

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

ZALADS*

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like The Grilled House Zalad, The Fried House Zalad, etc.

Allergens table with columns: Dairy, Egg, Wheat, Soy, Peanut, Tree Nut, Fish, Shellfish. Rows correspond to items in the Nutrition table.

Sensitivities table with columns: MSG, Gluten, Sulfiting Agents. Rows correspond to items in the Nutrition table.

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SANDWICH MEALS & SANDWICHES

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Kickin' Chicken Sandwich Meal, Chicken Finger Sandwich Only, etc.

Allergens table for Sandwich Meals & Sandwiches.

Sensitivities table for Sandwich Meals & Sandwiches.

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MOST POPULAR

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chicken Finger Plate (4), Buffalo Chicken Finger Plate (4), etc.

Allergens table for Most Popular items.

Sensitivities table for Most Popular items.

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5 BONELESS WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Boneless Wings - No Sauce, Boneless Wings - Wimpy, etc.

Allergens table for 5 Boneless Wings with Each Sauce.

Sensitivities table for 5 Boneless Wings with Each Sauce.

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10 BONELESS WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Boneless Wings - No Sauce, Boneless Wings - Wimpy, etc.

Allergens table for 10 Boneless Wings with Each Sauce.

Sensitivities table for 10 Boneless Wings with Each Sauce.

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20 BONELESS WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Boneless Wings - No Sauce, Boneless Wings - Wimpy, etc.

Allergens table for 20 Boneless Wings with Each Sauce.

Sensitivities table for 20 Boneless Wings with Each Sauce.

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5 TRADITIONAL WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Traditional Wings (No Sauce), Traditional Wings - Wimpy, etc.

Allergens table for 5 Traditional Wings with Each Sauce.

Sensitivities table for 5 Traditional Wings with Each Sauce.

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10 TRADITIONAL WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Traditional Wings (No Sauce), Traditional Wings - Wimpy, etc.

Allergens table for 10 Traditional Wings with Each Sauce.

Sensitivities table for 10 Traditional Wings with Each Sauce.

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20 TRADITIONAL WINGS* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Traditional Wings (No Sauce), Traditional Wings - Wimpy, etc.

Allergens table for 20 Traditional Wings with Each Sauce.

Sensitivities table for 20 Traditional Wings with Each Sauce.

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5 CHICKEN FINGERZ* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chicken Finger (No Sauce), Chicken Finger - Wimpy, etc.

Allergens table for 5 Chicken Fingerz with Each Sauce.

Sensitivities table for 5 Chicken Fingerz with Each Sauce.

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10 CHICKEN FINGERZ* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chicken Finger (No Sauce), Chicken Finger - Wimpy, etc.

Allergens table for 10 Chicken Fingerz with Each Sauce.

Sensitivities table for 10 Chicken Fingerz with Each Sauce.

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20 CHICKEN FINGERZ* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chicken Finger (No Sauce), Chicken Finger - Wimpy, etc.

Allergens table for 20 Chicken Fingerz with Each Sauce.

Sensitivities table for 20 Chicken Fingerz with Each Sauce.

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1 CHICKEN FINGERZ* WITH EACH SAUCE (Protein only)

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chicken Finger (No Sauce), Chicken Finger - Wimpy, etc.

Allergens table for 1 Chicken Fingerz with Each Sauce.

Sensitivities table for 1 Chicken Fingerz with Each Sauce.

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DESSERTS

Table with columns: Item, Calories, Total Fat (gm), Saturated Fat (gm), Trans Fat (gm), Cholesterol (mg), Sodium (mg), Carbohydrate (gm), Dietary Fiber (gm), Sugar (gm), Protein (gm). Rows include items like Chocolate Chip Cookie, White Chocolate Macadamia Nut Cookie, etc.

Allergens table for Desserts.

Sensitivities table for Desserts.

* Nutritional and allergen information for a la carte Boneless and Traditional Wings and Buffalo Fingers does not include celery or Ranch Sauce. Please refer to the Celery & Ranch Sauce section for this information.
** Nutritional and allergen information for a la carte Chicken Fingers does not include Zax Sauce. Please refer to the Dipping Sauces section for this information.
*** This Nutrition and Allergen Guide does not include nutrition or allergens information for drinks with meal items. Please refer to the Drinks section for this information.
**** The default sauce for all Buffalo items is Tongue Torch.

Advertisement for Zaxby's Nutrition and Allergen Guide. Features the Zaxby's logo, a large 'GUIDE' graphic, and images of various menu items like wings, salads, and cookies. Text includes 'ORDER ONLINE ZAXBYS.COM' and 'Menus may vary by location'.

