ZAXBY'S

Menus may vary by location

NUTRITION and ALLERGEN GUIDE

Zaxby's® Guests: All ingredient and allergen information was obtained from product vendors. Zaxby's cannot guarantee our foods are 100% allergen free. We use shared equipment during food preparation which could result in the cross-contact of allergens. Additionally, Zaxby's suppliers may use ingredients in their manufacturing facilities where trace amounts of allergens could come in contact with Zaxby's ingredients, or any product formula could be changed without prior notice to Zaxby's. We encourage anyone with food sensitivities, allergies, or special dietary needs to consult with their physician before consuming any of our foods. For information regarding the presence of allergens in our foods, please visit www.zaxbys.com. Zaxby's foods are fried in a blend of highly refined soybean oil. The FDA does not consider this highly refined oil as an allergen; therefore, it is not included here. If you have any questions or concerns, please consult your physician before consuming these foods. Revised in July 2021.

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

		NUTRITION										ALLERGENS								SENSITIVITIES	
		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
ZALADS®	The Grilled House Zalad	580	27	12	0	140	1720	35	6	6	52	•		•	•						•
	The Fried House Zalad	700	38	13	0	120	1920	46	6	6	46	•	•	•	•					•	•
	The Garden House Zalad	410	25	11	0	30	690	33	5	6	17	•		•	•						•
	The Grilled Cobb Zalad	700	36	14	0	370	1910	35	6	7	61	•	•	•	•						•
	The Fried Cobb Zalad	820	47	16	0	345	2100	47	6	7	56	•	•	•	•					•	•
	The Garden Cobb Zalad	530	34	14	0	260	870	34	5	7	26	•	•	•	•						•
	The Blackened Blue Zalad	530	24	10	0	130	2000	34	6	7	47	•		•	•						•
	The Buffalo Blue Zalad	680	35	11	0	110	2710	48	6	7	41	•	•	•	•					•	•
	The Garden Blue Zalad	370	22	9	0	20	850	32	5	6	11	•		•	•						•
SANDWICH MEALS & SANDWICHES	Kickin' Chicken Sandwich Meal	1070	55	8	0	95	3370	102	8	6	41	•	•	•	•					•	•
	Kickin' Chicken Sandwich Only	730	41	6	0	95	2790	55	3	5	37	•	•	•	•					•	•
	Grilled Chicken Sandwich Meal	880	40	7	0	120	2080	82	8	7	47		•	•	•					•	•
	Grilled Chicken Sandwich Only	540	26	4.5	0	120	1500	35	3	7	43		•	•	•						•
	Nibblerz Meal®	1280	63	10	1	105	3300	132	10	17	45	•	•	•	•					•	•
	Nibblerz™ Only	940	49	8	1	100	2720	86	5	17	40	•	•	•	•					•	•
	Zaxby's Club Sandwich Meal	1150	62	13	0	130	2980	101	8	6	48	•	•	•	•					•	•
	Zaxby's Club Sandwich Only	820	48	11	0	130	2400	54	3	6	43	•	•	•	•					•	•
	Cajun Club Sandwich Meal	940	45	11	0	155	2750	82	7	9	51	•	•	•	•					•	•
	Cajun Club Sandwich Only	600	31	9	0	150	2170	35	3	8	46	•	•	•	•					•	•
	Zaxby's Signature Sandwich Meal with Zax Sauce	1110	57	9	1	100	3110	100	8	8	49	•	•	•	•					•	•
	Zaxby's Signature Sandwich Only with Zax Sauce	780	43	7	1	95	2540	53	4	8	45	•	•	•	•					•	•
	Zaxby's Signature Sandwich Meal with Spicy Zax Sauce	1100	56	9	1	95	3180	100	8	8	49	•	•	•	•					•	•
	Zaxby's Signature Sandwich Only with Spicy Zax Sauce	770	42	7	0.5	95	2610	53	4	8	45	•	•	•	•					•	•
MOST POPULAR	Chicken Finger Plate (4)	1190	66	10	0	140	3340	101	8	16	49	•	•	•	•					•	•
	Chicken Finger Plate (5)	1290	71	11	0	170	3750	105	8	16	59	•	•	•	•					•	•
	Chicken Finger Plate (6)	1570	93	14	0	215	4770	115	9	20	69	•	•	•	•					•	•
	Buffalo Chicken Finger Plate (4)	1220	68	10	0	135	3840	100	9	14	49	•	•	•	•					•	•
	Buffalo Chicken Finger Plate (5)	1320	73	11	0	165	4440	106	9	15	59	•	•	•	•					•	•
	Buffalo Chicken Finger Plate (6)	1610	97	15	0	205	5410	112	10	16	70	•	•	•	•					•	•
	Boneless Wings & Things	1480	88	13	0	165	3850	109	8	8	62	•	•	•	•					•	•
	Buffalo Boneless Wings & Things	1490	90	14	0	160	4200	107	9	6	63	•	•	•	•					•	•
	Traditional Wings & Things	1530	96	17	0	290	3770	90	7	7	77	•	•	•	•					•	•
	Buffalo Traditional Wings & Things	1550	98	17	0	285	4130	88	7	5	78	•	•	•	•					•	•
	Boneless Wings Meal (5)	1020	57	9	0	85	2590	93	8	5	32	•	•	•	•					•	•
	Traditional Wings Meal (5)	1070	65	12	0	185	2520	74	7	4	47	•	•	•	•					•	•
	Big Zax Snak Meal	960	52	8	0	105	2760	84	7	6	38	•	•	•	•					•	•
	Buffalo Big Zax Snak Meal	980	54	8	0	100	3080	83	7	4	39	•	•	•	•					•	•
1 BONELESS WING[1] WITH EACH SAUCE (Protein only)	Boneless Wings (No Sauce)	70	3	0	0	10	140	4	0	0	5			•							•
	Boneless Wings - Wimpy	70	3.5	0	0	10	240	5	0	1	5			•							•
	Boneless Wings - Tongue Torch	70	3.5	0	0	10	260	5	0	0	5			•							•
	Boneless Wings - Nuclear	70	3.5	0	0	10	240	5	0	0	5			•							•
	Boneless Wings - Insane	70	3.5	0	0	10	250	5	0	0	5			•							•
	Boneless Wings - Original	70	3.5	0.5	0	10	220	5	0	0	5			•	•						•
	Boneless Wings - HHM	80	5	0.5	0	10	210	5	0	1	5		•	•							•
	Boneless Wings - Sweet & Spicy	80	3.5	0	0	10	190	7	0	3	5			•	•						•
	Boneless Wings - Teriyaki	70	2.5	0	0	10	200	6	0	2	5			•	•						•
	Boneless Wings - BBQ	80	3	0	0	10	230	7	0	2	5			•							•

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		NUTRITION										ALLERGENS								SENSITIVITIES	
		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
5 BONELESS WINGS[1] WITH EACH SAUCE (Protein only)	Boneless Wings (No Sauce)	330	16	2.5	0	50	700	22	1	1	23			•							•
	Boneless Wings - Wimpy	350	16	2.5	0	50	1190	26	2	4	24			•							•
	Boneless Wings - Tongue Torch	340	16	2.5	0	50	1280	24	2	2	24			•							•
	Boneless Wings - Nuclear	340	16	2.5	0	50	1210	24	2	1	24			•							•
	Boneless Wings - Insane	340	17	2.5	0	50	1260	25	2	2	24			•							•
	Boneless Wings - Original	350	19	2.5	0	50	1110	23	1	1	23			•	•						•
	Boneless Wings - HHM	420	24	2.5	0	60	1060	26	1	4	24		•	•							•
	Boneless Wings - Sweet & Spicy	390	17	2.5	0	50	960	36	1	13	24			•	•						•
	Boneless Wings - Teriyaki	370	16	2.5	0	50	1020	32	1	9	24			•	•						•
	Boneless Wings - BBQ	390	16	2.5	0	50	1140	36	2	11	24			•							•
10 BONELESS WINGS[1] WITH EACH SAUCE (Protein only)	Boneless Wings (No Sauce)	650	32	4.5	0	100	1390	44	2	1	46			•							•
	Boneless Wings - Wimpy	700	33	4.5	0	100	2390	53	3	7	47			•							•
	Boneless Wings - Tongue Torch	680	33	4.5	0	100	2570	49	3	3	47			•							•
	Boneless Wings - Nuclear	680	33	5	0	100	2420	48	3	3	47			•							•
	Boneless Wings - Insane	680	33	5	0	100	2530	49	4	4	47			•							•
	Boneless Wings - Original	700	37	6	0	100	2230	45	3	2	47			•	•						•
	Boneless Wings - HHM	840	49	7	0	115	2130	53	3	8	47		•	•							•
	Boneless Wings - Sweet & Spicy	770	34	5	0	100	1920	71	3	25	47			•	•						•
	Boneless Wings - Teriyaki	740	33	5	0	100	2050	63	3	17	48			•	•						•
	Boneless Wings - BBQ	770	32	4.5	0	100	2290	73	3	23	47			•							•
20 BONELESS WINGS[1] WITH EACH SAUCE (Protein only)	Boneless Wings (No Sauce)	1310	65	9	0	200	2780	89	5	3	93			•							•
	Boneless Wings - Wimpy	1390	65	9	0	200	4780	106	6	15	95			•							•
	Boneless Wings - Tongue Torch	1360	66	9	0	200	5140	98	6	7	94			•							•
	Boneless Wings - Nuclear	1350	66	10	0	200	4840	96	6	5	94			•							•
	Boneless Wings - Insane	1370	66	10	0	200	5050	98	8	8	95			•							•
	Boneless Wings - Original	1410	74	11	0	200	4460	90	6	3	94			•	•						•
	Boneless Wings - HHM	1680	98	15	0	235	4260	106	6	16	95		•	•							•
	Boneless Wings - Sweet & Spicy	1550	67	10	0	200	3840	142	5	51	94			•	•						•
	Boneless Wings - Teriyaki	1480	66	10	0	200	4090	126	5	35	96			•	•						•
	Boneless Wings - BBQ	1540	65	9	0	200	4580	145	7	45	95			•							•
1 TRADITIONAL WING[1] WITH EACH SAUCE (Protein only)	Traditional Wings (No Sauce)	80	5	1	0	35	125	1	0	0	8										
	Traditional Wings - Wimpy	80	5	1	0	35	230	2	0	1	8										
	Traditional Wings - Tongue Torch	80	5	1	0	35	240	1	0	0	8										
	Traditional Wings - Nuclear	80	5	1	0	35	260	1	0	0	8										
	Traditional Wings - Insane	80	5	1	0	35	280	1	0	0	8										
	Traditional Wings - Original	80	5	1.5	0	35	220	1	0	0	8				•						
	Traditional Wings - HHM	100	7	1.5	0	35	200	2	0	1	8		•								
	Traditional Wings - Sweet & Spicy	90	5	1	0	35	180	3	0	3	8			•	•						•
	Traditional Wings - Teriyaki	90	5	1	0	35	210	3	0	2	8			•	•						•
	Traditional Wings - BBQ	90	5	1	0	35	210	3	0	2	8										
5 TRADITIONAL WINGS[1] WITH EACH SAUCE (Protein only)	Traditional Wings (No Sauce)	380	24	6	0	175	610	3	0	0	38										
	Traditional Wings - Wimpy	410	24	6	0	175	1160	8	0	3	39										
	Traditional Wings - Tongue Torch	400	24	6	0	175	1210	5	0	1	38										
	Traditional Wings - Nuclear	400	25	6	0	175	1290	6	1	1	39										
	Traditional Wings - Insane	400	25	6	0	175	1380	6	1	2	39										
	Traditional Wings - Original	410	27	6	0	175	1110	4	0	0	38				•						
	Traditional Wings - HHM	480	33	7	0	185	1000	8	0	4	39		•								
	Traditional Wings - Sweet & Spicy	450	25	6	0	175	890	17	0	13	38			•	•						•
	Traditional Wings - Teriyaki	440	25	6	0	175	1030	15	0	10	39			•	•						•
	Traditional Wings - BBQ	440	24	6	0	175	1070	17	1	11	39										
10 TRADITIONAL WINGS[1] WITH EACH SAUCE (Protein only)	Traditional Wings (No Sauce)	760	48	12	0	345	1230	6	0	0	76										
	Tradidional Wings - Wimpy	810	49	12	0	350	2320	16	1	7	77										
	Traditional Wings - Tongue Torch	790	49	12	0	350	2430	11	1	2	77										
	Traditional Wings - Nuclear	800	49	12	0	350	2590	11	1	2	77										
	Traditional Wings - Insane	800	49	12	0	350	2760	13	2	4	78										
	Traditional Wings - Original	820	54	13	0	350	2220	7	1	0	77				•						
	Traditional Wings - HHM	960	66	15	0	365	2000	15	1	7	77		•								
	Traditional Wings - Sweet & Spicy	890	50	12	0	350	1780	34	0	25	77			•	•						•
	Traditional Wings - Teriyaki	870	49	12	0	650	2050	30	0	20	78			•	•						•
	Traditional Wings - BBQ	880	48	12	0	345	2130	35	1	22	77										

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		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
20 TRADITIONAL WINGS[1] WITH EACH SAUCE (Protein only)	Traditional Wings (No Sauce)	1530	97	24	0	695	2450	12	0	0	153										
	Tradidional Wings - Wimpy	1620	98	24	0	695	4630	31	2	13	154										
	Traditional Wings - Tongue Torch	1580	98	24	0	695	4850	22	2	4	154										
	Traditional Wings - Nuclear	1590	98	24	0	695	5180	22	2	3	155										
	Traditional Wings - Insane	1610	99	24	0	695	5520	25	4	7	155										
	Traditional Wings - Original	1650	108	26	0	695	4440	15	1	1	153				•						
	Traditional Wings - HHM	1920	132	29	0	730	4000	30	1	14	155		•								
	Traditional Wings - Sweet & Spicy	1780	99	24	0	695	3570	69	1	51	154			•	•						•
	Traditional Wings - Teriyaki	1750	98	24	0	695	4110	60	1	40	156			•	•						•
	Traditional Wings - BBQ	1770	97	24	0	695	4260	70	2	43	154										
1 CHICKEN FINGER[2] WITH EACH SAUCE (Protein only)	Chicken Finger (No Sauce)	100	4.5	0.5	0	30	410	4	0	0	10	•	•	•						•	•
	Chicken Finger - Wimpy	100	4.5	0.5	0	30	560	6	0	1	10	•	•	•						•	•
	Chicken Finger - Tongue Torch	100	4.5	0.5	0	30	590	5	0	0	10	•	•	•						•	•
	Chicken Finger - Nuclear	100	4.5	0.5	0	30	560	5	0	0	10	•	•	•						•	•
	Chicken Finger - Insane	100	4.5	0.5	0	30	610	5	0	1	10	•	•	•						•	•
	Chicken Finger - Original	110	5	1	0	30	550	5	0	0	10	•	•	•	•					•	•
	Chicken Finger - HHM	130	7	1	0	30	530	6	0	1	10	•	•	•						•	•
	Chicken Finger - Sweet & Spicy	120	4.5	0.5	0	30	490	9	0	4	10	•	•	•	•					•	•
	Chicken Finger - Teriyaki	110	4.5	0.5	0	30	540	8	0	3	10	•	•	•	•					•	•
	Chicken Finger - BBQ	120	4.5	0.5	0	30	560	9	0	4	10	•	•	•						•	•
5 CHICKEN FINGERZ[2] WITH EACH SAUCE (Protein only)	Chicken Finger (No Sauce)	480	22	3	0	145	2050	22	1	1	49	•	•	•						•	•
	Chicken Finger - Wimpy	520	22	3	0	145	2800	29	2	5	50	•	•	•						•	•
	Chicken Finger - Tongue Torch	510	23	3.5	0	145	2980	26	2	2	50	•	•	•						•	•
	Chicken Finger - Nuclear	500	23	3.5	0	145	2820	25	2	1	50	•	•	•						•	•
	Chicken Finger - Insane	510	23	3.5	0	145	3050	26	2	3	50	•	•	•						•	•
	Chicken Finger - Original	530	26	4	0	145	2750	23	1	1	50	•	•	•	•					•	•
	Chicken Finger - HHM	630	35	5	0	160	2630	29	1	6	50	•	•	•						•	•
	Chicken Finger - Sweet & Spicy	580	23	3.5	0	145	2470	43	1	20	50	•	•	•	•					•	•
	Chicken Finger - Teriyaki	570	23	3.5	0	145	2710	41	1	17	51	•	•	•	•					•	•
	Chicken Finger - BBQ	580	22	3	0	145	2810	46	2	19	50	•	•	•						•	•
10 CHICKEN FINGERZ[2] WITH EACH SAUCE (Protein only)	Chicken Finger (No Sauce)	970	44	6	0	295	4100	44	2	1	99	•	•	•						•	•
	Chicken Finger - Wimpy	1030	45	6	0	295	5610	57	3	10	100	•	•	•						•	•
	Chicken Finger - Tongue Torch	1010	45	6	0	295	5960	51	3	4	100	•	•	•						•	•
	Chicken Finger - Nuclear	1010	45	7	0	295	5640	49	3	3	100	•	•	•						•	•
	Chicken Finger - Insane	1020	46	7	0	295	6100	52	5	6	100	•	•	•						•	•
	Chicken Finger - Original	1050	53	8	0	295	5500	45	3	2	99	•	•	•	•					•	•
	Chicken Finger - HHM	1270	71	11	0	320	5270	57	3	12	100	•	•	•						•	•
	Chicken Finger - Sweet & Spicy	1160	46	7	0	295	4940	86	2	39	100	•	•	•	•					•	•
	Chicken Finger - Teriyaki	1140	45	7	0	295	5420	82	2	33	102	•	•	•	•					•	•
	Chicken Finger - BBQ	1170	44	6	0	295	5620	92	4	37	100	•	•	•						•	•
20 CHICKEN FINGERZ[2] WITH EACH SAUCE (Protein only)	Chicken Finger (No Sauce)	1940	89	13	0	585	8200	88	4	2	198	•	•	•						•	•
	Chicken Finger - Wimpy	2070	90	13	0	585	11210	114	7	20	200	•	•	•						•	•
	Chicken Finger - Tongue Torch	2020	90	13	0	585	11920	102	6	8	200	•	•	•						•	•
	Chicken Finger - Nuclear	2010	91	13	0	585	11280	99	7	6	200	•	•	•						•	•
	Chicken Finger - Insane	2040	91	13	0	585	12210	105	10	12	201	•	•	•						•	•
	Chicken Finger - Original	2100	105	16	0	585	11000	91	6	3	199	•	•	•	•					•	•
	Chicken Finger - HHM	2530	141	21	0	640	10540	115	6	24	201	•	•	•						•	•
	Chicken Finger - Sweet & Spicy	2320	93	13	0	585	9870	173	5	78	199	•	•	•	•					•	•
	Chicken Finger - Teriyaki	2290	91	13	0	590	10830	164	5	67	203	•	•	•	•					•	•
	Chicken Finger - BBQ	2330	89	13	0	585	11230	184	8	74	201	•	•	•						•	•
DESSERTS	Chocolate Chip Cookie	170	8	4	0	10	125	24	1	15	2	•	•	•	•						•
	White Chocolate Macadamia Nut Cookie	170	9	4	0	15	130	22	0	14	2	•	•	•	•		•				•
	Double Chocolate Chunk Cookie	160	8	4	0	5	130	22	1	13	2	•	•	•	•						•

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		Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
SAUCES (1.5 oz Cups)	Honey Mustard	180	16	2.5	0	15	310	8	1	6	1		•								
	Marinara Sauce	80	4.5	1	0	0	290	10	1	5	1	•									
	Ranch Sauce	190	20	3	0	10	380	2	0	1	1	•	•							•	
	Zax Sauce®	180	18	3	0	15	610	5	0	4	1		•								
	Spicy Zax Sauce™	170	16	2.5	0	10	720	5	0	4	1		•								
	Tongue Torch®	20	0	0	0	0	950	4	1	2	0										
	BBQ	60	0	0	0	0	480	15	1	11	0										
SAUCES (2 oz portion by volume)	Wimpy™	45	0	0	0	0	1080	9	1	6	1										
	Nuclear™	30	1	0	0	0	1180	4	1	2	1										
	Insane™	35	1	0	0	0	1290	5	2	3	1										
	Original	60	6	1	0	0	970	1	1	0	0				•						
	Hot Honey Mustard	180	16	2.5	0	15	720	8	1	7	1		•								
	Sweet & Spicy	140	1.5	0	0	0	630	32	0	29	1			•	•						•
	Teriyaki	110	0.5	0	0	0	810	23	0	20	2			•	•						•
SAUCES (8 oz portion by volume)	Ranch	1010	105	16	0.5	55	2020	10	2	5	5	•	•							•	
	Honey Mustard	980	89	13	0	80	1670	42	4	33	4		•								
	Zax Sauce®	1040	102	16	0.5	85	3500	30	3	22	3		•								
	Spicy Zax Sauce™	920	89	14	0	65	3950	28	2	19	3		•								
	Wimpy™	200	2	0	0	5	4720	41	4	28	4										
	Tongue Torch®	130	2.5	0	0	5	5780	23	4	10	3										
	Nuclear™	120	3.5	0.5	0	4	5190	19	5	7	4										
	Insane™	150	3.5	0.5	0	5	5650	24	8	14	4										
	Original	250	25	4.5	0	0	4240	5	3	2	1				•						
	Hot Honey Mustard	800	71	11	0	70	3130	36	2	29	4		•								
	Sweet & Spicy	630	7	1	0	5	2750	139	1	125	3			•	•						•
	Teriyaki	470	3	0	0	5	3530	102	1	86	7			•	•						•
	BBQ	420	0.5	0	0	0	2850	96	3	77	3										
DRESSINGS (1.25 oz per packet)	Blue Cheese	180	19	3.5	0	10	380	2	0	1	1	•	•								
	Caesar	90	9	2	0	5	460	2	1	0	2	•	•					•			
	Honey Mustard	150	14	2	0	10	260	6	1	5	1		•								
	Lite Ranch	90	8	1.5	0	10	430	2	1	1	1	•	•		•					•	
	Lite Vinaigrette	35	0.5	0	0	0	320	7	1	6	0										
	Mediterranean	140	13	2	0	0	620	4	1	3	0	•									
	Ranch	160	16	2.5	0	10	320	1	0	1	1	•	•							•	
	Thousand Island	230	23	3.5	0	15	240	3	0	2	1		•								
SHAREABLES & SIDES	Fried White Cheddar Bites & Marinara	790	50	22	1	80	1840	55	3	7	28	•		•							•
	Spicy Fried Mushrooms & Ranch	520	41	6	0	10	1050	31	3	3	7	•	•	•							•
	Crinkle Fries - Regular	330	14	2	0	0	580	47	5	0	5									•	
	Crinkle Fries - Large	530	23	3	0	0	930	75	7	1	8									•	
	Crinkle Fries - Basket	850	46	7	0	15	1770	99	10	5	10									•	
	Cole Slaw - side	140	10	1.5	0	5	170	13	2	11	1		•								
	Texas Toast - 1 slice	150	7	1	0	0	340	19	1	2	3			•	•						•
	Texas Toast - Basket	450	21	3.5	0	0	1020	57	3	5	9			•	•						•
ZAX KIDZ® MEAL	Kiddie Finger®	700	39	6	0	75	1890	61	5	11	24	•	•	•	•					•	•
	Kidz Nibbler®	630	29	5	0	35	1360	76	6	13	17	•	•	•	•					•	•
	Kiddie Cheese®	730	35	10	0	30	1510	86	6	11	15	•		•	•					•	•
DRINKS	**Milk & Juice** Milk 8 oz	110	2.5	1.5	0	10	125	13	0	12	8	•									
	Milk & Juice Chocolate Milk 8 oz	160	2.5	1.5	0	10	220	27	0	25	8	•									
	Milk & Juice Apple Juice 6 oz	80	0	0	0	0	15	21	0	19	0										
	Sweet Tea 12 oz	160	0	0	0	0	0	40	0	40	0										
	Sweet Tea 22 oz	270	0	0	0	0	0	69	0	69	0										
	Sweet Tea 32 oz	360	0	0	0	0	0	93	0	93	0										
	Sweet Tea 42 oz	500	0	0	0	0	0	128	0	128	0										
	Sweet Tea Gallon	1440	0	0	0	0	0	372	0	372	0										
	Unsweet Tea 12 oz	0	0	0	0	0	0	0	0	0	0										
	Unsweet Tea 22 oz	0	0	0	0	0	0	0	0	0	0										
	Unsweet Tea 32 oz	0	0	0	0	0	0	0	0	0	0										
	Unsweet Tea 42 oz	0	0	0	0	0	0	0	0	0	0										
	Unsweet Tea Gallon	0	0	0	0	0	0	0	0	0	0										

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

			NUTRITION										ALLERGENS								SENSITIVITIES	
			Calories	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugar (gm)	Protein (gm)	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten
DRINKS	Coca-Cola	12 oz	150	0	0	0	0	35	40	0	40	0										
		22 oz	270	0	0	0	0	65	73	0	73	0										
		32 oz	390	0	0	0	0	95	106	0	106	0										
		42 oz	510	0	0	0	0	125	140	0	140	0										
	Dr Pepper	12 oz	140	0	0	0	0	40	39	0	39	0										
		22 oz	270	0	0	0	0	70	71	0	71	0										
		32 oz	390	0	0	0	0	100	103	0	103	0										
		42 oz	510	0	0	0	0	135	136	0	135	0										
	Sprite	12 oz	140	0	0	0	0	35	36	0	36	0										
		22 oz	250	0	0	0	0	65	67	0	67	0										
		32 oz	370	0	0	0	0	100	97	0	97	0										
		42 oz	480	0	0	0	0	130	127	0	127	0										
	Diet Coke	12 oz	0	0	0	0	0	40	0	0	0	0										
		22 oz	0	0	0	0	0	70	0	0	0	0										
		32 oz	0	0	0	0	0	100	1	0	0	0										
		42 oz	0	0	0	0	0	135	1	0	0	0										
	Minute Maid Lemonade	12 oz	160	0	0	0	0	70	41	0	40	0										
		22 oz	290	0	0	0	0	125	75	0	74	0										
		32 oz	420	0	0	0	0	190	109	0	108	0										
		42 oz	550	0	0	0	0	240	143	0	142											
	Hi-C Fruit Punch	12 oz	170	0	0	0	0	35	42	0	42	0										
		22 oz	310	0	0	0	0	65	77	0	76	0										
		32 oz	450	0	0	0	0	95	113	0	111	0										
		42 oz	590	0	0	0	0	125	148	0	146	0										
	Coke Zero	12 oz	0	0	0	0	0	40	0	0	0	0										
		22 oz	0	0	0	0	0	70	0	0	0	0										
		32 oz	0	0	0	0	0	100	0	0	0	0										
		42 oz	0	0	0	0	0	135	0	0	0	0										
	Fanta Cherry	12 oz	160	0	0	0	0	35	42	0	42	0										
		22 oz	290	0	0	0	0	65	77	0	77	0										
		32 oz	420	0	0	0	0	95	112	0	112	0										
		42 oz	550	0	0	0	0	125	146	0	146	0										
CATERING – ZALADS®	Garden House	—	3290	197	81	0.5	210	5780	282	33	43	118	•		•	•						•
	House	Grilled	4300	210	84	0.5	865	11990	293	37	45	330	•		•	•						•
		Fried	5030	277	92	0.5	740	13150	361	37	45	296	•	•	•	•					•	•
		Half & Half	4670	244	88	0.5	800	12570	327	37	45	313	•	•	•	•					•	•
	Blue	Grilled	4340	205	82	1	815	20070	315	39	58	309	•		•	•						•
		Fried	5060	272	90	1	690	20530	381	38	57	274	•	•	•	•					•	•
		Half & Half	4700	239	86	1	755	20300	348	39	58	292	•	•	•	•					•	•
	Cobb	Grilled	5080	267	103	1	2240	13330	298	38	50	390	•	•	•	•						•
		Fried	5810	333	111	1	2115	14500	366	37	50	355	•	•	•	•					•	•
		Half & Half	5440	300	107	1	2180	13920	332	37	50	373	•	•	•	•					•	•
BOXED LUNCH		Zaxby's Signature Sandwich	1000	65	11	1.0	115	3460	60	4	13	45	•	•	•	•					•	•
		2 Nibbler Sandwiches	690	39	6	0.5	75	2020	59	4	13	27	•	•	•	•					•	•
		Grilled Chicken Sandwich	530	24	4.5	0	120	1490	35	3	7	43		•	•	•						•
SIDE		Texas Toast Platter (Half Piece)	80	3.5	0.5	0	0	170	10	0	1	2			•	•						•
		Tater Chips Platter (Chips Only)	4250	263	38	0	0	12670	396	41	4	74				•					•	
		Cole Slaw - Small	300	20	3.5	0	15	360	26	3	21	2		•								
		Cole Slaw - Large	1410	97	16	0	65	1710	125	14	99	8		•								
		1 Nibbler (No Sauce)	250	10	1.5	0	30	700	27	2	4	13	•	•	•						•	•

[1] Nutritional and allergen information for a la carte Boneless and Traditional Wings and Buffalo Fingers does not include Ranch Sauce. Please refer to the Sauces section for this information.
[2] Nutritional and allergen information for a la carte Chicken Fingers does not include Zax Sauce. Please refer to the Sauces section for this information.
[3] This Nutrition and Allergen Guide does not include nutrition or allergens information for drinks with meal items. Please refer to the Drinks section for this information.
[4] The default sauce for all Buffalo items is Tongue Torch.

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