



ALLERGEN GUIDE

IT'S JUST WINGS ALLERGEN/VEGETARIAN/VEGAN MATRIX

EFFECTIVE: JULY 22ND, 2020

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 items are 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	**Vegetarian VT	Vegan VG
Wings 8 Apple BBQ Sauce	X										
Wings 8 Buffalo Sauce	X		X								
Wings 8 Cajun Spice Rub	X						X				
Wings 8 Honey Chipotle Sauce	X										
Wings 8 Honey Sriracha Sauce	X										
Wings 8 Mango Habanero Sauce	X										
Wings 8 Ponzu Sauce	X						X		X		
Wings 8 Ranch Rub	X			X							
Wings 8 Santa Fe Sauce	X	X									
Wings 8 Spicy Pineapple Teriyaki Sauce	X						X		X		
Wings 8 Truffle Hot Sauce	X										
Wings 8 without Sauce	X										
BONELESS WINGS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat / Gluten	**Vegetarian VT	Vegan 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 Honey Chipotle Sauce	X	X					X		X		
Wings Boneless 11 Honey Sriracha Sauce	X	X					X		X		
Wings Boneless 11 Mango Habanero Sauce	X	X					X		X		
Wings Boneless 11 Ponzu Sauce	X	X					X		X		
Wings Boneless 11 Ranch Rub	X	X		X			X		X		
Wings Boneless 11 Santa Fe Sauce	X	X					X		X		
Wings Boneless 11 Spicy Pineapple Teriyaki Sauce	X	X					X		X		
Wings Boneless 11 Truffle Hot Sauce	X	X					X		X		
Wings Boneless 11 without Sauce	X	X					X		X		



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PECAN WOOD SMOKED BONE-IN WINGS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Wings Smoked & Apple BBQ Sauce	X									
Wings Smoked & Buffalo Sauce	X		X							
Wings Smoked & Cajun Spice Rub	X						X			
Wings Smoked & Honey Chipotle Sauce	X									
Wings Smoked & Honey Sriracha Sauce	X									
Wings Smoked & Mango Habanero Sauce	X									
Wings Smoked & Ponzu Sauce	X						X		X	
Wings Smoked & Ranch Rub	X			X						
Wings Smoked & Santa Fe Sauce	X	X								
Wings Smoked & Spicy Pineapple Teriyaki Sauce	X						X		X	
Wings Smoked & Truffle Hot Sauce	X									
Wings Smoked & without Sauce	X									
EXTRAS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Oreo County Fair Cookies (4 each)	X			X			X		X	VT
Side Curly Fries	X								X	VG
Side Bleu Cheese Dressing		X		X						
Side Ranch Dressing		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.



NUTRITION GUIDE

Effective: July 22nd, 2020

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

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 Sauce	740	300	34	9	0	275	1290	49	1	44	61
Wings 8 Buffalo Sauce	610	350	39	9	0	275	3750	5	1	1	61
Wings 8 Cajun Spice Rub	560	300	34	9	0	275	1330	4	1	1	60
Wings 8 Honey Chipotle Sauce	820	300	34	9	0	275	1990	72	1	52	60
Wings 8 Honey Sriracha Sauce	790	300	34	9	0	275	2530	64	1	51	61
Wings 8 Mango Habanero Sauce	660	300	34	9	0	275	2160	29	1	23	61
Wings 8 Ponzu Sauce	750	320	35	9	0	275	2990	47	1	34	64
Wings 8 Ranch Rub	550	300	33	9	0	275	1170	2	0	0	60
Wings 8 Santa Fe Sauce	970	700	78	16	0.5	310	2050	7	1	3	61
Wings 8 Spicy Pineapple Teriyaki Sauce	760	310	35	9	0	275	2480	54	1	47	62
Wings 8 Truffle Hot Sauce	780	490	54	11	0	275	1820	16	1	11	61
Wings 8 without Sauce	550	300	33	9	0	275	980	2	0	0	60
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 Sauce	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 Honey Chipotle Sauce	1020	360	39	7	0	105	2660	123	4	51	46
Wings Boneless 11 Honey Sriracha Sauce	990	350	39	7	0	105	3210	114	4	50	47
Wings Boneless 11 Mango Habanero Sauce	860	360	39	7	0	105	2830	79	4	23	47



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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 Ponzu Sauce	950	370	41	7	0	105	3660	98	4	33	50
Wings Boneless 11 Ranch Rub	750	350	39	7	0	105	1850	53	3	0	46
Wings Boneless 11 Santa Fe Sauce	1170	750	84	14	0	135	2730	57	4	3	47
Wings Boneless 11 Spicy Pineapple Teriyaki Sauce	960	370	41	7	0	105	3160	104	4	46	48
Wings Boneless 11 Truffle Hot Sauce	980	540	60	9	0	105	2500	66	4	11	47
Wings Boneless 11 without Sauce	750	350	39	7	0	105	1660	52	3	0	46
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 Sauce	680	270	31	9	0	290	1370	48	1	44	55
Wings Smoked 8 Buffalo Sauce	550	320	36	10	0	290	3820	3	1	1	55
Wings Smoked 8 Cajun Spice Rub	500	280	31	9	0	290	1400	2	1	1	54
Wings Smoked 8 Honey Chipotle Sauce	760	280	31	9	0	290	2060	70	1	51	54
Wings Smoked 8 Honey Sriracha Sauce	730	270	31	9	0	290	2610	62	1	50	55
Wings Smoked 8 Mango Habanero Sauce	610	280	31	9	0	290	2230	27	1	23	55
Wings Smoked 8 Ponzu Sauce	700	290	32	10	0	290	3060	45	1	33	58
Wings Smoked 8 Ranch Rub	490	270	30	9	0	290	1240	1	0	0	54
Wings Smoked 8 Santa Fe Sauce	910	670	75	16	0	320	2120	5	1	3	55
Wings Smoked 8 Spicy Pineapple Teriyaki Sauce	700	290	32	9	0	290	2560	52	1	46	56
Wings Smoked 8 Truffle Hot Sauce	730	460	51	12	0	290	1900	14	1	11	55
Wings Smoked 8 without Sauce	490	270	30	9	0	290	1050	0	0	0	54
Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Oreo County Fair Cookies (4 ct)	780	320	36	9	0	0	950	109	3	58	8
Side Curly Fries	460	270	30	5	0	0	1290	43	3	0	4
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



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Cals: Calories	Chol: Cholesterol	(g): grams
Fat Cals: Calories from Fat	Sod: Sodium	(mg): milligrams
Sat: Saturated Fat	Carbs: Carbohydrates	
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.