

NUTRITIONAL INFORMATION

Building on Hooters legacy of hot wings and seafood, we've been elevating the experience to the top of the food chain by evolving our menu to include a delicious selection of appetizers, fresh salads, hearty sandwiches and signature burgers. In the following you will find all the nutritional information you need on the food. Just know that one thing is for sure, having a great time with your friends is always good for the soul. It's science.

Nutrition Statement:

2,000 calories a day is used for general nutrition advice, but calorie needs vary. The nutritional analysis is comprised of data from an independent testing facility commissioned by Hooters and/or nutrient data from Hooters' suppliers, the United States Department of Agriculture and nutrient database analysis of Hooters' 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. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. 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, franchisee participation, 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 Hooters' products.

Allergen/Gluten Statement:

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.



JAN. 16, 2020

Menu Item

TEASERS

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

HOOTERS™ ONION RING TOWER	1400	670	75	12	0.5	20	2540	75	5	13	8	
BEER CHEESE & PRETZELS	1100	350	38	17	1	55	5970	150	6	11	38	
CHICKEN BREST STRIPS <i>without Sauce</i>	540	210	24	4.5	0	80	480	49	3	0	33	
HOOTERS™ ORIGINAL BUFFALO PLATTER <i>without Sauce</i>	1270	620	69	15	0	350	1240	88	6	1	74	
LOTS-A-TOTS	1310	840	93	22	0	70	3140	95	8	1	23	
HOOTERS™ ORIGINAL BUFFALO SHRIMP- 12 PC <i>without Sauce</i>	410	190	22	4	0	210	820	25	2	2	29	
HOOTERS™ ORIGINAL BUFFALO SHRIMP- 24 PC <i>without Sauce</i>	820	390	43	8	0	420	1630	49	4	4	58	
TEX MEX NACHOS <i>with Chili</i>	1360	840	94	27	1.5	105	4460	108	15	11	30	

Menu Item

TEASERS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

TEX MEX NACHOS <i>with Grilled Chicken</i>	1350	800	89	23	0.5	150	4960	98	12	8	52	
SLIDERS <i>Buffalo Chicken without Sauce (4)</i>	1000	330	37	7	0	115	1780	122	6	16	47	
SLIDERS <i>Ground Beef (4)</i>	1300	610	67	22	2.5	170	3810	116	6	20	59	
HOOTERS™ ORIGINAL FRIED PICKLES	1160	770	85	14	1	15	4620	87	8	9	12	
HOOTERS™ ORIGINAL BUFFALO CHICKEN DIP	1130	600	67	27	0	140	3780	83	6	12	45	
CHIPS & QUESO	840	440	48	17	0	70	2020	78	6	10	23	
MOZZARELLA STICKS	620	320	35	14	0.5	60	1560	50	4	8	26	
CHEESE QUESADILLAS	1010	610	67	29	1.5	125	2040	64	6	4	37	

Menu Item

TEASERS

Menu Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
BUFFALO CHICKEN QUESADILLAS <i>without Sauce & Dressing</i>	1510	710	79	40	2	220	2680	90	5	5	61	
FAJITA CHICKEN QUESADILLAS	1520	970	108	45	3	250	4650	76	8	9	65	
FAJITA STEAK QUESADILLAS	1390	800	89	43	3	260	3160	78	7	9	73	
CHICKEN CHIPS <i>without Sauce & Dressing</i>	600	330	36	10	0	120	700	31	4	2	40	

Menu Item

WINGS

BONELESS WINGS - 8 PC <i>without Sauce & Dressing</i>	480	110	12	2.5	0	70	210	13	1	0	28	
BONELESS WINGS - 10 PC <i>without Sauce & Dressing</i>	600	180	20	4	0	120	350	22	2	0	47	

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

BONELESS WINGS - 16 PC <i>without Sauce & Dressing</i>	960	280	31	6	0	180	520	33	3	0	70	
BONELESS WINGS - 22 PC <i>without Sauce & Dressing</i>	1320	370	41	8	0	240	700	45	4	0	93	
BONELESS WINGS - 50 PC <i>without Sauce & Dressing</i>	3000	920	102	20	0	600	1740	111	10	0	233	
HOOTERS™ BACON WRAPPED WINGS - 6 PC <i>Without Dressing</i>	720	370	42	11	0	225	1790	23	1	19	59	
HOOTERS™ BACON WRAPPED WINGS - 10 PC <i>Without Dressing</i>	1200	620	69	19	0	380	2830	35	1	30	99	

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

HOOTERS™ BACON
WRAPPED WINGS
- 15 PC

Without Dressing

1800930104280565402048241148

HOOTERS™ BACON
WRAPPED WINGS
- 20 PC

Without Dressing

24001250138380.5755521061252197

HOOTERS™ DAYTONA
BEACH® STYLE WINGS
- 6 PC

Without Dressing

6604004511020014006541541

HOOTERS™ DAYTONA
BEACH® STYLE WINGS
- 10 PC

Without Dressing

150067075180335218010662268

HOOTERS™ DAYTONA
BEACH® STYLE WINGS
- 15 PC

Without Dressing

165010001112604952580143922100

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

HOOTERS™ DAYTONA BEACH® STYLE WINGS - 20 PC <i>Without Dressing</i>	3000	1340	149	35	0	665	3910	203	12	36	136	
HOOTERS™ DAYTONA BEACH® STYLE WINGS - 50 PC <i>Without Dressing</i>	5500	3350	372	88	1	1670	7760	468	29	58	337	
HOOTERS™ SMOKED WINGS- 6 PC <i>without Sauce & Dressing</i>	360	200	22	6	0	180	2080	8	1	6	31	
HOOTERS™ SMOKED WINGS- 10 PC <i>without Sauce & Dressing</i>	600	330	36	11	0	300	3470	13	1	11	51	
HOOTERS™ SMOKED WINGS- 15 PC <i>without Sauce & Dressing</i>	900	490	55	16	0	445	5210	20	2	16	76	

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

HOOTERS™ SMOKED WINGS- 20 PC <i>without Sauce & Dressing</i>	1200	660	73	21	0	595	6940	27	5	54	255	
HOOTERS™ SMOKED WINGS- 50 PC <i>without Sauce & Dressing</i>	3000	1640	182	53	1	1490	17360	67	5	54	255	
NAKED WINGS - 6 PC <i>Without Dressing</i>	540	280	31	7	0	320	390	2	1	0	67	
NAKED WINGS - 10 PC <i>Without Dressing</i>	900	460	51	12	0	535	650	4	2	1	112	
NAKED WINGS - 15 PC <i>Without Dressing</i>	1350	690	77	19	0	805	970	6	2	1	169	
NAKED WINGS - 20 PC <i>Without Dressing</i>	1800	920	103	25	0	1070	1290	7	3	2	225	
NAKED WINGS - 50 PC <i>Without Dressing</i>	4500	2310	257	62	1	2680	3230	18	8	4	562	

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

ORIGINAL HOOTERS™ STYLE- 6 PC <i>without Sauce & Dressing</i>	840	460	51	11	0	200	560	45	2	0	44	
ORIGINAL HOOTERS™ STYLE- 10 PC <i>without Sauce & Dressing</i>	1400	770	86	19	0	335	930	74	4	0	74	
ORIGINAL HOOTERS™ STYLE- 15 PC <i>without Sauce & Dressing</i>	2100	1160	129	29	0.5	505	1400	112	6	0	111	
ORIGINAL HOOTERS™ STYLE- 20 PC <i>without Sauce & Dressing</i>	2800	1540	172	38	1	675	1870	149	8	0	148	
ORIGINAL HOOTERS™ STYLE- 50 PC <i>without Sauce & Dressing</i>	7000	3860	429	95	2	1685	4670	372	20	0	369	

Menu Item

WINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

HOOTERS™ ROASTED WINGS- 6 PC <i>without Sauce & Dressing</i>	360	210	21	6	0	180	2100	6	0	6	30	
HOOTERS™ ROASTED WINGS- 10 PC <i>without Sauce & Dressing</i>	600	350	50	10	0	550	3500	10	0	10	50	
HOOTERS™ ROASTED WINGS- 15 PC <i>without Sauce & Dressing</i>	900	525	52.5	15	0	450	5250	15	0	15	75	
HOOTERS™ ROASTED WINGS- 20 PC <i>without Sauce & Dressing</i>	1200	700	70	20	0	600	7000	20	0	20	100	
HOOTERS™ ROASTED WINGS- 50 PC <i>without Sauce & Dressing</i>	3000	1750	250	50	0	2750	17500	50	0	50	250	

WINGS

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

[illegible]

Menu Item

SAUCES

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

TRADITIONAL BUFFALO - 3 Mile Island	20	0	0	0	0	0	1750	4	2	0	0	
TRADITIONAL BUFFALO - 911	20	0	0	0	0	0	1770	4	2	0	0	
TRADITIONAL BUFFALO - Hot	90	80	9	2	0	0	1020	2	2	0	0	
TRADITIONAL BUFFALO - Medium	140	130	14	2.5	0	0	690	2	1	0	0	
TRADITIONAL BUFFALO - Mild	220	210	24	4	0	0	690	1	1	0	0	
SIGNATURE - BBQ	100	0	0	0	0	0	550	23	0	21	0	
SIGNATURE - Cajun	370	370	41	7	0.5	0	2060	4	2	0	1	
SIGNATURE - Chipotle Honey	150	50	6	1	0	0	550	26	0	25	0	

Menu Item

SAUCES

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

SIGNATURE - Daytona Beach®	90	0	0	0	0	0	1050	20	2	16	0	
SIGNATURE - General Tso's	140	0	0	0	0	0	1100	33	0	29	2	
SIGNATURE - Habanero BBQ	100	0	0	0	0	0	230	23	0	19	0	
SIGNATURE - Parmesan Garlic	160	160	22	4	0	0	1040	4	0	0	2	
SIGNATURE - Samurai Teriyaki	160	10	1	0	0	0	300	34	0	32	0	
SIGNATURE - Spicy Garlic	330	300	33	5	0	10	1640	6	0	0	0	
SIGNATURE - Triple Dog Dare	80	20	2	0	0	0	920	15	2	11	0	
SIGNATURE - Honey Sriracha	170	0	0	0	0	600	830	34	0	32	0	

Menu Item

SAUCES

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

DRY RUBS - Caribbean Jerk	0	0	0	0	0	0	350	5	0	0	0	
DRY RUBS - Chesapeake	5	0	0	0	0	0	680	1	1	0	0	
DRY RUBS - Garlic Habanero	5	0	0	0	0	0	10	1	0	1	0	
DRY RUBS - Lemon Pepper	410	410	46	29	2	120	1180	0	0	0	0	
DRY RUBS - Texas BBQ	10	0	0	0	0	0	390	2	0	1	0	

Menu Item

SANDWICHES

Listed without Side

BBQ PORK	960	470	52	18	0.5	160	2770	78	4	24	40	
BIG FISH - Fried	1110	610	68	16	1	260	1940	80	5	7	45	

Menu Item

SANDWICHES

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

BIG FISH - Grilled	770	350	39	10	0.5	145	2430	57	3	12	43	
BLACKENED MAHI-MAHI	780	610	68	21	1	175	2250	122	11	16	45	
CLUB	880	470	53	18	1	145	2430	57	3	12	43	
HOOTERS™ ORIGINAL CHICKEN STRIP <i>Without Sauce</i>	920	410	46	20	1	135	1820	81	4	6	45	
HOOTERS™ ORIGINAL BUFFALO CHICKEN - Fried <i>Without Sauce</i>	700	260	29	10	0	140	1590	69	4	9	41	
HOOTERS™ ORIGINAL BUFFALO CHICKEN - Grilled <i>Without Sauce</i>	590	480	53	15	0	140	1790	132	11	9	48	
PHILLY CHEESESTEAK - Beef	920	700	78	25	2	140	2750	116	10	6	65	

Menu Item

SANDWICHES

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

PHILLY CHEESESTEAK - Chicken	1000	770	85	25	1.5	160	4420	116	10	13	54	
PHILLY CHEESESTEAK TEXAS STYLE	670	440	49	13	0.5	95	3640	130	10	13	54	
SHRIMP PO BOY	900	480	53	13	0.5	200	2820	72	5	9	34	
SMOTHERED CHICKEN SANDWICH	800	590	65	23	1	170	4130	110	10	10	68	
TEXAS MELT	1000	510	57	25	3	205	3670	62	4	16	57	
MILE HIGH BURGERS - Ground Beef Only (2-4 oz) Without Side	370	220	24	9	2	130	860	0	0	0	35	
MILE HIGH BURGERS - Ground Beef Build a Triple Only (3-4 oz) Without Side	560	320	36	14	3	195	2380	1	0	0	35	

Menu Item

SANDWICHES

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

MILE HIGH BURGERS - Ground Beef Build a Home Run Only (4-4 oz) <i>Without Side</i>	740	430	48	19	4	260	3170	2	0	0	71	
MILE HIGH BURGERS - Grilled Chicken Breast Only <i>Without Side</i>	220	70	7	2	0	100	1690	2	0	0	37	
MILE HIGH BURGERS - Crispy Chicken Breast Only <i>Without Side</i>	300	120	13	2.5	0	45	260	27	2	0	18	
MILE HIGH BURGERS - Turkey Patty Only <i>Without Side</i>	470	210	23	5	0	100	630	7	0	2	35	
MILE HIGH BURGERS - Brioche Bun Only <i>Without Side</i>	240	45	5	3	0	10	410	40	1	8	8	
MILE HIGH BURGERS - Texas Toast Only <i>Without Side</i>	240	20	2	0	0	0	460	46	2	6	8	

Menu Item

SANDWICHES

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

TWISTED TEXAS MELT	1170	730	81	29	3	205	3800	123	10	15	64	
BACON MAC N' CHEESE BURGER	1350	730	81	36	3	255	4120	77	4	14	76	
WESTERN BBQ BURGER	1010	730	82	29	2.5	200	3500	125	10	19	65	
BAJA BURGER	890	470	52	23	2.5	195	3290	49	5	10	54	

Menu Item

SANDWICHES EXTRAS

AMERICAN CHEESE	70	50	5	3.5	0	15	300	2	0	1	3	
BLEU CHEESE	100	70	8	5	0	25	260	1	0	1	7	
CHEDDAR CHEESE	110	80	9	5	0	25	180	1	0	0	7	
MONTEREY JACK CHEESE	70	50	6	3.5	0	20	120	1	0	0	5	
PEPPER JACK CHEESE	70	50	6	3.5	0	20	120	0	0	0	5	
PROVOLONE CHEESE	100	70	8	4.5	0	20	240	1	0	0	7	
SWISS CHEESE	100	70	8	4.5	0	25	60	1	0	0	8	

Menu Item

SANDWICHES EXTRAS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

LETTUCE	5	0	0	0	0	0	0	1	0	1	0	
ONION	5	0	0	0	0	0	0	1	0	0	0	
PICO DE GALLO	5	0	0	0	0	0	190	2	0	1	0	
TOMATO	5	0	0	0	0	0	0	1	0	1	0	
BACON	40	30	3.5	1	0	10	135	0	0	0	3	
CHILI	70	30	3.5	1	0	10	280	5	1	1	4	
FRESH JALAPENOS	5	0	0	0	0	0	480	1	1	0	0	
GUACAMOLE	70	50	6	1	0	0	200	4	3	1	1	
SAUTÉED GREEN PEPPERS	5	0	0	0	0	0	0	1	0	0	0	
SAUTÉED MUSHROOMS	10	10	1	0	0	0	45	1	0	0	0	
BACON	40	30	3.5	1	0	10	135	0	0	0	3	

Menu Item

TACOS

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

HOOTERS™ ORIGINAL BUFFALO CHICKEN TACOS- Fried <i>without Sauce & Dressing</i>	580	160	18	5	0	40	1480	79	6	4	26	
HOOTERS™ ORIGINAL BUFFALO CHICKEN TACOS- Grilled <i>without Sauce & Dressing</i>	400	90	9	3.5	0	40	1710	55	4	4	24	
BAJA FISH TACOS - Fried	850	410	46	9	0	150	2180	78	7	7	33	
BAJA FISH TACOS - Grilled	700	500	55	9	1	80	2300	59	5	7	41	
BAJA FISH TACOS - Upgrade to Blackened Mahi-Mahi	790	350	39	13	1	165	2530	63	6	8	11	
BAJA SHRIMP TACOS	670	290	32	7	0	165	2140	61	5	7	37	

Menu Item

SALADS

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

CHICKEN CAESAR SALAD - Fried	930	690	77	14	1	125	2630	19	4	3	35	
CHICKEN CAESAR SALAD - Grilled	890	510	57	10	1	50	1130	18	4	3	8	
CHICKEN CAESAR SALAD - Hold the Chicken	610	510	57	10	1	50	1130	18	4	3	8	
CHICKEN CAESAR SALAD - Upgrade to Grilled Shrimp	750	570	63	14	1	195	1320	19	4	3	30	
CHICKEN GARDEN SALAD - Fried <i>without Dressing</i>	640	310	34	13	0.5	135	850	36	5	4	49	
CHICKEN GARDEN SALAD - Grilled <i>without Dressing</i>	610	180	20	10	0.5	55	590	19	4	4	18	
CHICKEN GARDEN SALAD - Hold the Chicken <i>without Dressing</i>	320	180	20	10	0.5	55	590	19	4	4	18	

Menu Item

SALADS

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

CHICKEN GARDEN SALAD - Upgrade to Grilled Shrimp <i>without Dressing</i>	780	360	40	16	1	280	1050	37	6	4	71	
CHOPPED COBB SALAD <i>without Dressing</i>	470	230	26	12	0.5	290	1340	18	4	9	42	
HOOTERS™ ORIGINAL BUFFALO CHICKEN SALAD- Fried <i>without Sauce & Dressing</i>	450	200	22	8	0	105	570	24	5	4	41	
HOOTERS™ ORIGINAL BUFFALO CHICKEN SALAD- Grilled <i>without Sauce & Dressing</i>	430	190	21	8	0	105	750	28	5	4	33	
HOOTERS™ ORIGINAL BUFFALO CHICKEN SALAD- Upgrade to Blackened Mahi-Mahi <i>without Sauce & Dressing</i>	430	190	22	13	0	180	1100	18	4	4	43	

Menu Item

SALADS

Listed without Side

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

SHRIMP & SPINACH SALAD	530	340	38	14	0	185	1120	13	2	6	37	
SHRIMP & SPINACH SALAD - Upgrade to Blackened Mahi-Mahi	680	410	46	17	0.5	195	1690	20	3	6	48	
TACO SALAD <i>without Dressing</i>	960	620	69	23	1.5	100	2360	61	14	20	29	
TACO SALAD - Upgrade to Grilled Chicken <i>without Dressing</i>	1070	620	69	21	1.5	140	3370	56	12	18	48	
TACO SALAD - Upgrade to Grilled Shrimp <i>without Dressing</i>	920	560	62	22	1.5	215	2030	54	12	18	43	

Menu Item

SALAD DRESSINGS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

BALSAMIC VINAIGRETTE	270	210	24	3.5	0	0	470	8	0	4	0	
BLEU CHEESE	380	250	27	6	0	35	490	3	0	2	6	
CAESAR	480	310	35	6	0	30	570	1	0	0	2	
HONEY DIJON	420	230	26	4	0	20	360	10	0	8	2	
LIME VINAIGRETTE	210	120	13	2	0	0	260	7	0	4	0	
LITE ITALIAN	40	60	7	0	0	0	460	4	0	4	0	
LITE RANCH	310	200	22	3	0	20	460	2	0	2	2	
THOUSAND ISLAND	360	220	24	3.5	0	15	250	7	0	6	1	

Menu Item

SEAFOOD

Listed as served unless otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

FISH & CHIPS	1590	910	101	17	1	235	1290	128	13	15	42	
SNOW CRAB LEGS	520	420	48	29	2	190	1270	5	0	1	22	
STEAMED SHRIMP- Half Pound	660	410	46	29	2	410	1120	14	1	9	50	
STEAMED SHRIMP- One Pound	860	410	46	29	2	700	1400	17	1	10	99	
OYSTERS	280	50	5	1	0	20	1290	47	4	11	9	

Menu Item

WISE CHOICE

Listed as served unless otherwise noted

GRILLED BLACKENED SHRIMP	540	280	31	5	0	105	1610	46	11	6	24	
SNOW CRAB LEGS	160	15	1.5	0	0	65	1300	16	1	10	23	
STEAMED SHRIMP	250	5	0	0	0	290	710	14	1	9	50	

Menu Item

WISE CHOICE

Listed as served unless otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

WISE CHOICE FISH TACOS	520	140	15	4	0	75	1620	55	4	4	40	
WISE CHOICE SHRIMP TACOS	490	120	14	4	0	155	1610	56	4	4	36	
WISE CHOICE SALAD <i>without dressing</i>	150	80	9	5	0	25	250	8	4	3	10	
WISE CHOICE SIDE SALAD <i>without dressing</i>	70	40	4.5	2.5	0	15	125	4	2	1	5	
CHILI	340	160	17	6	0.5	55	1380	26	6	7	20	
BALSAMIC VINAIGRETTE <i>DRESSINGS For Wise Choice Salad</i>	270	210	24	3.5	0	0	470	8	0	4	0	

Menu Item
WISE CHOICE

Listed as served unless
otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

BLEU CHEESE

DRESSINGS For Wise
Choice Salad

CAESAR

DRESSINGS For Wise
Choice Salad

HONEY DIJON

DRESSINGS For Wise
Choice Salad

LIME VINAIGRETTE

DRESSINGS For Wise
Choice Salad

LITE ITALIAN

DRESSINGS For Wise
Choice Salad

Menu Item
WISE CHOICE

Listed as served unless otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

LITE RANCH

DRESSINGS For Wise
Choice Salad

THOUSAND ISLAND

DRESSINGS For Wise
Choice Salad

BALSAMIC
VINAIGRETTE

DRESSINGS For Wise
Choice Side Salad

BLEU CHEESE

DRESSINGS For Wise
Choice Side Salad

CAESAR

DRESSINGS For Wise
Choice Side Salad

Menu Item
WISE CHOICE

Listed as served unless otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

HONEY DIJON

1101201320101805041

DRESSINGS For Wise
Choice Side Salad

LIME VINAIGRETTE

11060610001303020

DRESSINGS For Wise
Choice Side Salad

LITE ITALIAN

20303.50002302020

DRESSINGS For Wise
Choice Side Salad

LITE RANCH

160100111.50102301011

DRESSINGS For Wise
Choice Side Salad

THOUSAND ISLAND

1801101220101254030

DRESSINGS For Wise
Choice Side Salad

Menu Item
WISE CHOICE

Listed as served unless otherwise noted

Calories (kcal)
 Calories from Fat (kcal)
 Fat (g)
 Saturated Fat (g)
 Trans Fatty Acid (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrates (g)
 Dietary Fiber (g)
 Total Sugars (g)
 Protein (g)

HOOTERS™ SMOKED WINGS- 6PC <i>without Dry Rub & Dressing</i>	360	200	22	6	0	180	2080	8	1	6	31	
HOOTERS™ SMOKED WINGS- 10PC <i>without Dry Rub & Dressing</i>	600	330	36	11	0	300	3470	13	1	11	51	
HOOTERS™ SMOKED WINGS- 15PC <i>without Dry Rub & Dressing</i>	900	490	55	16	0	445	5210	20	2	16	76	
HOOTERS™ SMOKED WINGS- 20PC <i>without Dry Rub & Dressing</i>	1200	660	73	21	0	595	6940	27	2	21	102	
HOOTERS™ SMOKED WINGS- 50PC <i>without Dry Rub & Dressing</i>	3000	1640	182	53	1	1490	17360	67	5	54	255	

Menu Item
WISE CHOICE

Listed as served unless
otherwise noted

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

WISE CHOICE DRY RUB - Caribbean Jerk	0	0	0	0	0	0	350	5	0	0	0	
WISE CHOICE DRY RUB - Garlic Habanero	5	0	0	0	0	0	10	1	0	1	0	
WISE CHOICE DRY RUB - Texas BBQ	10	0	0	0	0	0	390	2	0	1	0	
WISE CHOICE BIG FISH SANDWICH	540	120	14	3	0	110	2710	50	3	6	55	
WISE CHOICE BIG FISH SANDWICH - Hold the Roll Subtract	240	45	5	3	0	10	410	40	1	8	8	
WISE CHOICE GRILLED BLACKENED MAHI-MAHI SANDWICH	620	230	26	11	0.5	165	17510	54	4	11	42	
WISE CHOICE GRILLED BLACKENED MAHI-MAHI SANDWICH - Hold the Roll Subtract	240	45	5	3	0	10	410	40	1	8	8	

Menu Item

WISE CHOICE

Listed as served unless otherwise noted

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
WISE CHOICE GRILLED CHICKEN SANDWICH	0	0	0	0	0	0	350	5	0	0	0	
WISE CHOICE GRILLED CHICKEN SANDWICH - Hold the Roll Subtract	5	0	0	0	0	0	10	1	0	1	0	
WISE CHOICE SIDE SALAD - without Dressing	10	0	0	0	0	0	390	2	0	1	0	

Menu Item

SIDES

BIG DIPPER CHILI CHEESE FRIES	860	380	42	12	1	55	3320	103	9	5	21	
BIG DIPPER FRIES	490	110	13	1	0	0	1990	86	7	0	9	
BIG DIPPER FRIES-Add Cheese Sauce	220	110	12	4	0	15	670	6	0	0	3	

Menu Item

SIDES

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

CHILI	500	290	32	11	2	75	1490	29	7	6	20	
COLESLAW	190	130	14	2	0	25	350	14	2	12	1	
CURLY FRIES	640	280	32	6	0	0	580	80	9	0	9	
CURLY FRIES - Add Cheese Sauce	220	110	12	4	0	15	670	6	0	0	3	
MAC ‘N CHEESE	390	200	22	8	0	35	980	33	1	4	14	
ONION RINGS	300	140	16	3	0	0	650	35	2	4	3	
ROASTED BROCCOLI	50	15	1.5	0	0	0	190	7	4	2	4	
ROASTED MIXED VEGGIES	160	30	3	0	0	0	1530	26	7	0	6	
SIDE CAESAR SALAD	380	340	37	7	0.5	35	710	9	2	2	5	

Menu Item

SIDES

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

SIDE GARDEN SALAD - without Dressing	160	90	10	5	0	25	290	9	2	2	9	
TOTS	960	570	64	11	0	10	1960	87	8	0	9	

Menu Item

Desserts

BANANA BERRY COLADA	230	20	2	2	0	0	10	28	1	25	0	
CARAMEL FUDGE CHEESECAKE	760	410	46	25	1.5	175	500	112	4	89	13	
CHOCOLATE MOUSE CAKE	940	470	53	30	1	125	530	151	7	116	10	
CINNAMON TOAST SHOT	210	-	-	-	-	-	-	-	-	-	-	
DESSERTS SHOOTERS - Caramel Latte	200	-	11	7	0	35	95	23	0	12	1	
DESSERTS SHOOTERS - Heath Bar	260	130	15	9	0	35	220	31	0	23	2	

DESSERTS

[illegible]

Menu Item

REFRESHERS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

COFFEE	0	0	0	0	0	0	10	0	0	0	0	
ICED TEA - SWEET	150	0	0	0	0	0	0	38	0	38	0	
ICED TEA - UNSWEET	0	0	0	0	0	0	55	0	0	0	0	
LEMONADE	270	0	0	0	0	0	40	66	0	63	2	
LEMONADE - Add Mango	50	0	0	-	-	-	0	13	0	12	0	
LEMONADE - Add Peach	50	0	0	0	0	0	10	13	0	12	0	
LEMONADE - Add Passion Fruit	50	0	0	-	-	-	25	12	0	10	0	
LEMONADE - Add Strawberry	50	0	0	-	-	-	10	12	0	12	0	

Menu Item

REFRESHERS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

FOUNTAIN DRINKS - Diet Pepsi	0	0	0	0	0	0	55	0	0	0	0	
FOUNTAIN DRINKS - Dr Pepper	230	0	0	0	0	0	90	59	0	58	0	
FOUNTAIN DRINKS - Mt Dew	260	0	0	0	0	0	95	69	0	69	0	
FOUNTAIN DRINKS - Mug Root Beer	230	0	0	0	0	0	95	64	0	64	0	
FOUNTAIN DRINKS - Pepsi	230	0	0	-	-	-	50	62	0	62	0	
FOUNTAIN DRINKS - Twist	220	0	0	0	0	0	50	59	0	59	0	
MILK	100	18	2	1	0	19	120	12	0	11	8	
RED BULL - Original (8.4 oz can)	110	0	0	0	0	0	105	28	0	27	0	

Menu Item

REFRESHERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
RED BULL - Coconut Berry (8.4 oz can)	110	0	0	0	0	0	90	28	0	27	0	
RED BULL - Sugarfree (8.4 oz can)	5	0	0	0	0	0	105	3	0	0	0	
RED BULL - Tangerine (8.4 oz can)	110	0	0	0	0	0	100	28	0	27	0	
RED BULL - Topical Fruit (8.4 oz can)	120	0	0	0	0	0	140	29	0	28	0	

Menu Item

WISE CHOICE DRINKS

KETEL ONE 'SODA	80	-	-	-	-	-	-	-	-	-	-	
LIGHT BLUE HOOTERADE	260	0	0	0	0	0	125	44	0	42	0	
MICHELOB ULTRA	95	-	0	0	-	0	0	2.6	0	0	0.6	
SKINNY RITA	190	0	0	0	0	0	230	27	0	26	0	

Menu Item

COCKTAILS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

3 MILE ISLAND BLOODY MARY	140	10	1	0	0	0	1470	11	2	4	1	
AMERICAN BORN AND BREAD	140	0	0	0	0	0	0	0	0	0	0	
AMERICAN MULE	190	0	0	0	0	0	20	29	1	26	0	
BEACH RETREAT	290	0	0	0	0	0	135	61	0	55	0	
BLACKBERRY LONG ISLAND ICED TEA	250	0	0	0	0	0	10	35	0	33	0	
HULA HOOP PINA COLADAI	310	15	2	1	0	0	45	64	0	62	0	
COSBRO	200	5	0	0	0	0	10	32	0	29	0	
HOOT PUNCH	210	0	0	0	0	0	10	35	0	34	0	
HOOTERADE- BLUE	220	0	0	0	0	0	20	35	1	21	0	
HOOTERADE- MANGO	190	0	0	0	0	0	10	28	0	26	0	
HOOTERADE- ORANGE	250	0	0	0	0	0	0	35	0	28	1	

Menu Item

COCKTAILS

Calories (kcal)

Calories from Fat (kcal)

Fat (g)

Saturated Fat (g)

Trans Fatty Acid (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Total Sugars (g)

Protein (g)

HURRICANE	230	0	0	0	0	0	10	25	0	20	0	
JACK’S WHISKEY MAI TAI	330	0	0	0	0	0	75	49	1	44	0	
KRYPTONITE COOLER	230	0	0	0	0	0	65	39	0	37	0	
MANHATTAN	180	0	0	0	0	0	0	5	0	2	0	
MOONSHINE LONG ISLAND ICED TEA	250	0	0	0	0	0	10	27	1	24	0	
OLD FASHIONED	190	0	0	0	0	0	0	14	0	13	0	
PEEKABOO	300	-	-	-	-	-	-	-	-	-	-	
PINK PASSION	350	0	0	0	0	0	55	62	1	56	0	
PROPER NO. 12	130	0	0	0	0	0	0	0	0	0	0	
SOUTHERN COMFORT BLACK 80 ‘N COLA	140	-	-	-	-	-	-	-	-	-	-	
STRAWBERRY DAIQUIRI	310	0	0	0	0	0	45	49	1	47	0	

Menu Item
COCKTAILS

Menu Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
SUMMER FLING	280	0	0	0	0	0	65	55	0	53	0	
THE LONG ISLAND ICED TEA	250	0	0	0	0	0	10	27	1	24	0	
TROPICAL LONG ISLAND ICED TEA	250	0	0	0	0	0	15	36	0	34	0	
WHISKEY BLUES	210	0	0	0	0	0	35	29	0	28	0	
WHISKEY LONG ISLAND ICED TEA	240	0	0	0	0	0	10	27	1	24	0	
WHISKEY SOUR	250	0	0	0	0	0	0	24	1	21	0	

Menu Item
MARGARITAS

PERFECT 10 MARGARITA	340	-	-	-	-	-	-	-	-	-	-	
RITA GONE WILD - BLACKBERRY FROZEN	330	0	0	0	0	0	35	51	1	49	0	
RITA GONE WILD - BLACKBERRY ROCKS	330	0	0	0	0	0	35	51	1	49	0	

Menu Item
MARGARITAS

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

RITA GONE WILD - MANGO FROZEN	330	0	0	0	0	0	15	47	0	44	0	
RITA GONE WILD - MANGO ROCKS	330	0	0	0	0	0	15	47	0	44	0	
RITA GONE WILD - PASSION FRUIT FROZEN	330	0	0	0	0	0	15	46	0	43	0	
RITA GONE WILD - PASSION FRUIT ROCKS	330	0	0	0	0	0	15	46	0	43	0	
RITA GONE WILD - PEACH FROZEN	330	0	0	0	0	0	15	47	0	43	0	
RITA GONE WILD - PEACH ROCKS	330	0	0	0	0	0	15	57	0	43	0	
RITA GONE WILD - REGULAR FROZEN	280	0	0	0	0	0	490	36	0	33	0	
RITA GONE WILD - REGULAR ROCKS	280	0	0	0	0	0	490	36	0	33	0	
RITA GONE WILD - STRAWBERRY FROZEN	330	0	0	0	0	0	10	46	0	43	0	
RITA GONE WILD - STRAWBERRY ROCKS	330	0	0	0	0	0	10	46	0	43	0	

Menu Item
MARGARITAS

Calories (kcal)
Calories from Fat (kcal)
Fat (g)
Saturated Fat (g)
Trans Fatty Acid (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Total Sugars (g)
Protein (g)

SKINNY RITA	190	0	0	0	0	0	230	27	0	26	0	
SWEET HEAT HOOTERITA	170	0	0	0	0	0	200	18	0	14	0	
THE LEGENDARY RITA FROZEN	250	0	0	0	0	0	495	40	0	36	0	
THE LEGENDARY RITA ROCKS	250	0	0	0	0	0	495	40	0	36	0	
WATERMELON RITA	380	0	0	0	0	0	75	61	0	58	0	

Menu Item
SHOTS

CHERRY BOMB	130	0	0	0	0	0	35	16	0	16	0	
JAGER BOMB	130	0	0	0	0	0	35	10	0	10	0	
‘MERICA	140	0	0	0	0	0	0	0	0	0	0	
PURPLE HOOTER	130	0	0	0	0	0	10	15	0	15	0	

SHOTS

Menu Item

WINE

[illegible]

WINE

[illegible]