



ZAXBY'S



Zaxby's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Zalads (Includes dressing)						
Grilled Asian Zensation Zalad	530	3.5	1850	54	7	39
Garden Asian Zensation Zalad	390	3	940	53	6	8
Garden Blue Zalad	370	9	860	32	4	12
Dressing (1 oz packet)						
Lite Vinaigrette	30	0	250	6	0	0
Sandwiches						
Grilled Chicken Sandwich	470	3.5	1440	35	3	38
Signature Sandwich with Zax Sauce	600	5	2200	45	2	31
Signature Sandwich with Spicy Zax Sauce	590	5	2260	45	2	31
Snack Meal						
Big Zax Snak Meal	890	7	2650	80	6	36
Buffalo Big Zax Snak Meal	900	8	2980	79	6	36
Boneless Wings w/ Sauce (5 pieces)						
Boneless Wings (no sauce) - 5 piece	390	3.5	1090	22	1	26
HHM Boneless Wings - 5 piece	480	4.5	1390	28	2	26
Sweet & Spicy Boneless Wings - 5 piece	450	3.5	1310	35	1	26
Teryaki Boneless Wings - 5 piece	430	3.5	1420	31	1	26
BBQ Boneless Wings - 5 piece	450	3.5	1500	36	2	26

Spring 2026



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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Traditional Wings w/ Sauce (5 pieces)						
Traditional Wings (no sauce) - 5 piece	380	6	980	0	0	42
HHM Traditional Wings - 5 piece	480	7	1290	6	0	43
Sweet & Spicy Traditional Wings - 5 piece	440	6	1210	13	0	43
Teryaki Traditional Wings - 5 piece	430	6	1390	12	0	43
Chicken Finger (no sauce) - 5 piece	420	3	2030	16	0	45
Dip Cup Sauces						
Tongue Torch	20	0	950	4	1	0
BBQ	60	0	480	15	1	0
Sauces (2 oz.)						
Teryaki Sauce - 2 oz.	110	0	850	25	0	2
Sweet & Spicy Sauce - 2 oz.	150	0	570	33	0	1

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