



The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. However, due to the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
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Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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LankyBox Pizza (530 - 630 Cals)

Cheese Pizza	530	20	10	0	30	1250	67	6	5	24
Pepperoni Pizza	630	29	13	0	50	1620	67	6	5	28
Veggie Pizza	550	20	10	0	30	1260	71	7	8	25

X		X				X		X
X		X				X		X
X		X				X		X

Foxy Chicken Wings Bone-In (730 - 1780 Cals)

BBQ, Regular	850	45	12	0	305	2910	46	0	26	61
BBQ, Large	1700	89	24	0	605	5810	92	0	52	121
Buffalo, Regular	770	49	12	0	305	4030	20	0	0	61
Buffalo, Large	1540	97	24	0	605	8050	40	0	0	121
Sweet Chili, Regular	850	45	12	0	305	2740	46	0	27	61
Sweet Chili, Large	1700	89	24	0	605	5490	92	0	54	121
Lemon Pepper, Regular	730	45	12	0	305	3420	16	0	0	61
Lemon Pepper, Large	1460	89	24	0	605	6840	32	0	0	121
Hot Honey, Regular	890	45	12	0	305	2680	57	0	33	61
Hot Honey, Large	1780	89	24	0	605	5350	114	0	65	121
Spicy Korean BBQ, Regular	840	46	12	0	305	3150	38	0	19	61
Spicy Korean BBQ, Large	1680	92	24	0	605	6310	76	0	38	121
Plain, Regular	730	45	12	0	305	2150	16	0	0	61
Plain, Large	1460	89	24	0	605	4290	32	0	0	121

		X						X		
		X						X		
								X		X
								X		X
								X		X
								X		X

Foxy Chicken Wings Boneless (460 - 1240 Cals)

BBQ, Regular	580	18	2.5	0	90	2160	71	1	27	38
BBQ, Large	1160	36	5	0	180	4320	142	2	54	76
Buffalo, Regular	500	22	2.5	0	90	3280	45	1	1	38
Buffalo, Large	1000	44	5	0	180	6560	90	2	2	76

X								X		X
X								X		X
X		X						X		X
X		X						X		X

	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Sweet Chili, Regular	580	18	2.5	0	90	2000	71	1	28	38
Sweet Chili, Large	1160	36	5	0	180	4000	141	2	56	76
Lemon Pepper, Regular	460	18	2.5	0	90	2680	41	1	1	38
Lemon Pepper, Large	920	36	5	0	180	5350	82	2	2	76
Hot Honey, Regular	620	18	2.5	0	90	1930	82	1	34	38
Hot Honey, Large	1240	36	5	0	180	3860	163	2	67	76
Spicy Korean BBQ, Regular	570	19	2.5	0	90	2410	63	1	20	38
Spicy Korean BBQ, Large	1140	39	5	0	180	4820	126	2	40	76
Plain, Regular	460	18	2.5	0	90	1400	41	1	1	38
Plain, Large	920	36	5	0	180	2800	82	2	2	76

Boxy Mac-n-Cheese (670 - 900 Cals)

Classic Mac	670	36	16	0	70	1750	57	3	6	8
Buffalo Mac	900	51	19	0	115	3500	68	4	6	34
Pizza Mac	680	41	19	0	80	1730	48	5	8	17

Salads (60 - 270 Cals)

Garden Salad	60	0	0	0	0	40	14	4	7	3
Club Salad	160	10	2	0	15	400	15	4	8	6
Italian Salad	270	22	7	0	20	720	11	3	6	8
Lite Ranch Dressing	70	7	1	0	5	260	2	0	1	1
Italian Dressing	110	11	2	0	0	260	2	0	2	0
Thousand Island Dressing	100	8	1.5	0	10	200	8	0	4	0
Blue Cheese Dressing	180	19	3.5	0	15	170	1	0	1	1

Dessert (540 - 730 Cals)

Foxy Churros	540	15	2	0	0	600	88	2	30	10
Rocky's Brownie Cookie	730	37	15	0	125	430	112	0	70	11

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
X						X		X
X						X		X
X						X		X
X						X		X
X						X		X
X				X		X		X
X				X		X		X
X						X		X
X						X		X

X		X						X
X		X				X		X
X		X						X

X		X						
		X				X		
X		X						
X								
X		X						

X		X				X		X
X		X				X		X