



NUTRITION and ALLERGEN GUIDE

Zaxby's® Guests: All ingredient and allergen information was obtained from product vendors. Zaxby's cannot guarantee our foods are 100% allergen free. We use shared equipment during food preparation which could result in the cross-contact of allergens. Additionally, Zaxby's suppliers may use ingredients in their manufacturing facilities where trace amounts of allergens could come in contact with Zaxby's ingredients, or any product formula could be changed without prior notice to Zaxby's. We encourage anyone with food sensitivities, allergies, or special dietary needs to consult with their physician before consuming any of our foods. For information regarding the presence of allergens in our foods, please visit www.zaxbys.com. Zaxby's foods are fried in a blend of highly refined soybean oil. The FDA does not consider this highly refined oil as an allergen; therefore, it is not included here. If you have any questions or concerns, please consult your physician before consuming these foods. Revised in April 2021.

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

	NUTRITION										ALLERGENS								SENSITIVITIES	
	Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
ZALADS®	The Grilled House Zalad	580	27	12	0	140	1720	35	6	6	52	•	•	•	•				•	•
	The Fried House Zalad	700	38	13	0	120	1920	46	6	6	46	•	•	•	•				•	•
	The Garden House Zalad	410	25	11	0	30	690	33	5	6	17	•	•	•	•				•	•
	The Grilled Cobb Zalad	700	36	14	0	370	1910	35	6	7	61	•	•	•	•				•	•
	The Fried Cobb Zalad	820	47	16	0	345	2100	47	6	7	56	•	•	•	•				•	•
	The Garden Cobb Zalad	530	34	14	0	260	870	34	5	7	26	•	•	•	•				•	•
	The Blackened Blue Zalad	530	24	10	0	130	2000	34	6	7	47	•	•	•	•				•	•
	The Buffalo Blue Zalad	680	35	11	0	110	2710	48	6	7	41	•	•	•	•				•	•
The Garden Blue Zalad	370	22	9	0	20	850	32	5	6	11	•	•	•	•				•	•	
SANDWICH MEALS & SANDWICHES	Kickin' Chicken Sandwich Meal	1070	55	8	0	95	3370	102	8	6	41	•	•	•	•				•	•
	Kickin' Chicken Sandwich Only	730	41	6	0	95	2790	55	3	5	37	•	•	•	•				•	•
	Grilled Chicken Sandwich Meal	880	40	7	0	115	2070	82	8	8	47	•	•	•	•				•	•
	Grilled Chicken Sandwich Only	540	26	4.5	0	115	1500	35	3	7	43	•	•	•	•				•	•
	Nibblerz Meal®	1280	63	10	1	105	3300	132	10	17	45	•	•	•	•				•	•
	Nibblerz™ Only	940	49	8	1	100	2720	86	5	17	40	•	•	•	•				•	•
	Zaxby's Club Sandwich Meal	1150	62	13	0	125	2980	101	8	6	47	•	•	•	•				•	•
	Zaxby's Club Sandwich Only	820	48	11	0	125	2400	54	3	6	43	•	•	•	•				•	•
	Cajun Club Sandwich Meal	940	45	11	0	155	2750	82	7	9	51	•	•	•	•				•	•
	Cajun Club Sandwich Only	600	31	9	0	150	2170	35	3	8	46	•	•	•	•				•	•
	Zaxby's Signature Sandwich Meal with Zax Sauce	1110	57	9	1	100	3110	100	8	8	49	•	•	•	•				•	•
	Zaxby's Signature Sandwich Only with Zax Sauce	780	43	7	1	95	2540	53	4	8	45	•	•	•	•				•	•
	Zaxby's Signature Sandwich Meal with Spicy Zax Sauce	1100	56	9	1	95	3180	100	8	8	49	•	•	•	•				•	•
Zaxby's Signature Sandwich Only with Spicy Zax Sauce	770	42	7	.5	95	2610	53	4	8	45	•	•	•	•				•	•	
MOST POPULAR	Chicken Finger Plate (4)	1190	66	10	0	140	3340	101	8	16	49	•	•	•	•				•	•
	Chicken Finger Plate (5)	1290	71	11	0	170	3750	105	8	16	59	•	•	•	•				•	•
	Chicken Finger Plate (6)	1570	93	14	0	215	4770	115	9	20	69	•	•	•	•				•	•
	Buffalo Chicken Finger Plate (4)	1220	68	10	0	135	3840	100	9	14	49	•	•	•	•				•	•
	Buffalo Chicken Finger Plate (5)	1320	73	11	0	165	4440	106	9	15	59	•	•	•	•				•	•
	Buffalo Chicken Finger Plate (6)	1610	97	15	0	205	5410	112	10	16	70	•	•	•	•				•	•
	Boneless Wings & Things	1480	88	13	0	165	3850	109	8	8	62	•	•	•	•				•	•
	Buffalo Boneless Wings & Things	1490	90	14	0	160	4200	107	9	6	63	•	•	•	•				•	•
	Traditional Wings & Things	1530	96	17	0	290	3770	90	7	7	77	•	•	•	•				•	•
	Buffalo Traditional Wings & Things	1550	98	17	0	285	4130	88	7	5	78	•	•	•	•				•	•
	Boneless Wings Meal (5)	1020	57	9	0	85	2590	93	8	5	32	•	•	•	•				•	•
	Traditional Wings Meal (5)	1070	65	12	0	185	2520	74	7	4	47	•	•	•	•				•	•
	Big Zax Snak Meal	960	52	8	0	105	2760	84	7	6	38	•	•	•	•				•	•
	Buffalo Big Zax Snak Meal	980	54	8	0	100	3080	83	7	4	39	•	•	•	•				•	•
5 BONELESS WINGS¹ WITH EACH SAUCE (Protein only)	Boneless Wings (No Sauce)	330	16	2.5	0	50	700	22	1	1	23			•					•	
	Boneless Wings - Wimpy	350	16	2.5	0	50	1190	26	2	4	24			•					•	
	Boneless Wings - Tongue Torch	340	16	2.5	0	50	1280	24	2	2	24			•					•	
	Boneless Wings - Nuclear	340	16	2.5	0	50	1210	24	2	1	24			•					•	
	Boneless Wings - Insane	340	17	2.5	0	50	1260	25	2	2	24			•					•	
	Boneless Wings - Original	350	19	2.5	0	50	1110	23	1	1	23	•		•					•	
	Boneless Wings - HHM	420	24	2.5	0	60	1060	26	1	4	24		•	•					•	
	Boneless Wings - Sweet & Spicy	390	17	2.5	0	50	960	36	1	13	24			•					•	
	Boneless Wings - Teriyaki	370	16	2.5	0	50	1020	32	1	9	24			•					•	
	Boneless Wings - BBQ	390	16	2.5	0	50	1140	36	2	11	24			•					•	

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	NUTRITION										ALLERGENS								SENSITIVITIES	
	Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
10 CHICKEN FINGERZ² WITH EACH SAUCE <small>(Protein only)</small>	Chicken Finger (No Sauce)	970	44	6	0	295	4100	44	2	1	99	•	•	•					•	•
	Chicken Finger - Wimpy	1030	45	6	0	295	5610	57	3	10	100	•	•	•					•	•
	Chicken Finger - Tongue Torch	1010	45	6	0	295	5960	51	3	4	100	•	•	•					•	•
	Chicken Finger - Nuclear	1010	45	7	0	295	5640	49	3	3	100	•	•	•					•	•
	Chicken Finger - Insane	1020	46	7	0	295	6100	52	5	6	100	•	•	•					•	•
	Chicken Finger - Original	1050	53	8	0	295	5500	45	3	2	99	•	•	•					•	•
	Chicken Finger - HHM	1270	71	11	0	320	5270	57	3	12	100	•	•	•	•				•	•
	Chicken Finger - Sweet & Spicy	1160	46	7	0	295	4940	86	2	39	100	•	•	•	•				•	•
	Chicken Finger - Teriyaki	1140	45	7	0	295	5420	82	2	33	102	•	•	•	•				•	•
	Chicken Finger - BBQ	1170	44	6	0	295	5620	92	4	37	100	•	•	•					•	•
20 CHICKEN FINGERZ² WITH EACH SAUCE <small>(Protein only)</small>	Chicken Finger (No Sauce)	1940	89	13	0	585	8200	88	4	2	198	•	•	•					•	•
	Chicken Finger - Wimpy	2070	90	13	0	585	11210	114	7	20	200	•	•	•					•	•
	Chicken Finger - Tongue Torch	2020	90	13	0	585	11920	102	6	8	200	•	•	•					•	•
	Chicken Finger - Nuclear	2010	91	13	0	585	11280	99	7	6	200	•	•	•					•	•
	Chicken Finger - Insane	2040	91	13	0	585	12210	105	10	12	201	•	•	•					•	•
	Chicken Finger - Original	2100	105	16	0	585	11000	91	6	3	199	•	•	•	•				•	•
	Chicken Finger - HHM	2530	141	21	0	640	10540	115	6	24	201	•	•	•	•				•	•
	Chicken Finger - Sweet & Spicy	2320	93	13	0	585	9870	173	5	78	199	•	•	•	•				•	•
	Chicken Finger - Teriyaki	2290	91	13	0	590	10830	164	5	67	203	•	•	•	•				•	•
	Chicken Finger - BBQ	2330	89	13	0	585	11230	184	8	74	201	•	•	•					•	•
1 CHICKEN FINGER² WITH EACH SAUCE <small>(Protein only)</small>	Chicken Finger (No Sauce)	100	4.5	0.5	0	30	410	4	0	0	10	•	•	•					•	•
	Chicken Finger - Wimpy	100	4.5	0.5	0	30	560	6	0	1	10	•	•	•					•	•
	Chicken Finger - Tongue Torch	100	4.5	0.5	0	30	590	5	0	0	10	•	•	•					•	•
	Chicken Finger - Nuclear	100	4.5	0.5	0	30	560	5	0	0	10	•	•	•					•	•
	Chicken Finger - Insane	100	4.5	0.5	0	30	610	5	0	1	10	•	•	•					•	•
	Chicken Finger - Original	110	5	1	0	30	550	5	0	0	10	•	•	•	•				•	•
	Chicken Finger - HHM	130	7	1	0	30	530	6	0	1	10	•	•	•					•	•
	Chicken Finger - Sweet & Spicy	120	4.5	0.5	0	30	490	9	0	4	10	•	•	•	•				•	•
	Chicken Finger - Teriyaki	110	4.5	0.5	0	30	540	8	0	3	10	•	•	•	•				•	•
	Chicken Finger - BBQ	120	4.5	0.5	0	30	560	9	0	4	10	•	•	•					•	•
DESSERTS	Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2	•	•	•	•				•	•
	White Chocolate Macadamia Nut Cookie	170	9	4	0	15	130	22	0	14	2	•	•	•	•	•			•	•
	Double Chocolate Chunk Cookie	160	8	4	0	5	130	22	1	13	2	•	•	•	•	•			•	•
DIPPING SAUCES <small>(1/8oz Cups)</small>	Honey Mustard	180	16	2.5	0	15	310	8	1	6	1		•						•	•
	Marinara Sauce	80	4.5	1	0	0	290	10	1	5	1	•							•	•
	Ranch Sauce	190	20	3	0	10	380	2	0	1	1	•							•	•
	Zax Sauce®	180	18	3	0	15	610	5	0	4	1		•						•	•
	Spicy Zax Sauce™	170	16	2.5	0	10	720	5	0	4	1		•						•	•
SIGNATURE SAUCES <small>(2 oz portion by volume)</small>	Wimpy™	45	0	0	0	0	1080	9	1	6	1								•	•
	Tongue Torch®	20	0	0	0	0	950	4	1	2	0								•	•
	Nuclear™	30	1	0	0	0	1180	4	1	2	1								•	•
	Insane™	35	1	0	0	0	1290	5	2	3	1								•	•
	Original	60	6	1	0	0	970	1	1	0	0	•							•	•
	Hot Honey Mustard	180	16	2.5	0	15	720	8	1	7	1		•						•	•
	Sweet & Spicy	140	1.5	0	0	0	630	32	0	29	1			•	•				•	•
Teriyaki	110	0.5	0	0	0	810	23	0	20	2			•	•				•	•	
BBQ	60	0	0	0	0	480	15	1	11	0								•	•	
DRESSINGS <small>(1.25 oz per packet)</small>	Blue Cheese	180	19	3.5	0	10	380	2	0	1	1	•	•						•	•
	Caesar	90	9	2	0	5	460	2	1	0	2	•	•				•		•	•
	Honey Mustard	150	14	2	0	10	260	6	1	5	1		•						•	•
	Lite Ranch	90	8	1.5	0	10	430	2	1	1	1	•	•						•	•
	Lite Vinaigrette	35	0.5	0	0	0	320	7	1	6	0								•	•
	Mediterranean	140	13	2	0	0	620	4	1	3	0	•							•	•
	Ranch	160	16	2.5	0	10	320	1	0	1	1	•	•						•	•
Thousand Island	230	23	3.5	0	15	240	3	0	2	1		•						•	•	

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		NUTRITION										ALLERGENS								SENSITIVITIES																				
		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten																			
DRINKS	Fanta Orange	12 oz	150	0	0	0	0	35	42	0	42	0																												
		22 oz	280	0	0	0	0	65	77	0	77	0																												
		32 oz	410	0	0	0	0	100	112	0	112	0																												
		42 oz	540	0	0	0	0	130	147	0	146	0																												
	Hi-C Orange	12 oz	160	0	0	0	0	35	42	0	42	0																												
		22 oz	290	0	0	0	0	65	78	0	76	0																												
		32 oz	430	0	0	0	0	100	113	0	111	0																												
		42 oz	560	0	0	0	0	130	148	0	146	0																												
	Mello Yello	12 oz	130	0	0	0	0	40	34	0	34	0																												
		22 oz	230	0	0	0	0	70	63	0	63	0																												
		32 oz	340	0	0	0	0	100	92	0	91	0																												
		42 oz	440	0	0	0	0	135	120	0	120	0																												
	Minute Maid Pink Lemonade	12 oz	160	0	0	0	0	70	41	0	40	0																												
		22 oz	290	0	0	0	0	125	75	0	74	0																												
		32 oz	420	0	0	0	0	190	109	0	108	0																												
		42 oz	550	0	0	0	0	240	143	0	141	0																												
	Cherry Dr Pepper	12 oz	150	0	0	0	0	40	39	0	39	0																												
		22 oz	270	0	0	0	0	70	71	0	71	0																												
		32 oz	390	0	0	0	0	100	103	0	103	0																												
		42 oz	510	0	0	0	0	135	136	0	135	0																												
	Fanta Cherry	12 oz	160	0	0	0	0	35	42	0	42	0																												
		22 oz	290	0	0	0	0	65	77	0	77	0																												
		32 oz	420	0	0	0	0	95	112	0	112	0																												
		42 oz	550	0	0	0	0	125	146	0	146	0																												
	Seagram's Ginger Ale	12 oz	130	0	0	0	0	35	33	0	33	0																												
		22 oz	230	0	0	0	0	65	61	0	61	0																												
		32 oz	340	0	0	0	0	95	89	0	89	0																												
		42 oz	450	0	0	0	0	125	117	0	117	0																												
Cherry Vanilla Coke	12 oz	160	0	0	0	0	35	42	0	42	0																													
	22 oz	290	0	0	0	0	65	77	0	77	0																													
	32 oz	410	0	0	0	0	100	112	0	112	0																													
	42 oz	540	0	0	0	0	130	146	0	146	0																													
Sprite with Peach	12 oz	140	0	0	0	0	35	36	0	36	0																													
	22 oz	260	0	0	0	0	70	67	0	67	0																													
	32 oz	370	0	0	0	0	100	97	0	97	0																													
	42 oz	490	0	0	0	0	130	127	0	127	0																													

¹ Nutritional and allergen information for a la carte Boneless and Traditional Wings and Buffalo Fingers does not include celery or Ranch Sauce. Please refer to the Celery & Ranch Sauce section for this information.
² Nutritional and allergen information for a la carte Chicken Fingers does not include Zax Sauce. Please refer to the Dipping Sauces section for this information.
³ This Nutrition and Allergen Guide does not include nutrition or allergens information for drinks with meal items. Please refer to the Drinks section for this information.
⁴ The default sauce for all Buffalo items is Tongue Torch.