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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 Grilled Caesar Zalad	550	23	8	0	140	2110	31	4	4	54
The Fried Caesar Zalad	670	34	10	0	120	2300	42	4	4	48
The Garden Caesar Zalad	380	21	8	0	35	1070	29	4	4	18
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
Side Salad	25	0	0	0	0	15	5	2	3	1
Side Caesar Salad (off menu)	220	12	5	0	20	620	15	2	2	12

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
Chicken Finger Sandwich Meal	1000	50	8	0	100	2580	97	8	11	41
Chicken Finger Sandwich Only	670	36	6	0	100	2000	50	3	10	37
Grilled Chicken Sandwich Meal	820	32	5	0	115	2080	85	8	10	47
Grilled Chicken Sandwich Only	480	18	3	0	115	1500	38	3	10	42
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	125	2980	101	8	6	47
Zaxby's Club Sandwich Only	820	48	11	0	125	2400	54	3	6	43
Cajun Club Sandwich Meal	920	44	10	0	155	2720	82	7	10	51
Cajun Club Sandwich Only	590	29	8	0	150	2140	35	3	9	46
BLT Sandwich Meal	980	59	14	0	65	2240	88	8	7	27
BLT Sandwich Only	640	45	12	0	65	1660	42	3	6	22
Grilled Cheese Sandwich Meal	830	46	13	0	45	1940	87	8	5	19
Grilled Cheese Sandwich Only	500	31	11	0	45	1360	40	2	4	14
Southern TLC Sandwich Meal	910	45	7	0	75	1830	89	8	9	36
Southern TLC Sandwich	570	31	5	0	70	1250	42	3	9	32

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)	1000	57	9	0	60	2010	90	7	4	32
Buffalo Boneless Wings Meal (5)	1020	57	9	0	85	2590	93	8	5	32
Traditional Wings Meal (5)	1060	65	12	0	185	1920	71	6	3	47
Buffalo 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

5 BONELESS WINGS* 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* 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* 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

5 TRADITIONAL WINGS* 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* WITH EACH SAUCE (Protein only)

Traditional Wings (No Sauce)	760	48	12	0	345	1230	6	0	0	76
Traditional 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

20 TRADITIONAL WINGS* WITH EACH SAUCE (Protein only)

Traditional Wings (No Sauce)	1530	97	24	0	695	2450	12	0	0	153
Traditional 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

5 CHICKEN FINGERZ* 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* 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	2					

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DIPPING SAUCES
(Sauce only)

Honey Mustard - 1.5 oz	16	2.5	0	15	310	8	1	6	1
Marinara Sauce - 1.5 oz	80	4.5	1	0	290	10	1	5	1
Ranch Sauce - 1.5 oz	190	20	3	0	10	380	2	0	1
Zax Sauce® served with 5 Fingerz	180	18	3	0	15	610	5	0	4
Zax Sauce served with 10 Fingerz	360	36	6	0	30	1230	11	1	8
Zax Sauce served with 20 Fingerz	730	71	11	0	60	2450	21	2	15

SIGNATURE SAUCES
(See portion by volume)

Wimpy™ - 2 oz	45	0	0	0	1080	9	1	6	1
Tongue Torch® - 2 oz	20	0	0	0	950	4	1	2	0
Nuclear™ - 2 oz	30	1	0	0	1180	4	1	2	1
Insane™ - 2 oz	35	1	0	0	1290	5	2	3	1
Original - 2 oz	60	6	1	0	970	1	1	0	0
Hot Honey Mustard - 2 oz	180	16	2.5	0	15	720	8	1	7
Sweet & Spicy - 2 oz	140	1.5	0	0	630	32	0	29	1
Teriyaki - 2 oz	110	0.5	0	0	810	23	0	20	2
BBQ - 2 oz	60	0	0	0	480	15	1	11	0

DRESSINGS

Blue Cheese - 1.25 oz	180	19	3.5	0	10	380	2	0	1
Caesar - 1.25 oz	90	9	2	0	5	460	2	1	0
Honey Mustard - 1.25 oz	150	14	2	0	10	260	6	1	5
Lite Ranch - 1.25 oz	90	8	1.5	0	10	430	2	1	1
Lite Vinaigrette - 1.25 oz	35	0.5	0	0	0	320	7	1	6
Mediterranean - 1.25 oz	140	13	2	0	0	620	4	1	3
Ranch - 1.25 oz	160	16	2.5	0	10	320	1	0	1
Thousand Island - 1.25 oz	230	23	3.5	0	15	240	3	0	2
Citrus Vinaigrette - 1.25 oz	140	12	2	0	0	250	8	1	7

CELERY & RANCH SAUCE

5	4 Celery Sticks	0	0	0	0	15	0	1	0	0
	Ranch Sauce (1)	190	20	3	0	10	380	2	0	1
	TOTAL	190	20	3	0	10	390	2	1	1
10	6 Celery Sticks	5	0	0	0	20	1	0	0	0
	Ranch Sauce (1)	190	20	3	0	10	380	2	0	1
	TOTAL	190	20	3	0	10	400	2	1	1
20	10 Celery Sticks	5	0	0	0	30	1	1	1	0
	Ranch Sauce (2)	380	40	6	0	20	760	4	1	2
	TOTAL	380	40	6	0	20	790	5	1	2

BUFFALO FINGERZ

5	4 Celery Sticks	0	0	0	0	15	0	1	0	0
	Ranch Sauce (1)	190	20	3	0	10	380	2	0	1
	TOTAL	190	20	3	0	10	390	2	1	1
10	6 Celery Sticks	5	0	0	0	20	1	0	0	0
	Ranch Sauce (2)	380	40	6	0	20	760	4	1	2
	TOTAL	380	40	6	0	20	780	4	1	2
20	10 Celery Sticks	5	0	0	0	30	1	1	1	0
	Ranch Sauce (4)	760	79	12	0.5	40	1510	7	1	3
	TOTAL	760	79	12	0.5	40	1540	8	2	4

ZAPPETIZERS & SIDES

Tater Chips & Ranch Sauce	880	62	9	0	10	2430	66	7	2	13
Tater Chips - side	350	22	3	0	0	1060	33	3	0	6
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 - 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
Celery and Ranch - side	200	20	3	0	10	410	3	1	1	1
Celery and Ranch - Basket	390	40	6	0	20	820	6	2	3	2

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®	820	44	13	0	45	1820	87	5	12	18

DRINKS

Milk & Juice	Milk 8oz	110	2.5	1.5	0	10	125	13	0	12	8
	Chocolate Milk 8oz	160	2.5	1.5	0	10	220	27	0	25	8
	Apple Juice 6oz	80	0	0	0	0	15	21	0	19	0
	12 oz	140	0	0	0	0	0	36	0	36	0
Sweet Tea	22 oz	260	0	0	0	0	0	67	0	67	0
	32 oz	370	0	0	0	0	0	95	0	95	0
	42 oz	510	0	0	0	0	0	133	0	133	0
	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
	32 oz	0	0	0	0	0	0	0	0	0	0
	42 oz	0	0	0	0	0	0	0	0	0	0
	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
	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
	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
	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
	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	0
	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
	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
	12 oz	170	0	0	0	0	40	45	0	45	0
	22 oz	300	0	0	0	0	70	83	0	82	0
	32 oz	440	0	0	0	0	100	120	0	120	0
	42 oz	580	0	0	0	0	130	158	0	157	0
	12 oz	160	0	0	0	0	35	42	0	42	0
	22 oz	290	0	0	0	0	70	77	0	77	0
	32 oz	420	0	0	0	0	100	112	0	112	0
	42 oz	550	0	0	0	0	130	146	0	146	0
	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	130	146	0	146	0
	12 oz	160	0	0	0	0	35	42	0	42	0
	22 oz	290	0	0	0	0	65	78	0	76	0
	32 oz	430	0	0	0	0	100	113	0	111	0
	42 oz	560	0	0	0	0	130	148	0	146	0
	12 oz	130	0	0	0	0	40	34	0	34	0
	22 oz	230	0	0	0	0	70	63	0	63	0
	32 oz	340	0	0	0	0	100	92	0	91	0
	42 oz	440	0	0	0	0	135	120	0	120	0
	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	141	0
	12 oz	150	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
	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
	12 oz	130	0	0	0	0	35	33	0	33	0
	22 oz	230	0	0	0	0	65	61	0	61	0
	32 oz	340	0	0	0	0	95	89	0	89	0
	42 oz	450	0	0	0	0	125	117	0	117	0
	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	410	0	0	0	0	100	112	0	112	0
	42 oz	540	0	0	0	0	130	147	0	146	0
	12 oz	160	0	0	0	0	35	42	0	42	0
	22 oz	290	0	0	0	0	65	78	0	76	0
	32 oz	430	0	0	0	0	100	113	0		