

WingHouse - Nutrition Facts - 2017

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Fried Mushrooms	960	580	64	11	7	20	920	76	6	9	19
Fried Pickle Spears	720	490	54	9	3	5	2400	46	4	8	6
Fried Pickle Chips	730	490	54	9	6	20	2690	44	2	1	7
Belt Bustin' Nachos	2950	1270	141	31	3.5	95	7250	377	34	17	45
Belt Bustin' Nachos - Half Portion	1520	650	72	15	2	40	4570	195	18	9	24
Quesadilla - Chicken	1090	530	59	35	0	270	2210	54	3	3	76
Quesadilla - Steak	1190	670	74	41	0	215	2630	59	3	4	62
Quesadilla - Veggie	880	480	54	33	0	130	2150	57	4	4	35
Chicken Strips	830	450	50	8	5	75	1930	55	2	0	38
Pretzel Bites	980	420	47	10	0	20	2290	124	3	241	8
Cheese Sticks	560	300	33	12	3	30	1540	41	6	9	25
Buffalo Chicken Bites	880	520	58	15	3.5	80	1260	61	0	4	31
Steak and Cheese Bites	670	300	33	9	3.5	45	1150	65	5	6	28
Jalapeno Poppers	500	250	27	10	4	15	3570	51	3	5	11
Onion Rings	1090	730	82	14	6	25	1520	77	6	13	7
Loaded Steak Fries - chili and cheese	1480	860	96	18	9	45	4020	138	16	9	19
Loaded Steak Fries - bacon and cheese	1620	970	108	23	9	110	4790	124	12	7	37
Peel & Eat Shrimp	760	510	60	35	0	535	4110	20	1	7	40
WingHouse Sampler	1550	1020	114	26	8	70	5250	100	10	18	27
Chips, Salsa & Cheese	740	130	15	1.5	0	0	1620	141	14	4	12
Texas Chili - Cup	190	70	8	3.5	0	15	590	21	5	4	10
Texas Chili - Bowl	360	140	15	7	0	35	1120	37	9	7	19
Sausage & Chicken Gumbo	140	40	4.5	1	0	30	710	14	1	2	9
Sausage & Chicken Gumbo	250	70	8	2	0	65	1360	22	1	4	18
Buffalo Shrimp - No Sauce	540	23	26	5	4	205	1210	44	2	1	28
Sideline Salad	210	120	14	7	0	40	550	7	3	2	16
WingHouse Salad	770	490	54	29	0	165	2090	13	5	6	57
Spinach Salad	650	330	37	5	0	45	830	73	8	57	8
Caesar Salad (with Dressing)	1120	880	98	22	0	110	2560	35	7	4	29
Salad Add-On - Grilled Chicken	220	50	6	2	0	140	70	0	0	0	42
Salad Add-On - Fried Chicken	610	290	32	7	4.5	140	290	32	1	1	46
Salad Add-On - Fried Shrimp	540	230	26	5	4	205	1210	44	2	12	8
Salad Add-On - Grilled Shrimp	250	140	16	3	0	205	920	1	0	0	22
Salad Add-On - Grilled Mahi-Mahi	140	15	1.5	0	0	130	150	0	0	0	32
Salad Add-On - Blackened Shrimp	730	430	61	10	4	205	15900	87	18	9	36
Salad Add-On - Blackened Chicken	740	420	56	10	4.5	140	10080	61	12	6	52
Crispy Fish Sandwich	1510	660	73	10	6	60	4760	169	10	9	54
Mahi-Mahi Sandwich - Grilled	1010	440	49	8	0	190	3710	99	6	11	56
Mahi-Mahi Sandwich - Blackened	1020	450	50	8	0	190	2410	89	7	11	56
Shrimp Tacos	730	290	32	11	3	165	1880	76	4	4	30
Mahi-Mahi Tacos	500	140	15	8	0	150	1180	45	3	3	42
Chicken Tacos	570	180	20	10	0	160	1100	45	3	3	52
Fish and Chips	2000	1220	136	22	13	70	5240	151	13	12	51
Philly CheeseSteak	1210	520	57	19	0	125	2840	117	9	7	61
Philly Cheese - Chicken	1170	440	49	15	0	175	2420	112	9	6	75
Hot Chick Sandwich	1180	570	67	14	0.5	165	4470	90	7	9	66
Buffalo Chicken Sandwich - No Sauce	1270	520	57	10	6	135	2020	125	8	10	67
Fat Cat Stacker Club	1010	500	56	13	0	130	3680	72	7	9	58
Fire-Grilled Chicken Sandwich	840	290	32	5	0	130	2080	81	6	9	60
The Chick Next Door	1200	420	46	12	1.5	165	2520	128	7	32	72
Honey Mustard Chicken Sandwich - Grilled	1180	550	61	14	0	175	2630	94	6	18	71
Honey Mustard Chicken Sandwich - Blackened	1190	550	62	14	0	175	2870	96	7	19	72
The Chick Next Door	1200	420	46	12	1.5	165	2520	128	7	32	72
Hot Chick Wrap	1710	940	108	27	5	190	4750	122	8	4	68
Grilled Chicken Caesar Wrap	1400	810	90	21	0	205	3080	79	6	1	72
Philly Cheesesteak Wrap	1100	570	63	23	0	125	2330	88	6	4	54
Philly Cheese Chicken Wrap	1000	430	48	17	0	175	1910	83	6	3	68
All American Burger	960	440	49	14	1.5	135	1720	81	6	9	49
Jumbo Combo Platter	1820	970	107	33	8	440	1220	69	4	8	123
Baby Back Ribs	1460	830	92	22	6	160	2450	100	8	26	62
Mushroom Swiss Burger	1010	470	53	16	1.5	145	2440	82	6	9	54
Spicy Smokehouse Burger	1290	710	78	22	2	165	2890	88	7	9	55
Big Daddy's Black and Blue	1300	600	68	21	2.5	160	3220	120	9	23	59
BBQ Pulled Pork Sandwich	1380	620	69	20	1.5	150	2160	145	7	45	50
BBQ Pulled Pork Sliders	1240	600	66	21	0	155	1590	111	6	26	50
WingHouse Sliders	1360	590	65	22	0	215	1490	93	6	11	73
Big Boss Burger	1300	640	72	23	1.5	215	2210	92	5	18	70
Blacksmith Bacon Burger	1360	650	72	23	3	175	2430	115	7	21	63
Buffalo Chicken Wrap - Fried (No Sauce)	1760	1020	113	28	4.5	190	2640	113	8	5	72
Buffalo Shrimp Wrap - Fried (No Sauce)	1030	460	51	13	3	160	2460	108	7	2	34
Creamy Italian	180	170	19	3	0	15	190	2	0	1	0
Fat Free Italian Dressing	10	0	0	0	0	0	650	3	0	2	0
Gluten-Free Ranch Dressing	140	140	16	2	0	15	270	1		1	1
Gluten-Free Blue Cheese Dressing	220	200	23	4	0	20	150	1		1	1
Honey Mustard Dressing	180	130	15	2.5	0	10	130	12	0	10	0
Fat Free Balsamic Vinaigrette Dressing	30	0	0	0	0	0	370	7	0	4	0
Thousand Island Dressing	180	150	17	2.5	0	15	190	5	0	5	0
Oil and Vinegar Dressing	122	120	14	2	0	0	7	5	0	0	0
French Dressing	170	130	15	2.5	0	0	450	8	0	8	0
Caesar Dressing	240	230	26	4.5	0	30	410	1	0	0	1
Pickle Spear	5	0	0	0	0	0	510	1	1	0	

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Original Chicken Wings (5pc)	810	550	61	16.5	5.5	240	265	10.5	1	0	52.5
Original Chicken Wings (10pc)	1620	1100	122	33	11	480	530	21	1	0	105
Original Chicken Wings (20pc)	3240	2200	244	66	22	960	1060	42	1	0	210
Original Chicken Wings (50pc)	8100	5500	610	165	55	2400	2650	105	5	0	525
Buffalo Chicken Wings (5pc)	745	535	59.5	16.5	5	240	200	0	0	0	51
Buffalo Chicken Wings (10pc)	1490	1070	119	33	10	480	400	0	0	0	102
Buffalo Chicken Wings (20pc)	2980	2140	238	66	20	960	800	0	0	0	204
Buffalo Chicken Wings (50pc)	7450	5350	595	165	50	2400	2000	0	0	0	510
Naked Chicken Wings (5pc)	430	230	26	5	2	235	550	2	0	0	44
Naked Chicken Wings (10pc)	860	470	52	11	3.5	470	1100	4	0	0	88
Boneless Wings (No Sauce)	790	360	40	7	6	150	880	43	2	1	65
Boneless Wings (Grilled - No Sauce)	260	40	4.5	0	0	155	620	0	0	0	59
Grilled Lemon Pepper Wings (5pc)	450	210	23	6	0	300	830	4	0	1	54
Grilled Lemon Pepper Wings (10pc)	890	420	47	13	0	600	1660	9	0	3	107
Grilled Dallas BBQ Wings (5pc)	470	210	23	6	0	300	420	8	0	7	54
Grilled Dallas BBQ Wings (10pc)	940	420	47	13	0	600	840	17	0	14	107
Mild Sauce - 5 wings & add-ons (1 oz)	30	20	2	0	0	0	140	4	0	4	0
Mild Sauce - sandwiches, boneless & wraps (3 oz)	90	60	7	0.5	0	0	420	13	0	11	0
Medium Sauce - 5 wings & add-ons (1 oz)	60	50	6	1	0	0	570	7	0	6	0
Medium Sauce - sandwiches, boneless & wraps (3 oz)	180	160	18	3	0	0	1710	21	0	18	0
Hot Sauce - 5 wings & add-ons (1 oz)	40	40	6	1	0	0	800	1	0	0	0
Hot Sauce - sandwiches, boneless & wraps (3 oz)	120	120	18	3	0	0	2400	3	0	0	0
Sweet Thai Chili Sauce - 5 wings & add-ons (1 oz)	70	0	0	0	0	0	300	16	0	14	0
Sweet Thai Chili Sauce - sandwiches, boneless & wraps (3 oz)	210	0	0	0	0	0	890	47	0	41	0
Teryaki Sauce - 5 wings & add-ons (1 oz)	30	0	0	0	0	0	1380	6	0	5	2
Teryaki Sauce - sandwiches, boneless & wraps (3 oz)	100	0	0	0	0	0	4140	17	0	15	6
Blackened Sauce - 5 wings & add-ons (1 oz)	190	190	31	3.4	0	0	990	2	0	0	0
Blackened Sauce - sandwiches, boneless & wraps (3 oz)	570	570	93	10	0	0	2970	6	1	0	0
Asian Sauce - 5 wings & add-ons (1 oz)	70	0	0	0	0	0	340	17	0	13	1
Asian Sauce - sandwiches, boneless & wraps (3 oz)	210	0	0	0	0	0	1020	51	0	39	3
Dallas Sauce - 5 wings & add-ons (1 oz)	50	0	0	0	0	0	140	14	0	11	0
Dallas Sauce - sandwiches, boneless & wraps (3 oz)	150	0	0	0	0	0	420	42	0	33	0
Exxtreme Sauce - 5 wings & add-ons (1 oz)	5	0	0	0	0	0	1010	1	0	0	0
Exxtreme Sauce - sandwiches, boneless & wraps (3 oz)	15	0	0	0	0	0	3030	3	0	0	0
Mango Habenero Sauce - 5 wings & add-ons (1 oz)	70	0	0	0	0	0	340	17	0	13	1
Mango Habenero Sauce - sandwiches, boneless & wraps (3 oz)	210	0	0	0	0	0	1020	51	0	39	3
House on Fire Sauce - 5 wings & add-ons (1 oz)	5	0	0	0	0	0	980	1	0	0	0
House on Fire Sauce - sandwiches, boneless & wraps (3 oz)	15	0	0	0	0	0	2940	3	0	0	0
Garlic Parmesean Sauce - 5 wings & add-ons (1 oz)	180	180	28	4	0	5	310	3	0	0	2
Garlic Parmesean Sauce - sandwiches, boneless & wraps (3 oz)	540	540	81	12	0	15	930	9	1	0	6
Lemon Pepper Rub - 5 wings & add-ons (1.75 oz)	0	0	0	0	0	0	2880	18	0	0	0
Lemon Pepper Rub - sandwiches, boneless & wraps (1.5 oz)	0	0	0	0	0	0	5600	36	0	0	0
Eastern Shore Rub - 5 wings & add-ons (1.75 oz)	25	25	4.5	0.5	0	0	3280	5	2	1	1
Eastern Shore Rub - sandwiches, boneless & wraps (1.5 oz)	50	50	9	1	0	0	6560	10	4	2	2
Blackened Rub - 5 wings & add-ons (1.75 oz)	50	50	9	1.5	0	0	3670	11	4	2	2
Blackened Rub - sandwiches, boneless & wraps (1.5 oz)	100	100	18	3	0	0	7340	22	8	4	4
Jerk Rub - 5 wings & add-ons (1.75 oz)	0	0	0	0	0	0	1890	0	0	0	0
Jerk Rub - sandwiches, boneless & wraps (1.5 oz)	0	0	0	0	0	0	3780	0	0	0	0
Chipotle Rub - 5 wings & add-ons (1.75 oz)	0	0	0	0	0	0	0	0	0	0	0
Chipotle Rub - sandwiches, boneless & wraps (1.5 oz)	0	0	0	0	0	0	0	0	0	0	0
Sriracha Rub - 5 wings & add-ons (1.75 oz)	40	5	0	0	0	0	790	9	1	3	1
Sriracha Rub - sandwiches, boneless & wraps (1.5 oz)	80	10	0	0	0	0	1580	18	2	6	2
Ranch Chipotle Rub - 5 wings & add-ons (1.75 oz)	35	0	0	0	0	0	3820	5	0	1	1
Ranch Chipotle Rub - sandwiches, boneless & wraps (1.5 oz)	70	0	0	0	0	0	7640	10	0	2	2
Kids Chicken Strips (no dressing)	760	480	53	9	4.5	40	1330	50	5	0	20
Kids Mac and Cheese	690	320	35	7	2.5	15	1190	78	5	8	14
Kids Wings	1040	680	75	18	7	195	830	41	4	0	45
Kids Tater Tot Sides	390	240	26	4.5	2.5	0	620	33	3	0	3
Kids Sliders	1110	520	58	18	2.5	145	1060	76	5	6	49
Kids Cheese Quesadilla	760	430	48	18	2.5	45	1350	58	4	0	20
NY Style Cheesecake	790	420	47	25	0	155	600	86	1	59	11
Salted Caramel Cheesecake	900	460	51	26	0	200	650	96	2	70	13
Chocolate Cake	410	140	16	8	0	35	280	62	5	43	6
Tater Tots Side	1020	610	68	11	7	0	1620	85	9	0	9
Curly Fries Side	690	450	50	8	4.5	0	1180	55	6	0	6
Steak Fries Side	720	410	46	6	6	0	1440	72	8	4	8
Steamed Broccoli Side	210	170	26	4	0	5	330	10	4	3	6
Guacamole Side	120	90	10	1.5	0	250	6	3	1	1	1
Coleslaw Side	150	110	12	2	0	5	420	12	2	9	1
Sour Cream Side	70	50	6	4.5	0	30	15	0	0	0	0
Applesauce Side	80	0	0	0	0	0	13	20	0	0	6
American Cheese Slice	35	20	2	1.5	0	5	190	2	0	1	3
Cheddar Cheese Slice	90	70	8	4.5	0	20	180	1	0	0	8
Cheddar/Jack Cheese	110	80	9	5	0	30	180	1	0	0	7
Pepper/Jack Cheese Slice	60	50	6	3	0	15	330	0	0	0	3
Swiss Cheese Slice	50	35	4	2.5	0	15	720	1	0	0	4
Provolone Cheese Slice	90	70	8	4.5	0	20	180	1	0	0	8