



## WINKING LIZARD NUTRITIONAL INFORMATION

REPTIZERS	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Nutritional information for dipping sauce is provided separately.</b>											
Rib Appetizer w/ BBQ Sauce	1370	950	106	33	0	310	2280	27	2	17	79
Loaded Nachos	1830	900	100	44	0	60	3550	195	13	6	37
Chicken Nachos	2060	940	105	45	0	175	3720	196	13	6	78
Nachos w/ Cheese	1230	580	64	11	0	10	1310	153	8	0	18
Cheese Quesadilla	530	230	26	15	0	60	1060	53	4	6	23
Chicken Quesadilla	770	200	31	16	0	175	2080	56	5	6	65
Loaded Potato Skins	1320	590	66	38	0	225	2390	109	18	7	75
Mozzarella Wedges	720	280	32	22	0	90	1880	60	2	2	38
Soft Bavarian Pretzels	840	0	18	2	0	0	1520	148	4	0	20
Lizard Lips	600	225	25	3.75	0	100	1700	52.5	2.5	0	40
Spinach & Artichoke Dip	2160	1390	154	55	1	135	2910	160	14	7	42
Garlic Cheese Bread	120	40	4.5	1	1	0	230	18	0	0	0
Pfreds Preferred PFries	1130	590	66	21	0	125	4050	91	9	3	45
Pfreds Preferred PFries Deluxe	2260	1180	213	42	0	250	8100	182	18	6	90
Onion Rings	886	295	34.4	5	0	0	2165	128	10	20	10
Half Onion Rings	443	147.5	17.2	2.5	0	0	1082.5	64	5	10	5
Lizard Freckles	270	0	0	0	0	0	2857	60.75	2.25	0	7
Mac & Cheese Wedges	880	360	40	12	0	40	2600	96	8	12	24
Southwest Eggroll	570	180	21	9	0	45	1380	66	3	6	18
<b>DIPPING SAUCE</b>											
1 oz. pc. Ranch	120	120	14	2	0	5	270	1	0	0	0
2 oz. House Ranch	260	260	28	5	0	10	320	4	0	0	0
2 oz. Salsa	20	0	0	0	0	0	320	4	1	2	0
2 oz. Sour Cream	120	90	10	7	0	40	60	4	0	2	2
2 oz. Southwestern Ranch	180	180	20	5	0	20	220	4	0	1	0
2 oz. Marinara	35	9	1	0	0	0	260	7	1	4.5	1
2 oz. WL BBQ Sauce	200	120	12	2	0	0	580	20	0	18	0
3 oz. Cheese Sauce	135	81	9	1.5	0	0	780	7.5	0	4.5	0
2 oz. Spicy Mustard	66.25	0	0	0	0	0	691	1.7	0	1.7	0
<b>WINGS</b>											
<b>Nutritional information for dressing, celery, and sauce are provided separately.</b>											
Plain Traditional Wings (5 pack)	350	190	20	5	0	175	165	2.5	2.5	0	37.5
Plain Boneless Wings (5 Pack)	400	180	20	5	0	37	930	26	0	1	19
Half Pound Skinny Dippers	280	70	12	1	0	130	1200	12	0	0	42
Full Pound Skinny Dippers	560	140	24	2	0	260	2400	24	0	0	84

<b>DRESSING/CELERY</b>	<b>Total Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
2 pieces Celery	2.5	0	0	0	0	0	12.5	0.5	0	0.5	0
1 oz. Ranch Dressing	120	120	14	2	0	5	270	1	0	0	0
1 oz. Blue Cheese Dressing	170	160	18	3.5	0	15	180	1	0	1	1
2 oz. House Ranch Dressing	260	260	28	5	0	10	320	4	0	0	0
2 oz. House Blue Cheese	300	280	30	8	0	20	340	4	0	0	4
<b>SAUCES</b>											
1 oz. BBQ	100	60	6	1	0	0	290	10	0	9	0
1 oz. Honey Mustard	70	45	5	0	0	0	240	5	0	1	0
1 oz. Teriyaki	50	15	2	0	0	0	630	7	0	5	0.8
1 oz. Bourbon Barrel	103	4	0.4	0	0	0	250	22	0	8.5	0
1 oz. Honey Garlic	80	50	5	1	0	0	418	5	0	4	0
1 oz. Mild	100	100	11	2	0	0	700	0	0	0	0
1 oz. Goldfinger	100	60	7	1	0	0	420	9	0.8	8	0
1 oz. Garlic	80	80	9	1	0	0	400	1	0	0	0
1 oz. Spicy Sesame	112	83	9	1.5	0	0	360	7	0	5.5	0.75
1 oz. Sweet N Sour	45	0	0	0	0	0	300	10	0	10	0
1 oz. Hot	0	0	0	0	0	0	1080	0	0	0	0
1 oz. Caribbean Spice	100	90	10	2	0	0	900	0.8	0	0.8	0
1 oz. Cajun	70	45	5	1	0	0	430	5	1	3	0
1 oz. Spicy BBQ	105	60	6	1	0	0	295	10.5	0	9	0
1 oz. Green Sriracha	0	0	0	0	0	0	840	0	0	0	0
1 oz. Chipotle Chili	5	0	0	0	0	0	526	1.2	0	1	0
1 oz. Thai	80	15	1.5	0	0	0	220	17	0	15	0
1 oz. Spicy Garlic	55	54	6	0.6	0	0	637	1.3	0	0	0
1 oz. 911	5	0	0	0	0	0	1110	1	0	0	0
1 oz. Magma	6	0	0	0	0	0	1100	1	0	0	0
1 oz. Fire in the Hole	6	0	0	0	0	0	1100	1	0	0	0

<b>SALADS</b>	<b>Total Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
<b>Nutritional information for dressing provided separately.</b>											
Caesar Salad	40	10	1	0	0	0	60	7	2	1	2
Chicken Caesar Salad	300	60	7	1.5	0	115	290	14	5	3	45
Steak Caesar Salad	310	110	12	3.5	0	100	220	14	5	3	39
Wedge Salad	190	114	12	4	0	220	335	58	2	6	12
House Salad	340	210	23	10	0	70	1160	13	5	3	23
Big House Salad	680	420	46	20	0	140	2320	26	10	6	4
Original House Salad	290	170	19	8.5	0	65	990	10	5	3	23
Original Big House Salad	584	340	38	17	0	130	1980	20	10	6	46
Chopped Lizard Salad	710	440	48	21	0	380	2350	12	5	6	59
Greek Chicken Salad	450	190	21	11	0	170	1160	15	5	8	54
Mesa Chop Salad	1017	363	41	20	0	165	1596	69	11	11	66
Buffalo Chicken Salad	560	260	29	9	0	110	2730	53	8	4	42
Spinach Salad	450	270	30	9	0	295	2170	12	5	5	39
Chinese Chicken Salad	652	276	31	5.5	0	115	1286	45	6	16	47
Steak & Asparagus Salad	420	170	19	8.5	0	115	335	18	6	5	46
Cajun Chicken Spinach Salad	780	380	42	15	0	430	2950	15	6	5	87
<b>EXTRAS</b>											
Chicken Breast	210	30	6	0	0	120	180	0	0	0	42
Lizard Lips	400	180	20	3	0	80	1360	42	2	0	32
Steak	249	93	10	3.75	0	96	498	3.5	0.75	0	36
<b>DRESSINGS</b>											
3 oz. 1000 Island	330	270	30	4.5	0	30	600	12	0	12	0
3 oz. Asian Sesame Ginger	360	297	33	6	0	0	750	18	0	15	0
3 oz. Greek	432	432	48	9	0	6	618	3	1.5	3	0
3 oz. Basil Balsamic Vinaigrette	150	135	15	3	0	0	780	9	0	6	0
1.5 oz. Caesar	217	208	23	4	0	3	399	1.5	0	1	1.5
1 oz. Creamy Blue	170	160	18	3.5	0	15	180	1	0	1	1
3 oz. House Blue Cheese	450	420	45	12	0	30	510	6	0	0	6
3 oz. Honey Mustard Dressing	510	480	54	9	0	15	450	15	0	12	0
1 oz. Ranch	120	120	14	2	0	5	270	1	0	0	0
3 oz. House Ranch	390	390	42	7.5	0	15	480	6	0	0	0
3 oz. Hot Bacon	240	58.5	7.5	3	0	0	450	42	0	42	0
3 oz. House Italian	240	240	27	3	0	0	510	3	0	0	0
3 oz. Raspberry Vinaigrette	102	0	0	0	0	0	225	27	3	21	0
3 oz. Roasted Garlic Vinaigrette	432	378	42	6	0	0	636	12	0	6	0
3 oz. Southwestern Ranch	270	270	30	7.5	0	30	330	6	0	0	0

<b>BURGERS</b>	<b>Total Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
<b>Nutritional information for sides and garnish are provided separately.</b>											
Big Ed Burger	1868	1253	141	59	0	372	2576	143	1.5	2	100
Wild Western Burger	1309	800	89	33	0	186	1933	117	2.75	12	55
Patty Melt	1108	729	82	33	0	191	1756	37	0.75	1	54
Bacon Cheeseburger	1029	638	72	30	0	186	1463	89.5	0.75	1	53
Hamburger	889	539	60	24	0	161	873	40	1	0	46
Cheeseburger (without cheese)	889	539	60	24	0	161	873	40	1	0	46
<b>Add selected cheese from spare parts menu.</b>											
Mini Burger Basket	1219	710	83	31	0	201	2213	79	5.75	8	60
Blue Shroom Burger	1288	877	99	32	0	193	2703	98	3	5	53
Bayou Burger	1018	636	71	38	0	173	1963	46	3	1.75	54
Bo-Man's Bacon Cheeseburger	1347	833	93	38	0.3	208	2967	112	3	3	62
Hanson Burger	1030	618	69	28	0	176	981	42	0.75	2	53
Turkey Burger	625	365	41	20	0	271	1354	31	6.75	2	34
Black Bean Burger	684	273	31	7	0	205	1269	67	17	7	25
<b>SPARE PARTS</b>											
Pickle	5	0	0	0	0	0	31	1	0	0	0
Lettuce	2.5	0	0	0	0	0	2	1	0	0	0
Tomato	7	0	0	0	0	0	2	1	0	0	0
Red Onion	10	0	0	0	0	0	1	2	0	1	0
2 oz. Mayonnaise	400	396	44	8	0	16	260	4	0	0	0
2 oz. Salsa	200	0	0	0	0	0	320	4	2	2	0
American Cheese	70	54	6	4	0	15	340	0	0	0	4
Swiss Cheese	60	15	1.75	3	0	15	32	0	0	0	5.75
Cheddar Cheese	80	54	6	4	0	25	135	0	0	0	5
Mozzarella Cheese	60	54	6	13	0	10	130	0	0	0	6
Sautéed Mushrooms 2 oz.	38	32	4	0.66	0	0	37	1	0	1	1
Grilled Onions	43	36	4	0.66	0	0	38	2	0	1	0
2 oz. Sour Cream	120	90	10	7	0	40	60	4	2	2	0
2 oz. Dry Blue Cheese Crumbles	260	250	28	5	0	20	620	2	0	2	2
2 Applewood Bacon Strips	70	45	6	2	0	10	250	50	0	1	3
2 Tblsp. Steak Rub	38	7	,8	,5	0	2	806	7	1.5	0.5	2
2 Tblsp. Cajun	31	11	1.2	0.6	0	2	923	5.5	2.5	0.5	1.5
<b>SANDWICHES</b>											
<b>Nutritional information for sides, sauce, pickle are provided separately.</b>											
Haddock Sandwich	779	216	24	3.5	0	85	1614	92	3	3	42
Gyro	1704	1003	111	46	0	287	5750	89	1	4	82
Turkey Melt	665	223	26	10	0	125	2716	93	0	4	48
BBQ Pork Sandwich	922	432	48	14	0	153	1160	61	2	12	58
Grilled Cheese	466	244	28	22	0	40	1425	38	0	0	22
Reuben	761	274	31	13	0	135	999	55	4	3	51
Bo-Man's Steak "N" Cheese	1032	608	68	46	0	145	1505	54	0	3	60

LIZARD WRAPS	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Nutritional information for sides, sauce, pickle are provided separately.</b>											
Cajun Chicken Wrap	743	233	25	14	0	167	1988	61	5	2.5	62
Mediterranean Wrap	967	498	55	17	0	161	2041	58	5	6	56
Asian Chicken Wrap	1058	432	48	10	0	60	2509	120	7	22	34
Turkey Club Wrap	722	256	28	13	0	140	2537	54	2	4	53
Buffalo Chicken Wrap	694	222	24	13	0	165	3224	51	2	1	60
Mixed Vegetable Wrap	747	433	47	15	0	29	1338	60	5	6	18.5
Strip Steak Wrap	732	292	33	13	0	116	1376	56	2	3	51
<b>SPARE PARTS &amp; SAUCES</b>											
3 oz. Tartar Sauce	480	459	51	0	0	45	510	3	0	3	0
2 oz. Tzatziki	90	81	8	0	0	340	2	0	0	2	2
2 oz. Mayonnaise	400	396	44	8	0	16	260	4	0	0	0
Tomato Slice	7	0	0	0	0	0	2	1	0	0	0
Applewood Bacon (2 Strips)	70	45	6	2	0	10	250	50	0	1	3
2 oz. Southwestern Ranch	180	180	10	5	0	20	220	4	0	0	0
1 oz. Blue Cheese Dressing	170	160	18	3.5	0	15	180	1	0	1	1
1.5 oz. House Ranch Dressing	195	195	21	3.75	0	7.5	240	3	0	0	0
2 oz. 1000 Island	220	180	20	3	0	20	400	8	0	8	0
<b>CHICKEN SANDWICHES</b>											
<b>Nutritional information for sides, sauce, pickle are provided separately.</b>											
Bo-Man's Chicken Philly	821	355	40	23	0.33	150	1313	54	0	3	63
Bo-Man's Chicken Parmesan	965	459	51	37	0.33	120	2557	83	2	29	54
Bo-Man's Honey Club	1029	477	54	13	0.33	110	2771	138	1	27	44
BBQ Chicken Club	659	211	23	8	0	155	1209	98	0	14	56
Buffalo Chicken Sandwich	409	52	5.5	1	0	120	2694	38	0	4	48
Jerk Chicken Sandwich	619	232	25	5	0	120	2775	41	0	6	48
Cajun Chicken Sandwich	491	117	12	15	0	132	1583	41	2	4	55
Cheddar Club	559	151	17	7	0	155	919	88	0	5	56
Plain Fowl	409	52	5.5	1	0	120	534	38	0	4	48
Maui Maui	530	82	9	1	0	120	1790	57	0.5	21	50
Bo-Man's Buffalo	819	342	38	11	0.33	100	4201	78	1	24	41
<b>SPARE PARTS &amp; SAUCES</b>											
Pickle	5	0	0	0	0	0	31	1	0	0	0
1.5 oz. Mayonnaise	300	297	33	6	0	12	195	3	0	0	0
1 oz. Blue Cheese Dressing	170	160	18	3.5	0	15	180	1	0	1	1
1 oz. Ranch Dressing	120	120	14	2	0	5	270	1	0	0	0
Lettuce	2.5	0	0	0	0	0	2	1	0	0	0
Tomato	7	0	0	0	0	0	2	1	0	0	0
Onion	10	0	0	0	0	0	1	2	0	1	0

<b>PIZZA</b>	<b>Total Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Large Pizza	1600	564	62	30	0	134	3676	239	26	38	58
Small Pizza	800	282	31	15	0	67	1838	119	13	19	29
Large White Bread	1748	743	82	35	0	137	3949	235	24	32	57
Small White Bread	874	371	41	17.5	0	69	1975	117.5	12	16	28.5
Large Deluxe	2370	1104	122	52	1	306	5798	257	30	40	36
Small Deluxe	1185	552	61	26	0.5	153	2899	128	15	20	48
Large Vegetarian	1854	698	77	30	0	136	4282	259	30	40	62
Small Vegetarian	927	349	38	15	0	68	2141	129	15	20	31
<b>PIZZA TOPPINGS</b>	<b>Topping are calculated for small pizzas and will need to be doubled when calculating for large pizzas</b>										
Banana Peppers	5	0	0	0	0	0	280	1	1	0	0
Sliced Black Olives	75	67	7.5	0	0	0	300	1	0	0	0
Sliced Mushrooms	10	0	0	0	0	1	0	0	0	0	1
Italian Sausage	200	153	17	6	0	50	560	1	0	0	11
Pepperoni	140	117	13	5	0.5	35	500	0	0	0	6
Diced Onions	10	0	0	0	0	0	1	2	0	1	0
Diced Bacon	157	121	13	9	0	56	697	2	0	2	9
Diced Green Peppers	25	0	0	0	0	0	0	6	2	0	1
Sliced Jalapenos	30	0	0	0	0	0	630	6	0	3	0
Spinach	2.5	0	0	0	0	0	12	0	0	0	0
Broccoli	15	0	0	0	0	0	15	3	1	0	1
Pineapple	60	0	0	0	0	0	0	15	1	14	1
Diced Tomatoes	7	0	0	0	0	0	2	1	0	0	0
Ground Beef	699	516	57	23	0	161	523	3.5	0.75	0	40
Chicken Breast	210	30	3	0	0	120	180	0	0	0	42

<b>DINNER</b>	<b>Total Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
<b>Nutritional information for Dinners include sauces. Side dishes and garlic cheese bread is provided separately.</b>											
12 oz. Strip Steak	758	439	49	18	0	182	986	7	1.5	0.5	74
Teriyaki Chicken Dinner	650	120	14	0	0	240	2880	35	0.5	9	86
Salmon Florentine	474	231	26	14	0.5	219	492	10.5	2	0.25	47
Bucket St. Louis Ribs	4110	2850	318	99	0	930	6840	81	6	51	237
Half Slab St. Louis Ribs	1370	950	106	33	0	310	2280	27	2	17	79
Full Slab St. Louis Ribs	2740	1900	212	66	0	620	4560	54	4	34	158
Haddock Dinner	490	189	21	3.5	0	85	1090	40	1	1	32
BBQ Chicken Dinner	820	300	30	4	0	240	1520	40	0	36	84
<b>SIDES</b>											
2.5" Garlic cheese Bread	235	103.5	11.5	5.25	0	10	463	25	0	0.7	7
6 oz. Coleslaw	278	146	16	3	0	10	340	31	4	24	2
Mandarin Oranges	90	0	0	0	0	0	11	22.5	1	18	0
6 oz. Apple Sauce	135	0	0	0	0	0	22.5	34	3	27	0
Mixed Vegetables	200	160	17	3	0	0	380	9	3	4	3
Vegetable Rice Pilaf	300	13.5	1.5	0	0	0	1125	61	1.5	4.5	7.5
Mac & Cheese	439	190	21	10	0	39	1009	50	2	5.5	13.75
Baked Beans	376	59	6	2	0	8	1256	74	7	48	10
Steamed Broccoli	30	0	0	0	0	0	30	6	2	0	2
Steak Fries	366	90	10	0	0	0	1100	60	0	0	6.7
Kid's Fries	183	45	5	0	0	0	550	30	0	0	3.3
Butter Pc's (2 each)	70	70	8	5	0	20	60	0	0	0	0
<b>DESSERTS</b>											
Cookies & Cream Brownie	1490	690	77	32	2.5	200	880	188	3	125	16
Root Beer Float	450	110	12	8	0	45	100	91	0	90	3
Hot Fudge Sundae	680	310	35	18	2.5	90	290	84	0	65	7
<b>KIDS MENU</b>											
<b>Nutritional information for sides, dressings, and sauce is provided separately.</b>											
Hamburger Basket	869	541	60	23	0	160	641	38	2.5	4	45
Cheeseburger Basket	949	611	70	27	0	180	1051	40	2.5	4	49
Plain Boneless Wings	400	180	20	5	0	37	930	26	0	1	19
Grilled Cheese	406	190	22	9	0	30	1295	38	0	0	16
Lizard Lips	360	135	15	2.25	0	60	1020	31	1.5	0	24
Plain Traditional Wings	350	190	20	5	0	175	165	2.5	2.5	0	37.5
Mac & Cheese Wedges	440	180	20	6	0	20	1300	48	4	6	12
Nachos with Cheese	810	390	43	18	0	15	1510	92	5	1	13
Mini Corn Dogs	440	216	24	5	0	50	840	48	2	8	12
Small Cheese Pizza	800	282	31	15	0	67	1838	119	13	19	29
Kids Salad	140	80	9	6	0	30	200	7	3	3	9
The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all locations.											