

WINGS OVER NUTRITIONAL GUIDE

ITEM	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME	HONEY	Calories
BBQ CITRUS CHIPOTLE	X					X			140
BBQ GOLDEN	X					X			120
BBQ HONEY								X	100
BBQ KICKIN'									80
BBQ TRADITIONAL									80
TERIYAKI CAJUN	X					X			120
TERIYAKI SPICY	X					X			120
TERIYAKI TRADITIONAL	X					X			120
HONEY MUSTARD					X	X		X	280
HOT GARLIC						X			56
JAMAICAN JERK	X					X			1
MANGO HABANERO									100
SWEET CHILI	X	X				X			160
WIMPY									0
CRUISIN ALTITUDE									0
JET FUEL									0
AFTERBURNER									2
7 PEPPER									1
CAJUN BLACKENED									0
GARLIC ROMANO		X							1
LEMON PEPPER									0
MUSTANG RANCH		X						X	1
WEST TEXAS MESQUITE									0
BUTTER FLAVORING						X			130
KETCHUP HEINZ									20
KETCHUP WINGS OVER									10
MAYO WEST CREEK					X				90
MUSTARD									5

Individual foods may come in contact with one another during preparation which is not reflected on the chart. Although efforts are made to avoid cross-contact or allergens, Wings Over, does not guarantee that cross-contact with allergens will not occur, before placing your order, please inform your crew member if you or anyone in your party has a food allergy.