

LUNCH MENU

MON – FRI
11A – 2P

\$8.99 YOU PICK TWO!
Choose 1 from each category below to create your combo!

OR

\$8.99 SALADS

Choose 1 one of our lean, mean, green and mouth-watering lunch-sized salads!

SELECTION ONE:

(CHOOSE ONE FROM BELOW)

BONELESS WINGS

5 boneless fried (290 cal.) or grilled (220 cal.) with choice of signature sauce or dry rub. Served with Bleu Cheese Dip (316 cal.) or ranch dressing (200 cal.) and celery (8 cal.)

Upgrade to 10 wings (450/575 cal.) +5.00

CAULIFLOWER WINGS VEG

Hand-breaded, fried cauliflower, Roasted Garlic Medium sauce, dusted with Parmesan cheese; or substitute your favorite sauce. (431 cal.)

CHICKEN TENDER BASKET

3 hand-breaded fried chicken tenders served with your choice of dipping sauce. (700 cal.)

CHEESEBURGER

American, Pepper Jack, Cheddar Jack, or Bleu Cheese crumbles, lettuce, tomato, pickles, toasted brioche bun. (721-830 cal.)

BUFFALO CHICKEN RINGER

Our house beer battered fried chicken or grilled chicken breast, topped with our Buffalo Hot sauce, Applewood-smoked bacon, lettuce and tomato. Served on a brioche bun with your choice of Bleu Cheese dip or ranch dressing. (631/706 cal.)

NEW MVP CHICKEN RINGER

Our house beer battered fried chicken or grilled chicken breast, topped with spicy mayo and pickles on a brioche bun. (451/519 cal.)

DOUBLE BBQ PORK SANDWICH

Tender pulled pork, Sweet BBQ and 'Bama White BBQ sauce, onion ring, toasted brioche bun. (831 cal.)

OLD BAY® FRIED SHRIMP BASKET

Hand breaded shrimp seasoned with classic Old Bay spices, with garlic medium sauce for dipping (427 cal.)

SELECTION TWO: or UPGRADE:

(CHOOSE ONE FROM BELOW)

Natural Cut Fries **LG** (460 cal.)

Saratoga Chips **LG** (221 cal.)

Steamed Broccoli **GF** (72 cal.)

Homemade Cole Slaw (342 cal.)

Potato Wedges (302 cal.)

Onion Rings (300 cal.) 1.99

Parm Garlic Aioli Fries **LG** (583 cal.) 1.00

Small Garden or Caesar Salad 2.49
(75 cal. + dressing or 343 cal.)

Bacon Mac & Cheese (629 cal.) 3.99

LG LOW GLUTEN GF GLUTEN FREE VEG VEGETARIAN

BUFFALO CHICKEN

Grilled or fried chicken, Buffalo Medium sauce, assorted greens, shredded carrots, cucumbers, tomatoes, red onions and croutons, with ranch dressing on the side. (690 cal.)

CHICKEN CAESAR

Blackened chicken, romaine leaves, topped with Parmesan and croutons, tossed in Caesar dressing. (588 cal.)

Upgrade to Salmon (677 cal.) +4.00

SOUTHWEST CHICKEN

Grilled chicken, assorted greens, avocado, Cheddar Jack, tortilla strips, tomatoes, scallions, cilantro, and fresh jalapeños, chipotle ranch. (747 cal.)

SOUP & SALAD COMBO

Choose from BW&R Chili (400 cal.) or Soup of the day, and Caesar (390 cal.) or Garden salad (75 cal. + dressing)

LUNCH-SIZE APPS

BUFFALO CHICKEN NACHOS

(729 cal.) 5.49

FRIED PICKLE CHIPS

(285 cal.) 3.99

PRETZEL BITES

(490 cal.) 4.49



**WINGS
and
RINGS**

SAUCES & DRY RUBS:

CHEF'D UP SAUCES & DRY RUBS:

Teriyaki, Sweet Thai Chili, Sweet Habanero, Korean* Ghost Pepper Ranch*, Cajun dry rub, Lemon Pepper dry rub, Nashville Hot dry rub (+25-209 cal.)

CLASSIC SAUCES:

Buffalo, Roasted Garlic, Garlic Parmesan, Sweet BBQ, Garlic-O, Bourbon BBQ, Lemon Pepper (+20-80 cal.)

CLASSIC SAUCES AVAILABLE IN:

Mild, Medium, Hot, Xtra Hot, or Atomic heat levels (+10-100 cal.)

*An additional \$.50 per 5 wings ordered