



These items may contain dairy or gluten products



The Wingery

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request

MEXICAN GRILL

1 PROTEIN

Lime Grilled Chicken 6.82 | 160 cal

Marinated Steak 7.34 | 200 cal

Seasoned Beef 6.82 | 240 cal

 Nada la Carne (Tofu) 6.82 | 190 cal

2 TORTILLA

 Flour Tortilla | 310 cal

Gluten-Free Tortilla | 220 cal

3 RICE

Cilantro White Rice | 150 cal

Cilantro Brown Rice | 110 cal

4 BEANS+VEGGIES

Black Beans | 90 cal

Pinto Beans | 100 cal

Fajita Vegetables | 40 cal

5 TOPPINGS

Fresh Tomato Salsa | 30 cal

Roasted Corn Salsa | 45 cal

Shredded Lettuce | 0 cal

Diced Tomatoes | 20 cal

 Sour Cream | 100 cal

 Shredded Cheese | 80 cal

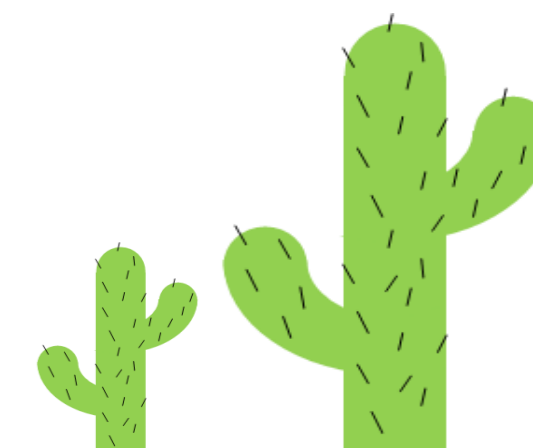
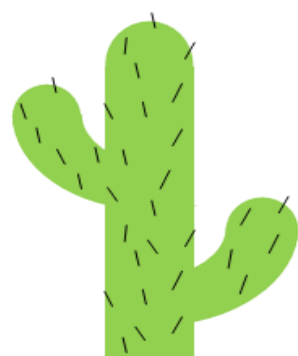
Guacamole | 90 cal

Black Olives | 60 cal

Make It A Meal

w/ Fries & 24oz Drink or Water Bottle

+\$2.49





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Calorie counts are an estimate and do not reflect any additions or subtractions to menu items

MEXICAN GRILL

Lime Grilled Chicken	\$6.82
Marinated Steak	\$7.34
Seasoned Beef	\$6.82
Nada la Carne (Tofu)	\$6.82



Burrito

Fill your tortilla with your choice of Meat or Nada la Carne, Rice, Beans or Fajita Vegetables and any toppings
400 – 1800 cal



Burrito Bowl

Fill your bowl with you choice of meat or Nada la Carne, Rice, Beans or Fajita Vegetables and any toppings
400 – 1800 cal



Soft Taco

Fill two tortillas with your choice of meat or Nada la Carne, Rice, Beans or Fajita Vegetables and any toppings
400 – 1800 cal



Salad

Chopped romaine lettuce with your choice of meat or Nada la Carne, Rice, Beans or Fajita Vegetables and any toppings



CAESAR SALAD WITH CHOICE OF PROTEIN \$6.82

Chopped romaine lettuce with your choice of Popcorn Chicken, any meat, or Nada la Carne with croutons, parmesan cheese, and caesar dressing
560 – 750 cal

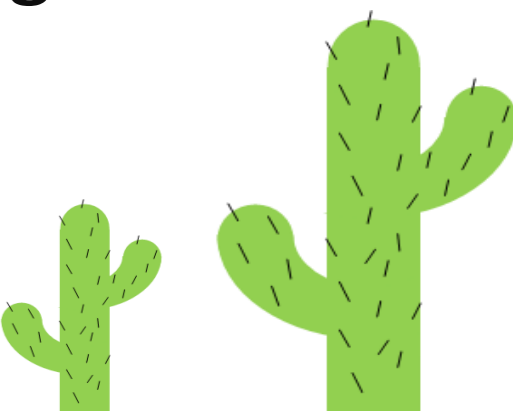
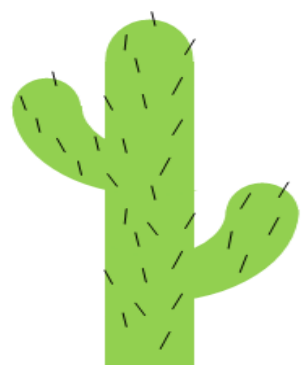


CAESAR SALAD \$4.36

Chopped romaine lettuce with croutons, parmesan cheese, and caesar dressing
450 cal

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MEXICAN GRILL

Chicken

CHICKEN WINGS
(5 pc) 6.86 | 600 cal

POPCORN CHICKEN
Small 6.30 | 360 cal
Large 9.45 | 620 cal

CHICKEN STRIPS
Small (3 Strips) 5.29 | 400 cal
Large (5 Strips) 7.39 | 660 cal

Sides

FRENCH FRIES	2.56	365 cal
CHIPS & GUACAMOLE	3.14	269 cal
CHIPS & SALSA	2.09	180 cal
CHIPS & CORN SALSA	2.09	170 cal
CHIPS, GUACAMOLE & SALSA	4.19	285 cal
EXTRA SOUR CREAM	.51	65 cal
EXTRA SALSA	1.04	20 cal

Beverages

FOUNTAIN

Coke	140 cal - 186 cal
Diet Coke	0 cal
Sprite	269 cal - 358 cal
Cherry Coke	310 cal - 380 cal
Iced Tea	186 cal - 248 cal
Fruit Punch	150 cal - 200 cal
Orange Soda	327 cal - 436 cal

24oz - \$2.31
32oz - \$2.57

BOTTLES Water (20oz) - \$2.05

Make It A Meal

w/ Fries & 24oz Drink or Water Bottle
+\$2.49

