



ALLERGEN AND NUTRITION GUIDE

IT'S JUST WINGS ALLERGEN/VEGETARIAN/VEGAN MATRIX										
EFFECTIVE: JUNE 23RD, 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 as served, unless otherwise noted.										
**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.										
MENU ITEMS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Fried Oreos (4 each)	X			X			X		X	VT
Curly Fries ONLY	X								X	VG
Wings 8 Apple BBQ Sauce	X	X		X					X	
Wings 8 Buffalo Sauce	X	X	X	X					X	
Wings 8 Honey Chipotle Sauce	X	X		X					X	
Wings 8 Honey Siracha Sauce	X	X		X					X	
Wings 8 Mango Habanero Sauce	X	X		X					X	
Wings 8 Ponzu Sauce	X	X		X			X		X	
Wings 8 Ranch Rub	X	X		X					X	
Wings 8 Santa Fe Sauce	X	X		X					X	
Wings 8 Southwest Cajun Rub	X	X		X			X		X	
Wings 8 Spicy Pineapple Teriyaki Sauce	X	X		X			X		X	
Wings 8 Truffle Sauce	X	X		X					X	
Wings Boneless 11 Apple BBQ	X	X		X			X		X	
Wings Boneless 11 Buffalo Sauce	X	X	X	X			X		X	
Wings Boneless 11 Honey Chipotle Sauce	X	X		X			X		X	
Wings Boneless 11 Honey Siracha Sauce	X	X		X			X		X	
Wings Boneless 11 Mango Habanero Sauce	X	X		X			X		X	
Wings Boneless 11 Ponzu Sauce	X	X		X			X		X	
Wings Boneless 11 Ranch Rub	X	X		X			X		X	
Wings Boneless 11 Santa Fe Sauce	X	X		X			X		X	
Wings Boneless 11 Southwest Cajun Rub	X	X		X			X		X	



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MENU ITEMS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Wings Boneless 11 Spicy Pineapple Teriyaki Sauce	X	X		X			X		X	
Wings Boneless 11 Truffle Sauce	X	X		X			X		X	
Wings Smoked 8 Apple BBQ Sauce	X	X		X					X	
Wings Smoked 8 Buffalo Sauce	X	X	X	X					X	
Wings Smoked 8 Honey Chipotle Sauce	X	X		X					X	
Wings Smoked 8 Honey Sriracha Sauce	X	X		X					X	
Wings Smoked 8 Mango Habanero Sauce	X	X		X					X	
Wings Smoked 8 Ponzu Sauce	X	X		X			X		X	
Wings Smoked 8 Ranch Rub	X	X		X					X	
Wings Smoked 8 Santa Fe Sauce	X	X		X					X	
Wings Smoked 8 Southwest Cajun Rub	X	X		X			X		X	
Wings Smoked 8 Spicy Pineapple Teriyaki Sauce	X	X		X			X		X	
Wings Smoked 8 Truffle Sauce	X	X		X					X	

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.



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IT'S JUST WINGS NUTRITION											
Effective: June 23rd, 2020											
2,000 calories a day is used for general nutrition advice, but calorie needs vary.											
All items are listed as served, unless otherwise indicated.											
All Wings include Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fried Oreos (4 each)	780	320	36	9	0	0	950	109	3	58	8
Curly Fries (only)	460	270	30	5	0	0	1290	43	3	0	4
Wings 8 Apple BBQ Sauce	1370	730	82	17	1	290	2890	95	4	46	65
Wings 8 Buffalo Sauce	1240	780	87	17	1	290	5340	50	3	4	65
Wings 8 Honey Chipotle Sauce	1450	740	82	17	1	290	3580	118	3	54	65
Wings 8 Honey Sriracha Sauce	1420	730	82	17	1	290	4130	109	3	53	65
Wings 8 Mango Habanero Sauce	1300	740	82	17	1	290	3760	74	4	25	66
Wings 8 Ponzu Sauce	1390	750	83	17	1	295	4580	92	3	36	69
Wings 8 Ranch Rub	1180	730	81	17	1	290	2770	48	3	3	65
Wings 8 Santa Fe Sauce	1600	1130	126	23	1.5	325	3650	52	3	5	66
Wings 8 Southwest Cajun Rub	1190	740	82	17	1	290	2930	49	3	3	65
Wings 8 Spicy Pineapple Teriyaki Sauce	1390	750	83	17	1	295	4080	99	3	49	67



ALLERGEN AND NUTRITION GUIDE

All Wings include Fries	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	1570	790	87	15	0.5	120	3560	145	7	46	51
Wings Boneless 11 Buffalo Sauce	1440	840	93	15	1	120	6020	101	7	3	51
Wings Boneless 11 Honey Chipotle Sauce	1650	790	88	15	1	120	4260	168	6	53	51
Wings Boneless 11 Honey Sriracha Sauce	1620	790	87	15	0.5	120	4800	160	6	52	51
Wings Boneless 11 Mango Habanero Sauce	1500	790	88	15	0.5	120	4430	124	7	25	52
Wings Boneless 11 Ponzu Sauce	1590	800	89	15	0.5	120	5260	143	7	35	55
Wings Boneless 11 Ranch Rub	1380	790	87	15	0.5	120	3440	98	6	2	51
Wings Boneless 11 Santa Fe Sauce	1800	1190	132	22	1	150	4320	103	6	5	52
Wings Boneless 11 Southwest Cajun Rub	1220	630	70	12	0	105	3490	98	6	1	50
Wings Boneless 11 Spicy Pineapple Teriyaki Sauce	1590	800	89	15	0.5	120	4760	149	6	48	53
Wings Boneless 11 Truffle Sauce	1620	970	108	17	1	120	4100	112	7	13	51
Wings Smoked 8 Apple BBQ Sauce	1310	710	79	17	0.5	305	2960	93	4	46	59



ALLERGEN AND NUTRITION GUIDE

All Wings include Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Wings Smoked 8 Honey Chipotle Sauce	1390	710	79	17	1	305	3660	116	3	53	59
Wings Smoked 8 Honey Sriracha Sauce	1360	710	79	17	0.5	305	4200	107	3	52	59
Wings Smoked 8 Mango Habanero Sauce	1240	710	79	17	0.5	305	3830	72	4	25	60
Wings Smoked 8 Ponzu Sauce	1330	720	80	17	0.5	305	4660	91	3	35	63
Wings Smoked 8 Ranch Rub	1120	710	78	17	0.5	305	2840	46	3	2	59
Wings Smoked 8 Santa Fe Sauce	1540	1110	123	24	1	335	3720	50	3	5	60
Wings Smoked 8 Southwest Cajun Rub	1130	710	79	17	0.5	305	3000	47	3	3	59
Wings Smoked 8 Spicy Pineapple Teriyaki Sauce	1330	720	80	17	0.5	305	4150	97	3	48	61
Wings Smoked 8 Truffle Sauce	1360	890	99	20	1	305	3490	59	4	13	59

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.