

## WINGS OVER ALLERGEN GUIDE

ITEM	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME	HONEY	CALORIES
<b>X = contains allergen</b>									
<b>* = contains ingredients or is processed in a facility with peanuts, tree nuts and/or wheat + gluten</b>									
<b>CHICKEN</b>									
TENDERS (2 TENDERS - FRIED)	X	X				X			621-1,111
TENDERS (2 TENDERS - GRILLED)	undeclared								160-650
WINGS (BONE IN ) (6 WINGS)						X			1,200-1,690
<b>TENDER SANDWICH</b>									
ORIGINAL (1 SANDWICH)	X	X			X	X			230-875
<b>SANDWICHES AND WRAPS</b>									
FRIED CLASSIC CHICKEN SANDWICH	X	X			X	X	X		882-1,372
GRILLED CLASSIC CHICKEN SANDWICH	X	X			X	X	X		420-910
FRIED CLASSIC CHICKEN WRAP	X	X				X			941-1,109
GRILLED CLASSIC CHICKEN WRAP	X					X			480-707
FRIED BUFFALO CHICKEN SANDWICH	X	X			X	X	X		1,232-1,288
GRILLED BUFFALO CHICKEN SANDWICH	X	X			X	X	X		770-827
FRIED BUFFALO CHICKEN WRAP	X	X				X			941-1,085
GRILLED BUFFALO CHICKEN WRAP	X	X				X			480-624
FRIED CHICKEN BACON RANCH SANDWICH	X	X			X	X	X		1,415-1,555
GRILLED CHICKEN BACON RANCH SANDWICH	X	X			X	X	X		953-1,093
FRIED CHICKEN BACON RANCH WRAP	X	X				X			1,280-1,420
GRILLED CHICKEN BACON RANCH WRAP	X	X				X			818-958
<b>SIDES</b>									
WAFFLE FRIES (REGULAR)	X					X			290-330
GARLIC PARM TOTS (REGULAR)		X				X			280-320
CROUTONS	X	X		X					30
<b>DAIRY</b>									
BLUE CHEESE (2oz)		X			X	X			350
SHREDDED PARM CHEESE		X							110
CAESAR DRESSING		X	X		X				130
CHEESE SAUCE		X				X			60
DELUXE RANCH (2oz)		X			X	X			260
<b>SWEETS</b>									
COOKIE	X	X			X	X			390
BROWNIE	X	X			X	X			350
<b>SAUCES</b>									
BBQ CAJUN									25
BBQ CITRUS CHIPOTLE	X					X			70
BBQ GOLDEN	X					X			60
BBQ HONEY								X	50
BBQ KICKIN'									25
TERIYAKI CAJUN	X					X			30
TERIYAKI SPICY	X					X			40
TERIYAKI TRADITIONAL	X					X			60
HONEY MUSTARD					X	X		X	140
HOT GARLIC						X			2
JAMAICAN JERK	X					X			30
MANGO HABANERO									50
SWEET CHILI	X	X				X			80
SWEET KOREAN FIRE	X					X	X		70
MILD									57
MEDIUM									0
HOT									0
VERY HOT									0
FIRE									0
7 PEPPER									0
CAJUN									0
GARLIC ROMANO		X							0
LEMON PEPPER									0
MUSTANG RANCH		X						X	0
WEST TEXAS MESQUITE									0
BUTTER FLAVORING						X			130
KETCHUP HEINZ									40
MAYO KRAFT					X				90
MUSTARD HEINZ									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.*