

Buffalo Wild Wings

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Burgers						
Southwestern Black Bean Burger	740	11	1780	74	17	31
Sandwiches						
Classic Chicken Sandwich	620	10	1220	54	3	30
Wraps & Tacos						
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 Salad w/ Caesar Dressing	890	13	3270	33	6	55
Omit Caesar dressing	630	8	2550	22	3	29
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
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	0	650	26	1	0
Asian Zing	130	0	860	31	1	1
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 Rub	5	0	250	1	0	0
Lemon Pepper Seasoning /Dry Rub	5	0	290	1	0	0

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

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' ® Knockout	100	0.5	1820	16	1	1
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

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
Caribbean Jerk	80	0	330	13	0	0
Honey BBQ	35	0	670	5	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

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sides & Substitutions						
Carrots & Celery, with Ranch Dressing	380	5	680	16	5	3
Celery Sticks	15	0	75	3	2	1
Regular French Fries (Regular)	420	4.5	730	78	6	4
Garden Side Salad	90	2.5	115	8	3	5
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 Rub	5	0	250	1	0	0
Lemon Pepper Seasoning/Dry Rub	5	0	290	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
Mandarin Oranges	40	0	0	9	1	0

Fall 2024