



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 05/3/21. Good Thru 08/8/21.



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	640	290	32	6	0	105	1520	48	3	1	40
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1150	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	460	51	10	0.5	5	1200	9	0	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
(20) Boneless Wings	1270	570	64	12	0	205	3040	95	7	1	80
Choice of Sauce											
Original Cheetos® Sauce	1000	900	101	20	1.5	15	2300	20	0	7	5
Cheetos® Flamin' Hot® Sauce	1010	910	102	19	1.5	10	2400	19	1	4	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Ranch Dressing	300	270	30	5	0.5	25	660	6	0	4	2
(30) Boneless Wings	1910	860	96	18	0.5	310	4570	143	10	2	120
Choice of Sauce											
Original Cheetos® Sauce	1500	1350	151	30	2	20	3450	30	0	11	7
Cheetos® Flamin' Hot® Sauce	1520	1370	152	29	2	15	3600	28	1	6	8
Choice of Dipping Sauce											
Bleu Cheese Dressing	1150	1110	124	23	1.5	90	1470	5	1	2	6
Ranch Dressing	910	810	90	16	1.5	70	1970	17	0	12	6
(9) Traditional Chicken Wings											
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1150	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	460	51	10	0.5	5	1200	9	0	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
(18) Traditional Chicken Wings	1200	660	73	18	0	550	3520	14	3	1	122
Choice of Sauce											
Original Cheetos® Sauce	1000	900	101	20	1.5	15	2300	20	0	7	5
Cheetos® Flamin' Hot® Sauce	1010	910	102	19	1.5	10	2400	19	1	4	5
Choice of Dipping Sauce											
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Ranch Dressing	300	270	30	5	0.5	25	660	6	0	4	2
(30) Traditional Chicken Wings	2000	1100	122	29	1	915	5880	23	5	2	203
Choice of Sauce											
Original Cheetos® Sauce	1500	1350	151	30	2	20	3450	30	0	11	7
Cheetos® Flamin' Hot® Sauce	1520	1370	152	29	2	15	3600	28	1	6	8
Choice of Dipping Sauce											
Bleu Cheese Dressing	1150	1110	124	23	1.5	90	1470	5	1	2	6
Ranch Dressing	910	810	90	16	1.5	70	1970	17	0	12	6
Fried Cheetos® Cheese Bites											
Choice of Sauce											
Original Cheetos® Sauce	500	450	50	10	0.5	5	1150	10	0	4	2
Cheetos® Flamin' Hot® Sauce	510	460	51	10	0.5	5	1200	9	0	2	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	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	640	290	32	6	0	105	1520	48	3	1	40
Choice of Sauce											
Buffalo Wing Sauce	200	190	21	8	0	0	2610	2	0	0	1
Honey BBQ Sauce	190	5	0.5	0	0	0	790	46	3	39	1
Sweet Asian Chile Sauce	250	25	2.5	2.5	0	0	1480	56	1	47	3
Honey Pepper Sauce	230	0	0	0	0	0	190	59	0	51	1
Extra Hot Buffalo Wing Sauce	210	190	22	8	0	0	2610	3	0	0	1
Garlic Parmesan	400	370	41	10	0.5	10	730	5	1	0	3
Choice of Dipping Sauce											
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
(20) Boneless Wings	1270	570	64	12	0	205	3040	95	7	1	80
Choice of Sauce											
Buffalo Wing Sauce	410	380	43	15	0.5	0	5220	5	0	0	1
Honey BBQ Sauce	380	10	1.5	0	0	0	1590	93	5	77	2
Sweet Asian Chile Sauce	510	50	5	5	0	0	2970	113	3	94	6
Honey Pepper Sauce	470	5	0	0	0	0	380	117	1	102	1
Extra Hot Buffalo Wing Sauce	410	390	43	15	0.5	0	5220	6	1	1	1
Garlic Parmesan	800	740	82	20	1.5	25	1470	10	2	0	7
Choice of Dipping Sauce											
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Ranch Dressing	300	270	30	5	0.5	25	660	6	0	4	2
(30) Boneless Wings	1910	860	96	18	0.5	310	4570	143	10	2	120
Choice of Sauce											
Buffalo Wing Sauce	610	570	64	23	1	0	7830	7	0	1	2
Honey BBQ Sauce	570	20	2	0	0	0	2380	139	8	116	3
Sweet Asian Chile Sauce	760	70	8	8	0	0	4450	169	4	141	9
Honey Pepper Sauce	700	5	0.5	0	0	0	570	176	1	154	2
Extra Hot Buffalo Wing Sauce	620	580	65	23	1	0	7840	9	1	1	2
Garlic Parmesan	1200	1100	123	30	2	35	2200	15	3	0	10
Choice of Dipping Sauce											
Bleu Cheese Dressing	1150	1110	124	23	1.5	90	1470	5	1	2	6
Ranch Dressing	910	810	90	16	1.5	70	1970	17	0	12	6
Traditional Wings											
(9) Traditional Chicken Wings	600	330	37	9	0	275	1760	7	1	1	61
Choice of Sauce											
Buffalo Wing Sauce	200	190	21	8	0	0	2610	2	0	0	1
Honey BBQ Sauce	190	5	0.5	0	0	0	790	46	3	39	1
Sweet Asian Chile Sauce	250	25	2.5	2.5	0	0	1480	56	1	47	3
Extra Hot Buffalo Wing Sauce	210	190	22	8	0	0	2610	3	0	0	1
Garlic Parmesan	400	370	41	10	0.5	10	730	5	1	0	3
Honey Pepper Sauce	230	0	0	0	0	0	190	59	0	51	1
Choice of Dipping Sauce											
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
(18) Traditional Chicken Wings	1200	660	73	18	0	550	3520	14	3	1	122
Choice of Sauce											
Buffalo Wing Sauce	410	380	43	15	0.5	0	5220	5	0	0	1
Honey BBQ Sauce	380	10	1.5	0	0	0	1590	93	5	77	2
Sweet Asian Chile Sauce	510	50	5	5	0	0	2970	113	3	94	6
Honey Pepper Sauce	470	5	0	0	0	0	380	117	1	102	1
Extra Hot Buffalo Wing Sauce	410	390	43	15	0.5	0	5220	6	1	1	1
Garlic Parmesan	800	740	82	20	1.5	25	1470	10	2	0	7
Choice of Dipping Sauce											
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Ranch Dressing	300	270	30	5	0.5	25	660	6	0	4	2
(30) Traditional Chicken Wings	2000	1100	122	29	1	915	5880	23	5	2	203
Choice of Sauce											
Buffalo Wing Sauce	610	570	64	23	1	0	7830	7	0	1	2
Honey BBQ Sauce	570	20	2	0	0	0	2380	139	8	116	3
Sweet Asian Chile Sauce	760	70	8	8	0	0	4450	169	4	141	9
Honey Pepper Sauce	700	5	0.5	0	0	0	570	176	1	154	2
Extra Hot Buffalo Wing Sauce	620	580	65	23	1	0	7840	9	1	1	2
Garlic Parmesan	1200	1100	123	30	2	35	2200	15	3	0	10
Choice of Dipping Sauce											
Bleu Cheese Dressing	1150	1110	124	23	1.5	90	1470	5	1	2	6
Ranch Dressing	910	810	90	16	1.5	70	1970	17	0	12	6
Chicken Tenders											
(5) Chicken Tender Dippers	490	230	26	4.5	0	75	1120	34	2	1	31
Choice of (1) Sauce											
Honey Mustard	200	150	17	2.5	0	10	470	12	0	11	1



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Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Honey BBQ Sauce	90	5	0	0	0	0	400	23	1	19	0
Sweet Asian Chile Sauce	130	10	1.5	1.5	0	0	740	28	1	24	1
(10) Chicken Tender Dippers	980	470	52	9	0	145	2250	67	3	1	62
Choice of (2) Sauces											
Honey Mustard	200	150	17	2.5	0	10	470	12	0	11	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Honey BBQ Sauce	90	5	0	0	0	0	400	23	1	19	0
Sweet Asian Chile Sauce	130	10	1.5	1.5	0	0	740	28	1	24	1
(15) Chicken Tender Dippers	1470	700	78	14	0	220	3370	101	5	2	93
Choice of (3) Sauces											
Honey Mustard	200	150	17	2.5	0	10	470	12	0	11	1
Ranch Dressing	150	140	15	2.5	0	10	330	3	0	2	1
Bleu Cheese Dressing	190	190	21	4	0	15	240	1	0	0	1
Honey BBQ Sauce	90	5	0	0	0	0	400	23	1	19	0
Sweet Asian Chile Sauce	130	10	1.5	1.5	0	0	740	28	1	24	1
(30) Chicken Tender Dippers	2950	1400	155	28	1	440	6740	201	10	4	186
Choice of (3) Sauces											
Honey Mustard	390	300	33	5	0	20	930	24	1	23	2
Ranch Dressing	300	270	30	5	0.5	25	660	6	0	4	2
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Honey BBQ Sauce	190	5	0.5	0	0	0	790	46	3	39	1
Sweet Asian Chile Sauce	250	25	2.5	2.5	0	0	1480	56	1	47	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	300	270	30	5	0.5	25	660	6	0	4	2
Bleu Cheese Dressing	380	370	41	8	0	30	490	2	0	1	2
Honey Mustard	390	300	33	5	0	20	930	24	1	23	2
Classic Hot Buffalo	200	190	21	8	0	0	2610	2	0	0	1
Honey BBQ Sauce	190	5	0.5	0	0	0	790	46	3	39	1
Sweet Asian Chili	250	25	2.5	2.5	0	0	1480	56	1	47	3
Honey Pepper	230	0	0	0	0	0	190	59	0	51	1
Shareables & Sides											
Onion Rings	1220	500	56	10	0	5	2930	165	10	51	15
Waffle Fries, Side	690	430	47	9	0	15	1590	58	5	2	8
Waffle Fries, Basket	1380	850	95	17	1	25	3180	116	11	5	15
Chocolate Chunk Cookie	390	210	23	12	0	25	370	72	2	37	5
Flavored Lemonades (30 fl oz)											
Blue Raspberry Lemonade	260	0	0	0	0	0	75	66	0	63	0
Dragon Fruit Lemonade	270	0	0	0	0	0	75	69	0	66	0
Strawberry Lemonade	270	0	0	0	0	0	75	69	0	66	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	10	20	0	18	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