

<b>CHICKEN</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
<b>CHICKEN TENDERS</b>	220-480										
2 Piece Tenders	220	2	0	0	110	150	0	0	0	50	Wheat
3 Piece Tenders	330	3	0	0	165	220	0	0	0	75	Wheat
4 Piece Tender	440	4	0	0	220	290	0	0	0	100	Wheat
2 Piece Grilled Tenders	240	4.5	1.5	0	115	110	0	0	0	50	Milk
3 Piece Grilled Tenders	360	6	2	0	175	170	0	0	0	75	Milk
4 Piece Grilled Tenders	480	9	3	0	230	220	0	0	0	100	Milk
<b>THE WINGERY</b>	260-1210										
5 Piece Wings - Plain	260	14	3	0	0	690	5	5	0	29	Wheat
8 Piece Wings - Plain	410	22	5	0	0	1110	8	8	0	46	Wheat
<b>HANDHELDS</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
<b>CHICKEN SANDWICHES</b>	490-880										
Crispy Classic Chicken	590	16	3	0	50	1700	77	4	14	34	Wheat
Grilled Classic Chicken	490	11	3.5	0	165	780	43	2	10	54	Milk, Wheat
JBR Chicken	880	43	12	0	95	2080	77	3	14	46	Egg, Milk, Wheat
BBQ Ranch Chicken	700	24	6	0	175	990	66	2	30	55	Egg, Milk, Soy, Wheat
Buffalo Chicken	840	43	8	0	60	2660	78	4	14	35	Egg, Milk, Soy, Wheat
Hot Honey Chicken	610	20	3.5	0	30	1770	84	3	30	24	Soy, Wheat
<b>WRAPS</b>	650-940										
Beyond The West	650	33	9	0	10	1170	71	7	10	13	Egg, Milk, Wheat
Buffalo	870	47	11	0	30	2200	71	9	3	33	Egg, Milk, Soy, Wheat
Kentucky	940	51	14	0	55	2060	70	9	4	44	Egg, Milk, Wheat
Sonoma	760	35	12	0	195	1150	54	3	3	53	Egg, Milk, Wheat
<b>QUESADILLAS</b>	690-990										
Santa Fe Chicken	990	51	22	0	240	2380	63	4	6	69	Milk, Soy, Wheat
Veggie	690	37	18	0	75	1580	64	4	8	23	Milk, Wheat
Steak	800	40	20	0	120	2280	59	3	5	44	Milk, Soy, Wheat
<b>BURGERS</b>	720-1030										
The Beyond Burger	720	44	12	0	10	1070	54	4	10	27	Egg, Wheat
Crescent City Burger	730	45	17	0	120	1240	46	1	10	35	Milk, Wheat
Louisville Slammer Burger	840	53	20	0	135	1440	48	2	11	41	Milk, Wheat



<b>GREEN LEAFY STUFF</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
Covington Salad	360	10	3	0	165	300	21	4	6	51	Milk, Wheat
Buffalo Salad	470	23	5	0	20	980	33	9	4	37	Milk, Soy, Wheat
Kentucky Club Salad	490	23	6	0	25	890	33	9	4	40	Milk, Wheat
<b>CRAVES</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
Buffalo Chicken Mac & Cheese	760	35	16	0	205	1910	43	0	6	63	Egg, Milk, Soy, Wheat
5 Piece Mozzarella Sticks	570	30	12	1	45	2020	53	4	6	25	Milk, Wheat
Loaded Cheesy Fries	1160	75	30	1.5	150	2830	86	13	2	39	Milk
Side Salad	160	5	0	0	0	370	26	2	3	5	Wheat
<b>SIDES &amp; EXTRAS</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
French Fries	530	23	2	0	0	1830	76	12	0	8	
Sweet Waffle Fries	370	19	3	--	--	470	49	4	14	2	Wheat
Tater Tots	520	33	6	0	0	1120	46	6	0	6	
Mac & Cheese	300	15	8	0	40	820	26	--	4	12	Egg, Milk, Soy, Wheat
<b>SAUCES/DRESSINGS</b>	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
2oz Asian Sauce	180	--	--	--	--	580	44	--	40	2	Sesame Seed, Soy
2oz Kansas City (Honey BBQ) Sauce	180	0	0	0	0	530	44	1	40	1	Soy
2oz Italian (Garlic Parm) Sauce	151	15	1.8	0	0	829	3	0	0	0	Milk, Soy
2oz Texas (Mesquite BBQ) Sauce	170	0	--	--	--	480	43	--	37	--	Soy
2oz Buffalo 1 Sauce	140	15	2.5	0	0	1020	1	1	0	0	Soy
2oz Hot Honey Sauce	160	9	1.5	0	0	600	20	0	19	0	Soy
2oz Paradise City Sauce	190	0	0	0	0	840	47	--	42	0	Soy
2oz Mango Habanero Sauce	83	0	0	0	0	299	20	0	17	0	
2oz Buffalo 2 Sauce	130	13	2.5	0	0	1240	1	1	0	0	Soy
2oz Santa Fe Sauce	110	12	2	0	0	1440	1	1	0	0	Soy
2oz Buffalo 13 Sauce	130	14	2.5	0	0	960	1	1	0	0	Soy
2oz Homemade Ranch Dressing	240	25	4.5	0	20	220	1	0	1	1	Egg, Milk
2oz Honey Mustard Dressing	210	23	3.5	0	10	200	0	0	0	0	Egg
2oz Blue Cheese Dressing	280	28	5	0	20	640	4	0	2	--	Egg
2oz Fat-Free Italian Dressing	20	0	0	0	0	290	3	0	2	0	Egg, Milk