

NUTRITION INFORMATION			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	
SANDWICHES	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		1030	60	11	0	75	2900	81	4	17	41
	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
	Signature Club Only with Zax Sauce		720	40	9	0	100	2680	46	2	8	39
	Signature Club Only with Spicy Zax Sauce		710	40	9	0	95	2740	46	2	8	39
MOST POPULAR	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)		1280	68	11	0	130	4050	104	8	16	63
	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)		1310	70	11	0	130	4930	106	8	15	64
	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
	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	
1 BONELESS WING ¹ WITH EACH SAUCE ² (Protein Only)	Boneless Wings (No Sauce)		70	4	0.5	0	10	200	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
5 BONELESS WINGS ¹ WITH EACH SAUCE ² (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
1 TRADITIONAL WING ¹ WITH EACH SAUCE ² (Protein Only)	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
5 TRADITIONAL WINGS ¹ WITH EACH SAUCE ² (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
	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
1 CHICKEN FINGER ¹ WITH EACH SAUCE ² (Protein Only)	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
5 CHICKEN FINGERS ¹ WITH EACH SAUCE ² (Protein Only)	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
DESSERT	Chocolate Chip Cookie		170	8	4	0	10	125	24	1	15	2
SAUCES ³ (1/2 cup)	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
SAUCES ³ (1/2 portion by volume)	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
	Sweet & Spicy		150	1.5	0	0	0	570	33	0	28	1
	Teriyaki		110	0.5	0	0	0	850	25	0	21	2
SAUCES ³ (1/2 portion by volume)	Ranch		1020	105	17	0.5	75	1830	12	0	7	4
	Honey Mustard		870	75	12	0	45	1360	48	1	38	2
	Zax Sauce®		1030	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	
DRESSINGS ³ (1/4 portion)	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
SIDES ⁴ (1/2 portion)	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
	Crinkle Fries - Regular		330	14	2	0	0	580	47	5	0	5
	Crinkle Fries - Large											

**ALLERGENS****SENSITIVITIES****ALLERGEN INFORMATION**

Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Shellfish	Sesame*	Fish	MSG	Gluten
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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	•	•	•	•					•

SANDWICHES										
	Kickin' Chicken Sandwich Only	•	•	•	•					•
	Grilled Chicken Sandwich Only	•	•	•	•					•
	Nibbler™ Only	•	•	•	•		•			•
	Signature Sandwich Only with Zax Sauce	•	•	•	•		•			•
	Signature Sandwich Only with Spicy Zax Sauce	•	•	•	•		•			•
	Signature Club Only with Zax Sauce	•	•	•	•		•			•
	Signature Club Only with Spicy Zax Sauce	•	•	•	•		•			•

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 FINGERS* 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	•	•	•						•

DESSERT										
	Chocolate Chip Cookie	•	•	•	•					•

SAUCES (Dip/Cup)										
	Honey Mustard			•						
	Ranch Sauce	•	•							•
	Zax Sauce®		•							
	Spicy Zax Sauce®		•							
	Tongue Torch®									
	BBQ									

SAUCES (2 oz portion by volume)										
	Wimpy™									
	Nuclear™									
	Buffalo Garlic Blaze	•	•							
	Hot Honey Mustard									
	Sweet & Spicy			•	•		•			•
	Teriyaki			•	•					•

SAUCES (6 oz portion by volume)										
	Ranch	•	•							•
	Honey Mustard		•							
	Zax Sauce®		•							
	Spicy Zax Sauce®		•							
	Wimpy™									
	Tongue Torch®									
	Nuclear™									
	Buffalo Garlic Blaze	•	•							
	Hot Honey Mustard		•							
	Sweet & Spicy			•	•		•			•
	Teriyaki			•	•					•
	BBQ									

DRESSINGS (1/4 cup packet)										
	Blue Cheese	•	•							
	Honey Mustard		•							
	Lite Vinaigrette									
	Ranch	•	•							•

SIDES (Sauce not included)										
	Chicken Bacon Ranch Loaded Fries	•	•	•						•
	Fried White Cheddar Bites	•		•						•
	Crinkle Fries - Regular									•
	Crinkle Fries - Large									•
	Cole Slaw - side		•							
	Texas Toast - 1 slice			•	•					•
	Texas Toast - Basket			•	•					•
	Fried Pickles			•						•

ZAX KIDZ MEALS*										
	Kiddie Finger® with Zax Sauce	•	•	•						•
	Kiddie Cheese® Sandwich Only	•		•	•					•
	Kid's Crinkle Fries									•
	Goldfish Giant Grahams, Vanilla			•						•

DRINKS										
	Milk 8 oz	•								
	Chocolate Milk 8oz	•								
	Apple Juice 6oz									
	Sweet Tea Kidz									
	Small									
	Medium									
	Large									
	Gallon									
	Unsweet Tea Kidz									
	Small									
	Medium									
	Large									
	Gallon									