

WTF LOCK

WINGS

Ingredients	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Chicken															
Plain Chicken wings	100 Gm	170	10	3	0.1	90	490	3	0	0	16	0	0	2	4
Breaded Chicken Wings	100 Gm	230	16	3.5	0.1	75	710	6	0	0	15	0	0	2	6
Chicken Chunks	100 Gm	168	6.21	1.18	0.02	37.3	386	12.3	0.8	0.3	15.7	8.32	1.09	10.6	1.17
Seasonings															
Maple Bacon	10 Gm	35	1.3	0	0	0	410	8	0	4	0.1	0	0	2	2
Lemon Pepper	10 Gm	35	0.2	0	0	0	400	8	1	2	0.2	0	0	2	1
Sriracha	10 Gm	35	1.5	0.1	0	0	490	7	1	2	0.5	0	0	2	2
Dips															
Buttermilk Dill	1 Oz	120	12	1	0	10	160	2	0	1	1	0	0	0	1
Blue Cheese	1 Oz	140	14	1	0	10	100	1	0	1	1	0	0	0	0
Sauces															
1st Degree	1 Oz	30	0	0	0	0	210	8	0	7	2	0	0	0	0
2nd Degree	1 Oz	35	0	0	0	0	220	8	0	7	0.3	0	0	0	0
3rd Degree	1 Oz	35	0	0	0	0	240	8	0	7	3	0	0	0	6
St. Louis BBQ	1 Oz	45	0	0	0	0	310	11	1	8	1	0	0	0	0
Honey Garlic	1 Oz	60	0	0	0	0	100	14	0	13	0.1	0	0	0	0
Sweet Chili	1 Oz	70	0	0	0	0	390	6	0	12	1	0	0	0	4
Sweet Chili BBQ	1 Oz	60	0	0	0	0	310	6	0	10	1	0	0	0	3
Garlic Parmesan	1 Oz	60	0	0	0	0	310	6	0	10	1	0	0	0	3
Buffalo	1 Oz	0	0	0	0	0	920	0	0	0	0	4	0	0	0
Sweet Chili Heat	1 Oz	70	0	0	0	0	390	0	0	12	1	0	0	0	4
Sweet Heat	1 Oz	60	0	0	0	0	95	5	0	11	0.1	0	0	0	0
Sides															
Carrots	2 Oz	25	0.1	0	0	0	40	5	1	3	1	0	0	2	1
Celery	2 Oz	10	0.1	0	0	0	45	2	1	1	0.4	0	0	2	1
Fries	1 Each	540	16	2	0	0	1160	80	0	0	8	0	0	0	13
Wedges	1 Each	400	12	1.5	0	0	1230	67	7	0	7	0	0	6	10
Large fries	1 Each	1080	32	4	0	0	2320	160	16	0	16	0	0	0	25
Large wedges	1 Each	800	23	3.5	0	0	2470	133	13	0	13	0	0	12	19
Poutine	1 Each	640	31	12	1	60	1230	72	0	0	22	0	0	38	10
Large Poutine	1 Each	1290	63	24	2	120	2460	145	0	0	43	0	0	81	19
Garlic Bread	1 Each	330	12	2.5	0	0	600	49	3	5	8	6	0	6	25
Garlic Bread with Cheese	1 Each	370	15	4.5	0.1	10	720	49	3	5	12	0	0	15	25
Caesar Salad , with bacon and lemon wedge	1 Each	480	34	8	0.3	45	1410	44	7	5	20	150	80	20	35
Sweet apple fritter	1 Each	570	16	6	0.2	0	510	101	4	58	8	0	0	10	25