



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 (Request regular)
- 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 'N Wrapped
- Grilled Chicken Breast

Seafood

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

*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
- Steamed Rice

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

Fall 2022