



At WOW Cafe & Wingery, we strive to serve the freshest ingredients at the highest quality. We will continue to expand our nutritional information as our menu continues to grow. If you have any questions, please contact our corporate office at 985-792-5776.

Quesadillas <i>without sauce</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Chicken	806	42	21	169	50	6	57
Shrimp	798	42	21	240	51	6	54
Garden fresh	744	40	20	409	57	8	39
Steak	660	47	23	165	53	6	55

*Salsa & Sour cream extra

Salads <i>without dressing</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Covington	73	1	0	0	14	4	2
Greek Caesar w/ dressing	307	27	6	27	11	4	5
Tex-Mex Taco+	240	16	10	60	9	5	15
Bangkok	165	1	1	6	36	5	3
Monterey+	149	9	5	30	9	5	8
Chicago Blues	148	8	5	13	13	4	6
Kentucky Club	414	28	18.5	80	13.5	5	27
Buffalo	372	28	11	60	14	4	16

+without tortilla strips

Dressings : 2 oz	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Ranch	219	23	4	23	2	0.25	1
Bleu Cheese	204	20	5	29	2	1	4
Honey Mustard	311	29	4	26	12	0.32	0.4
Honey Lime Vinaigrette	282	26	4	0	12	0	0
Thai Peanut	282	18	3	0	26	0	4
Italian Vinaigrette	240	24	4	0	6	0	0
Caesar	228	24	4	17	1	0	2
Sun Dried Tomato Basil Vinaigrette	45	0	0	0	10	-	0
South West Ranch	228	24	4	18	2	1	1

Salad Additions	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Add grilled chicken	124	3.5	0	57	0	0	23
Add grilled shrimp	114	2	0	160	1	0	23
Add fried chicken	258	10	1	70	15	6	27
Add fried shrimp	336	20	1.5	135	21	4	18
Add steak	150	7	2	45	3	0	18

WOW Wings <i>without sauce</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
8 piece	422	22	5	160	8	8	48
12 piece	633	33	7.5	240	12	12	72
15 piece	789	41	9	300	15	15	90
20 piece	1055	55	12.5	400	20	20	120
50 piece	2642	137.5	31	1000	50	50	300

WOW Sauces: 1 oz	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Kansas City	50	0	0	0	14	0	0
Texas	50	0	0	0	12	0	0
Italian	190	21	4	0	1	0	0
Jamaican	110	8	1.5	0	8	0	2
Thai	140	9	1.5	0	13	0	2
Parisian	180	20	3.5	0	0	0	1
Buffalo I	110	12	2	0	0	0	0
Buffalo II	90	9	1.5	0	1	0	0
Buffalo III	80	9	1.5	0	1	0	0
Bombay	94	1.5	1.5	0	20	0	0
Polynesian	70	0	0	0	19	0	0
Asian	100	0	0	0	24	0	1
Acadian	115	12	2	0	2	0	0
Australian	84	0	0	0	21	0	0
Key West	180	17	2.5	0	8	0	0
Santa Fe	104	11	2	0	1	1	1

Tenders <i>does not include sides</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
4 piece	520	20	2	140	30	12	54
6 piece	780	30	3	210	45	18	81
12 piece	1560	60	6	420	90	36	162
20 piece	2600	100	10	700	150	60	270

Sizzlin' Fajitas <i>includes 2 wraps</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Single chicken** (6)	927	22	6	98	124	10	56
Single Shrimp** (20)	932	20	6	320	126	10	62
Single Steak	839	23	8	45	124	10	34

*salsa and sour cream extra

Wow Shrimp <i>sauces not included</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Single Plate** 4 oz	336	20	1.5	135	21	4	18
Full Plate** 8 oz	672	40	3	270	42	8	36

** sides extra

Burgers <i>does not include sides</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Crescent City	899	63	24	160	39	2	44
Philly	1103	85	31	203	34.5	0.25	50
Texas	1180	90	35	230	41	0.4	53.25
El Paso	1115	85	35.25	237.5	36	0.75	61.5
The Big Easy	1699	135	53	363	35	0	86

Sides	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
Fruit Cup	80	0	0	0	19	1	8
French Fries- Small 6.5 oz)	520	22	2	50	74	12	16
French Fries- Large 13 oz	1040	44	4	100	148	24	2
BBQ Baked Beans- Small	68	0	0	0	15	1	4
BBQ Baked Beans- Large	136	0	0	0	30	2	2
Honey Mustard Slaw- Small	138	6	1	5	19	5	4
Honey Mustard Slaw- Large	276	12	2	10	38	10	0
Cajun Corn- Small	608	8	2	0	134	1	0
Cajun Corn- Large	1216	16	4	0	268	2	6
Texas Toast 1 slice	130	6.5	1	0	16	0	

Wraps <i>does not include sides</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
West Coast Veggie Wrap	673	37	14	73	60	9	25
Buffalo Grilled Chicken Wrap	820	48	16	123	53	7	44
Buffalo Fried Chicken Wrap	975	55	17	145	68	13	52
Buffalo Fried Shrimp Wrap	1053	65	18	209.5	74	11.5	43
Buffalo Beef Wrap	1170	82	32	192	56	7	52
Buffalo Steak Wrap	864	52	18.5	120	56	7	43
Sonoma Grilled Chicken Wrap	639	33	10	92	53	7	36
Sonoma Fried Chicken Wrap	804	40	10.5	113	68	13	43
Sonoma Fried Shrimp Wrap	882	50	11	178	74	11	34
Sonoma Beef Wrap	999	67	26	161	56	7	43
Sonoma Steak Wrap	693	37	11.5	88	56	7	34
Memphis Grilled Chicken Wrap	702	30	14	49	75	10	33
Memphis Fried Chicken Wrap	906	38	13.5	71.5	90	15.5	51
Memphis Fried Shrimp Wrap	1028	50	14	138	102	15	42.5
Memphis Beef Wrap	1101	65	29	120	78	10	51
Memphis Steak wrap	795	35	14.5	46.5	78	9.5	42
Kentucky Grilled Chicken Wrap	752	49	18	133	59	7	47
Kentucky Fried Chicken Wrap	1020	56.5	19.25	145	74	13	54
Kentucky Fried Shrimp Wrap	1086	67	20	210	80	11	45
Kentucky Beef Wrap	1220	84	34	193	62	7	54
Kentucky Steak Wrap	905	53	18	120	62	7	45

Sandwiches <i>does not include sides</i>	Calories	Fat	Sat fat	Cho	Carbs	Fiber	Protein
West Coast Veggie Sandwich	638	42	13	73	43	3	22
Buffalo Grilled Chicken Sand	776	52	17	123	35	1	42
Buffalo Fried Chicken Sand	936	60	17	145	50	7	49
Buffalo Fried Shrimp Sand	990	70	17	210	56	7	34
Buffalo Beef Sand	1131	87	32	193	38	1	49
Buffalo Steak sandwich	825	57	18	120	38	1	40
Sonoma Grilled Chicken Sand	605	37	10	91	35	1	33
Sonoma Fried Chicken Sand	765	45	10	113	50	7	40
Sonoma Fried Shrimp Sand	843	55	10.5	178	56	5	31
Sonoma Beef Sand	960	72	25	161	38	1	40
Sonoma steak sandwich	654	42	11	88	38	1	31
Memphis Grilled Chicken Sand	753	37	13	51	63	5	42
Memphis Fried Chicken Sand	911	45	13	73	78	11	48
Memphis Fried Shrimp Sand	991	55	13.5	138	84	9	40
Memphis Beef Sand	1108	72	28	200	66	5	49
Memphis Steak sandwich	798	42	14	48	66	5	39
Kentucky Grilled Chicken	822	54	18	123	41	11	43
Kentucky Fried Chicken	986	62	18	145	56	7	51
Kentucky Fried Shrimp	1055	71	18.5	220	62	5	42
Kentucky Beef	1172	88	33	193	44	1	51
Kentucky Steak sandwich	866	58	19	120	44	1	42