

Buffalo Wild Wings

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Bar Food						
Honey BBQ Bird Dawg	580	8	1440	72	2	20
Buffalo Bird Dawg	460	8	1490	43	2	20
Burgers						
Southwestern Black Bean Burger	740	11	1780	74	17	31
Sandwiches						
Classic Chicken Sandwich	620	10	1220	54	3	30
Saucy Chicken Sandwich	500	8	1210	53	3	30
Black Lentils	260	1	520	37	15	17
Arugula	20	0	25	3	1	2
Baby Spinach	20	0	70	3	2	3
Wraps & Tacos						
Brisket Tacos	610	11	1820	53	6	33
Classic Chicken Wrap w/ pulled chicken	680	11	2000	57	2	56
Street Tacos	630	9	2140	43	3	28
Tenders (3 ct.)						
Hand-Breaded Chicken Tenders	490	9	1490	34	2	35
Naked Chicken Tenders	160	0	1140	0	0	37
Greens (with and without dressing)						
Chicken Caesar w/ Caesar Dressing	780	12	2700	30	5	33
Omit Caesar dressing	520	7	1980	26	5	31
Chopped Cobb w/ Ranch Dressing	830	16	1900	15	5	38
Omit Ranch dressing	510	11	1390	13	5	37
Vidalia Onion Vinaigrette dressing*	240	3	150	20	0	0

*Lower in saturated fat and sodium when compared to dressings offered by Buffalo Wild Wings

Fall 2022



**BUFFALO
WILD
WINGS**

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
6 Ct. Boneless Wings & Signature Sauces/Dry Seasoning						
6 ct. Boneless Wings	360	7	1260	20	1	29
Caribbean Jerk Sauce	110	0.5	490	19	1	0
Mango Habanero	110	1	650	26	1	0
Asian Zing	130	0	860	31	1	1
Buffalo Seasoning	5	0	480	1	0	0
Chipotle BBQ Seasoning	5	0	360	1	1	0
Desert Heat Seasoning	5	0	250	1	1	0
Lemon Pepper Seasoning	5	0	290	1	0	0
10 Ct. Boneless Wings & Signature Sauces/Dry Seasoning						
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	5	0	640	1	0	0
Chipotle BBQ Seasoning	10	0	480	2	0	0
Desert Heat Seasoning	10	0	330	2	0	0
Lemon Pepper Seasoning	5	0	710	1	0	0
6 Ct. Traditional Wings						
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
Blazin' Carolina Reaper	40	1 0	450	3	1	0
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	5	0	360	1	0	0
Desert Heat Seasoning	5	0	250	1	0	0
Lemon Pepper Seasoning	5	0	290	1	0	0





Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Small Cauliflower Wings						
Small Cauliflower wings	520	11	650	58	5	8
Blazin' Carolina Reaper	80	0	910	6	2	2
Caribbean Jerk	150	1	660	26	1	1
Honey BBQ	140	0	830	34	0	1
Chipotle BBQ Seasoning	10	0	480	2	0	0
Desert Heat Seasoning	10	0	340	2	0	1
Lemon Pepper Seasoning	4	0	390	1	0	0
Sides & Substitutions						
Carrots	50	0	90	11	3	1
Celery Sticks	15	0	75	3	2	1
Regular French Fries	420	4.5	730	78	6	4
Garden Side Salad	80	2.5	100	7	3	5
Buffalo Seasoning	5	0	640	1	0	0
Chipotle BBQ Seasoning	10	0	480	2	0	0
Desert Heat Seasoning	10	0	330	2	0	0
Lemon Pepper Seasoning	5	0	710	1	0	0
Kids Menu & Sides						
Boneless Wings	240	5	840	14	0	19
Hand-Breaded Chicken Tenders	330	6	990	23	1	23
Traditional Wings	290	5	105	0	0	35
Carrots	50	0	90	11	3	1
French Fries	420	4.5	730	78	6	4

