



Zaxby's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Zalads						
Grilled House Zalad	560	12	1600	34	5	48
Garden House Zalad	410	11	700	33	4	17
Dressings (1oz packet)						
Lite Vinaigrette	30	0	250	6	0	0
Sandwiches						
Grilled Chicken Sandwich	470	3.5	1440	35	3	38
Signature Sandwich w Zax Sauce*	600	5	2200	45	2	31
Signature Sandwich w Spicy Zax Sauce*	590	5	2260	45	2	31
Snack Meal						
Big Zax Snack Meal	890	7	2650	80	6	36
Buffalo Big Zax Snack Meal	900	8	2980	79	6	36
Boneless Wings w Sauce (5 pieces)						
Boneless Wings (no sauce)	390	3.5	1090	22	1	26
HMM Boneless Wings	480	4.5	1390	28	2	26
Sweet & Spicy	450	3.5	1310	35	1	26
Teriyaki	430	3.5	1420	31	1	26
BBQ	450	3.5	1500	36	2	26
Traditional Wings w Sauce (5 pieces)						
Traditional Wings (no sauce)	380	6	980	0	0	42
HMM Traditional Wings	480	7	1290	6	0	43
Sweet & Spicy	440	6	1210	13	0	43
Teriyaki	430	6	1390	12	0	43
BBQ	440	6	1390	14	0	43
Chicken Fingerz (5 pieces)						
Chicken Finger (no sauce)	420	3	2030	16	0	45
Dip Cup Sauces						
Contains no saturated fat						
Tongue Torch	20	0	950	4	1	0
BBQ	60	0	480	15	1	0
Sauces (2 oz.)						
Teriyaki	110	0	850	25	0	2
Sweet & Spicy	150	0	570	33	0	1



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Sides						
Crinkle Fries – Regular	330	2	580	47	5	5
Cole Slaw	140	1.5	170	13	2	1
Texas Toast – 1 slice	150	1	340	19	1	3
Zax Kidz Meals						
Kiddie Finger w Zax Sauce	320	3.5	1330	11	0	19
Kid's Crinkle Fries	200	1	350	28	3	3
Goldfish Giant Grahams, Vanilla	120	1	105	19	1	1

*Omit Zax sauce for 500 mg sodium savings and 2g saturated fat

Winter 2024

