

Wow Cafe & Wingery

Menu Item	Serv	Spts	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
Add fried chicken	n/a	5	6	5	258	10	1	6	27	15	0
Add grilled chicken	n/a	2	3	3	124	3.5	0	0	23	0	0
Asian Teriyaki Sauce	n/a	5	2	2	90	0	0	0	0	20	19
Balsamic Vinaigrette	n/a	5	3	3	120	10	1.5	0	0	7	6
Bleu Cheese Dressing	n/a	7	6	6	204	20	5	1	4	2	1
Buffalo 2 Wing Sauce	n/a	2	2	2	70	7	1	0	0	1	0
Buffalo Original Wing Sauce	n/a	2	2	2	70	7	1	0	0	1	0
Buffalo Salad	n/a	25	21	20	815	58	15	10	43	28	2
Buffalo Wrap	n/a	30	25	23	975	55	17	13	52	68	2
Buffalo XIII	n/a	2	2	2	70	7	1	0	0	1	0
Cheese Fries	n/a	28	21	19	803	49	23	4	34	52	2
Cheese Quesadilla	n/a	29	22	20	830	49	27	2	41	56	4
Chicken Quesadilla	n/a	25	21	19	806	42	21	6	57	50	0
Chicken Sandwich	n/a	9	9	8	350	12	2.5	2	27	34	4
Cinnamon Maple Sauce	n/a	5	2	2	90	0	0	0	0	16	21
Covington Salad	n/a	4	4	4	205	4	0	4	25	13	2
Crescent City Burger	n/a	31	24	23	899	63	24	2	44	39	7
French Fries	n/a	15	14	11	520	22	2	12	16	74	1
Garden Fresh Quesadilla	n/a	25	19	17	744	40	20	8	39	57	4
Grilled Chicken Sandwich	n/a	6	7	5	270	4.5	1	2	27	29	4
Honey Mustard Dressing	n/a	12	9	9	311	29	4	0.32	0.4	12	11
Honey Mustard Dressing	n/a	6	4	4	140	12	2	0	0	7	6
Honey Mustard Slaw	n/a	6	4	2	138	6	1	5	4	19	12
Hot Sauce	n/a	0	0	0	0	0	0	0	0	0	0
Italian Wing Sauce	n/a	5	4	4	140	15	2.5	0	1	2	1
Jerk Wing Sauce	n/a	4	3	3	100	9	1.5	0	0	5	4
Kansas Honey BBQ	n/a	4	2	2	80	0	0	0	0	18	17
Kentucky Club Salad	n/a	30	24	24	952	65	16	9	48	38	12
Kentucky Wrap	n/a	32	26	24	1020	56	19	13	54	74	7
Lettuce Wraps	n/a	17	10	9	452	4.5	1	2	29	57	46
Memphis Wrap	n/a	24	18	16	702	30	14	10	33	75	18
Mozzarella Sticks	n/a	11	9	8	335	14	8	1	20	33	3
Paradise City	n/a	5	2	2	90	0	0	0	0	22	19
Philly Burger	n/a	38	30	29	1103	85	31	0.25	50	34.5	3
Polynesian	n/a	4	2	1	60	0	0	0	0	16	14
Ranch Dressing	n/a	8	6	6	219	23	4	0.25	1	2	1
Red Beans & Rice	n/a	11	8	7	311	15	5	7	11	33	10
Shanghai Foo's Gold	n/a	3	2	1	60	0.5	0	0	1	14	11
Side Salad	n/a	9	14	6	242	23	4	6	2	74	2
Sonoma Wrap	n/a	19	17	15	639	33	10	7	36	53	1
South West Ranch Dressing	n/a	8	6	6	228	24	4	1	1	2	1
Sweet Potato Fries	n/a	11	7	6	303	10	1	7	2	46	18
Tenders, 3 piece	n/a	8	10	8	390	15	1.5	9	41	30	0
Tenders, 5 piece	n/a	14	16	14	650	25	2.5	15	68	38	0
Texas BBQ	n/a	3	2	1	60	0	0	0	0	15	13
Texas Burger	n/a	41	32	31	1180	90	35	0.4	53.25	41	2.4
Thai Satay, Nut-Free	n/a	5	3	3	120	7	1	1	1	14	12
Veggie Burger	n/a	8	6	5	272	5	0	7	5	47	4
West Coast Veggie Wrap	n/a	23	18	16	673	37	14	9	25	60	5
Wings, 10 piece	n/a	12	13	12	528	28	6	10	60	10	0
Wings, 5 piece	n/a	6	6	6	264	14	3	5	30	5	0