



# Buffalo Wild Wings

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Burgers</b>						
Southwestern Black Bean Burger	720	11	1750	74	16	31
<b>Sandwiches</b>						
Classic Chicken Sandwich	640	10	1800	55	4	31
<b>Wraps &amp; Tacos</b>						
Classic Chicken Wrap w/ Pulled Chicken	680	11	2000	57	2	56
Street Tacos	630	9	2140	43	3	28
<b>Tenders (3 ct.) Fried not included</b>						
Crispy Chicken Tenders	570	9	1910	52	4	37
Grilled Tenders	160	0	1140	0	0	37
<b>Big Salads (with and without dressing)</b>						
Chicken Caesar Salad w/ Caesar Dressing	890	13	3270	33	6	55
Omit Caesar Dressing	630	8	2550	29	4	53
<b>6 Ct. Boneless Wings &amp; Signature Sauces/Dry Seasoning</b>						
6 ct. Boneless Wings	360	7	1260	20	1	29
Caribbean Jerk Sauce	110	0.5	490	19	1	0
Mango Habanero	110	0	650	26	1	0
Buffalo Seasoning/Dry Rub	5	0	480	1	0	0
Chipotle BBQ Seasoning/Dry Rub	5	0	360	1	0	0
Desert Heat Seasoning/Dry	5	0	250	1	0	0
Lemon Pepper Seasoning/Dry Rub	5	0	290	1	0	0

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Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Small Cauliflower Wings</b>						
Small Cauliflower Wings	520	11	650	58	5	8
Caribbean Jerk	150	1	660	26	1	1
Honey BBQ	140	0	830	34	0	0
Chipotle BBQ Seasoning/Dry Rub	10	0	480	2	0	0
Desert Heat Seasoning/Dry Rub	10	0	340	2	0	1
Lemon Pepper Seasoning/Dry Rub	5	0	390	1	0	0
<b>10 Ct. Boneless Wings &amp; Signature Sauces/Dry Seasoning</b>						
10 ct. Boneless Wings	610	12	2090	34	1	48
Caribbean Jerk Sauce	150	1	660	26	1	1
Honey BBQ	140	0	830	34	0	0
Mango Habanero	150	0	870	35	1	0
Buffalo Seasoning/Dry Rub	5	0	640	1	0	0
Chipotle BBQ Seasoning/Dry Rub	10	0	480	2	0	0
Desert Heat Seasoning/Dry Rub	10	0	330	2	0	0
Lemon Pepper Seasoning/Dry Rub	5	0	390	1	0	0
<b>6 Ct. Traditional Wings</b>						
Traditional Wings	430	8	160	0	0	53
Traditional Wings (Flats only)	410	8	140	0	0	46
Traditional Wings (Drums only)	450	8	180	0	0	60
Asian Zing	90	0	570	21	0	0

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Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Caribbean Jerk	80	0	330	13	0	0
Honey BBQ	70	0	410	17	0	0
Mango Habanero	70	0	430	18	0	0
Chipotle BBQ Seasoning/Dry Rub	5	0	360	1	0	0
Desert Heat Seasoning/Dry Rub	5	0	250	1	0	0
Lemon Pepper Seasoning/Dry Rub	5	0	290	1	0	0
<b>Sides and Substitutions</b>						
Carrots & Celery, with Ranch Dressing	380	5	680	16	5	3
Celery Sticks	15	0	75	3	2	1
Garden Side Salad	90	2.5	115	8	3	5
Chipotle BBQ Seasoning/Dry Rub	5	0	360	1	0	0
Desert Heat Seasoning/Dry Rub	5	0	250	1	0	0
Lemon Pepper Seasoning/Dry Rub	5	0	290	1	0	0
<b>Kids Menu &amp; Sides</b>						
Boneless Wings	240	5	840	14	0	19
Chicken Tenders	380	6	1280	35	2	25
Traditional Wings	290	5	105	0	0	35
Carrots	50	0	90	11	3	1
French Fries	420	4.5	730	78	6	4

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