

## Wings 'N More

### Soup and Salad:

- Legendary Homemade Chicken Noodle Soup
- House Salad
- Santa Fe Salad

\*Choose from Light Italian or Light Ranch dressing on the side

\*Romaine lettuce can be substituted for crispy greens

### Sandwiches:

- Grilled Chicken Sandwich (*Request regular*)
- Chicken Salad Sandwich
- Smoked Turkey (*Omit the cheese*)

\*Request a small salad with Light Italian or Light Ranch dressing, or grilled veggies without butter as a replacement for curly fries.

### Entrees

- Grilled Chicken Breast (*Request Regular*)

### Seafood

- Fish Tacos
- Blackened Tilapia (*Request garlic bread dry*)

\*Replace tartar sauce with cocktail sauce. Ask for a side salad (Light Italian or Light Ranch on the side) or grilled vegetables.

### Side Items:

- Side Salad with Light Italian or Light Ranch
- Grilled Vegetables with no butter

\*Did you know hot sauce is made mild by adding margarine, so the hotter the sauce, the lower the calories!