



NUTRITION		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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
	Signature Sandwich Only with Zax Sauce	600	32	5	0	75	2200	45	2	8	31
MOST POPULAR	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
	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
1 BONELESS WING* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
	Boneless Wings - Tongue Torch	80	4.5	0.5	0	10	340	5	0	0	5
5 BONELESS WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
1 TRADITIONAL WING* WITH EACH SAUCE (PROTEIN ONLY)	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
	Traditional Wings (No Sauce)	80	4.5	1	0	35	200	0	0	0	8
5 TRADITIONAL WINGS* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
5 CHICKEN FINGERZ* WITH EACH SAUCE (PROTEIN ONLY)	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
	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
TREATS	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
	Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2
SAUCES (DIP CUPS)	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	

ALLERGEN INFORMATION		ALLERGENS							SENSITIVITIES				
		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		•	•	•				•			•	
	The Grilled Blue Zalad	•		•	•							•	
The Fried Blue Zalad	•	•	•	•						•	•		
The Garden Blue 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	•	•	•	•						•	•	
	Buffalo Traditional Wings & Things	•	•	•	•						•	•	
	Boneless Wings Meal (5)	•	•	•	•						•	•	
	Traditional Wings Meal (5)	•	•	•	•						•	•	
	Big Zax Snak Meal	•	•	•	•						•	•	
	Buffalo Big Zax Snak Meal	•	•	•	•						•	•	
1 BONELESS 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 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)	Traditional Wings (No Sauce)												
	Traditional Wings - Wimpy												
	Traditional Wings - Tongue Torch												
	Traditional Wings - Nuclear												
	Traditional Wings - Buffalo Garlic Blaze	•	•										
	Traditional Wings - HHM		•										
	Traditional Wings - Sweet & Spicy			•	•			•				•	
	Traditional Wings - Teriyaki			•	•							•	
Traditional 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	•	•										
	Traditional Wings - HHM		•										
	Traditional Wings - Sweet & Spicy			•	•			•				•	
	Traditional Wings - Teriyaki			•	•							•	
	Traditional Wings - BBQ												
1 CHICKEN FINGER* WITH EACH SAUCE (PROTEIN ONLY)	Chicken Finger (No Sauce)	•	•	•							•	•	
	Chicken Finger - Wimpy	•	•	•							•	•	
	Chicken Finger - Tongue Torch	•	•	•							•	•	
	Chicken Finger - Nuclear	•	•	•							•	•	
	Chicken Finger - Buffalo Garlic Blaze	•	•	•							•	•	
	Chicken Finger - HHM	•	•	•							•	•	
	Chicken Finger - Sweet & Spicy	•	•	•	•			•			•	•	
	Chicken Finger - Teriyaki	•	•	•	•						•	•	
	Chicken Finger - BBQ	•	•	•							•	•	
5 CHICKEN FINGERZ* WITH EACH SAUCE (PROTEIN ONLY)	Chicken Finger (No Sauce)	•	•	•							•	•	
	Chicken Finger - Wimpy	•	•	•							•	•	
	Chicken Finger - Tongue Torch	•	•	•							•	•	
	Chicken Finger - Nuclear	•	•	•							•	•	
	Chicken Finger - Buffalo Garlic Blaze	•	•	•							•	•	
	Chicken Finger - HHM	•	•	•							•	•	
	Chicken Finger - Sweet & Spicy	•	•	•	•			•			•	•	
	Chicken Finger - Teriyaki	•	•	•	•			•			•	•	
	Chicken Finger - BBQ	•	•	•							•	•	
TREATS	Chocolate Chip Cookie	•	•	•	•							•	
	Fried Cheesecake Bites (No Sauce)	•		•								•	
	1/2 Order Fried Cheesecake Bites (No Sauce)	•		•								•	
	Handcrafted Vanilla Milkshake	•											
	Handcrafted Strawberry Milkshake	•											
	Handcrafted Chocolate Milkshake	•											
	Handcrafted Birthday Cake Milkshake	•											
SAUCES (DIP CUPS)	Honey Mustard		•								•		
	Ranch Sauce	•											
	Zax Sauce®		•										
	Spicy Zax Sauce®		•										
	Tongue Torch®												
	BBQ												
SAUCES (2 OZ PORTION BY VOLUME)	Sweet & Spicy			•	•				•			•	
	Strawberry Sauce												
	Wimpy™												
	Nuclear™												
	Buffalo Garlic Blaze	•	•										
	Hot Honey Mustard		•										
SAUCES (8 OZ PORTION BY VOLUME)	Sweet & Spicy			•	•				•			•	
	Teriyaki			•	•							•	
	Ranch	•	•										
	Honey Mustard		•								•		
	Zax Sauce®		•										
	Spicy Zax Sauce®		•										
	Wimpy™												
	Tongue Torch®												
	Nuclear™												
DRESSINGS (1/2 TSP PACKET)	Buffalo Garlic Blaze	•	•										
	Hot Honey Mustard		•										
	Sweet & Spicy			•	•				•			•	
	Teriyaki			•	•							•	
	Blue Cheese	•	•										
	Honey Mustard		•										
	Lite Vinaigrette												
	Ranch	•	•						•		•	•	
	Citrus Vinaigrette			•	•								
SIDES (SAUCES NOT INCLUDED)	Chicken Bacon Ranch Loaded Fries	•	•	•							•	•	
	Fried White Cheddar Bites	•		•								•	
	1/2 Order Fried White Cheddar Bites	•		•								•	
	Crinkle Fries - Regular										•		
	Crinkle Fries - Large										•		
	Tater Chips - Basket		•	•							•		
	Cole Slaw - side		•										
	Texas Toast - 1 slice			•	•							•	
	Texas Toast - Basket			•	•							•	
	Fried Pickles			•								•	
	Asian Slaw - side			•	•				•			•	
	Veggie Eggroll - 1 Eggroll		•	•	•				•			•	
	KIDS MEALS	Chicken Fingerz with Zax Sauce	•	•	•							•	•
		Grilled Cheese Sandwich Only	•		•	•							•
Kid's Crinkle Fries											•		
Goldfish Giant Grahams, Vanilla				•								•	
Rice Krispie Treat		•			•							•	
DRINKS	Milk 8 oz	•											
	Chocolate Milk 8oz	•											
	Apple Juice 6oz												
	Sweet Tea Kidz												
	Small												
	Medium												
	Large												
	Gallon												
	Unsweet Tea Kidz												
	Small												
	Medium												
	Large												
	Gallon												
	Coca-Cola Kidz												
	Small												
	Medium												
	Large												
	Dr Pepper Kidz												
	Small												
	Medium												
	Large												
	Sprite Kidz												
	Small												
	Medium												
	Large												
	Diet Coke Kidz												
	Small												
	Medium												
	Large												
	Barq's Root Beer Kidz												
	Small												
	Medium												
	Large												
	Hi-C Flashin' Fruit Punch Kidz												
	Small												
	Medium												
	Large												
	Hi-C Orange Lavaburst Kidz												
	Small												
	Medium												
	Large												
	Coca-Cola Zero Sugar Kidz												
	Small												
	Medium												
	Large												
	Mello Yello Kidz												
	Small												
	Medium												
	Large												
	Powerade Mountain Berry Blast Kidz												
	Small												

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