	0	0	7	0	0	0	0
	22 ounces	12	1	0	0	0	0	0	15	0	0	0	0
Sprite	32 ounces	16	2	0	0	0	0	0	20	0	0	0	0
	12 ounces	6	71	0	0	0	0	0	16	19	0	19	0
	22 ounces	12	143	0	0	0	0	0	32	38	0	38	0
MM Lemonade Lite	32 ounces	16	196	0	0	0	0	0	44	53	0	53	0
	12 ounces	6	4	0	0	0	0	0	30	1	0	1	0
	22 ounces	12	8	0	0	0	0	0	62	2	0	2	0
Fanta Cherry	32 ounces	17	10	0	0	0	0	0	86	2	0	2	0
	12 ounces	6	79	0	0	0	0	0	6	22	0	22	0
	22 ounces	12	161	0	0	0	0	0	12	44	0	44	0
Mr. Pibb	32 ounces	17	221	0	0	0	0	0	17	60	0	60	0
	12 ounces	5	66	0	0	0	0	0	9	18	0	18	0
	22 ounces	11	134	0	0	0	0	0	19	36	0	36	0
Hi-C Fruit Punch	32 ounces	15	185	0	0	0	0	0	27	50	0	50	0
	12 ounces	5	70	0	0	0	0	0	6	19	0	19	0
	22 ounces	11	146	0	0	0	0	0	13	39	0	39	0
Barq's Root Beer	32 ounces	16	204	0	0	0	0	0	18	55	0	55	0
	12 ounces	5	73	0	0	0	0	0	16	20	0	20	0
	22 ounces	11	159	0	0	0	0	0	34	43	0	43	0
	32 ounces	16	224	0	0	0	0	0	48	60	0	60	0

The following measures assume the cup will contain ice and product. 12 ounce drink contains 1 cup ice, 22 ounce drink contains 1.5 cups ice, and the 32 ounce drink contains 2 cups of ice.