

Kluck's										
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Wings & Tenders										
Bone-In Magnum Wings-Unbreaded & Fried in Common Fryer (no sauce)	6 ct	561	41	0	0	48			✓	
Bone-In Magnum Wings-Unbreaded & Fried in Common Fryer (no sauce)	12 ct	1162	82	10	0	96			✓	
Boneless Wings- Fried in Common Fryer	6 ct	394	30	18	0	13				Wheat,Milk,Egg
Boneless Wings- Fried in Common Fryer	12 ct	788	60	36	0	26				Wheat,Milk,Egg
Chicken Strips- Fried in Common Fryer	3 ct	374	22	22	1	22				Wheat, May contain Milk and Egg
Chicken Strips- Fried in Common Fryer	4 ct	493	29	29	1.5	29				Wheat, May contain Milk and Egg
Buffalo Chicken Melt	1 Sandwich	680	38	53	5	31.5				Wheat, Milk, Soy
Waffle	1 waffle	105	1	20	1	4		✓		Wheat, Milk, Soy
Waffles	2 waffles	210	2	40	2	8		✓		Wheat, Milk, Soy
Syrup	1 container	116	0	29	0	0				
Syrup - Sugar Free	1 container	16	0	4	0	0				
Chicken & Waffles	1 serving	711	23	100	2	26				Wheat, Milk, Soy
Syrup	2 containers	232	0	58	0	0				
Breaded Chicken	1 pc	374	22	22	1	22				Wheat
Grilled chicken breast	4.5oz	170	5	1	0	31				
Sauces										
Buffalo	1oz	5	0	1	0	0	✓	✓	✓	Allergy/Contains:
Buffalo Ranch Sauce	1oz	142	14.5	3	<1	<1			✓	Milk, Egg, Soy
Garlic & Pesto	1oz	150	16	1	0	1	✓	✓	✓	
Island BBQ	1oz	40	0	9.5	0	0			✓	
Raider Red Sauce	1oz	28	0	5.5	0	5.5	✓	✓	✓	
Traditional BBQ	1oz	33	0	9	0	0	✓	✓	✓	
Honey BBQ	1oz	42	0	11	0	0	✓	✓	✓	
Teriyaki	1oz	43	1	8	0	1	✓	✓		Wheat,Soy
Sweet Chili Sauce	1oz	90	1	20	0	0	✓	✓	✓	
		711	23	100	2	26				
Sides										
Waffle Fry	4oz	280	22	20	2	2	✓	✓	✓	Allergy/Contains:
Curly Fry	4oz	219	11	27	2.6	3	✓	✓		Soy
Mashed Potatoes	4oz	215	5	39	4	4		✓	✓	Wheat, Soy
Gravy (1oz)	1oz	104	3	17	1	3		✓		Milk
Fiesta Corn	4oz	208.6	11	22	2.3	5.4		✓	✓	Wheat,Soy,Milk,Egg
Cowboy Corn	4oz	120.5	4.5	13.5	2.5	6.5		✓	✓	Milk
Mac and Cheese	4oz	231	14	17	0	10		✓		Milk
Mac and Cheese	8oz	462	28	34	0	20		✓		Wheat, Milk, Soy
Fried Okra	4oz	220	15	23	2	3	✓	✓		Wheat, Milk, Soy
Green Beans	4oz	63	5	5	3	1	✓	✓	✓	Wheat
Fried Green Beans	4oz	317	19	33.5	2	3		✓		Wheat
										Wheat,Milk,Soy
Desserts										
Chocolate Chip Cookie	1 Cookie	193	9	26	1	2		✓		Allergy/Contains
Sugar Cookie	1 Cookie	189	9	25	0	2		✓		Wheat, Soy, Milk, Egg
Supreme Chocolate Chip	1 Cookie	390	18	53	2	4		✓		Wheat, Soy, Milk, Egg
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Wheat, Soy, Milk, Egg
										Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										