

WINGS OVER ALLERGEN GUIDE

ITEM	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME	HONEY	Calories
X = contains allergen									
* = contains ingredients or is processed in a facility with peanuts, tree nuts and/or wheat + gluten									
CHICKEN									
TENDERS (2 TENDERS - FRIED)	X	X				X			180-826
TENDERS (2 TENDERS - GRILLED)	undeclared								180-195
WINGS (BONE IN) (6 WINGS)						X			1013-1,503
TENDER SANDWICH									
ORIGINAL (1 SANDWICH)	X	X			X	X			263-569
LOADED (1 SANDWICH)	X	X			X	X			464-1218
CHICKEN PARM (1 SANDWICH)	X	X			X	X			341-411
WRAPS									
FRIED CHICKEN WRAP	X	X				X			651-791
GRILLED CHICKEN WRAP	X					X			495 - 635
FRIED BUFFALO CHICKEN WRAP	X	X				X			826-966
GRILLED BUFFALO CHICKEN WRAP	X	X				X			670-810
FRIED CHICKEN-BACON-RANCH WRAP	X	X				X			1054-1194
GRILLED CHICKEN-BACON-RANCH WRAP	X	X				X			899-1039
SIDES									
WAFFLE FRIES (REGULAR)	X					X			359-399
CRINKLE-CUT FRIES (REGULAR)	X					X			212-252
GARLIC PARM TOTS (REGULAR)		X				X			454-494
CHEESY CHICKEN LOADED NACHOS (WAFFLE)	X	X				X			1088
CHEESY CHICKEN LOADED NACHOS (TOTS)	X	X				X			1088
CROUTONS	X	X		X					60
DAIRY									
BLUE CHEESE (2oz)		X			X	X			350
SHREDDED PARM CHEESE		X							110
CAESAR DRESSING		X	X		X				300
CHEESE SAUCE		X				X			140
DELUXE RANCH (2oz)		X			X	X			260
SWEETS									
COOKIE	X	X			X	X			380
BROWNIE	X	X			X	X			350
SAUCES									
BBQ CAJUN									80
BBQ CITRUS CHIPOTLE	X					X			140
BBQ GOLDEN	X					X			120
BBQ HONEY								X	100
BBQ KICKIN'									80
TERIYAKI CAJUN	X					X			120
TERIYAKI SPICY	X					X			120
TERIYAKI TRADITIONAL	X					X			120
HONEY MUSTARD					X	X		X	280
HONEY HOT	undeclared							X	30
HOT GARLIC						X			56
JAMAICAN JERK	X					X			1
MANGO HABANERO									100
SWEET CHILI	X	X				X			160
SWEET KOREAN FIRE	X					X	X		70
MILD									57
MEDIUM									0
HOT									0
VERY HOT									0
FIRE									0
7 PEPPER									1
CAJUN									0
GARLIC ROMANO		X							1
LEMON PEPPER									0
MUSTANG RANCH		X						X	1
WEST TEXAS MESQUITE									0
BUTTER FLAVORING						X			130
KETCHUP HEINZ									20
MARINARA									60
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.