

	SERVING SIZE (g)	CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FIBRE (g)	SUGAR (g)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
<b>MAIN COURSES</b>											
ORIGINAL LEG	82	176	16	5	0	0	10	2	0	88	448
ORIGINAL THIGH	126	346	22	8	1	0	24	6	0	115	714
ORIGINAL WING	122	300	27	7	3	0	18	5	0	120	540
ORIGINAL BREAST	130	270	30	4	1	0	15	4	0	108	594
SPICY LEG	96	243	16	10	1	0	15	4	0	88	634
SPICY THIGH	155	480	22	20	2	0	35	9	0	135	1040
SPICY WING	168	430	29	17	2	0	27	7	0	125	1020
SPICY BREAST	159	448	29	17	3	0	28	7	0	105	1064
HERB LEG	100	218	18	13	1	0	10	2	0	88	473
CHICKEN BREAST SANDWICH	235	658	30	61	5	7	30	6	0.2	70	1075
SPICY THIGH SANDWICH	235	611	23	54	5	7	33	5.8	0	70	1034
HOT WINGS (5)	185	703	33	24	0	0	51	8	0	139	1646
NUGGETS (5)	100	240	19	18	1	1	10	1.5	0	35	690
ORIGINAL TENDER™ (1)	54	120	12	6	0	0	6	1.5	0	35	440
SPICY TENDER™ (1)	59	140	11	7	4	0	7	2	0	25	480
TEX WRAP	344	603	33	51	4	2	32.5	3	0	70	1289
SPICY TEX WRAP	357	648	31	54	6	2	34.5	4	0	50	1374
VEGGIE WRAP	303	324	13	55	5.5	3.5	27.5	3	0	8	745
BBQ STICK	88	166	17	13	0	10	6.5	2	0	75	435
<b>SIDES</b>											
FRENCH FRIES (REG)	132	232	5	40	3	2.5	12	2	0	0	372
SWEET POTATOES (M)	340	520	4	88	12	28	18	0	0	0	440
COLESLAW (REG)	100	100	2	10	1	8	7	1	0	5	160
POTATO SALAD (REG)	150	140	3	25	3	9	10	1.5	0	30	525
MACARONI SALAD (REG)	120	266	4	23	2	7	18	4	0	12	647
WILD WEST RICE (REG)	200	280	18	38	2	2	5	0.8	0	30	640
GRAVY (REG)	142	93	2	17	2	2.5	2	0.5	0.5	<1	651
POUTINE	207	320	9.5	45	4	3.5	17	5	0.5	17	780
CHEDDAR MUNCHERS (5)	84		5	20	2	2	9	3.5	0	10	420
JALEPENO BOMBERS® (5)	100	200	10	25	0	5	10	1	0	25	850
JALEPENOS (2)	36	10	0	2	1	<1	0	0	0	0	390
CREAMY JALEPENO SAUCE (1)	24	120	0	1	0	1	12	2	0	10	200
<b>DESSERTS</b>											
FRUITY BITES (1)	40	153	9	22	0.5	10	6	1.5	1.5	0	270
APPLE PIE (1)	85	220	2	34	1	10	8	4	0.1	0	310

OUR PRODUCTS ARE COOKED IN NON-HYDROGENATED, HIGH STABILITY CANOLA OIL. BASED ON STANDARD PRODUCT RECIPES AND MAY VARY BETWEEN RESTAURANTS.