



NUTRITIONAL INFORMATION

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
All items are listed as served, unless otherwise indicated.

Menu Category	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beverages											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bottle Water	0	0	0	0	0	0	0	0	0	0	0
Coffee - Gold Peak	0	0	0	0	0	0	1	0	0	0	0
Iced Tea - Gold Peak	0	0	0	0	0	0	0	1	0	0	0
Iced Tea - Passion Fruit	0	0	0	0	0	0	0	1	0	0	0
Kid's - Lemonade	20	0	0	0	0	0	16	6	0	6	0
Kid's Chocolate Milk	250	82	9.1	5.2	0	28	139	31	1	27	10
Kid's Lemonade	20	0	0	0	0	0	16	6	0	6	0
Kid's Milk 2%	210	98	11	6.3	0	34	144	16	0	18	11
Kid's Soda - Coca Cola	20	0	0	0	0	0	1	6	0	6	0
Kid's Soda - Coke Zero	0	0	0	0	0	0	1	0	0	0	0
Kid's Soda - Dr Pepper	30	0	0	0	0	0	17	8	0	8	0
Kid's Soda - Root Beer	30	0	0	0	0	0	6	7	0	7	0
Kid's Soda - Sprite	20	0	0	0	0	0	5	6	0	6	0
Kid's Soda - Diet Coke	0	0	0	0	0	0	2	0	0	0	0
Lemonade	120	0	0	0	0	0	40	34	0	34	0
Soda - Coke Zero	0	0	0	0	0	0	35	0	0	0	0
Soda - Diet Coke	0	0	0	0	0	0	35	0	0	0	0
Soda - Root Beer	130	0	0	0	0	0	60	40	0	40	0
Soda - Sprite	120	0	0	0	0	0	55	32	0	32	0
Soda - Coke	120	0	0	0	0	1	40	33	0	33	0
Soda - Dr. Pepper	130	0	0	0	0	0	45	34	0	34	0
Beverages - Beer Draught											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bud Light 12 oz	80	0	0	0	0	0	10	10	0	0	1
Bud Light 16 fl. Oz	130	0	0	0	0	0	16	14	0	0	2
Bud Light 20 fl. Oz	240	0	0	0	0	0	20	18	0	0	2
Blue Moon Belgian 16 oz	170	0	0	0	0	0	12	16	0	1	2
Blue Moon Belgian 20 oz	220	0	0	0	0	0	15	21	0	1	3
Coors Light 12oz	80	0	0	0	0	0	10	10	0	0	1
Coors Light 16 fl. Oz	120	0	0	0	0	0	16	15	0	0	2
Coors Light 20 fl. Oz	170	0	0	0	0	0	20	19	0	0	2
Dos Equis Lager 16 fl. Oz	170	0	0	0	0	0	12	8	0	0	1
Dos Equis Lager 20 fl. Oz	240	0	0	0	0	0	16	10	0	0	1
Michelob Ultra 12 oz	70	0	0	0	0	0	3	1	0	0	0

Michelob Ultra 16 fl. oz	110	0	0	0	0	0	5	4	0	0	1
Michelob Ultra 20 fl. oz	160	0	0	0	0	0	8	5		0	1
Miller Lite 12 oz	70	0	0	0	0	0	4	1	0	0	0
Miller Lite 16 fl. Oz	110	0	0	0	0	0	0	3	0	0	1
Miller Lite 20 fl. Oz	140	0	0	0	0	0	0	4	0	0	1
Summer Shandy 20 fl. Oz	150	0	0	0	0	0	16	14	0	0	2
Summer Shandy 16 fl. oz	220	0	0	0	0	0	22	20	0	0	3
Bottled Beer 12 ounce portion											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Angry Orchard Cider	150	0	0	0	0	0	10	11	0	7	0
Bass Ale	160	0	0	0	0	0	24	13	1	0	1
Bud Light	110	0	0	0	0	0	5	7	0	0	1
Budweiser	150	0	0	0	0	0	20	11	0	0	1
Corona	150	0	0	0	0	0	0	14	0	0	1.2
Corona Light	100	0	0	0	0	0	0	5	0	0	1
Coors Light	100	0	0	0	0	0	10	5	0	1	1
Guinness	130	0	0	0	0	0	0	10	0	0	0
Heineken	150	0	0	0	0	0	7	11	0	0	2
Negra Modelo	170	0	0	0	0	0	8	15.7	0	0	1.5
Michelob Ultra	100	0	0	0	0	0	5	3	0	0	1
Miller Lite	100	0	0	0	0	0	0	3	0	0	1
Modelo Especial	150	0	0	0	0	0	5	13.6	0	0	1.1
Pacifico	150	0	0	0	0	0	0	13.6	0	0	1.1
Sam Adams Lager	180	0	0	0	0		0	18	0	0	2
ODouls	70	0	0	0	0	0	9	0	15	0	1
San Tan Devil's Ale	180	0	0	0	0	0	6	13.3	0	0	1.75
Sierra Nevada Pale Ale	180	0	0	0	0	0	0	14	0	0	2
Stone IPA	170	0	0	0	0	0	5	10	0	0	0
Beverages - Specialty											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Blackberry Peach Red/White Sangria	270	0	0	0	0	0	0	46	1	36	0
Blonde Bombshell	160	0	0	0	0	0	2	7	0	6	0
Loaded Beergarita	180	0	0	0	0	0	14	8	1	1	1
Native Tea	140	0	0	0	0	0	6	9	0	9	1
Native Rita	140	0	0	0	0	0	118	25	0	22	6
Mojito	150	0	0	0	0	0	12	4	1	1	0
Mojito Strawberry	250	0	0	0	0	0	12	25	1	25	1
Mojito Blackberry	250	0	0	0	0	0	12	26	1	26	0
Strawberry Smash	160	0	0	0	0	0	3	8	1	6	0
Tropical Screwdriver	240	0.1	0	0	0	0	63	24	0	17	0
Beverage Wine											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Dark Horse Cabernet	140	0	0	0	0	0	17.3	0	0	0.5	0
Dark Horse Chardonnay	150	0	0	0	0	0	17.3	5	0	0.8	0
Dark Horse Pinot Noir	160	0	0	0	0	0	17.3	6	0	0.7	0.7
Dark Horse Pinot Grigio	150	0	0	0	0	0	17.3	4	0	0.9	0.4
Dark Horse Merlot	140	0	0	0	0	0	17.3	1	0	0.7	0

Dark Horse Sauvignon Blanc	150	0	0	0	0	0	17.3	5	0	1.3	0.4
Pizza											
Personal	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheese Pizza Personal	740	247	27	15.1	0	60	1643	72	6	7	42
House Special Personal	1040	458	51	20.9	0	99	2674	83	8	10	52
Margherita Personal	880	247	27	17.6	0	60	1834	87	5	6	42
Meaty Beast Personal	1080	470	52	30.1	0.1	146	3119	75	6	8	66
Large											
Cheese Pizza Large	2700	651	72	38.8	0	121	5336	364	24	27	127
House Special Large	3280	1076	120	50.4	0	199	7398	386	28	33	146
Margherita Large	2900	651	72	42.5	0	121	5711	377	21	25	127
Meaty Beast Large	3380	1097	122	68.7	0.1	291	8289	371	25	30	174
Extra Extra Large											
Cheese Pizza Extra Large	3355	1022	114	62.1	0	242	6920	358	22	28	183
House Special Extra Large	4311	1715	191	81.6	0	376	10229	392	29	37	216
Margherita Extra Large	3590	1022	114	66.6	0	242	7991	385	18	25	183
Meaty Beast Extra Large	4443	1749	194	109	0.2	515	11565	369	24	32	258
Flatbread											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
BYO Flatbread	510	293	33	8.8	0	7	914	48	2	4	9
Additonal Toppings Below											
Pizza/ Flatbread Toppings											
Personal	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Bits Personal	120	78	8.7	8.7	0.1	31	475	1	0	0	9
Banana Peppers Personal	10	0	0	0	0	0	560	2	2	0	0
Black Olives Personal	90	77	8.5	0	0	0	425	3	0	0	0
Chicken Breast Personal	40	7	0.8	0.2	0	22	263	0	0	0	8
Fried Egg One Each	90	63	7	2	0	210	94	0.4	0	0.4	6.2
Garlic Personal	0	1	0.1	0	0	0	0	0.1	0	0	0.1
Green Olives Personal	100	77	8.5	0	0	0	851	3	0	0	0
Green Peppers Personal	10	0	0	0	0	0	0	3	1	2	0
Ham Personal	40	10	1.1	0.4	0	16	400	2	0	1	6
Jalapenos Personal	10	0	0	0	0	0	926	2	0	0	0
Meatball Personal	260	170	19	6	0	45	670	7	2	0	18
Mozzarella Personal	340	202	22	12.2	0	60	730	4	0	1	29
Mushrooms Personal	0	0	0	0	0	0	3	1	0	0	1
Onion Personal	20	0	0	0	0	0	2	4	1	2	0
Pepperoni Personal	150	116	13	5.4	0	32	579	0	0	0	6
Pineapple Personal	20	0	0	0	0	0	0	5	1	5	0
Pizza Sauce Personal	30	0	0	0	0	0	331	5	2	3	1
Sausage Personal	80	59	6.5	2.2	0	17	216	1	0	0	4
Shredded Pork Personal	170	81	9	3.5	0	55	300	0	0	0	20
Tomatoes Personal	10	0	0	0	0	0	6	1	0	1	0
Pizza Toppings											
Large	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Bits Large	240	156	17.3	17.5	0.1	61	950	1	0	0	19
Banana Peppers Large	20	0	0	0	0	0	1120	4	4	0	0

Black Olives Large	170	153	17	0	0	0	851	7	0	0	0
Chicken Breast Large	80	15	1.7	0.5	0	44	525	0	0	0	15
Fried Eggs Three Each	180	126	14	4	0	420	188	1	0	1	12
Garlic Large	0	2	0	0	0	0	0	0.2	0	0	0.2
Green Olives Large	210	153	17	0	0	0	1702	7	0	0	0
Green Peppers Large	20	0	0	0	0	0	0	5	2	3	1
Ham Large	80	21	2.3	0.9	0	32	801	4	0	3	12
Jalapenos Large	20	0	0	0	0	0	1851	4	0	0	0
Meatball	540	340	38	12	0	90	1340	14	4	0	36
Mozzarella Large	680	404	45	24.4	0	121	1460	9	0	1	58
Mushrooms Large	10	0	0	0	0	0	6	1	0	0	1
Onion Large	30	1	0.1	0	0	0	3	8	1	3	1
Pepperoni Large	300	231	26	10.7	0	64	1157	0	0	0	13
Pineapple Large	70	0	0	0	0	0	0	16	2	15	1
Pizza Sauce Large	60	0	0	0	0	0	662	10	4	6	2
Sausage Large	160	116	13	4.4	0	35	431	1	1	0	8
Shredded Pork Large	330	62	18	7	0	110	600	0	0	0	40
Tomatoes Large	10	0	0	0	0	0	6	1	0	1	0
Pizza Toppings											
Extra Large	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Bits Extra Large	240	156	17	18	0	61	950	1	0	0	19
Banana Peppers Extra Large	30	0	0	0	0	0	1680	6	6	0	0
Black Olives Extra Large	260	230	26	0	0	0	1276	10	0	0	0
Chicken Breast Extra Large	120	23	3	0.7	0	65	788	0	0	0	23
Fried Eggs Four Each	360	132	28	8	0	840	372	1	0	1	25
Garlic Extra Large	10	5	3	0	0	0	0	0	0	0	0
Green Peppers Extra Large	30	0	0	0	0	0	0	8	2	5	1
Green Olives Extra Large	310	230	26	0	0	0	2552	10	0	0	0
Ham Extra Large	120	31	3	1	0	47	1201	7	0	4	18
Jalapenos Extra Large	30	0	0	0	0	0	2777	5	0	0	0
Meatball	810	510	57	18	0	135	2010	21	6	0	54
Mushrooms Extra Large	10	0	0	0	0	0	0	2	1	0	27
Mozzarella Extra Large	1180	707	79	43	0	212	2556	15	0	2	102
Onion Extra Large	50	1	0	0	0	0	5	11	2	5	1
Pepperoni Extra Large	400	309	34	14	0	86	1543	0	0	0	17
Pineapple Extra Large	110	0	0	0	0	0	0	26	3	25	1
Pizza Sauce Extra Large	90	0	0	0	0	0	993	15	6	9	3
Sausage Extra Large	310	232	26	9	0	69	862	3	2	0	16
Shredded Pork Extra Large	500	243	27	11	0	165	900	0	0	0	60
Tomatoes Extra Large	20	0	0	0	0	0	17	4	1	3	1
Burgers W/O Side Fries											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Arizona Burger	880	506	56	19	3	144	1822	53	3	24	39
Bacon Cheese Burger	970	594	66	34	3	198	2612	39	2	18	57
Hangover Burger	1250	759	84	36	3	569	2820	58	5	17	65
Native Burger w/o cheese	650	369	41	15	3	119	1631	37	2	17	32
French Fries add	340	163	18	3	0	0	982	43	4	0	4

Cheese for Burgers and Sandwiches

American	70	53	6	3.9	0	15	344	0	0	0	3
Blue Cheese Crumble	120	86	10	6	0	25	464	1	0	0	7
Cheddar	110	81	9	5	0	25	180	1	0	0	7
Mozzarella	50	31	3	2	0	9	111	1	0	0	4
Pepper Jack	80	54	6	4	0	25	130	1	0	0	5
Swiss	80	58	6	4	0	20	48	1	0	0	6

Sandwiches

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
California Cluck	740	432	48	6	12	89	1866	44	2	18	35
Chicken Parm	870	221	25	8	1	274	4077	98	7	22	61
Club	860	353	39	20	0	142	3547	66	2	17	60
French Fries added	340	163	18	3	0	0	982	43	4	0	4
Ketchup added	50	0	0	0	0	0	634	13	0	13	0
Philly Steak	1130	626	70	20	7	127	3124	88	6	25	48
Texas Cluck	948	562	62	22	1	183	2346	47	7	18	55
Taco Pork Flour	183	76	8	2	0	20	361	17	2	2	10
Taco {Pork Corn	160	64	7	2	0	20	219	15	1	2	9
Taco Chicken Flour	163	56	6	1	0	21	496	18	2	2	10
Taco Chicken Corn	140	44	5	0.7	0	21	354	15	1	2	9

Sliders

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
BBQ Slider	300	84	9	3	0	36	706	31	1	7	18
Chicken Fried Chicken Slided	280	104	12	2	0	150	1230	36	2	2	14
French Fries Added	340	163	18	3	0	0	982	43	4	0	4
Native Slider	310	144	16	6	1	43	728	26	1	1	15
Native Meatball	330	130	17	6	0	33	727	27	2	6	17

Fish

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Friday Fish Fry Including FF	1560	819	92	11	6.3	194	7651	125	8	34	54
Fish and Chips Platter Including FF	1500	900	101	14	0	149	3704	106	3	33	46
French Fries	340	163	18	3	0	0	982	43	4	0	4

Appetizers

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Buffalo Chicken Dip	920	362	40	12	3	77	1104	111	7	2	31
Buffalo Chicken Nachos	1320	530	59	34	0	229	4816	131	9	12	61
Baked Mac and Cheese											
Chicken Ranch Flatbread	1110	715	79	31	0	149	2778	52	2	6	49
Curly Fries	850	504	59	8	0	0	1785	82	7	9	7
French Fries	340	163	18	3	0	0	982	43	4	0	4
Loaded Fries	1460	906	101	45	4	189	3032	94	8	4	42
Jalapeno Puffs	670	506	59	14	0	44	1684	27	2	10	14
Loaded Tots	1270	706	78	41	0	189	3048	86	9	4	42
Native Combo Platter	2500	1590	177	51	24	255	3855	147	11	26	73
Native Buffalo Fries	1030	431	75	11	0	71	2698	65	5	7	27
Native Hummus	600	234	27	8	0	0	1559	74	13	6	19
Meatball Appetizer	260	170	19	6	0	45	670	7	2	0	18

Mozzarella Cheese Sticks	970	622	69	17	11	65	2240	64	9	16	27
Onion Rings	810	360	40	4	11	0	1761	102	3	27	10
Plain Hummus	600	234	27	8	0	0	1559	74	13	6	19
Potato Skins	1540	926	103	76	0	395	1758	62	5	10	66
Shredded Pork Queso Dip	1200	534	59	24	3	139	2968	122	7	7	51
Tater Tots	870	249	39	11	0	23	3232	111	26	28	15
Zucchini	950	730	81	11	11	5	834	49	2	6	6
Lunch Items and Sides											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Lunch Loaded Fries	730	453	51	23	2	94	1516	47	4	2	21
Lunch Loaded Tots	635	358	39	21	0	90	1524	43	5	2	21
Lunch Onion Rings	410	180	20	2	5	0	880	52	2	14	5
Lunch Zuchinni	475	365	41	6	6	3	417	25	6	13	37
Cheese Pizza Extra Large	840	255	29	16	0	61	1730	90	6	7	46
Salads											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Caesar Salad	90	31	4	1	0	2	202	12	3	2	5
Chicken Apple Walnut Salad	820	439	49	12	0	114	1200	53	12	36	47
Chicken Caesar Salad	600	321	36	6	0	112	1548	36	9	5	43
Chicken Lettuce Wraps	420	72	8	1	0	121	1009	33	8	9	49
Cobb Salad	1340	940	104	33	0	523	4180	37	4	11	65
Dinner Salad	100	50	6	3	0	15	198	4	1	3	8
Large Dinner Salad	960	762	85	18	0	70	2248	29	9	17	34
Large Caesar Salad	670	435	48	7	0	35	1581	53	13	8	18
Two Chicken Lettuce Wraps Lunch	400	50	6	1	0	91	724	45	9	23	37
Southwest Grilled Chicken Salad	822	419	47	9.3	0	127	1397	58	11	13	50
Value Play Dinner Salad	220	124	15	8	0	40	412	10	4	4	14
Value Play Caesar Salad	180	62	7	2	0	3	402	24	5	3	12
Extras											
1-1/2 fl oz	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Ketchup	37	0	0	0	0	0	475	10	0	10	0
Native Sauce	162	55	17	2.5	0	8	338	4	0	3	1
Pizza Sauce	23	0	0	0	0	0	248	4	2	2	1
Queso	98	76	8	5	0	21	504	3	0	1	4
Salsa 6 oz	53	2	0	0	0	0	1253	11	2	4	2
Sour Cream	92	77	9	5	1	18	22	1.5	0	2	1
Tartar Sauce	290	290	32	4	0	29	301	3	0	0	0
Dressings											
1 - 1/2 fl oz	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bleu Cheese	170	177	20	4	0	20	493	8	0	2	2
Caesar	180	230	26	4	0	20	631	2	0	0	2
Citrus Vinaigrette	150	157	17	3	0	0	180	12	0	11	0
Honey Mustard	160	195	22	3	0	30	355	12	0	12	0
Italian	60	62	7	1	0	0	532	4	0	4	0
Jalapeno Ranch	90	123	14	2	0	5	336	1	0	1	1
Low Calorie Ranch Vinaigrette	60	74	8	2	0	3	203	2	0	2	0
Ranch	140	185	21	3	0	7	504	2	0	2	2

Thousand Island	170	202	22	4	0	9	448	9	0	6	0
Soups											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Broccoli Cheese Soup Cup	160	50	6	3	0	16	1092	21	1	3	7
Chicken Noodle Soup Cup	110	32	4	1	0	28	1205	13	1	3	9
Chicken Tortilla Soup Cup	130	25	3	1	0	14	992	20	4	6	6
Clam Chowder Soup Cup	190	55	6	3	0	13	1178	29	1	1	6
	0										
Saltine Crackers 1 Package	30	4	1	0	0	0	75	5	0	0	2
Broccoli Cheese Soup Bowl	240	77	9	4	0	25	1681	32	2	4	11
Clam Chowder Soup Bowl	290	85	9	4	0	20	1813	44	2	2	9
Chicken Noodle Soup Bowl	230	58	6	2	0	40	1934	32	2	4	15
Chicken Tortilla Soup Bowl	390	99	11	4	0	33	1760	60	7	8	16
Wings											
	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Ancho Chili Lime Wing	180	112	13	3	0	60	319	2	0	0	15
Asiago Parm Wing	220	143	16	4	0.8	63	276	2	0	0	15
Asian Garlic Wing	200	110	12	3	0	60	358	6	0	2	15
BBQ Hot Wing	230	109	12	3	0	59	929	25	0	11	15
Buffalo Ranch Wing	190	111	13	3	0	61	421	3	0	0	15
Chicken and Waffle Wing	200	128	15	4	0	61	320	4	0	2	15
Chili Pepper Hot Wing	180	112	13	3	0	61	377	2	0	0	15
Ghost Wing	180	112	13	3	0	61	405	3	0	0	15
Habanero Mango Wing	210	112	15	3	0	61	398	2	0	0	15
Honey BBQ Wing	200	110	12	3	0	60	284	7	0	5	15
Honey Chipotle Wing	230	124	15	3	0	67	404	8	0	3	15
Honey Hot Wing	200	110	13	3	0	60	303	7	0	3	15
Hot Wing	180	112	15	3	0	70	486	2	0	0	15
Jalapeno Wing	220	127	15	3	0	62	271	2	0	0	15
Lemon Pepper Wing	210	138	16	4	1	61	571	2	0	0	15
Medium Wing	200	125	15	3	0	60	412	2	0	0	15
Mild Wings	250	178	20	5	2	59	322	2	0	0	15
Plain Wing	180	112	13	3	0	61	222	2	0	0	15
Salt and Pepper Wing	180	124	14	3	1	54	526	2	0	0	15
Salt and Vinegar Wing	190	112	13	3	0	61	340	3	0	0	15
Spicy Honey Mustard Wing	200	124	15	4	0	63	344	3	0	1	15
Strawberry Hot Wing	190	111	13	3	0	60	264	5	0	2	15
Teriyaki Ginger Wing	210	127	15	4	0	61	407	6	0	5	13
Mango Chamoy Tajin	182	113	13	4	0	61	407	2	0	0	13
Ranch Dressing 1.5 fl. Oz.	140	139	16	2	0	5	378	2	0	2	2
Celery Sticks 4 each	10	0	0	0	0	0	34	1	1	1	0
3 Pack Wings Multiply Three times each and add ranch and celery											
5 Pack Wings Multiply Five times each and add ranch and celery											
10 Pack Wings Multiply Ten times each and add 2each Ranch and 2 Each Celery Sticks											
20 Pack Wings Multiply Twenty times each and add 3 each Ranch and 3 Each Celery Sticks											
25 Pack Wings Multiply Twenty-five times each and add 4 each Ranch and 4 each Celery Sticks											
50 Pack Wings Multiply Fifty time each and add 6 each Ranch and 6 each Celery Sticks											

Boneless Wings

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
1/2 Pound Boneless 520-659	660	275	31	5	0	119	1753	54	3	1	47
Full Pound Boneless 1060-1290	1250	482	54	9	0	236	3317	107	5	35	93
Boneless Platter	1040	439	49	8	0	120	3369	110	6	31	51

Strippers

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
1/2 Pound Stripper 540-700	580	339	38	4	5	129	1029	9	1	2	52
Full Pound Stripper 1190-1188	1190	701	78	9	11	259	2122	19	1	4	104
Stripper Platter	1040	439	49	8	0	120	3369	110	6	31	51

Sauces/Rubs for 1 lb Recipe**Boneless and Strippers**

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Ancho Chili Lime Dry Rub	10	0	0	0	0	0	3188	5	0	0	1
Asiago Parm Dry Rub	410	3	46	8	0	1	909	1	0	0	1
Asian Garlic Sauce	190	0	0	0	0	0	1448	44	0	38	0
BBQ Hot Sauce	110	0	0	0	0	0	1473	45	0	22	0
Buffalo Ranch Dry Rub	120	0	0	0	0	0	2436	27	0	9	0
Chicken and Waffle Dry Rub	30	0	0	0	0	0	892	28	0	28	0
Chili Pepper Hot Sauce	0	0	0	0	0	0	2958	0	0	0	0
Ghost Sauce	0	0	0	0	0	0	1551	7	0	0	0
Habanero Mango Sauce	0	0	0	0	0	0	2585	0	0	0	0
Honey BBQ Sauce	230	0	0	0	0	0	680	45	0	45	0
Honey Chipotle Sauce	110	0	0	0	0	0	560	34	0	22	0
Honey Hot Sauce	110	0	0	0	0	0	560	34	0	22	0
Hot Sauce	0	0	0	0	0	0	1400	0	0	0	0
Jalapeno Sauce	0	0	0	0	0	0	3398	0	0	0	0
Lemon Pepper Dry Rub	0	0	0	0	0	0	2138	0	0	0	0
Medium Sauce	230	227	23	0	0		2720	0	0	0	0
Mild Sauce	410	410	45	8	0	0	891	1	0	0	1
Salt and Pepper Dry Rub	30	2	0	0	0	0	8638	6	2	0	1
Salt and Vinegar Dry Rub	0	0	0	0	0	0	7829	0	0	0	0
Spicy Honey Mustard Sauce	230	0	0	0	0	0	1133	68	0	45	0
Strawberry Hot Sauce	110	0	0	0	0	0	453	23	0	23	0
Teriyaki Ginger Sauce	150	0	0	0	0	0	1330	37	0	37	0

Dessert

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Caramel Topping	90	5	1	0	0	2	52	21	0	16	0
Chocolate Chip Cookie	1030	425	47	28	0	96	518	141	3	90	12
Chocolate Topping	80	0	0	0	0	0	19	18	1	12	1
Macadamia Nut Cookie	1090	467	52	28	0	98	555	141	2	96	12
Whipped Cream	94	64	7	7	0	0	0	5	0	5	0

Kid Meals

	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Kid's Chicken Strippers	820	592	66	7	12	97	1944	21	1	16	36
Kid's 4 Pack Wings	630	388	43	12	0	213	771	8	0	0	51
Kid's Slider	380	178	20	7	1	52	1362	39	1	14	17
Kid's Mac-N-Cheese	300	80	9	2	0	15	544	45	2	8	10

Kid's Grilled Cheese	380	172	19	6	3	25	1185	41	1	13	10
Kid's Grilled Chicken Breast	160	32	4	1	0	89	494	0	0	0	31
Kid's Boneless	400	94	10	2	0	41	876	27	3	7	23
Fresh Fruit	90	0	0	0	0	0	0	23	4	17	1
Kid's Tater Tots	200	86	10	1	0	0	487	26	3	0	3
Kid' French Fries	250	122	14	2	0	0	737	32	3	0	3
Kid's Chocolate Cookie Sundae	420	153	17	9	0	38	245	67	2	47	6
Kid's White Choc Cookie Sundae	420	153	17	9	0	38	245	67	2	47	6
Kid's Sundae Caramel	400	160	19	12	0	60	124	56	0	40	5
Kid's Sundae Chocolate	390	157	17	12	0	50	118	53	0	35	4

Mandarin Oranges	90	0	0	0	0	0	10	24	1	23	1
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Cals...Calories	Chol...Cholesterol	(g)...grams
Fat... Cal Calories from Fat	Sod...Sodium	(mg)...milligrams
Sat...Saturated Fat	Carbs...Carbohydrates	
Trans...Trans	Fat Prot...Protein	

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The nutritional analysis is comprised of data from Manufacturers' data, combined with nutrient data from suppliers, the United States Department of Agriculture and nutrient database analysis of Native Grill and Wings recipes. The rounding of figures is based on Food and Drug Administration guidelines. Native Grill and Wings attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Native Grill and Wings products.