

HANDHELDS	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
CHICKEN SANDWICHES	490-880										
Crispy Classic Chicken	590	16	3	0	50	1700	77	4	14	34	Wheat
Grilled Classic Chicken	490	11	3.5	0	165	780	43	2	10	54	Milk, Wheat
JBR Chicken	880	43	12	0	95	2080	77	3	14	46	Egg, Milk, Wheat
BBQ Ranch Chicken	700	24	6	0	175	990	66	2	30	55	Egg, Milk, Soy, Wheat
Hot BBQ Chicken	690	20	6	0	110	1790	69	0	0	43	Egg, Milk, Soy, Wheat
Buffalo Chicken	840	43	8	0	60	2660	78	4	14	35	Egg, Milk, Soy, Wheat
Hot Honey Chicken	610	20	3.5	0	30	1770	84	3	30	24	Soy, Wheat
WRAPS	710-940										
Beyond The West	710	34	6	0	10	1450	79	9	10	16	Egg, Milk, Soy, Wheat
Buffalo	870	47	11	0	30	2200	71	9	3	33	Egg, Milk, Soy, Wheat
Chicken Teriyaki	760	29	12	0	125	1610	92	4	33	43	Sesame Seed, Wheat, Milk, Egg, Soy
Kentucky	940	51	14	0	55	2060	70	9	4	44	Egg, Milk, Wheat
Sonoma	760	35	12	0	195	1150	54	3	3	53	Egg, Milk, Wheat
QUESADILLAS	680-1000										
Chicken Parm	1000	44	23	0	190	2650	88	0	0	66	Wheat, Milk, Soy
Santa Fe Chicken	980	50	22	0	240	2150	59	3	4	69	Milk, Soy, Wheat
Veggie	680	37	18	0	75	1350	61	3	6	22	Milk, Wheat
Cheese	810	50	25	0	115	1600	57	2	2	32	Milk, Wheat
BURGERS	720-980										
The Beyond Burger	720	44	12	0	10	1070	54	4	10	27	Egg, Wheat
Bourbon Street Burger	980	36	15	1	80	2530	104	3	25	41	Wheat, Milk, Egg
Crescent City Burger	730	45	17	0	120	1240	46	1	10	35	Milk, Wheat
Louisville Slammer Burger	840	53	20	0	135	1440	48	2	11	41	Milk, Wheat
CRAVES											
Buffalo Chicken Mac & Cheese	760	35	16	0	205	1910	43	0	6	63	Egg, Milk, Soy, Wheat
5 Piece Mozzarella Sticks	570	30	12	1	45	2020	53	4	6	25	Milk, Wheat
Loaded Cheesy Fries	1160	75	30	1.5	150	2830	86	13	2	39	Milk

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CHICKEN TENDERS	220-480										
2 Piece Tenders	220	2	0	0	110	150	23	0	0	50	Wheat
3 Piece Tenders	330	3	0	0	165	220	34	0	0	75	Wheat
4 Piece Tender	440	4	0	0	220	290	45	0	0	100	Wheat
2 Piece Grilled Tenders	240	4.5	1.5	0	115	110	0	0	0	50	Milk
3 Piece Grilled Tenders	360	6	2	0	175	170	0	0	0	75	Milk
4 Piece Grilled Tenders	480	9	3	0	230	220	0	0	0	100	Milk
THE WINGERY	260-1210										
5 Piece Wings - Plain	260	14	3	0	0	690	5	5	0	29	Wheat
8 Piece Wings - Plain	410	22	5	0	0	1110	8	8	0	46	Wheat
5 Piece Wings - Battered Boneless	275	2.5	0	0	138	185	29	0	0	62	Wheat
8 Piece Wings - Battered Boneless	440	4	0	0	220	290	46	0	0	100	Wheat
GREEN LEAFY STUFF	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
Fresh Grilled Chicken Salad	360	10	3	0	165	300	21	4	6	51	Milk, Wheat
Buffalo Salad	470	23	5	0	20	980	33	9	4	37	Milk, Soy, Wheat
Kentucky Club Salad	490	23	6	0	25	890	33	9	4	40	Milk, Wheat
SIDES & EXTRAS	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
French Fries	530	23	2	0	0	1830	76	12	0	8	
Sweet Waffle Fries	370	19	3	--	--	470	49	4	14	2	Wheat
Tater Tots	520	33	6	0	0	1120	46	6	0	6	
Mac & Cheese	300	15	8	0	40	820	26	--	4	12	Egg, Milk, Soy, Wheat
Lil' Salad	80	3	0	0	0	185	13	1	1.5	2.5	Wheat

SAUCES/DRESSINGS	Cals (kcal)	Fat (g)	Sat Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Allergens
2oz Asian Sauce	180	--	--	--	--	580	44	--	40	2	Sesame Seed, Soy
2oz Kansas City (Honey BBQ) Sauce	180	0	0	0	0	530	44	1	40	1	Soy
2oz Italian (Garlic Parm) Sauce	151	15	1.8	0	0	829	3	0	0	0	Milk, Soy
2oz Bourbon Sauce	100	0	0	0	0	760	24	0	20	0	
2oz Buffalo 1 Sauce	140	15	2.5	0	0	1020	1	1	0	0	Soy
2oz Hot BBQ Sauce	120	1	0	0	0	410	28	0	0	0	Soy
2oz Hot Honey Sauce	160	9	1.5	0	0	600	20	0	19	0	Soy
2oz Lemon Pepper Sauce	140	8	1.5	0	0	650	18	0	17	0	Soy
2oz Paradise City Sauce	190	0	0	0	0	840	47	--	42	0	Soy
2oz Mango Habanero Sauce	83	0	0	0	0	299	20	0	17	0	
2oz Buffalo 2 Sauce	130	13	2.5	0	0	1240	1	1	0	0	Soy
2oz Santa Fe Sauce	110	12	2	0	0	1440	1	1	0	0	Soy
2oz Buffalo 13 Sauce	130	14	2.5	0	0	960	1	1	0	0	Soy
2oz Homemade Ranch Dressing	240	25	4.5	0	20	220	1	0	1	1	Egg, Milk
2oz Honey Mustard Dressing	210	23	3.5	0	10	200	0	0	0	0	Egg
2oz Blue Cheese Dressing	280	28	5	0	20	640	4	0	2	--	Egg
2oz Fat-Free Italian Dressing	20	0	0	0	0	290	3	0	2	0	Egg, Milk