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Open

CHICKEN WINGS	FLAVORS	FRIED CHICKEN SANDWICH	SIDES
5 PCS - 1 Flavor 235	Atomic	Atomic 120	FRIES 75
7 PCS - 2 Flavors 325	Cajun	Choice of Mustard or Mayo	FRANK'S HOT SAUCE 100
11 PCS - 3 Flavors 495	Mango Habanero	Hot Buffalo 120	SHRIMP SALAD 100
20 PCS - 4 Flavors 875	Hot Buffalo	Cajun	CHIPS & QUESO 45
CHOOSE YOUR WING FLAVOR	Mild Buffalo	Hickory Rub	POTATO SALAD 45
BONELESS CHICKEN BITES	Louisiana Rub	Hickory Smoked BBQ	COLLARD GREENS 45
8 PCS - 2 Flavors 175	Hickory Smoked BBQ	Combo Meals	BEVERAGES
15 PCS - 3 Flavors 315	Lemon Pepper	Tenders Meal 115	BEER 50
25 PCS - 4 Flavors 495	Garlic Parmesan	Sides Meal 115	NON-ALCOHOLIC BEV.
CHOOSE YOUR BITES FLAVOR	Teriyaki	Boneless Chicken 115	SOFT DRINKS 50
CHICKEN TENDERS		Sides Meal 115	SPARKLING BEV. (SODA) 50
3 PCS - 1 Dip 185		Boneless Chicken 115	WATER 0
7 PCS - 2 Dips 395		Sides Meal 115	BOTTLED WATER 0
11 PCS - 3 Dips 595			

WING-STOP NUTRITIONAL GUIDE

REGULAR WINGS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	8	0	0	130	12	62	0	54	2	0	90
Atomic	2 Count	8	0	0	105	12	72	0	54	2	0	90
Mango Habanero	2 Count	8	3	5	118	12	118	0	54	2	0	90
Cajun	2 Count	8	0	0	102	12	208	0	54	2	0	90
Original Rub	2 Count	8	0	0	103	12	433	0	54	2	0	90
Mild	2 Count	8	0	0	145	12	210	0	54	2	0	90
Hickory Smoked BBQ	2 Count	8	1	0	132	12	260	0	54	2	0	90
Garlic Parmesan	2 Count	8	0	0	103	12	114	0	113	3	0	63
Honey Mustard	2 Count	8	3	4	118	12	100	0	53	2	0	90
Teriyaki	2 Count	8	0	0	141	12	117	0	85	2	0	90
Louisiana Rub	2 Count	8	0	0	131	12	188	0	82	2	0	90
Teriyaki	2 Count	8	4	5	121	12	208	0	53	2	0	90

BONELESS WINGS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	8	1	11	163	11	579	1	72	2	0	22
Atomic	2 Count	8	1	13	166	11	620	1	72	2	0	22
Mango Habanero	2 Count	8	4	17	183	11	671	1	72	2	0	22
Cajun	2 Count	8	1	12	163	11	893	1	72	2	0	22
Original Rub	2 Count	8	1	12	162	11	901	1	72	2	0	22
Mild	2 Count	8	1	11	211	11	780	1	102	3	0	22
Hickory Smoked BBQ	2 Count	8	2	20	196	11	805	1	72	2	0	22
Garlic Parmesan	2 Count	8	0	0	137	12	141	1	124	3	0	24
Honey Mustard	2 Count	8	4	4	179	11	650	1	72	2	0	22
Teriyaki	2 Count	8	1	13	208	11	732	1	116	3	0	22
Louisiana Rub	2 Count	8	1	12	191	11	794	1	106	2	0	22
Teriyaki	2 Count	8	5	14	181	11	831	1	72	2	0	22

BONELESS STRIPS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	9	1	14	193	13	600	1	84	3	0	28
Atomic	2 Count	9	2	18	202	13	729	2	87	3	0	28
Mango Habanero	2 Count	9	5	25	224	13	821	1	85	3	0	28
Cajun	2 Count	9	1	14	194	13	1059	1	85	3	0	28
Original Rub	2 Count	9	1	14	193	13	1269	1	85	3	0	28
Mild	2 Count	9	1	14	267	13	1118	1	280	4	0	28
Hickory Smoked BBQ	2 Count	9	2	20	200	13	1140	2	85	3	0	28
Garlic Parmesan	2 Count	9	1	15	225	13	755	2	214	5	0	28
Honey Mustard	2 Count	9	5	17	225	13	780	1	84	3	0	28
Teriyaki	2 Count	9	1	14	209	13	889	1	103	4	0	28
Louisiana Rub	2 Count	9	1	15	204	13	940	2	213	5	0	28
Teriyaki	2 Count	9	6	17	221	14	1171	1	84	3	0	28

*Percent Daily Values are for a diet of 2,000 calories daily. Fat and sodium are based on a diet of 2,000 calories daily. All other values are based on a diet of 2,000 calories daily. For general nutrition advice, individual calorie needs, visit us at wingstop.com.

Wingstop Menu – Family Pack

Wing Family Packs

Choice of Classic, Boneless or Mix & Match Wings

Family Pack (Up To 3 Flavors, Large Side, 3 Dips & Veggie Sticks)	\$26.99	30 Pc.
Family Pack (Up To 4 Flavors, Large Side, 4 Dips & 2 Veggie Sticks)	\$36.59	40 Pc.
Family Pack (Up To 4 Flavors, 2 Large Sides, 4 Dips & 2 Veggie Sticks)	\$44.49	50 Pc.
Family Pack (Up To 5 Flavors, 3 Large Sides, 6 Dips & 3 Veggie Sticks)	\$65.99	75 Pc.
Family Pack (Up To 6 Flavors, 4 Large Sides, 8 Dips & 4 Veggie Sticks)	\$88.99	100 Pc.

CHICKEN WINGS

5 PCS in 1 flavor 235

7 PCS in 2 flavors 325

11 PCS in 2 flavors 495

20 PCS in 3 flavors 875

CHOOSE YOUR WING FLAVOR

BONELESS CHICKEN BITES

8 PCS in 2 flavors 175

15 PCS in 3 flavors 315

25 PCS in 4 flavors 495

CHOOSE YOUR BITES FLAVOR

CHICKEN TENDERS

3 PCS w/ 1 dip 185

7 PCS w/ 2 dips 395

11 PCS w/ 3 dips 595

ATOMIC
The hottest!

CAJUN
Hot Buffalo with added spices!

MANGO HABANERO
Sweet meets heat.

HOT BUFFALO
Buffalo style sauce.

MILD BUFFALO
Buffalo sauce with less heat.

LOUISIANA RUB
Cayenne and garlic rub.

HICKORY SMOKED BBQ
Sweet and smoky barbecue.

LEMON PEPPER
Lemon with black pepper.

GARLIC PARMESAN
Garlic with parmesan cheese.

TERIYAKI
Sweet and soy.

CHOOSE YOUR DIP! ADDITIONAL

ATOMIC, MANGO HABANERO, HONEY MUSTARD, BBQ, TERIYAKI 35

BLEU CHEESE, RANCH 45

INDIVIDUAL COMBOS	BY THE PIECE	WING FLAVORS
BONELESS & CLASSIC WINGS 2 Pieces & 2 Dips 12.99 3 Pieces & 2 Dips 16.99 4 Pieces & 2 Dips 19.99 5 Pieces & 2 Dips 22.99	BONELESS & CLASSIC WINGS 5 12.99 10 22.99 15 32.99 20 42.99 25 52.99	WING FLAVORS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50
CHICKEN STRIPS 2 Pieces & 2 Dips 6.29 3 Pieces & 2 Dips 8.29	CHICKEN STRIPS 4 10.99 8 19.99 12 27.99 16 35.99	FRISHS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50
FAMILY PACKS Atomic & Classic Wings 12.99 Atomic & Classic Wings & French Fries 14.99 Atomic & Classic Wings & French Fries & Drink 16.99 Atomic & Classic Wings & French Fries & Drink & Dessert 18.99	FRISHS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50	FRISHS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50
MEALS = TWO Served with Large French Cut Fries & one 20oz Soft Drink	FRISHS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50	FRISHS Atomic 1.50 Cajun 1.50 Mango Habanero 1.50 Hot Buffalo 1.50 Mild Buffalo 1.50 Louisiana Rub 1.50 Hickory Smoked BBQ 1.50 Lemon Pepper 1.50 Garlic Parmesan 1.50 Teriyaki 1.50

However, Louisiana Rub is lower in ³ than some other flavorings. The ^μ wing options include: CajunGarlic ParmesanLemon PepperLouisiana RubBQOriginal HotAtomic Vegans and Vegetarians will find limited ^μs in the Wingstop menu and will need to stay sideways, desserts and drinks. But there are some possibilities for people who follow a low carb, no gluten or vegetarian option. Home Blog Help Enter Join Chicken wings are a pleasing crowd staples on birthday, graduation, and tailgate parties. A large order of garlic bites for thigh offers 1,635 calories, 119g fat, 18g saturated fat, 89g carbohydrates, 29g non-³ and 4,860mg sodium. Ordering spiced French fries in a medium size ©dio will save over 500 calories. One percent. The restaurant doesn't have menu items for FODMAP low-level diets, diabetes-friendly, low-fat or low-³ dietary. The sides on Wingstop include vegetables, fries of various flavors, cashew fried corn, brownies and sauces. You won't find your ^μ soda options, as well as popular brand videos. Louisiana's big voodoo chips come in 910 calories, 49g fat, 9g saturated fat, 100g carbohydrates, 16g protein and 1710g ³. ^μ without meat include: Side of carrotsSide of celeryBuffalo Ranch FriesCheese FriesLouisiana Voodoo FriesCajun Fried CornBrownie Wingstop cooks items in a gluten and lactic environmentUnions, although the restaurant A© usually safe for people with a peanut and walnut allergy. PeXaXaXcar, because the big Lipton Tea Sweet option has 280 calories per year. This is the order of bites more ³rich of thigh. True to his name, Wingstop is known for his chicken wings with both jumbo and boneless ^μ. The boneless wings of the cajun show fewer calories than the with bone garlic parms (120 per wing). If you are not following a low-³ diet, avoid Wingstop's Cajun, original hot, barbecue and soft ^μ. Wingstop A franchise of restaurants and restaurants mes ateid amu odniugeS seleuqa arap laedi ©Á ofÁn euq(sadanapme e satirf m^ÁAv satsoporp sa sam ,ognarf ed sasa euq od roiam otium anÁetorp ed roet mu ©Á etsE .levjÁduas siam ofÁŠÁpo a ofÁs seipmis satsoporp sa ,oid^Ás ed gm 074 e ,g01 anÁetorp ,sotardiobrac g01 ,adarutas arudrog g1 ,arudrog g7 , sairolac 041 sanepa moC ,anaisiuol e etneuq etneuq ,Q onaeroc etnacip ,orenabahaH ognam omoc ,setnacip e setneuq serobas e eicÁnalp ed mairav asa ed sepÁŠÁpo sa ,sasemerbos e sadaeznorb ,satirf satatab odagerrac ,sopit so sodot ed sasa me adazilacepse ©Á potsgniW" ,sairolac e oid^Ás, arudrog siam a melaviuqe sohiom e sarutreboc siam -selpmis es-ahmetnam ,potsgniW on odnemoc Átse ^ÁAcov eS aigrela amu met ^ÁAcov euq epiuqe a emrofini erpmes ,Ál zev amU .ESOH e opot o ofÁs saralc saxoc sa ,oid^Ás e sairolac saneuepp sa araf ,oid^Ás ed sadagerrac ognarf ed sahlocse san raŠÁemod ed setna emof aus riunimid a raduja edop oriemirp sol-^ÁAmoc e siategev ed sepÁŠÁrop ed rap mu odnemacnE ,sairolac e oid^Ás ,arudrog me sotla ofÁs sele omoc ofÁisaco ed sasa san rartne arap roblem Á ,otnemihcne ed ofÁŠÁiefer amu arap opia e saruonec ed sodal ed rap mu ridep e sasa s^ÁArt a saud medro ,las e arudrog sonem e setneirtun siam araP ,sairolac e oid^Ás ed oiehc odut - satirf satatab ed setnadnuba sopit e sepÁŠÁaticIL sodassosed omoc sotirf sotnemila ¡Árartnocne m©Ábmat ^ÁAcov ,osrucnoc rop oid^Ás e sairolac ed edaditnauq ronem a mecerefo sele ,etnemlevatoN ,ossid zev me ,sairolac 018 arap raluger axoc ad seraluger sadidrom sa uo ,sairolac 090.1 arap ohla ed ohla ed axoc ad medro ,lamron ohnamat , ronem o eredisnoC ,arudrog atla ed anÁetorp m©Átnoc potsgniW od unem ed smeti sod airoiam A NDC ,secDC ,dR ,SM ,inovrcC eibraB "" ,satirf satatab arap levjÁduas siam otutitsbus mu ©Á euq ,laretal otarp mu omoc siategev sotlap so etnemirepxE ,adimoc a moc euqif e otarp ues on snugla euqoloc ,ossid zev mE ,serobas magerfse e ohlom soirjÁv me m^ÁAv euq sadassosed satsoporp e ognarf ed sasa me 5 5 me potsgniW unem on levjÁduas siam ofÁŠÁpo a ofÁs aruonec e opia ed saraV ,levjÁduas-ofÁŠÁAaroc uo 0g fat, 0G saturated fat, 1g carbohydrates, protein 0G and 26mg of sober. Nutrition information is available online for all items from the Wingstop menu. Even the non-fried wings, flat contain salt and seasoning that contribute to the sodium count. Less nutritious drink option is a strawberry fanta with 283 calories, fat 0G, saturated fat, 78g carbohydrates and 23mg of ségium for a normal size. Regular mustard is your best bet to dive sauce. If you need something different from the water to cut the heat of the chicken wings, the chá lipton has 0 calories, fat 0G, 0G saturated fat, 0g carbohydrates, 0G protein and 0G series. But filling your plate with the sides of Wingstop from Carrots and Celery sticks can keep your calorie count and your nutritional value up when you dine at Wingstop. But Cajun boned wings contain more solid in comparison with the other options. All wingsstop boned proposals offer 7 to 14 grams of service protein, depending on the taste. Call in advance to ask about the possibility of cross-contamination. The boneless wings have the smallest amount of calories, herself, carbohydrates and saturated fat, with only 80 calories, fat 4.5g, saturated fat, 6g carbhydrates, 4G protein and 230mg series per wing. Wingstop does not offer many options for people with diet restrictions, since their menu is limited to chicken and sides. The Wingstop menu features bone and thigh bites, available with the same selection of dives and sauces that the restaurant offers for their wings. In case of a doubt, opt for simple wings and stay with little calories, a mustard from the low to your diving sauce. Or consider wings an occasional treat, and use other meals to get their fruits, vegetables and fibers. A pit of bone thighs is a single piece, and the simple version provides 220 calories, 14G fat, saturated 3.5g, carbohydrates 0g, proteÁna 24G and s^Ádio 95mg. This "crispy and tempered dry scrub with a distinctly cashew drawl" A higher calorie .) Sregnif.) Sregnif Ykcits Ruoy Spahrep Rof Tpecxe (Tae Uoy Hcum Woh Fo Dniheb Ecart on Sevael, SSELENOB, SGNIW EMUSNOC OT YAW REISAE EHT .GNIW REP MUIDOS GM054 DNA, NIETORP G4, ETARDYHOBRAC G6, TAF DETARUTAS G1, TAF G5. 4 ,seiolac 08 sedivorp rovalf sihT ,tnarutser eht gnitisiv erofeb ediuq negrella enilno eht tlusnoc dluohs uoy ,revewoH ,srednet nekcihc dedaerb htiw sgniw kooC snoitacol emos tub ,eerf-netulg era srovalf gniv tsoM buR anaisiuoLdlilMtoH lanigirOreppeP nomeLtoH lanigirOnujaCnialP :meti rep brac 1 evah ylno srovalf gnivniwolof ehT ,tekucb a fo tuo thgiarts sgniw sselenob taē t'nod ,nwod tnuc eiolac ruoy peek pleh ot ,noitpo suoitirtun tsom eht rof ecuas gnippid a piks dna ,yrelec dna storrac fo edis a ,sgniw nialp ot kcits ,potsgniW ta laem tseihtlaeh eht roF)segareveB(yrrebwartS atnaF)segareveB(Á ÁaeT teevsnU)sediS(egraL seirF oodooV anaisiuoL)sediS(skcitS yreleC)sredneT sseleob(buR anaisiuoL)sredneT sseleob(nialP)shghT(egraL ,setiB hgihT mraP cilr aG)shghT(shghT ni-enob nialP)sgniW(toH lanigirO)sgniW(sgniW nialP snoitpO suoitirtuN tsaēL snoitpO suoitirtuN tsoMÁ Á potsgniW ta diovÁ & redrO ot lahW ,eraf yhtlaeh-traeh htiw smeti unem ynam edivorp t'nsed niach tnarutser eht sa ,eciohc lamitpo na t'nsi potsgniW ,teid muidos-wol ro taf-wol a gniwollof enoyna rof ,setardyhobrac ni wol era Jgnidaerb tuohtiw(sgniw nekchC ,smeti unem eirolac-hgih ,muidos-hgih yltsom fo stisnoc unem sÁÁ ÁepotsgniW ,stnarutser doof-tsaf rehto htiw sÁ ,sgniw fo epyt eseht no egldunirevo yltmetrevdani thgin uoy ,etalp ruoy no pu gnilip senob eht gmiees tuohtiw ,muidos gm045 dna ,nietorp g01 ,sbrac g01 ,taf detarutas g2 ,taf g21 , Seiolac 081 HTTW

Mar 08, 2022 · Dairy Queen Nutrition Facts. Nutrition facts for the full DQ menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the Dairy Queen menu item that best fits your diet. Share = Voted a healthy and tasty option. Calories for popular fast food restaurants: find the restaurant's complete nutrition facts including calories, fat, sugars, protein, carbs and more. ... Taco John's Nutrition Tim Hortons Nutrition Wawa Nutrition Wendy's Nutrition Whataburger Nutrition White Castle Nutrition Wingstop Nutrition Zaxby's Nutrition ... Jan 27, 2022 · McDonald's Nutrition Facts. Nutrition facts for the full McDonald's menu. Select any item to view the complete nutritional information including calories, carbs, sodium and Weight Watchers points. You can also use our calorie filter to find the McDonald's menu item that best fits your diet. Share = Voted a healthy and tasty option.