

## Food Menu Report: Wing Zone

## Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	FatCals (kc: Fat (g))	SatFat (g)	TransFat (g	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	
Build Your Own Burger or Chicken Sandwich													
Turano Brioche Buns (Wing Zone)	1	Each	210	30	3.5	1.5	--	0	360	40	1	7	7
Hamburger (Wing Zone)	1	Each	320	240	27	11	1.5	75	160	1	0	0	19
Grilled Chicken Breast (Wing Zone)	1	Each	180	50	6	1.5	0	85	560	0	0	0	31
<b>Spicy Black Bean Burger (Wing Zone O&amp;B)</b>	<b>1</b>	<b>Each</b>	<b>110</b>	<b>35</b>	<b>4</b>	<b>0.5</b>	<b>0</b>	<b>0</b>	<b>330</b>	<b>13</b>	<b>4</b>	<b>1</b>	<b>10</b>
Wing Zone - Fried Chicken Breast	1	Each	440	210	24	4.5	0	75	1110	24	1	0	30
Applewood Smoked Bacon (Wing Zone)	1	Slice	40	25	3	1.5	0	5	150	1	0	0	2
onion, red, fresh, rings	2	Piece	5	0	0	0	0	0	0	1	0	1	0
Tomatoes, red, fresh, year round avg, med slices, 1/4"	1	Piece	5	0	0	0	0	0	0	1	0	1	0
lettuce, romaine, fresh, inner leaf	1	Each	0	0	0	0	0	0	0	0	0	0	0
Ketchup (Wing Zone)	1	Individual F	10	0	0	0	0	0	85	3	0	2	0
Mustard (Wing Zone)	1	Individual F	0	0	0	0	0	0	65	0	0	0	0
Mayonnaise (Wing Zone)	1	Individual F	80	70	8	1.5	0	5	75	1	0	1	0
Cheddar Cheese Mild (Wing Zone)	1	Slice	80	60	7	4	0	25	135	0	0	0	5
Monterey Jack Cheese with Jalapeno Peppers (Wing Zon	1	Slice	80	50	6	4	0	25	130	1	0	0	5
Tame Flavor (Wing Zone)	1	Fluid ounce	80	70	8	1	0	0	590	0	0	0	0
Cinnamon Maple Flavor (Wing Zone)	1	Fluid ounce	70	0	0	0	0	0	130	17	0	17	0
Hot Shot Flavor (Wing Zone)	1	Fluid ounce	10	0	0	0	0	0	1220	2	0	0	0
Mango Fire Flavor (Wing Zone)	1	Fluid ounce	70	0	0	0	0	0	160	16	0	15	0
Nuclear Habanero Flavor (Wing Zone)	1	Fluid ounce	20	0	0	0	0	0	1100	4	0	2	0
Garlic Parm Flavor (Wing Zone)	1	Fluid ounce	80	60	7	1	0	0	490	2	0	0	0
Tokyo Dragon Flavor (Wing Zone)	1	Fluid ounce	40	0	0	0	0	0	810	8	0	6	0
Liquid Gold Flavor (Wing Zone)	1	Fluid ounce	120	70	8	1	0	0	140	10	0	8	0
Buffalo Bliss Flavor (Wing Zone)	1	Fluid ounce	50	45	5	0	0	0	870	2	0	0	0
Sweet Samurai Flavor (Wing Zone)	1	Fluid ounce	120	10	1	0	0	0	430	26	0	24	0
Thai Chili Flavor (Wing Zone)	1	Fluid ounce	90	0	0	0	0	0	390	22	0	20	0
Smokin' Q Flavor (Wing Zone)	1	Fluid ounce	40	0	0	0	0	0	810	8	0	8	0
Honey Q Flavor (Wing Zone)	1	Fluid ounce	70	0	0	0	0	0	230	18	0	16	0
Lemon Zinger Flavor (Wing Zone)	1	Fluid ounce	90	80	9	1	0	0	570	2	0	0	0
Blackened Voodoo Flavorcoat (Wing Zone)	0.5	Ounce-wei	60	35	3.5	1.5	1	0	870	6	2	3	1
Cool Ranch Flavorcoat (Wing Zone)	0.5	Ounce-wei	50	20	2	2	0	0	1360	5	0	1	1
Salads													
Wing Zone - Salad, Garden (no dressing)	1	Serving	90	10	1	0	0	0	60	19	7	9	4
Wing Zone - Salad, Caesar (no dressing)	1	Serving	230	100	11	5	0	20	720	21	4	2	16
Wing Zone - Tender, Plain	3	Each	630	230	26	4	0	60	2090	58	3	0	39
Grilled Chicken Breast (Wing Zone)	1	Each	180	50	6	1.5	0	85	560	0	0	0	31
Wing Zone - Fried Shrimp, Plain	7	Each	260	110	12	2	0	100	460	26	1	1	13
Bleu Cheese Dressing (Wing Zone)	1.75	Fluid ounce	240	220	24	3.5	0	0	450	3	0	0	0
Ranch Dressing (Wing Zone)	1.75	Fluid ounce	80	70	8	1	0	5	140	1	0	0	0
Creamy Caesar Dressing (Wing Zone)	1	Individual F	180	160	18	3	0	10	410	2	0	1	1
Wraps													
Wing Zone O&B - Wrap, Buffalo Chicken	1	Serving	1050	442.624	49	17	0.5	95	3260	106	7.612	9	48
Wing Zone O&B - Wrap, Chicken Caesar	1	Serving	700	301.573	34	9	0	100	1690	57	4.381	5	42
Quesadilla													

Wing Zone O&B - Quesadilla, Blackened Chicken	1 Serving	1100	571.983	64	30	3	200	3740	69	6.084	10	66
Wing Zone O&B - Quesadilla, Veggie	1 Serving	840	452.585	50	25	1	115	1450	63	4.045	7	35

Boneless Wings

Wing Zone - Boneless Wing, Plain	2 Each	160	90	11	2	0	20	280	9	1	1	8
Wing Zone - Boneless Wing, Blackened Voodoo	2 Each	180	110	12	2.5	0	20	630	11	1	2	8
Wing Zone - Boneless Wing, Buffalo Bliss	2 Each	180	112.244	12	2	0	20	630	10	0.5	1	8
Wing Zone - Boneless Wing, Cinnamon Maple	2 Each	190	94.5	11	2	0	20	330	16	0.5	7	8
Wing Zone - Boneless Wing, Cool Ranch	2 Each	350	224.369	25	7	0	155	1200	4	0.387	1	26
Wing Zone - Boneless Wing, Garlic Parm	2 Each	190	119.342	13	2	0	20	480	10	0.5	1	8
Wing Zone - Boneless Wing, Honey Q	2 Each	190	94.5	11	2	0	20	370	16	0.5	7	8
Wing Zone - Boneless Wing, Hot Shot	2 Each	160	94.5	11	2	0	20	770	10	0.5	1	8
Wing Zone - Boneless Wing, Lemon Zinger	2 Each	200	126.439	14	2	0	20	510	10	0.5	1	8
Wing Zone - Boneless Wing, Liquid Gold	2 Each	210	122.891	14	2	0	20	340	13	0.5	4	8
Wing Zone - Boneless Wing, Mango Fire	2 Each	190	94.5	11	2	0	20	340	15	0.5	6	8
Wing Zone - Boneless Wing, Nuclear Habanero	2 Each	170	94.5	11	2	0	20	720	11	0.5	1	8
Wing Zone - Boneless Wing, Smokin' Q	2 Each	180	94.5	11	2	0	20	600	12	0.5	4	8
Wing Zone - Boneless Wing, Sweet Samurai	2 Each	210	98.049	11	2	0	20	450	19	0.5	10	8
Wing Zone - Boneless Wing, Tame	2 Each	190	122.891	14	2	0	20	520	9	0.5	1	8
Wing Zone - Boneless Wing, Thai Chili	2 Each	200	94.5	11	2	0	20	440	18	0.5	8	8
Wing Zone - Boneless Wing, Tokyo Dragon	2 Each	180	94.5	11	2	0	20	600	12	0.5	3	8

Original Wings

Wing Zone - Original Wing, Plain	2 Each	160	100	12	3	0	80	60	0	0	0	12
Wing Zone - Original Wing, Blackened Voodoo	2 Each	180	117.92	13	3.5	0	80	410	2	0.709	1	13
Wing Zone - Original Wing, Buffalo Bliss	2 Each	180	122.319	14	3	0	80	410	1	0	0	12
Wing Zone - Original Wing, Cinnamon Maple	2 Each	190	104.575	12	3	0	80	110	7	0	7	12
Wing Zone - Original Wing, Cool Ranch	2 Each	180	112.669	13	3.5	0	80	600	2	0.194	0	13
Wing Zone - Original Wing, Garlic Parm	2 Each	190	129.417	14	3.5	0	80	260	1	0	0	12
Wing Zone - Original Wing, Honey Q	2 Each	190	104.575	12	3	0	80	150	7	0	6	12
Wing Zone - Original Wing, Hot Shot	2 Each	160	104.575	12	3	0	80	550	1	0	0	12
Wing Zone - Original Wing, Lemon Zinger	2 Each	190	136.515	15	3.5	0	80	290	1	0	0	12
Wing Zone - Original Wing, Liquid Gold	2 Each	210	132.966	15	3.5	0	80	115	4	0	3	12
Wing Zone - Original Wing, Mango Fire	2 Each	190	104.575	12	3	0	80	120	6	0	6	12
Wing Zone - Original Wing, Nuclear Habanero	2 Each	170	104.575	12	3	0	80	500	2	0	1	12
Wing Zone - Original Wing, Smokin' Q	2 Each	170	104.575	12	3	0	80	380	3	0	3	12
Wing Zone - Original Wing, Sweet Samurai	2 Each	210	108.124	12	3	0	80	230	10	0	9	12
Wing Zone - Original Wing, Tame	2 Each	190	132.966	15	3.5	0	80	300	0	0	0	12
Wing Zone - Original Wing, Thai Chili	2 Each	190	104.575	12	3	0	80	220	9	0	8	12
Wing Zone - Original Wing, Tokyo Dragon	2 Each	170	104.575	12	3	0	80	380	3	0	2	12

Tenders

Wing Zone - Tender, Plain	1 Each	210	80	9	1.5	0	20	700	19	1	0	13
Wing Zone - Tender, Blackened Voodoo	1 Each	230	91.639	10	2	0	20	1040	22	1.692	1	13
Wing Zone - Tender, Buffalo Bliss	1 Each	230	96.039	11	1.5	0	20	1040	20	0.983	0	13
Wing Zone - Tender, Cinnamon Maple	1 Each	240	78.295	9	1.5	0	20	750	26	0.983	7	13
Wing Zone - Tender, Cool Ranch	1 Each	230	86.388	10	2	0	20	1240	21	1.178	0	14
Wing Zone - Tender, Garlic Parm	1 Each	240	103.137	11	2	0	20	890	20	0.983	0	13
Wing Zone - Tender, Honey Q	1 Each	240	78.295	9	1.5	0	20	790	26	0.983	6	13
Wing Zone - Tender, Hot Shot	1 Each	210	78.295	9	1.5	0	20	1190	20	0.983	0	13

Wing Zone - Tender, Lemon Zinger	1 Each	240	110.235	12	2	0	20	930	20	0.983	0	13
Wing Zone - Tender, Liquid Gold	1 Each	260	106.686	12	2	0	20	750	23	0.983	3	13
Wing Zone - Tender, Mango Fire	1 Each	240	78.295	9	1.5	0	20	760	26	0.983	6	13
Wing Zone - Tender, Nuclear Habanero	1 Each	220	78.295	9	1.5	0	20	1140	21	0.983	1	13
Wing Zone - Tender, Smokin' Q	1 Each	230	78.295	9	1.5	0	20	1020	22	0.983	3	13
Wing Zone - Tender, Sweet Samurai	1 Each	260	81.844	9	1.5	0	20	870	30	0.983	9	13
Wing Zone - Tender, Tame	1 Each	240	106.686	12	2	0	20	930	19	0.983	0	13
Wing Zone - Tender, Thai Chili	1 Each	240	78.295	9	1.5	0	20	860	28	0.983	8	13
Wing Zone - Tender, Tokyo Dragon	1 Each	230	78.295	9	1.5	0	20	1020	22	0.983	2	13
Fried Shrimp												
Wing Zone - Fried Shrimp, Plain	1 Each	35	15	1.5	0	0	15	65	4	0	0	2
Wing Zone - Fried Shrimp, Blackened Voodoo	1 Each	50	22.342	2.5	0.5	0	15	240	5	0.495	1	2
Wing Zone - Fried Shrimp, Buffalo Bliss	1 Each	45	24.542	2.5	0	0	15	240	4	0.141	0	2
Wing Zone - Fried Shrimp, Cinnamon Maple	1 Each	50	15.67	1.5	0	0	15	90	7	0.141	3	2
Wing Zone - Fried Shrimp, Cool Ranch	1 Each	45	19.717	2	0.5	0	15	340	5	0.238	0	2
Wing Zone - Fried Shrimp, Garlic Parm	1 Each	50	28.091	3	0	0	15	160	4	0.141	0	2
Wing Zone - Fried Shrimp, Honey Q	1 Each	50	15.67	1.5	0	0	15	110	7	0.141	3	2
Wing Zone - Fried Shrimp, Hot Shot	1 Each	40	15.67	1.5	0	0	15	310	4	0.141	0	2
Wing Zone - Fried Shrimp, Lemon Zinger	1 Each	60	31.64	3.5	0	0	15	180	4	0.141	0	2
Wing Zone - Fried Shrimp, Liquid Gold	1 Each	60	29.865	3.5	0	0	15	95	6	0.141	2	2
Wing Zone - Fried Shrimp, Mango Fire	1 Each	50	15.67	1.5	0	0	15	100	7	0.141	3	2
Wing Zone - Fried Shrimp, Nuclear Habanero	1 Each	40	15.67	1.5	0	0	15	290	4	0.141	1	2
Wing Zone - Fried Shrimp, Smokin' Q	1 Each	45	15.67	1.5	0	0	15	230	5	0.141	2	2
Wing Zone - Fried Shrimp, Sweet Samurai	1 Each	60	17.444	2	0	0	15	150	9	0.141	5	2
Wing Zone - Fried Shrimp, Tame	1 Each	50	29.865	3.5	0	0	15	180	4	0.141	0	2
Wing Zone - Fried Shrimp, Thai Chili	1 Each	60	15.67	1.5	0	0	15	150	8	0.141	4	2
Wing Zone - Fried Shrimp, Tokyo Dragon	1 Each	45	15.67	1.5	0	0	15	230	5	0.141	1	2
Appetizers												
Wing Zone - Appetizer, Sweet Corn Bites	1 Serving	590	210.589	23	4	0	0	1160	86	5.532	6	8
Wing Zone - Appetizer, Mac 'n Cheese Wedges	1 Serving	530	293.082	33	8	0	20	1220	46	3.706	6	11
Wing Zone - Appetizer, Sweet & Spicy Pickle Chips with F	1 Serving	690	323.539	36	6	0	5	1370	84	1.772	27	7
Wing Zone - Appetizer, Mozzarella Stix with Marinara	1 Serving	600	317.5	35	12	0	50	1710	52	3.516	15	21
Side Items												
Wing Zone - Side, Wedge Fries Regular	1 Serving	390	168.846	19	3.5	0	0	1420	49	4.669	0	5
Wing Zone - Side, Wedge Fries Jumbo	1 Serving	790	337.693	38	7	0	0	2850	98	9.339	0	9
Wing Zone - Side, Wedge Fries Regular Blackened Voodoc	1 Serving	450	202.207	22	5	1	0	2290	55	6.441	3	5
Wing Zone - Side, Wedge Fries Jumbo Blackened Voodoc	1 Serving	900	404.413	45	10	2	0	4580	110	12.882	5	11
Wing Zone - Side, Wedge Fries Regular Cool Ranch	1 Serving	440	189.079	21	5	0	0	2790	54	5.156	1	6
Wing Zone - Side, Wedge Fries Jumbo Cool Ranch	1 Serving	880	378.159	42	11	0	5	5570	107	10.311	2	12
Wing Zone - Side, Wedge Fries Regular Cheese	1 Serving	610	338.944	38	14	0	65	1790	49	4.669	0	18
Wing Zone - Side, Wedge Fries Jumbo Cheese	1 Serving	1220	677.887	75	29	0	135	3580	98	9.339	0	36
Wing Zone - Coleslaw	1 Serving	240	170	18	3	0	0	450	19	3	16	2
Wing Zone - Side, Onion Rings Regular	1 Serving	400	178.995	20	4	0	0	650	49	3.738	7	4
Wing Zone - Side, Onion Rings Jumbo	1 Serving	800	357.989	40	8	0	0	1310	97	7.477	15	7
Wing Zone - Side, Texas Toast	1 Serving	250	129.242	14	2	0	0	340	24	0.138	4	4
Wing Zone - Side, Celery & Bleu Cheese	1 Serving	250	218.344	24	3.5	0	0	500	5	1.024	1	0
Wing Zone - Side, Celery & Ranch	1 Serving	90	74.479	8	1	0	5	190	3	1.024	1	0

Wing Zone O&B - Kettle Chips with Ranch	1 Serving	440	299.087	33	5	0	5	1280	36	2.362	2	2
Mandarin Oranges (Wing Zone O&B)	5.5 Ounce-wei	100	0	0	0	0	0	10	22	0	0	1
Drinks												
Wing Zone - Sweet Tea	20 Fluid ounce	210	0	0	0	0	0	20	52	0	52	1