



CONVICTION CHICKEN - NUTRITIONALS

A La Carte and Misc. Items	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - A La Carte - French Fries with Ketchup	310	140	15	3.5	0	0	880	41	2	17	3
CONVICTION CHICKEN - A La Carte - Onion Rings with BBQ Ranch	450	210	24	4	0	5	980	53	4	13	5
CONVICTION CHICKEN - Cellmates with BBQ Ranch and Ketchup	830	400	44	8	0	10	2000	97	6	32	8
CONVICTION CHICKEN - Felony Fudge	810	480	53	20	0.5	30	540	76	4	51	12
CONVICTION CHICKEN - Side Bleu Cheese Dressing (2 fl)	320	300	34	7	1	35	500	2	0	2	3
CONVICTION CHICKEN - Side Bleu Cheese Dressing (3 fl)	490	460	51	10	1	50	750	3	0	2	4
CONVICTION CHICKEN - Side Bleu Cheese Dressing (4 fl)	650	610	67	13	1.5	65	1010	4	0	3	6
CONVICTION CHICKEN - Side Bleu Cheese Dressing (8 fl)	1300	1210	135	27	3	135	2010	9	1	7	11
CONVICTION CHICKEN - Side Ranch Dressing (2 fl)	210	200	22	3.5	0	15	490	2	0	1	1
CONVICTION CHICKEN - Side Ranch Dressing (3 fl)	320	300	33	6	0	25	730	4	0	2	2
CONVICTION CHICKEN - Side Ranch Dressing (4 fl)	430	400	44	7	0	35	970	5	0	2	2
CONVICTION CHICKEN - Side Ranch Dressing (8 fl)	860	800	89	15	0	70	1940	9	0	5	4
CONVICTION CHICKEN - Side Seasoned Fries (4 oz)	230	140	15	3.5	0	0	240	21	2	1	3
CONVICTION CHICKEN - Slammer Fried Sandwich Only	920	510	56	11	0	100	2340	62	2	11	40
CONVICTION CHICKEN - Slammer Grilled Sandwich Only	720	370	41	9	0	120	2130	41	4	11	47
CONVICTION CHICKEN - Slammer Spicy Fried Sandwich Only	1060	590	65	12	0	100	3100	77	4	21	40
CONVICTION CHICKEN - Slammer Spicy Grilled Sandwich Only	860	450	50	10	0	120	2900	56	6	21	48
Boneless Wings Listed with Sauce and Garnish (when applicable) without Dressing	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - Boneless Wings - 12 PC - Franks Red Hot Buffalo	920	450	50	9	0	70	4980	65	7	11	47
CONVICTION CHICKEN - Boneless Wings - 12 PC - Garlic Parmesan with Garnish	1240	740	82	14	0	75	3530	73	7	12	49
CONVICTION CHICKEN - Boneless Wings - 12 PC - Honey Mustard	1220	700	78	13	0	95	3210	78	7	22	47
CONVICTION CHICKEN - Boneless Wings - 12 PC - Korean BBQ with Garnish	1050	460	52	9	0	70	3410	93	8	33	49
CONVICTION CHICKEN - Boneless Wings - 12 PC - Nashville Hot with Garnish	1120	620	68	11	0	70	3680	78	9	21	47
CONVICTION CHICKEN - Boneless Wings - 12 PC - Whiskey-Glaze with Garnish	1150	460	51	9	0	70	3420	122	8	65	47
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Franks Red Hot Buffalo	1380	680	76	13	0	110	7470	97	11	16	70
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Garlic Parmesan with Garnish	1860	1110	123	22	0.5	115	5300	110	11	18	73
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Honey Mustard	1830	1060	117	20	0.5	145	4820	117	11	34	71
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Korean BBQ with Garnish	1570	700	77	13	0	110	5110	139	12	50	74
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Nashville Hot with Garnish	1680	920	103	16	0	110	5340	117	14	31	70
CONVICTION CHICKEN - Boneless Wings - 18 PC and Family Size Large 1 of 4 Servings - Whiskey-Glaze with Garnish	1720	680	76	13	0	110	5050	182	11	97	71
CONVICTION CHICKEN - Boneless Wings - 24 PC - Franks Red Hot Buffalo	1840	910	101	18	0	145	9960	130	14	22	94
CONVICTION CHICKEN - Boneless Wings - 24 PC - Garlic Parmesan with Garnish	2480	1480	164	29	1	150	7060	146	15	24	97
CONVICTION CHICKEN - Boneless Wings - 24 PC - Honey Mustard	2440	1410	156	26	1	195	6420	156	15	45	95
CONVICTION CHICKEN - Boneless Wings - 24 PC - Korean BBQ with Garnish	2090	930	103	18	0	145	6820	185	16	66	99
CONVICTION CHICKEN - Boneless Wings - 24 PC - Nashville Hot with Garnish	2240	1230	137	22	0	145	7000	155	18	42	94
CONVICTION CHICKEN - Boneless Wings - 24 PC - Whiskey-Glaze with Garnish	2290	910	101	18	0	145	6840	243	15	130	94
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Franks Red Hot Buffalo	690	340	38	7	0	55	4300	49	5	8	35
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Garlic Parmesan with Garnish	1010	630	70	12	0	60	2860	57	6	9	37
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Honey Mustard	990	590	66	11	0	80	2540	62	6	20	36
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Korean BBQ with Garnish	820	350	39	7	0	55	2730	76	6	30	38
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Nashville Hot with Garnish	900	500	56	9	0	55	3000	62	7	18	35
CONVICTION CHICKEN - Boneless Wings - Family Size Small (9 PC) 1 of 4 Servings - Whiskey-Glaze with Garnish	920	340	38	7	0	55	2740	105	6	62	35



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Grilled Wings Listed with Sauce and Garnish (when applicable) without Dressing	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - Grilled Wings - 08 PC - Franks Red Hot Buffalo	340	240	27	7	0	125	2580	0	0	0	27
CONVICTION CHICKEN - Grilled Wings - 08 PC - Garlic Parmesan with Garnish	660	530	59	12	0	130	1130	8	0	1	29
CONVICTION CHICKEN - Grilled Wings - 08 PC - Honey Mustard	640	490	55	11	0	150	810	13	0	12	27
CONVICTION CHICKEN - Grilled Wings - 08 PC - Korean BBQ with Garnish	470	250	28	7	0	125	1010	28	1	22	29
CONVICTION CHICKEN - Grilled Wings - 08 PC - Nashville Hot with Garnish	550	400	45	9	0	125	1270	13	2	10	27
CONVICTION CHICKEN - Grilled Wings - 08 PC - Whiskey-Glaze with Garnish	570	240	27	7	0	125	1010	57	0	54	27
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Franks Red Hot Buffalo	510	360	40	10	0	190	3870	0	0	0	40
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Garlic Parmesan with Garnish	990	790	88	18	0.5	195	1690	12	0	2	43
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Honey Mustard	970	740	82	16	0.5	225	1210	20	0	17	41
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Korean BBQ with Garnish	710	380	42	10	0	190	1510	42	1	33	44
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Nashville Hot with Garnish	820	600	67	13	0	190	1730	19	3	15	40
CONVICTION CHICKEN - Grilled Wings - 12 PC and Family Size Large 1 of 4 Servings - Whiskey-Glaze with Garnish	850	370	41	10	0	190	1440	85	0	81	40
CONVICTION CHICKEN - Grilled Wings - 16 PC - Franks Red Hot Buffalo	680	480	53	13	0	255	5150	0	0	0	53
CONVICTION CHICKEN - Grilled Wings - 16 PC - Garlic Parmesan with Garnish	1320	1050	117	25	1	260	2250	16	0	2	57
CONVICTION CHICKEN - Grilled Wings - 16 PC - Honey Mustard	1290	980	109	22	1	300	1620	26	0	23	55
CONVICTION CHICKEN - Grilled Wings - 16 PC - Korean BBQ with Garnish	940	500	56	13	0	255	2010	55	1	44	58
CONVICTION CHICKEN - Grilled Wings - 16 PC - Nashville Hot with Garnish	1090	810	89	17	0	255	2190	25	4	20	53
CONVICTION CHICKEN - Grilled Wings - 16 PC - Whiskey-Glaze with Garnish	1130	490	54	13	0	255	2030	113	1	108	54
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Franks Red Hot Buffalo	260	180	20	5	0	95	2500	0	0	0	20
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Garlic Parmesan with Garnish	580	470	52	11	0	100	1050	8	0	1	22
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Honey Mustard	560	430	48	9	0	120	740	13	0	12	21
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Korean BBQ with Garnish	390	190	21	5	0	95	930	28	1	22	23
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Nashville Hot with Garnish	460	340	38	7	0	95	1200	13	2	10	20
CONVICTION CHICKEN - Grilled Wings - Family Size Small (6 PC) 1 of 4 Servings - Whiskey-Glaze with Garnish	480	180	21	5	0	95	940	57	0	54	20
Sticky Chicken Fingers HB Listed with Sauce and Garnish (when applicable) without Dressing	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Franks Red Hot Buffalo	220	120	13	2.5	0	60	2550	4	0	0	21
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Garlic Parmesan with Garnish	540	410	45	8	0	65	1100	12	0	1	23
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Honey Mustard	520	370	41	7	0	85	780	17	0	12	22
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Korean BBQ with Garnish	350	130	15	2.5	0	60	980	32	1	22	24
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Nashville Hot with Garnish	430	280	31	4.5	0	60	1240	17	2	10	21
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 4 PC - Whiskey-Glaze with Garnish	450	130	14	2.5	0	60	990	61	1	54	21
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Franks Red Hot Buffalo	440	240	27	5	0	120	3960	8	0	0	42
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Garlic Parmesan with Garnish	920	670	75	13	0.5	125	1780	20	1	2	45
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Honey Mustard	900	620	68	11	0.5	155	1310	28	1	18	43
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Korean BBQ with Garnish	640	260	29	5	0	120	1600	50	1	33	46
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Nashville Hot with Garnish Only	750	480	54	8	0	120	1820	27	3	15	42
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 8 PC - Whiskey-Glaze with Garnish Only	780	250	27	5	0	120	1540	93	1	81	42
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Franks Red Hot Buffalo	660	360	40	8	0	180	5370	12	0	0	63
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Garlic Parmesan with Garnish	1300	930	104	19	1	185	2470	29	1	2	67
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Honey Mustard	1270	860	96	16	1	230	1830	39	1	23	64
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Korean BBQ with Garnish	920	380	42	8	0	180	2220	68	2	45	68
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Nashville Hot with Garnish	1070	690	76	12	0	180	2400	38	4	20	63
CONVICTION CHICKEN - Sticky Chicken Fingers HB - 12 PC and Family Size Large 1 of 4 Servings - Whiskey-Glaze with Garnish	1110	370	41	8	0	180	2240	126	1	108	63
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Franks Red Hot Buffalo	330	180	20	4	0	90	2680	6	0	0	31
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Garlic Parmesan with Garnish	650	470	52	9	0	95	1230	14	0	1	33
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Honey Mustard	630	430	48	8	0	115	920	19	0	12	32
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Korean BBQ with Garnish	460	190	21	4	0	90	1110	34	1	22	34
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Nashville Hot with Garnish	540	340	38	6	0	90	1380	19	2	10	31
CONVICTION CHICKEN - Sticky Chicken Fingers HB - Family Size Small (6 PC) 1 of 4 Servings - Whiskey-Glaze with Garnish	560	190	21	4	0	90	1120	63	1	54	32



CONVICTION CHICKEN - NUTRITIONALS

Sticky Chicken Fingers PB Listed with Sauce and Garnish (when applicable) without Dressing	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Franks Red Hot Buffalo	370	170	19	3.5	0	60	3160	26	1	1	21
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Garlic Parmesan with Garnish	690	460	51	9	0	65	1710	34	1	2	23
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Honey Mustard	670	420	47	8	0	85	1390	39	1	13	22
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Korean BBQ with Garnish	500	180	20	3.5	0	60	1590	53	2	23	24
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Nashville Hot with Garnish	570	330	37	5	0	60	1860	39	3	11	21
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 4 PC - Whiskey-Glaze with Garnish	600	170	19	3.5	0	60	1600	83	2	55	22
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Franks Red Hot Buffalo	730	340	38	7	0	125	5180	51	2	2	42
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Garlic Parmesan with Garnish	1210	770	86	15	0.5	130	3010	64	3	4	45
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Honey Mustard	1190	720	80	13	0.5	160	2530	71	3	20	43
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Korean BBQ with Garnish	930	360	40	7	0	125	2830	93	3	36	46
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Nashville Hot with Garnish	1040	580	65	10	0	125	3050	71	5	17	42
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 8 PC - Whiskey-Glaze with Garnish	1070	350	38	7	0	125	2760	136	3	83	43
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Franks Red Hot Buffalo	1100	510	57	10	0	185	7200	77	3	3	64
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Garlic Parmesan with Garnish	1740	1080	121	21	1	190	4300	93	4	5	67
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Honey Mustard	1710	1010	112	19	1	235	3670	103	4	27	65
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Korean BBQ with Garnish	1360	530	59	10	0	185	4060	132	5	48	69
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Nashville Hot with Garnish	1510	840	93	14	0	185	4240	102	7	23	64
CONVICTION CHICKEN - Sticky Chicken Fingers PB - 12 PC and Family Size Large 1 of 4 Servings - Whiskey-Glaze with Garnish	1550	520	57	10	0	185	4080	190	4	112	64
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Franks Red Hot Buffalo	550	260	28	5	0	90	3600	38	2	2	32
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Garlic Parmesan with Garnish	870	540	60	11	0	95	2150	47	2	3	34
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Honey Mustard	850	510	56	9	0	115	1830	52	2	13	32
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Korean BBQ with Garnish	680	270	30	5	0	90	2030	66	2	24	34
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Nashville Hot with Garnish	760	420	46	7	0	90	2300	52	4	12	32
CONVICTION CHICKEN - Sticky Chicken Fingers PB - Family Size Small (6 PC) 1 of 4 Servings - Whiskey-Glaze with Garnish	780	260	29	5	0	90	2040	95	2	56	32
Traditional Bone-In Wings Listed with Sauce and Garnish (when applicable) without Dressing	Cals (kcal)	Fat Cals	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Franks Red Hot Buffalo	370	300	33	7	0	95	2500	0	0	0	20
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Garlic Parmesan with Garnish	690	580	65	13	0	100	1050	8	0	1	22
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Honey Mustard	670	550	61	12	0	120	740	13	0	12	21
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Korean BBQ with Garnish	500	310	34	7	0	95	930	28	1	22	23
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Nashville Hot with Garnish	580	460	51	9	0	95	1200	13	2	10	20
CONVICTION CHICKEN - Traditional Wings - Family Size Small (6 PC) 1 of 4 Servings - Whiskey-Glaze with Garnish	600	300	33	7	0	95	940	57	0	54	20
CONVICTION CHICKEN - Traditional Wings - 8 PC - Franks Red Hot Buffalo	490	390	44	10	0	125	2580	0	0	0	27
CONVICTION CHICKEN - Traditional Wings - 8 PC - Garlic Parmesan with Garnish	810	680	76	15	0	130	1130	8	0	1	29
CONVICTION CHICKEN - Traditional Wings - 8 PC - Honey Mustard	800	640	72	14	0	150	810	13	0	12	27
CONVICTION CHICKEN - Traditional Wings - 8 PC - Korean BBQ with Garnish	630	410	45	10	0	125	1010	28	1	22	29
CONVICTION CHICKEN - Traditional Wings - 8 PC - Nashville Hot with Garnish	700	560	62	12	0	125	1270	13	2	10	27
CONVICTION CHICKEN - Traditional Wings - 8 PC - Whiskey-Glaze with Garnish	720	400	44	10	0	125	1010	57	0	54	27
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Franks Red Hot Buffalo	740	590	66	15	0	190	3870	0	0	0	40
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Garlic Parmesan with Garnish	1220	1020	113	23	0.5	195	1690	12	0	2	43
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Honey Mustard	1200	970	107	21	0.5	225	1210	20	0	17	41
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Korean BBQ with Garnish	940	610	67	15	0	190	1510	42	1	33	44
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Nashville Hot with Garnish	1050	830	93	18	0	190	1730	19	3	15	40
CONVICTION CHICKEN - Traditional Wings - 12 PC and Family Size Large 1 of 4 Servings - Whiskey-Glaze with Garnish	1080	590	66	15	0	190	1440	85	0	81	40
CONVICTION CHICKEN - Traditional Wings - 16 PC - Franks Red Hot Buffalo	990	790	88	20	0	255	5150	0	0	0	53
CONVICTION CHICKEN - Traditional Wings - 16 PC - Garlic Parmesan with Garnish	1630	1360	151	31	1	260	2250	16	0	2	57
CONVICTION CHICKEN - Traditional Wings - 16 PC - Honey Mustard	1590	1290	143	28	1	300	1620	26	0	23	55
CONVICTION CHICKEN - Traditional Wings - 16 PC - Korean BBQ with Garnish	1250	810	90	20	0	255	2010	55	1	44	58
CONVICTION CHICKEN - Traditional Wings - 16 PC - Nashville Hot with Garnish	1400	1110	124	24	0	255	2190	25	4	20	53
CONVICTION CHICKEN - Traditional Wings - 16 PC - Whiskey-Glaze with Garnish	1440	790	88	20	0	255	2030	113	1	108	54