



NUTRITIONAL INFORMATION

A 2,000 calorie daily diet is used as a basis for general nutrition advice; however, individual needs may vary.

Not all items are available in all locations.

| STARTERS | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARBS (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---------------------------|----------|---------------|--------------|---------------|-------------|-----------|-----------|-----------|-------------|
| CHEESE FRIES | 1130 | 76 | 31 | 0 | 3150 | 82 | 12 | 5 | 38 |
| SIDE SALAD | 150 | 4.5 | 0 | 26 | 300 | 26 | 2 | 3 | 5 |
| MOZZARELLA STICKS | 400 | 19 | 10 | 55 | 820 | 39 | 0 | 0 | 19 |
| LETTUCE WRAPS | 440 | 11 | 1.5 | 0 | 1470 | 56 | 3 | 45 | 29 |
| CHIPS & SALSA | 900 | 37 | 9 | 0 | 1250 | 125 | 13 | 8 | 13 |
| EXTREME NACHOS | 1520 | 85 | 38 | 0 | 2000 | 143 | 17 | 14 | 45 |
| QUESO BLANCO | 390 | 32 | 21 | 75 | 1740 | 7 | 0 | 6 | 19 |
| SALADS NO DRESSING | | | | | | | | | |
| COVINGTON | 210 | 5 | 0.5 | 0 | 430 | 18 | 5 | 5 | 26 |
| KENTUCKY | 520 | 30 | 11 | 20 | 1150 | 37 | 5 | 6 | 30 |
| BUFFALO | 430 | 22 | 6 | 0 | 640 | 30 | 9 | 3 | 33 |
| QUESADILLAS | | | | | | | | | |
| CHEESE | 800 | 50 | 29 | 0 | 1460 | 53 | 3 | 2 | 40 |
| CHICKEN | 750 | 39 | 20 | 0 | 1490 | 51 | 3 | 2 | 51 |
| GARDEN FRESH | 660 | 37 | 20 | 0 | 1190 | 57 | 5 | 5 | 31 |
| SANDWICHES | | | | | | | | | |
| GRILLED CHICKEN | 270 | 4.5 | 1 | 70 | 720 | 29 | 2 | 4 | 27 |
| FRIED CHICKEN | 350 | 12 | 2.5 | 50 | 1000 | 34 | 2 | 4 | 27 |
| JBR CHICKEN | 520 | 27 | 10 | 60 | 1640 | 36 | 2 | 5 | 36 |
| BUFFALO CHICKEN | 460 | 23 | 5 | 50 | 1810 | 36 | 2 | 5 | 27 |
| WINGS/TENDERS | | | | | | | | | |
| 5PC TRADITIONAL | 260 | 14 | 3 | 0 | 710 | 5 | 5 | 0 | 30 |
| 10PC TRADITIONAL | 528 | 28 | 6 | 320 | 1426 | 10 | 10 | 0 | 60 |
| 3PC TENDERS | 390 | 16 | 1.5 | 105 | 600 | 30 | 9 | 0 | 41 |
| 5PC TENDERS | 650 | 25 | 2.5 | 175 | 1000 | 38 | 15 | 0 | 68 |
| WRAPS | | | | | | | | | |
| WEST COAST VEGGIE | 560 | 30 | 9 | 0 | 1150 | 62 | 6 | 9 | 16 |
| BUFFALO | 780 | 40 | 11 | 0 | 1380 | 67 | 9 | 4 | 39 |
| SONOMA | 630 | 33 | 9 | 0 | 1410 | 51 | 4 | 3 | 37 |
| MEMPHIS | 750 | 28 | 8 | 0 | 1940 | 88 | 4 | 38 | 36 |
| KENTUCKY | 960 | 50 | 18 | 35 | 1810 | 70 | 9 | 8 | 59 |
| BURGERS | | | | | | | | | |
| CRESCENT CITY | 690 | 39 | 18 | 110 | 740 | 42 | 1 | 8 | 39 |
| PHILLY | 870 | 55 | 22 | 115 | 2200 | 49 | 3 | 11 | 42 |
| TEXAS | 850 | 49 | 19 | 115 | 1230 | 63 | 3 | 23 | 40 |
| VEGGIE | 380 | 8 | 2.5 | 5 | 1160 | 52 | 6 | 11 | 27 |
| LOUISVILLE SLAMMER | 720 | 43 | 19 | 125 | 750 | 42 | 1 | 8 | 40 |

| SIDES | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARBS (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|------------------------------------|-----------------|----------------------|---------------------|----------------------|--------------------|------------------|------------------|------------------|--------------------|
| FRENCH FRIES | 520 | 22 | 2 | 50 | 1260 | 74 | 12 | 1 | 16 |
| RED BEANS & RICE | 310 | 15 | 6 | 0 | 790 | 33 | 6 | 6 | 13 |
| HONEY MUSTARD SLAW | 260 | 13 | 2 | 0 | 900 | 37 | 3 | 30 | 2 |
| SWEET POTATO FRIES | 447 | 33 | 2.6 | 0 | 312 | 36 | 5.1 | 9.3 | 2.5 |
| MAC N' CHEESE | 200 | 7 | 4 | 20 | 580 | 17 | 0 | 1 | 8 |
| CHILI | 210 | 13 | 5 | 45 | 880 | 11 | 2 | 4 | 12 |
| CHICKEN & SAUSAGE GUMBO | 100 | 4.5 | 1 | 35 | 900 | 9 | 0 | 0 | 9 |

| DRESSINGS/EXTRAS | | | | | | | | | |
|-----------------------------|-----|----|-----|----|-----|----|------|----|-----|
| RANCH | 219 | 23 | 4 | 23 | 585 | 2 | 0.25 | 1 | 1 |
| BLEU CHEESE | 204 | 20 | 5 | 29 | 374 | 2 | 1 | 1 | 4 |
| HONEY MUSTARD | 311 | 29 | 4 | 26 | 455 | 12 | 0.32 | 11 | 0.4 |
| BALSAMIC VINAIGRETTE | 210 | 16 | 2.5 | 0 | 420 | 15 | 0 | 14 | 0 |
| SALSA (2oz) | 15 | 0 | 0 | 0 | 260 | 3 | 0 | 3 | 0 |
| SOUR CREAM (2oz) | 110 | 9 | 8 | 0 | 105 | 4 | 0 | 4 | 2 |
| WOW SAUCES | | | | | | | | | |
| KANSAS CITY | 50 | 0 | 0 | 0 | 349 | 14 | 0 | 12 | 0 |
| TEXAS | 50 | 0 | 0 | 0 | 310 | 12 | 0 | 10 | 0 |
| BUFFALO I | 110 | 12 | 2 | 0 | 270 | 0 | 0 | 0 | 0 |
| BUFFALO II | 90 | 9 | 1.5 | 0 | 820 | 1 | 0 | 0 | 0 |
| BUFFALO XIII | 70 | 7 | 1.5 | 0 | 440 | 1 | 0 | 0 | 0 |
| ASIAN | 100 | 0 | 0 | 0 | 720 | 24 | 0 | 23 | 1 |
| SANTA FE | 104 | 11 | 2 | 0 | 723 | 1 | 0 | 1 | 1 |
| SHANGHAI FOO'S GOLD | 60 | 0 | 0 | 0 | 330 | 14 | 0 | 11 | 1 |
| PARADISE CITY | 90 | 0 | 0 | 0 | 390 | 22 | 0 | 19 | 0 |
| POLYNESIAN | 100 | 0 | 0 | 0 | 170 | 26 | 0 | 23 | 0 |