



NUTRITIONAL GUIDE

Last Updated: 05/08/2018

WingHouse Bar + Grill has made an effort to provide complete nutrition information. Due to the handcrafted nature of our menu items and changes to recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur.

APPETIZERS

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Buffalo Shrimp, No Sauce	540	230	26	5	4	205	1210	44	2	1	28
Cheese Sticks	560	300	33	12	3	30	1540	41	6	9	25
Cheesy Bacon Potato Skins	840	440	49	18	0	85	880	84	12	5	26
Chicken Strips, No Dressing	830	450	50	8	5	75	1930	55	2	0	38
Fried Mushrooms	960	580	64	11	7	20	920	76	6	9	19
Fried Pickle Chips	730	490	54	9	6	20	2690	44	0	1	7
Onion Rings	1090	730	82	14	6	25	990	78	6	13	9
Grouper Bites	820	360	40	7	7	60	1070	65	3	2	44
Loaded Steak Fries, Bacon and Cheese	1620	970	108	23	9	110	4790	124	0	7	37
Loaded Steak Fries, Chili and Cheese	1480	860	96	18	9	45	4020	138	0	9	19
Pretzel Bites	980	420	47	10	0	20	2290	124	0	24	18
Signature Nachos	1520	650	72	15	2	40	4570	195	18	9	24
Texas Chili, Bowl	360	140	15	7	0	35	1120	37	9	7	19
Texas Chili, Cup	190	70	8	3.5	0	15	590	21	5	4	10

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coffee 12 fl oz	5	0	0	0	0	0	5	0	0	0	0
Diet Pepsi 12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper 12 fl oz	150	0	0	0	0	0	55	41	0	41	0
Lemonade 12 fl oz	180	0	0	0	0	0	25	44	0	42	1
Mountain Dew 12 fl oz	170	0	0	0	0	0	60	47	0	47	0
Mug Root Beer 12 fl oz	150	0	0	0	0	0	60	44	0	44	0
Orange Crush 12 fl oz	180	0	0	0	0	0	45	51	0	51	0
Pepsi 12 fl oz	150	0	0	0	0	0	30	42	0	42	0
Raspberry Iced Tea 12 fl oz	170	0	0	0	0	0	10	39	0	39	0
Red Bull 12 fl oz	160	0	0	0	0	0	140	40	0	39	1
Red Bull Sugar Free 12 fl oz	15	0	0	0	0	0	140	4	0	0	1
Sierra Mist 12 fl oz	150	0	0	0	0	0	30	41	0	41	0
Tea Sweet 12 fl oz	100	0	0	0	0	0	10	26	0	25	0
Tea Unsweet 12 fl oz	5	0	0	0	0	0	10	1	0	0	0

BEVERAGES

All American Burger	960	440	49	14	1.5	135	1720	81	6	9	49
Big Daddy's Black & Blue Burger	1300	600	68	21	2.5	160	3220	120	9	23	59
Blacksmith Bacon Burger	1360	650	72	23	3	175	2430	115	7	21	63
Mushroom Swiss Burger	1010	470	53	16	1.5	145	2440	82	6	9	54
WingHouse Sliders	1360	590	65	22	0	215	1490	93	6	11	73

BURGERS

Chocolate Cake	819	227	26	8	0	12	855	145	1	100	5
Salted Caramel Cheesecake	548	248	28	14	0	87	414	69	1	50	7

DESSERTS

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
FAN FAVORITES											
Baby Back Ribs, Full Rack	2920	1660	184	44	12	320	4900	200	16	52	124
Baby Back Ribs, Half Rack	1460	830	92	22	6	160	2450	100	8	26	62
Jumbo Combo Platter	1830	970	107	33	8	440	1230	71	0	8	122
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

KIDS

Kid's Cheese Quesadilla	760	430	48	18	2.5	45	1350	58	0	0	2
Kid's Chicken Strips, No Dressing	770	460	52	9	4.5	40	1300	53	5	0	21
Kid's Mac and Cheese	690	320	35	7	2.5	15	1190	78	5	8	14
Kid's Sliders	1110	520	58	18	2.5	145	1060	76	5	6	49
Kid's Wings	1040	680	75	18	7	195	830	41	4	0	45

SALADS

Buffalo Chicken Salad (No Sauce or Dressing)	1030	530	59	21	4.5	225	1390	45	7	6	78
Caesar Salad (With Dressing, No Protein)	1120	880	98	22	0	110	2560	35	7	4	29
Spinach Salad (No Protein)	650	330	37	5	0	45	830	73	8	57	8
Sideline Salad (No Dressing or Protein)	385	245	27	14.5	0	82.5	1045	6.5	2.5	3	28.5
WingHouse Salad, Whole (No Dressing or Protein)	770	490	54	29	0	165	2090	13	5	6	57

DRESSING

Bleu Cheese Dressing, 1.5 oz.	220	200	23	4	0	20	150	1	0	1	1
Caesar Dressing, 1.5 oz.	240	230	26	4.5	0	30	410	1	0	0	1
Country French Dressing, 1.5 oz.	190	150	17	2.5	0	0	300	9	0	9	0
Creamy Italian Dressing, 1.5 oz.	180	170	19	3	0	15	190	2	0	1	0
Honey Mustard Dressing, 1.5 oz.	180	130	15	2.5	0	10	130	12	0	10	0
Lite Balsamic Vinaigrette Dressing, 1.5 oz.	30	0	0	0	0	0	370	7	0	4	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DRESSING (CONTINUED)											
Lite Italian Dressing, 1.5 oz.	10	0	0	0	0	0	650	3	0	2	0
Oil and Vinegar Dressing, 1.5 oz.	100	80	9	1	0	0	370	4	0	3	0
Poppeyseed Dressing, 1.5 oz.	195	135	15	2	0	23	345	12	0	11	0
Ranch Dressing, 1.5 oz.	140	140	16	2	0	15	270	1	0	1	1
Thousand Island Dressing, 1.5 oz.	180	150	17	2.5	0	15	190	5	0	5	0

ADD-ONS

Blackened Chicken Add-On	740	420	56	10	4.5	140	10080	61	12	6	52
Blackened Shrimp Add-On, 10 Pieces	730	430	61	10	4	205	15900	87	18	9	36
Crispy Chicken Add-On	610	290	32	7	4.5	140	290	32	1	1	46
Fried Shrimp Add-On, 10 Pieces	540	230	26	5	4	205	1210	44	2	1	28
Grilled Chicken Add-On	220	50	6	2	0	140	70	0	0	0	42
Grilled Grouper Add-On	140	20	2	0	0	50	540	0	0	0	30
Grilled Shrimp Add-On, 10 Pieces	250	140	16	3	0	205	920	1	0	0	22

SANDWICHES

Buffalo Chicken Sandwich, No Sauce	1270	520	57	10	6	135	2020	125	8	10	67
Chargrilled Chicken Sandwich	840	290	32	5	0	130	2080	81	6	9	60
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
Philly Cheesesteak	1210	520	57	19	0	125	2840	117	9	7	61
The Chick Next Door	1200	420	46	12	1.5	165	2520	128	7	32	72

SAUCES & RUBS

Wraps & Tacos = 3 oz. sauce Sandwiches = 4 oz. sauce 5 Wings = 1 oz. sauce / .75 oz. rub

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Rub, .75 oz.	50	50	9	1.5	0	0	3670	11	0	2	2
Blackened Sauce, 3 fl. oz.	570	570	93	10	0	0	2970	6	1	0	0
Dallas Sauce, 1 fl. oz.	50	0	0	0	0	0	140	14	0	11	0
Exxtreme Sauce, 3 fl. oz.	20	0	1	0	0	0	840	2	0	0	0
Garlic Parmesan Sauce, 3 fl. oz.	540	540	81	12	0	15	930	9	1	0	6
Hot Sauce, 1 fl. oz.	40	40	6	1	0	0	800	1	0	0	0
House on Fire Sauce, 3 fl. oz.	15	0	0	0	0	0	2940	3	0	0	0
Jerk Rub, .75 oz.	0	0	0	0	0	0	1890	0	0	0	0
Korean BBQ Sauce, 1 fl. oz.	70	10	2	0	0	0	590	13	0	11	1
Lemon Pepper Rub, .75 oz.	0	0	0	0	0	0	2880	18	0	0	0
Mango Habanero Sauce, 1 fl. oz.	70	0	0	0	0	0	340	17	0	13	1
Margarita Rub, .75 oz.	0	0	0	0	0	0	1440	0	0	0	0
Medium Sauce, 1 fl. oz.	60	50	6	1	0	0	570	7	0	6	0
Mild Sauce, 1 fl. oz.	30	20	2	0	0	0	140	4	0	4	0
Ranch Chipotle Rub, .75 oz.	35	0	0	0	0	0	3820	5	0	1	1
Sweet and Smokey Rub, .75 oz.	10	0	0	0	0	0	1800	18	0	3	0
Sweet Thai Chili Sauce, 1 fl. oz.	70	0	0	0	0	0	300	16	0	14	0
Teriyaki Sauce, 1 fl. oz.	30	0	0	0	0	0	1380	6	0	5	2

SEAFOOD

Crispy Cod Sandwich	1510	660	73	10	6	60	4760	169	10	9	54
Fisherman's Fish & Chips	2000	1220	136	22	13	70	5240	151	13	12	51
Gulf Coast Grouper Sandwich, Blackened	1020	450	50	8	0	190	2410	89	7	11	56
Gulf Coast Grouper Sandwich, Grilled	1010	440	49	8	0	190	3710	99	6	11	56

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Applesauce	50	0	0	0	0	0	0	13	1	11	0
Curly Fries	690	450	50	8	4.5	0	1180	55	6	0	6
Kids Curly Fries	380	250	28	4	2.5	0	650	30	3	0	3
Kid's Tater Tots	390	240	26	4.5	2.5	0	620	33	3	0	3
Sideline Salad, No Dressing	210	120	14	7	0	40	550	7	3	2	16
Steak Fries	720	410	46	6	6	0	1440	72	0	4	8
Steak Fries with Chili and Cheese	1480	860	96	18	9	45	4020	138	0	9	19
Steamed Broccoli	210	170	26	4	0	5	330	10	4	3	6
Tater Tots	1020	610	68	11	7	0	1620	85	9	0	9
WingHouse Slaw	150	110	12	2	0	5	420	12	0	9	1

SIDES

TACOS

Chicken Tacos, Grilled	570	180	20	10	0	160	1100	45	3	3	52
Chicken Tacos, Fried	1000	220	24	6	0	65	2380	154	13	9	43
Grouper Tacos	500	140	15	8	0	150	1180	45	3	3	42
Shrimp Tacos	730	290	32	11	3	165	1880	76	4	4	30

WINGS

Original Wings, 5 pc, No Sauce	810	550	61	16.5	5.5	240	265	10.5	0.5	0	52.5
Original Wings, 10 pc, No Sauce	1620	1100	122	33	11	480	530	21	1	0	105
Original Wings, 20 pc, No Sauce	3240	2200	244	66	22	960	1060	42	2	0	210
Original Wings, 50 pc, No Sauce	8100	5500	610	165	55	2400	2650	105	5	0	525
Buffalo Wings, 5 pc, No Sauce	745	535	59.5	16.5	5	240	200	0	0	0	51
Buffalo Wings, 10 pc, No Sauce	1490	1070	119	33	10	480	400	0	0	0	102
Buffalo Wings, 20 pc, No Sauce	2960	2140	238	66	20	960	800	0	0	0	204
Buffalo Wings, 50 pc, No Sauce	7450	5350	595	165	50	2400	2000	0	0	0	510
Naked Wings, 5 pc, No Sauce	430	235	26	5.5	1.75	235	550	2	0	0	44

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WINGS (CONTINUED)											
Naked Wings, 10 pc, No Sauce	860	470	52	11	3.5	470	1100	4	0	0	88
Boneless Wings, No Sauce (10 oz)	790	360	40	7	6	150	880	43	2	1	65
Boneless Wings Grilled, No Sauce (10 oz)	260	40	4.5	0	0	155	620	0	0	0	59

WRAPS

Buffalo Chicken Wrap, Crispy	1760	1020	113	28	4.5	190	2640	113	8	5	72
Buffalo Shrimp Wrap, Fried	1030	460	51	13	3	160	2460	108	7	2	34
Philly Cheesesteak Wrap	1100	570	63	23	0	125	2330	88	6	4	54
Grilled Chicken Caesar Wrap	1400	810	90	21	0	205	3080	79	6	1	72

ADD-ONS

Guacamole Add-on, 1.5 fl. oz	120	90	10	1.5	0	0	250	6	3	1	1
Sour Cream Add-on, 1.5 fl. oz.	70	50	6	4.5	0	30	15	0	0	0	0
American Cheese Add-on, 1 slice	35	20	2	1.5	0	5	190	2	0	1	3
Bacon, 2 pcs.	80	50	6	2	0	15	250	0	0	0	4
Blue Cheese Crumbles, 2 fl. oz.	100	70	8	5	0	25	380	0	0	0	6
Celery and Carrots	25	0	0	0	0	0	90	6	0	3	1
Cheddar Cheese, 1 slice	90	70	8	4.5	0	20	180	1	0	0	8
Mushrooms, extra order	80	60	7	1.5	0	0	0	2	1	1	2
Potato Chip Add-on	260	160	18	2	0	0	320	26	0	0	4
Provolone Cheese, 1 slice	90	70	8	4.5	0	20	180	1	0	0	8
Swiss Cheese, 1 slice	50	35	4	2.5	0	15	720	1	0	0	4