



NUTRITION INFORMATION

While we are committed to providing as accurate nutrition information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document.

The nutrition information stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the notes beside the menu item name or header to identify which values are being reflected. The nutrition information provided is derived using an industry standard database, but does not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate, or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutrition information detailed in this document.

Some menu items may not be available at all restaurants. Limited time offers, regional items, or test items may not be included. Nutrition information is applicable to U.S. restaurants only. The nutrition information on this document is subject to updates. Please check back regularly.

Information As Of 11/14/22.



Nutrition Information

	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Exclusive Cheetos® Flavors											
(10) Boneless Wings	630	280	31	6	0	95	1550	50	4	0	40
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1170	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	450	51	10	0.5	5	1220	9	1	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
(20) Boneless Wings	1270	550	62	12	0	195	3100	99	7	0	79
Choice of Sauce											
Original Cheetos® Sauce	1000	900	100	20	1	15	2350	20	0	7	5
Cheetos® Flamin' Hot® Sauce	1010	910	101	19	1	10	2440	19	1	4	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
(30) Boneless Wings	1900	830	92	17	0	290	4660	149	11	1	119
Choice of Sauce											
Original Cheetos® Sauce	1500	1350	150	30	2	20	3520	30	0	11	7
Cheetos® Flamin' Hot® Sauce	1520	1360	152	29	1.5	15	3660	28	2	6	8
Choice of Dipping Sauce											
Bleu Cheese Dressing	1220	1170	130	24	2	95	1560	6	2	2	7
Ranch Dressing	950	880	98	17	2	45	1800	11	0	8	6
(9) Traditional Chicken Wings	580	320	35	9	0	265	1940	5	2	1	60
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1170	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	450	51	10	0.5	5	1220	9	1	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
(18) Traditional Chicken Wings	1150	640	71	17	0	530	3870	10	3	1	119
Choice of Sauce											
Original Cheetos® Sauce	1000	900	100	20	1	15	2350	20	0	7	5
Cheetos® Flamin' Hot® Sauce	1010	910	101	19	1	10	2440	19	1	4	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
(30) Traditional Chicken Wings	1920	1060	118	29	1	885	6460	16	5	2	199
Choice of Sauce											
Original Cheetos® Sauce	1500	1350	150	30	2	20	3520	30	0	11	7
Cheetos® Flamin' Hot® Sauce	1520	1360	152	29	1.5	15	3660	28	2	6	8
Choice of Dipping Sauce											
Bleu Cheese Dressing	1220	1170	130	24	2	95	1560	6	2	2	7
Ranch Dressing	950	880	98	17	2	45	1800	11	0	8	6
Fried Cheetos® Cheese Bites	1110	720	80	40	2	235	2490	41	4	1	56
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1170	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	450	51	10	0.5	5	1220	9	1	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1



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	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Wings											
(10) Boneless Wings	630	280	31	6	0	95	1550	50	4	0	40
Choice of Sauce											
Buffalo Wing Sauce	210	200	22	8	0	0	2700	3	0	0	1
Honey BBQ Sauce	190	0	0	0	0	0	820	48	3	40	1
Sweet Asian Chile Sauce	260	25	2.5	0	0	0	1440	56	1	46	3
Honey Pepper Sauce	230	0	0	0	0	0	190	59	0	51	1
Extra Hot Buffalo Wing Sauce	220	200	22	8	0	0	2700	3	1	0	1
Garlic Parmesan	390	360	41	9	0.5	10	690	5	1	0	2
Choice of Dipping Sauce											
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
(20) Boneless Wings	1270	550	62	12	0	195	3100	99	7	0	79
Choice of Sauce											
Buffalo Wing Sauce	420	400	44	16	1	0	5390	5	1	0	1
Honey BBQ Sauce	390	0	0	0	0	0	1640	95	6	79	2
Sweet Asian Chile Sauce	520	50	5	1	0	0	2890	111	3	92	6
Honey Pepper Sauce	470	5	0	0	0	0	380	117	1	102	1
Extra Hot Buffalo Wing Sauce	430	400	44	16	1	0	5390	6	1	0	2
Garlic Parmesan	780	730	81	19	1.5	20	1380	9	1	0	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
(30) Boneless Wings	1900	830	92	17	0	290	4660	149	11	1	119
Choice of Sauce											
Buffalo Wing Sauce	640	590	66	24	1	0	8090	8	1	0	2
Honey BBQ Sauce	580	0	0	0	0	0	2450	143	8	119	3
Sweet Asian Chile Sauce	780	70	8	1.5	0	0	4330	167	4	137	9
Honey Pepper Sauce	700	5	0.5	0	0	0	570	176	1	154	2
Extra Hot Buffalo Wing Sauce	650	600	67	24	1	0	8090	10	2	0	2
Garlic Parmesan	1180	1090	122	28	2	35	2070	14	2	1	7
Choice of Dipping Sauce											
Bleu Cheese Dressing	1220	1170	130	24	2	95	1560	6	2	2	7
Ranch Dressing	950	880	98	17	2	45	1800	11	0	8	6
Traditional Wings											
(9) Traditional Chicken Wings	580	320	35	9	0	265	1940	5	2	1	60
Choice of Sauce											
Buffalo Wing Sauce	210	200	22	8	0	0	2700	3	0	0	1
Honey BBQ Sauce	190	0	0	0	0	0	820	48	3	40	1
Sweet Asian Chile Sauce	260	25	2.5	0	0	0	1440	56	1	46	3
Extra Hot Buffalo Wing Sauce	220	200	22	8	0	0	2700	3	1	0	1
Garlic Parmesan	390	360	41	9	0.5	10	690	5	1	0	2
Honey Pepper Sauce	230	0	0	0	0	0	190	59	0	51	1
Choice of Dipping Sauce											
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
(18) Traditional Chicken Wings	1150	640	71	17	0	530	3870	10	3	1	119
Choice of Sauce											
Buffalo Wing Sauce	420	400	44	16	1	0	5390	5	1	0	1
Honey BBQ Sauce	390	0	0	0	0	0	1640	95	6	79	2
Sweet Asian Chile Sauce	520	50	5	1	0	0	2890	111	3	92	6
Honey Pepper Sauce	470	5	0	0	0	0	380	117	1	102	1
Extra Hot Buffalo Wing Sauce	430	400	44	16	1	0	5390	6	1	0	2
Garlic Parmesan	780	730	81	19	1.5	20	1380	9	1	0	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
(30) Traditional Chicken Wings	1920	1060	118	29	1	885	6460	16	5	2	199
Choice of Sauce											
Buffalo Wing Sauce	640	590	66	24	1	0	8090	8	1	0	2
Honey BBQ Sauce	580	0	0	0	0	0	2450	143	8	119	3
Sweet Asian Chile Sauce	780	70	8	1.5	0	0	4330	167	4	137	9
Honey Pepper Sauce	700	5	0.5	0	0	0	570	176	1	154	2
Extra Hot Buffalo Wing Sauce	650	600	67	24	1	0	8090	10	2	0	2
Garlic Parmesan	1180	1090	122	28	2	35	2070	14	2	1	7
Choice of Dipping Sauce											
Bleu Cheese Dressing	1220	1170	130	24	2	95	1560	6	2	2	7
Ranch Dressing	950	880	98	17	2	45	1800	11	0	8	6
Chicken Tenders											
(5) Chicken Tender Dippers	480	230	25	4.5	0	80	1090	32	2	0	30
Choice of (1) Sauce											
Honey Mustard	200	160	18	2.5	0	20	250	10	0	10	1



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Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Honey BBQ Sauce	100	0	0	0	0	0	410	24	1	20	0
Sweet Asian Chile Sauce	130	10	1.5	0	0	0	720	28	1	23	1
(10) Chicken Tender Dippers	960	460	51	9	0	160	2180	65	4	0	61
Choice of (2) Sauces											
Honey Mustard	200	160	18	2.5	0	20	250	10	0	10	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Honey BBQ Sauce	100	0	0	0	0	0	410	24	1	20	0
Sweet Asian Chile Sauce	130	10	1.5	0	0	0	720	28	1	23	1
(15) Chicken Tender Dippers	1440	680	76	14	0	240	3260	97	6	1	91
Choice of (3) Sauces											
Honey Mustard	200	160	18	2.5	0	20	250	10	0	10	1
Ranch Dressing	160	150	16	3	0	5	300	2	0	1	1
Bleu Cheese Dressing	200	200	22	4	0	15	260	1	0	0	1
Honey BBQ Sauce	100	0	0	0	0	0	410	24	1	20	0
Sweet Asian Chile Sauce	130	10	1.5	0	0	0	720	28	1	23	1
(30) Chicken Tender Dippers	2870	1370	152	28	0	480	6530	194	11	1	182
Choice of (3) Sauces											
Honey Mustard	400	320	35	5	0	45	490	20	0	19	1
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Honey BBQ Sauce	190	0	0	0	0	0	820	48	3	40	1
Sweet Asian Chile Sauce	260	25	2.5	0	0	0	1440	56	1	46	3



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	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Extra Sauces (3 fl oz)											
Ranch Dressing	320	290	33	6	0.5	15	600	4	0	3	2
Bleu Cheese Dressing	410	390	43	8	0.5	30	520	2	1	1	2
Honey Mustard	400	320	35	5	0	45	490	20	0	19	1
Classic Hot Buffalo	210	200	22	8	0	0	2700	3	0	0	1
Honey BBQ Sauce	190	0	0	0	0	0	820	48	3	40	1
Sweet Asian Chili	260	25	2.5	0	0	0	1440	56	1	46	3
Honey Pepper	230	0	0	0	0	0	190	59	0	51	1
Shareables & Sides											
Onion Rings	1320	540	60	11	0	0	3160	180	11	50	15
Waffle Fries	1560	870	96	17	0.5	15	4100	154	14	3	19
Chocolate Chunk Cookie	390	210	23	12	0	25	370	72	2	37	5
Flavored Lemonades (30 fl oz)											
Blue Raspberry Lemonade	280	0	0	0	0	0	85	70	0	68	0
Dragon Fruit Lemonade	290	0	0	0	0	0	85	74	0	71	0
Strawberry Lemonade	280	0	0	0	0	0	85	73	0	70	0
Iced Teas (30 fl oz)											
Brewed Iced Tea	5	0	0	0	0	0	10	2	0	0	0
Peach Iced Tea	80	0	0	0	0	0	15	21	0	19	0
Mango Iced Tea	80	0	0	0	0	0	20	21	0	19	0
Fountain Drinks (30 fl oz)											
Pepsi	150	0	0	0	0	0	30	41	0	41	0
Diet Pepsi	0	0	0	0	0	0	40	0	0	0	0
Mountain Dew	170	0	0	0	0	0	60	46	0	46	0
Sierra Mist	140	0	0	0	0	0	65	38	0	38	0
Tropicana Lemonade	150	0	0	0	0	0	25	38	0	36	0
Mountain Dew Dark Berry Bash	170	0	0	0	0	0	60	46	0	46	0