



NUTRITION		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)
ZALADS*	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
SANDWICHES	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
	Kickin' Chicken Sandwich Only	690	39	6	0	65	2760	51	2	5	34
	Grilled Chicken Sandwich Only	470	20	3.5	0	100	1440	35	3	8	38
	Nibblerz™ Only	960	56	11	0	70	2710	76	4	16	38
MOST POPULAR	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
	Chicken Finger Plate (4)	1110	60	9	0	95	3230	98	8	16	45
1 BONELESS WING* (PROTEIN ONLY)	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	88	16	0	265	4520	84	6	7	79
	Buffalo Traditional Wings & Things	1450	89	16	0	265	4850	83	6	6	79
	Boneless Wings Meal (5)	1040	60	9	0	60	2890	92	7	4	34
5 BONELESS WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
1 TRADITIONAL WING* WITH EACH SAUCE (PROTEIN ONLY)	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
5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)	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
5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)	Boneless Wings - BBQ	450	22	3.5	0	45	1500	36	2	11	26
	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
1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)	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
5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)	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
	Chicken Finger (No Sauce)	80	4	0.5	0	20	410	3	0	0	9
5 CHICKEN FINGERZ* WITH EACH SAUCE (PROTEIN ONLY)	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
TREATS	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
	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
SAUCES (DIP 2 OZ/3)	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
SAUCES (1 OZ PER PACKET)	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
	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
SAUCES (8 OZ PORTION BY VOLUME)	Handcrafted Vanilla Milkshake	570	17	11	0.5	60	600	94	0	93</	

		ALLERGENS						SENSITIVITIES				
ALLERGEN INFORMATION		Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Shellfish	Sesame [*]	Fish	MSG	Gluten
ZALADS™	The Grilled House Zalad	•			•							
	The Fried House Zalad	•	•	•	•						•	•
	The Garden House Zalad	•		•	•						•	•
	The Grilled Cobb Zalad	•	•	•	•							•
	The Fried Cobb Zalad	•	•	•	•						•	•
	The Garden Cobb Zalad	•	•	•	•							•
	The Grilled Asian Zensation Zalad		•	•	•				•		•	•
	The Fried Asian Zensation Zalad	•	•	•	•				•		•	•
	The Garden Asian Zensation Zalad		•	•	•				•		•	•
SANDWICHES	Kickin' Chicken Sandwich Only	•	•	•	•						•	•
	Grilled Chicken Sandwich Only	•	•	•	•				•		•	•
	Nibblerz™ Only	•	•	•	•						•	•
	Signature Sandwich Only with Zax Sauce	•	•	•	•				•		•	•
	Signature Sandwich Only with Spicy Zax Sauce	•	•	•	•				•		•	•
	Add Cheese (1 Slice)				•							
	Add Bacon (2 Slices)											
MOST POPULAR	Chicken Finger Plate (4)	•	•	•	•						•	•
	Chicken Finger Plate (5)	•	•	•	•						•	•
	Chicken Finger Plate (6)	•	•	•	•						•	•
	Buffalo Chicken Finger Plate (4)	•	•	•	•						•	•
	Buffalo Chicken Finger Plate (5)	•	•	•	•						•	•
	Buffalo Chicken Finger Plate (6)	•	•	•	•						•	•
	Boneless Wings & Things	•	•	•	•						•	•
	Buffalo Boneless Wings & Things	•	•	•	•						•	•
	Traditional Wings & Things	•	•	•	•						•	•
1 BONELESS WING® WITH EACH SAUCE (PROTEIN ONLY)	Buffalo Traditional Wings & Things	•	•	•	•						•	•
	Boneless Wings Meal (5)	•	•	•	•						•	•
	Traditional Wings Meal (5)	•	•	•	•						•	•
	Big Zax Snak Meal	•	•	•	•						•	•
	Buffalo Big Zax Snak Meal	•	•	•	•						•	•
5 BONELESS WINGS® WITH EACH SAUCE (PROTEIN ONLY)	Boneless Wings (No Sauce)			•								•
	Boneless Wings - Wimpy			•								•
	Boneless Wings - Tongue Torch			•								•
	Boneless Wings - Nuclear			•								•
	Boneless Wings - Buffalo Garlic Blaze	•	•	•								•
	Boneless Wings - HHM		•									•
	Boneless Wings - Sweet & Spicy			•	•			•				•
	Boneless Wings - Teriyaki			•	•							•
	Boneless Wings - BBQ			•								•
1 TRADITIONAL WING® WITH EACH SAUCE (PROTEIN ONLY)	Boneless Wings (No Sauce)			•								•
	Boneless Wings - Wimpy			•								•
	Boneless Wings - Tongue Torch			•								•
	Boneless Wings - Nuclear			•								•
	Boneless Wings - Buffalo Garlic Blaze	•	•	•								•
	Boneless Wings - HHM		•									•
	Boneless Wings - Sweet & Spicy			•	•			•				•
	Boneless Wings - Teriyaki			•	•							•
	Boneless Wings - BBQ			•								•
5 TRADITIONAL WINGS® WITH EACH SAUCE (PROTEIN ONLY)	Traditional Wings (No Sauce)											
	Traditional Wings - Wimpy											
	Traditional Wings - Tongue Torch											
	Traditional Wings - Nuclear											
	Traditional Wings - Buffalo Garlic Blaze	•	•									

[illegible]