



Nutrition Facts

Meals (Homestyle + side of Tots)

Product	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)
Sandwich	608	22	4	64	2	40	1548
Wrap	758	28	6	84	3	42	2028
Sliders (2)	607	23	5	67	1	34	1773
Tenders (4)	580	23	5	37	1	54	1008
Tenders (6)	740	27	6	39	1	80	1152

Meals (Naked + side of Tots)

Product	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)
Sandwich	573	20	4	61	2	38	1428
Wrap	723	26	6	81	3	40	1908
Sliders (2)	572	21	4	64	1	33	1653
Tenders (4)	524	20	4	32	0	52	816
Tenders (6)	656	22	4	32	0	76	864
Wings (8)	700	46	11	32	1	38	1120

Nutritional information is based on standard recipes and provided as a general guide. Actual values may vary due to portioning, preparation methods, or supplier differences. Some items may be prepared in shared spaces. For questions about allergens or dietary restrictions, please consult with a team member prior to ordering. Please notify us of any allergies so we can do our best to accommodate you, when possible.



Nutrition Facts

À La Carte

Product	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)
Homestyle Sandwich	348	8	2	32	2	38	828
Naked Sandwich	313	6	2	29	2	36	708
Homestyle Wrap	498	14	4	52	3	40	1308
Naked Wrap	463	12	4	49	3	38	1188
Homestyle Slider	174	4	1	17	1	16	527
Naked Slider	156	3	1	16	1	15	467
Homestyle Tenders (4)	320	9	3	5	0	52	288
Naked Tenders (4)	264	6	2	0	0	50	96
Homestyle Tenders (6)	480	13	4	7	1	78	432
Naked Tenders (6)	396	8	2	0	0	74	144
Wings (8)	440	32	9	0	0	36	400

Nutritional information is based on standard recipes and provided as a general guide. Actual values may vary due to portioning, preparation methods, or supplier differences. Some items may be prepared in shared spaces. For questions about allergens or dietary restrictions, please consult with a team member prior to ordering. Please notify us of any allergies so we can do our best to accommodate you, when possible.



Nutrition Facts

Sides

Sides	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)
Salted Maple Cookie	190	10	5	24	0	2	300
Tater Tots	260	14	2	32	0	2	720
Salted Maple Tots	260	14	2	32	0	2	820
Sweet Potato Tots	251	7	0	47	4	2	286
Salted Maple Sweet Tots	251	7	0	47	4	2	386
Sneaky Slaw	117	10	1	9	3	1	443

Kids Meals (Homestyle + Kids Tots)

Kids Meals	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)
2 Tenders + Tots	386	19	4	21	2	29	684
Slider + Tots	347	19	4	36	2	19	1066
3 Wings + Tots	338	27	6	19	1	16	690

Nutritional information is based on standard recipes and provided as a general guide. Actual values may vary due to portioning, preparation methods, or supplier differences. Some items may be prepared in shared spaces. For questions about allergens or dietary restrictions, please consult with a team member prior to ordering. Please notify us of any allergies so we can do our best to accommodate you, when possible.



Nutrition Facts

Sauces (1.5 oz)									
Sauces	Cals.	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Total Sugar (g)	Added Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Southwest Ranch	128	14	2	2	1	1	0	0	349
Sneaky *	30	3	0	3	0	0	0	0	1410
Fool's Gold	90	0	0	21	21	18	0	0	510
Brutus	120	12	2	3	0	0	0	0	660
The "Q"	120	0	0	29	26	21	0	0	750
The Hot Peach	105	0	0	24	21	21	0	0	540
Mango Habanero	75	0	0	18	18	15	0	0	270
Music City Hot	150	14	2	9	8	6	2	0	465
Sweet Thai	120	0	0	30	27	27	0	0	600
Teriyaki	120	0	0	27	24	24	0	3	960
Honey Sriracha	75	0	0	18	18	15	0	0	570

*No Added Sugar

Nutritional information is based on standard recipes and provided as a general guide. Actual values may vary due to portioning, preparation methods, or supplier differences. Some items may be prepared in shared spaces. For questions about allergens or dietary restrictions, please consult with a team member prior to ordering. Please notify us of any allergies so we can do our best to accommodate you, when possible.