



## NUTRITION

	Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)
<b>ZALADS*</b>										
The Grilled House Zalad	560	27	12	0	130	1600	34	5	5	48
The Fried House Zalad	660	37	13	0	90	1920	42	4	4	44
The Garden House Zalad	410	25	11	0	35	700	33	4	4	17
The Grilled Cobb Zalad	680	35	14	0	355	1820	35	5	5	58
The Fried Cobb Zalad	780	45	16	0	315	2130	43	4	5	55
The Garden Cobb Zalad	530	34	14	0	260	910	34	4	5	27
The Grilled Asian Zensation Zalad	530	19	3.5	0	95	1850	54	7	18	39
The Fried Asian Zensation Zalad	640	29	4.5	0	55	2160	62	6	18	35
The Garden Asian Zensation Zalad	390	17	3	0	0	940	53	6	18	8
The Grilled Blue Zalad	510	24	10	0	115	1760	34	4	5	43
The Fried Blue Zalad	680	39	12	0	80	2890	43	4	5	39
The Garden Blue Zalad	370	22	9	0	20	860	32	4	4	12
<b>SANDWICHES</b>										
Kickin' Chicken Sandwich Only	690	39	6	0	65	2760	51	2	5	34
Grilled Chicken Sandwich Only	620	20	3.5	0	100	1440	35	3	8	38
Nibblerz™ Only	960	56	11	0	70	2710	76	4	16	38
Signature Sandwich Only with Zax Sauce	600	32	5	0	75	2200	45	2	8	31
Signature Sandwich Only with Spicy Zax Sauce	590	31	5	0	70	2260	45	2	8	31
Add Cheese (1 Slice)	50	4.5	2.5	0	15	190	1	0	0	3
Add Bacon (2 Slices)	60	4.5	1.5	0	10	290	0	0	0	6
<b>MOST POPULAR</b>										
Chicken Finger Plate (4)	1110	60	9	0	95	3230	98	8	16	45
Chicken Finger Plate (5)	1190	64	10	0	110	3640	101	8	16	54
Chicken Finger Plate (6)	1430	83	13	0	140	4560	109	8	19	64
Buffalo Chicken Finger Plate (4)	1130	62	10	0	95	3750	98	8	15	46
Buffalo Chicken Finger Plate (5)	1220	66	10	0	110	4340	102	8	15	55
Buffalo Chicken Finger Plate (6)	1460	86	13	0	140	5220	108	8	16	65
Boneless Wings & Things	1450	87	13	0	125	4620	106	8	7	62
Buffalo Boneless Wings & Things	1460	88	14	0	125	4950	105	8	6	63
Traditional Wings & Things	1440	89	16	0	265	4520	84	6	7	79
Buffalo Traditional Wings & Things	1450	88	16	0	265	4850	83	6	6	79
Boneless Wings Meal (5)	1040	60	9	0	60	2890	92	7	4	34
Traditional Wings Meal (5)	1030	61	12	0	195	2780	70	6	4	51
Big Zax Snak Meal	890	48	7	0	70	2650	80	6	5	36
Buffalo Big Zax Snak Meal	900	50	8	0	70	2980	79	6	4	36
<b>1 BONELESS WING* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Boneless Wings (No Sauce)	80	4.5	0.5	0	10	220	4	0	0	5
Boneless Wings - Wimpy	80	4.5	0.5	0	10	320	5	0	1	5
Boneless Wings - Tongue Torch	80	4.5	0.5	0	10	340	5	0	0	5
Boneless Wings - Nuclear	80	4.5	0.5	0	10	320	5	0	0	5
Boneless Wings - Buffalo Garlic Blaze	90	6	1	0	10	400	5	0	0	5
Boneless Wings - HHM	100	6	1	0	10	280	6	0	1	5
Boneless Wings - Sweet & Spicy	90	4.5	0.5	0	10	260	7	0	2	5
Boneless Wings - Teriyaki	90	4.5	0	0	10	280	6	0	2	5
Boneless Wings - BBQ	90	4.5	0.5	0	10	300	7	0	2	5
<b>5 BONELESS WINGS* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Boneless Wings (No Sauce)	390	22	3.5	0	45	1090	22	1	0	26
Boneless Wings - Wimpy	410	22	3.5	0	45	1590	26	2	3	26
Boneless Wings - Tongue Torch	400	23	3.5	0	45	1680	24	2	1	26
Boneless Wings - Nuclear	400	23	3.5	0	45	1600	24	2	1	26
Boneless Wings - Buffalo Garlic Blaze	450	29	4.5	0	50	1990	23	2	1	26
Boneless Wings - HHM	480	30	4.5	0	55	1390	28	2	4	26
Boneless Wings - Sweet & Spicy	450	23	3.5	0	45	1310	35	1	11	26
Boneless Wings - Teriyaki	430	23	3.5	0	45	1420	31	1	8	26
Boneless Wings - BBQ	450	22	3.5	0	45	1500	36	2	11	26
<b>1 TRADITIONAL WING* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Traditional Wings (No Sauce)	80	4.5	1	0	35	200	0	0	0	8
Traditional Wings - Wimpy	80	4.5	1	0	35	300	1	0	1	9
Traditional Wings - Tongue Torch	80	4.5	1	0	35	320	0	0	0	9
Traditional Wings - Nuclear	80	5	1	0	35	330	0	0	0	9
Traditional Wings - Buffalo Garlic Blaze	90	6	1.5	0	40	370	0	0	0	9
Traditional Wings - HHM	100	6	1.5	0	40	260	1	0	1	9
Traditional Wings - Sweet & Spicy	90	5	1	0	35	240	3	0	2	9
Traditional Wings - Teriyaki	90	4.5	1	0	35	280	2	0	2	9
Traditional Wings - BBQ	90	4.5	1	0	35	280	3	0	2	9
<b>5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Traditional Wings (No Sauce)	380	23	6	0	185	980	0	0	0	42
Traditional Wings - Wimpy	400	24	6	0	185	1520	5	0	3	43
Traditional Wings - Tongue Torch	390	24	6	0	185	1580	2	0	1	43
Traditional Wings - Nuclear	400	24	6	0	185	1660	2	1	1	43
Traditional Wings - Buffalo Garlic Blaze	440	29	7	0	190	1820	2	0	1	43
Traditional Wings - HHM	480	31	7	0	190	1290	6	0	4	43
Traditional Wings - Sweet & Spicy	440	24	6	0	185	1210	13	0	11	43
Traditional Wings - Teriyaki	430	24	6	0	185	1390	12	0	10	43
Traditional Wings - BBQ	440	23	6	0	185	1390	14	0	11	43
<b>1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Chicken Finger (No Sauce)	80	4	0.5	0	20	410	3	0	0	9
Chicken Finger - Wimpy	90	4	0.5	0	20	560	4	0	1	9
Chicken Finger - Tongue Torch	90	4	0.5	0	20	590	4	0	0	9
Chicken Finger - Nuclear	90	4	0.5	0	20	560	4	0	0	9
Chicken Finger - Buffalo Garlic Blaze	100	6	1	0	20	650	4	0	0	9
Chicken Finger - HHM	110	6	1	0	20	500	5	0	1	9
Chicken Finger - Sweet & Spicy	100	4	0.5	0	20	480	7	0	3	9
Chicken Finger - Teriyaki	100	4	0.5	0	20	540	7	0	3	9
Chicken Finger - BBQ	100	4	0.5	0	20	550	8	0	4	9
<b>5 CHICKEN FINGERS* WITH EACH SAUCE (PROTEIN ONLY)</b>										
Chicken Finger (No Sauce)	420	20	3	0	90	2030	16	0	0	45
Chicken Finger - Wimpy	450	20	3	0	95	2790	22	1	5	46
Chicken Finger - Tongue Torch	440	20	3	0	95	2960	19	1	2	46
Chicken Finger - Nuclear	440	20	3	0	95	2800	18	1	1	46
Chicken Finger - Buffalo Garlic Blaze	510	28	4.5	0	100	3260	18	0	1	46
Chicken Finger - HHM	570	32	5	0	105	2510	25	0	6	46
Chicken Finger - Sweet & Spicy	510	21	3	0	90	2380	36	0	17	46
Chicken Finger - Teriyaki	510	20	3	0	95	2690	35	0	16	47
Chicken Finger - BBQ	520	20	3	0	90	2720	39	1	19	46
<b>TREATS</b>										
Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2
Fried Cheesecake Bites (No Sauce)	520	31	15	0	55	700	53	2	16	7
1/2 Order Fried Cheesecake Bites (No Sauce)	260	15	7	0	25	350	27	1	8	3
Handcrafted Vanilla Milkshake	570	17	11	0.5	60	600	94	0	93	13
Handcrafted Strawberry Milkshake	680	17	11	0.5	60	600	121	1	110	13
Handcrafted Chocolate Milkshake	670	18	12	0.5	60	670	119	0	111	14
Handcrafted Birthday Cake Milkshake	730	19	13	0.5	60	600	129	0	113	13
<b>SAUCES (DIP CUPS)</b>										
Honey Mustard	130	11	2	0	5	210	7	0	6	0
Ranch Sauce	150	16	2.5	0	10	290	2	0	1	1
Zax Sauce®	150	15	2.5	0	10	510	4	0	3	0
Spicy Zax Sauce®	170	16	2.5	0	10	720	5	0	4	1
Tongue Torch®	20	0	0	0	0	950	4	1	2	0
BBQ	60	0	0	0	0	480	15	1	11	0
Sweet & Spicy	90	1	0	0	0	330	19	0	16	0
Strawberry Sauce	110	0	0	0	0	10	27	0	23	0
<b>SAUCES (1 OZ PORTION BY VOLUME)</b>										
Wimpy™	50	0	0	0	0	1180	10	1	7	1
Nuclear™	30	1	0	0	0	1290	5	1	2	1
Buffalo Garlic Blaze	120	12	2	0	15	1730	3	1	1	1
Hot Honey Mustard	200	16	2.5	0	20	640	13	0	8	1
Teriyaki	110	0.5	0	0	0	850	25	0	21	2
<b>SAUCES (8 OZ PORTION BY VOLUME)</b>										
Ranch	990	105	17	0.5	75	1830	12	0	7	4
Honey Mustard	870	75	12	0	45	1360	48	1	38	2
Zax Sauce®	1040	102	16	0.5	85	3500	30	3	21	3
Spicy Zax Sauce®	920	89	14	0	65	3950	28	2	19	3
Wimpy™	200	2	0	0	5	4720	41	4	28	4
Tongue Torch®	130	2.5	0	0	5	5780	23	4	10	3
Nuclear™	120	3.5	0.5	0	5	5170	19	5	7	4
Buffalo Garlic Blaze	500	49	8	0	55	6940	12	2	6	2
Hot Honey Mustard	800	65	10	0	70	2550	51	2	33	3
Sweet & Spicy	590	6	1	0	0	2280	132	1	111	2
Teriyaki	450	3	0	0	5	3400	99	1	83	7
BBQ	330	0	0	0	0	2300	77	3	62	2
<b>DRESSINGS (1 OZ PER PACKET)</b>										
Blue Cheese	140	15	3	0	15	270	2	0	1	1
Honey Mustard	110	9	1.5	0	5	170	6	0	5	0
Lite Vinaigrette	30	0	0	0	0	250	6	0	5	0
Ranch	120	13	2	0	10	230	1	0	1	1
Citrus Vinaigrette	110	9	1.5	0	0	180	8	0	7	0
<b>SIDES (SAUCES NOT INCLUDED)</b>										
Chicken Bacon Ranch Loaded Fries	1270	78	22	0	145	3070	88	8	2	61
Fried White Cheddar Bites	700	46	21	1	75	1550	46	3	2	27
1/2 Order Fried White Cheddar Bites	350	24	10.5	0.5	37.5	775	23	1.5	1	13.5
Crinkle Fries - Regular	330	14	2	0	0	580	47	5	0	5
Crinkle Fries - Large	530	23	3	0	0	930	75	7	1	8
Tater Fries - Basket	880	62	9	0	15	2400	66	7	2	13
Cole Slaw - side	140	10	1.5	0	5	170	13	2	11	1
Texas Toast - 1 slice	150	7	1	0	0	340	19	1	2	3
Texas Toast - Basket	450	21	3.5	0	0	1020	57	3	5	9
Fried Pickles	470	31	4.5	0	0	2150	42	3	2	5
Asian Slaw - side	100	7	1	0	0	140	10	0	8	1
Veggie Eggroll - 1 Eggroll	140	6	1	0	0	350	19	1	2	3
<b>KIDS MEALS</b>										
Chicken Fingerz with Zax Sauce	320	23	3.5	0	50	1330	11	0	3	19
Grilled Cheese Sandwich Only	410	23	8	0	30	1060	39	2	4	11
Kid's Crinkle Fries	200	8	1	0	0	350	28	3	0	3
Goldfish Giant G										

