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Wings 'N More

Our Fork Friendly Selections

Soup and Salad:

- Chicken Noodle Soup
- House Salad
- Santa Fe Salad
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*Choose from Light Italian or Light Ranch dressing on the side

**Romaine lettuce can be substituted for crispy greens

Sandwiches:

- Grilled Chicken Sandwich
- Chicken Salad Sandwich
- Smoked Turkey (Omit the cheese)

*Request a small salad with Light Italian or Light Ranch dressing, or grilled veggies without butter for sides

Entrees

- Grilled Chicken Breast (Request Regular)

Seafood

- Fish Tacos
- Blackened Tilapia (Request garlic bread dry)

*Replace tartar sauce with cocktail sauce. Ask for a side salad (Light Italian or Light Ranch on the side) or grilled vegetables.

Side Items:

- Side Salad with Light Italian or Light Ranch
- Grilled Vegetables with no butter

Winter 2020