



Nutrition Information

Effective: 7/7/22

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

All Wings listed **without** Curly Fries and **without** Ranch

Traditional Bone-In Wings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Wings 8 Apple BBQ	800	320	36	6	0	310	1440	48	1	44	72
Wings 8 Buffalo	670	370	41	7	0	310	3890	3	1	1	72
Wings 8 Cajun Spice Rub	620	330	36	6	0	310	1480	2	1	1	72
Wings 8 Garlic Parmesan	860	540	60	11	0	315	2440	7	1	2	75
Wings 8 Honey Chipotle	880	330	36	6	0	310	2130	70	1	51	72
Wings 8 Honey Siracha	850	320	36	6	0	310	2680	62	1	50	72
Wings 8 Lemon Pepper Rub	740	450	50	9	0.5	310	1820	1	0	0	72
Wings 8 Mango Habanero	730	330	36	6	0	310	2300	27	1	23	72
Wings 8 Plain without Sauce	610	320	36	6	0	310	1130	0	0	0	72
Wings 8 Ranch Rub	610	320	36	6	0	310	1320	1	0	0	72
Wings 8 Santa Fe	1030	720	80	13	0.5	345	2200	5	1	3	73
Wings 8 Pineapple Teriyaki	820	340	37	6	0	310	2630	52	1	46	74
Boneless Wings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Wings Boneless 11 Apple BBQ	940	350	39	7	0	105	1970	100	4	44	47
Wings Boneless 11 Buffalo	810	400	45	7	0	105	4420	56	4	1	47
Wings Boneless 11 Cajun Spice Rub	760	350	39	7	0	105	2010	54	4	1	46
Wings Boneless 11 Garlic Parmesan	1000	570	64	11	0	110	2970	59	4	2	49
Wings Boneless 11 Honey Chipotle	1020	360	39	7	0	105	2660	123	4	51	46
Wings Boneless 11 Honey Siracha	990	350	39	7	0	105	3210	114	4	50	47
Wings Boneless 11 Lemon Pepper Rub	880	480	53	9	0	105	2350	54	3	0	46
Wings Boneless 11 Mango Habanero	860	360	39	7	0	105	2830	79	4	23	47
Wings Boneless 11 Plain without Sauce	750	350	39	7	0	105	1660	52	3	0	46
Wings Boneless 11 Ranch Rub	750	350	39	7	0	105	1850	53	3	0	46
Wings Boneless 11 Santa Fe	1170	750	84	14	0	135	2730	57	4	3	47
Wings Boneless 11 Pineapple Teriyaki	960	370	41	7	0	105	3160	104	4	46	48

Pecan Wood Smoked Bone-In Wings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Wings Smoked 8 Apple BBQ	820	350	39	11	0	320	1480	48	1	44	73
Wings Smoked 8 Buffalo	700	400	44	11	0	320	3940	3	1	1	73
Wings Smoked 8 Cajun Spice Rub	640	350	39	11	0	320	1520	2	1	1	72
Wings Smoked 8 Garlic Parmesan	890	570	63	15	0	325	2480	7	1	2	75
Wings Smoked 8 Honey Chipotle	910	350	39	11	0	320	2180	70	1	51	72
Wings Smoked 8 Honey Siracha	870	350	39	11	0	320	2730	62	1	50	73
Wings Smoked 8 Lemon Pepper Rub	760	470	52	13	0	320	1860	1	0	0	72
Wings Smoked 8 Mango Habanero	750	350	39	11	0	320	2350	27	1	23	73
Wings Smoked 8 Plain without Sauce	630	350	38	11	0	320	1170	0	0	0	72
Wings Smoked 8 Ranch Rub	640	350	38	11	0	320	1360	1	0	0	72
Wings Smoked 8 Santa Fe	1050	750	83	18	0	355	2240	5	1	3	73
Wings Smoked 8 Pineapple Teriyaki	850	360	40	11	0	320	2680	52	1	46	74
Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Curly Fries	550	260	28	4.5	0	0	1830	67	5	0	6
Side Bleu Cheese Dressing	250	240	27	5	0	15	260	1	0	1	1
Side Ranch Dressing	170	160	18	3	0	15	300	2	0	2	1
Side Secret Sauce	220	180	20	3	0	15	280	10	0	9	0
Pies	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Apple Pie	510	260	28	17	1	75	170	61	1	31	5
Blueberry Pie	510	260	28	17	1	75	170	60	2	29	5
Hershey's Chocolate Pie	600	280	31	20	1	75	240	77	2	45	6

Cals...Calories

Chol...Cholesterol

Fat Cals...Calories from Fat

Sod...Sodium

(g)...grams

Sat...Saturated Fat

Carbs...Carbohydrates

(mg)...milligrams

Trans...Trans Fat

Prot...Protein

The nutritional analysis is comprised of data from an independent testing facility commissioned by It's Just Wings, combined with nutrient data from It's Just Wings suppliers, the United States Department of Agriculture and nutrient database analysis of It's Just Wings recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines.

It's Just Wings attempts to provide nutritional information regarding its products that is as complete as possible. 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 It's Just Wings products.

Allergen Information

EFFECTIVE: 7/7/22

X Cross Contact Denotes **Fried Items; fried items should NOT be consumed if you have a food allergy due to use of shared fryers**

X Denotes Contains **Allergen** **VT** Designates **Vegetarian** **VG** Designates **Vegan**

All Wings listed **without** Curly Fries and **without** Ranch

****Soy Allergies** -Many of our foods contain soybean oil and our fried items are prepared in 100% soybean oil. Under FDA regulations highly refined soybean oil is not considered allergenic and is exempt from labeling. Therefore, menu items that contain highly refined soybean oil will **not be identified** as containing soy on our allergen guide unless other forms of soy protein are present (e.g., hydrolyzed soy, soy flour, miso, edamame). Please check with your doctor to find out whether you should avoid highly refined soybean oil.

Traditional Bone-In Wings	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Wings 8 Apple BBQ	X									
Wings 8 Buffalo	X		X							
Wings 8 Cajun Spice Rub	X						X			
Wings 8 Garlic Parmesan	X			X			X			
Wings 8 Honey Chipotle	X									
Wings 8 Honey Siracha	X									
Wings 8 Lemon Pepper Rub	X						X			
Wings 8 Mango Habanero	X									
Wings 8 Plain without Sauce	X									
Wings 8 Ranch Rub	X			X						
Wings 8 Santa Fe	X	X								
Wings 8 Pineapple Teriyaki	X						X		X	
Boneless Wings	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Wings Boneless 11 Apple BBQ	X	X					X		X	
Wings Boneless 11 Buffalo Sauce	X	X	X				X		X	
Wings Boneless 11 Cajun Spice Rub	X	X					X		X	
Wings Boneless 11 Garlic Parmesan	X	X		X			X		X	
Wings Boneless 11 Honey Chipotle	X	X					X		X	

Boneless Wings	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Wings Boneless 11 Honey Siracha	X	X					X		X	
Wings Boneless 11 Lemon Pepper Rub	X	X					X		X	
Wings Boneless 11 Mango Habanero	X	X					X		X	
Wings Boneless 11 Plain without Sauce	X	X					X		X	
Wings Boneless 11 Ranch Rub	X	X		X			X		X	
Wings Boneless 11 Santa Fe	X	X					X		X	
Wings Boneless 11 Pineapple Teriyaki	X	X					X		X	
Pecan Wood Smoked Bone-In Wings	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Wings Smoked 8 Apple BBQ	X									
Wings Smoked 8 Buffalo	X		X							
Wings Smoked 8 Cajun Spice Rub	X						X			
Wings Smoked 8 Garlic Parmesan	X			X			X			
Wings Smoked 8 Honey Chipotle	X									
Wings Smoked 8 Honey Siracha	X									
Wings Smoked 8 Lemon Pepper Rub	X						X			
Wings Smoked 8 Mango Habanero	X									
Wings Smoked 8 Plain without Sauce	X									
Wings Smoked 8 Ranch Rub	X			X						
Wings Smoked 8 Santa Fe	X	X								
Wings Smoked 8 Pineapple Teriyaki	X						X		X	
Extras	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Side Curly Fries	X								X	VG
Side Bleu Cheese Dressing		X		X						
Side Ranch Dressing		X		X						VT
Side Secret Sauce		X								VT
Pies	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Apple Pie				X					X	VT
Blueberry Pie				X					X	VT
Hershey's Chocolate Pie				X			X		X	VT

X Cross Contact - All fried ingredients are cooked in shared fryers and maybe exposed to all allergens/animal products. For this reason, guests with food allergies should avoid fried items.

Vegetarian (VT)/Vegan (VG) - Our corporate dietitian has identified which menu items meet our vegetarian and vegan standards.

Vegetarian (VT) items contain no beef, pork, poultry, fish, shellfish or ingredients derived from animals (e.g., gelatin, chicken broth, animal rennet), but items may contain eggs or milk. Cheeses processed with microbial enzymes (not rennet) are marked as vegetarian.

Vegan (VG) items contain no animal-derived products. Because we use shared fryers in our restaurants, fried foods are exposed to animal product during the cooking process (e.g., French Fries cooked in same oil as Wings).

Allergen Information - The health and safety of our guests are always top priorities. As part of this ongoing commitment, we provide the most current allergen menu information available from our food suppliers on the eight most common allergens including egg, fish, milk, peanut, shellfish, soy, tree-nuts, and wheat/gluten. Every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, and/or the season of the year. Certain menu items may vary from location to location and may not be available at all locations. Limited time offers, test products, or regional items have not been included on these menus. During normal kitchen operations involving shared cooking and preparation areas, the possibility exists for food items to come in contact with other food products. For example, fried items are identified with an "X" under the cross-contact column of the guide because of the use of shared fryers between foods. For this reason we advise guests with food allergies to avoid all fried foods.