

# Fox & Hound Nutritional Specs

## Shareables

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Pretzel Bites -Small	390	9	1	0	2	64	10	708
Pretzel Bites -Share	780	23	2	0	6	143	23	1416
Crispy Brussels Sprouts (1 serving)	176	7	3	0	6	15	11	598
Korean BBQ Meatballs (1 serving)	1409	75	21	0	5	132	53	4960
Drunken Tenders (1 serving)	625	15	4	0	4	75	40	2642
Drunken Tenders (1 serving) with Dipping Sauce Choice Honey Mustard	820	33	7	0	4	85	40	2897
Drunken Tenders (1 serving) with Dipping Sauce Choice Ranch	792	33	6	0	4	78	41	2869
Drunken Tenders (1 serving) with Dipping Sauce Choice Whiskey Barbecue	713	15	4	0	4	95	41	2997
Chipotle Chicken Flautas (1 serving)	1037	57	16	0	8	82	50	2774
Potato Skins	1140	60	14	0	23	113	31	2324
Ultimate Platter (1 serving)	2337	123	52	0	13	205	91	5241
Ultimate Platter (1 serving) with Dipping Sauce Choice Blue Cheese	2562	147	55	0	13	206	93	5631
Ultimate Platter (1 serving) with Dipping Sauce Choice Ranch	2504	140	55	0	13	208	92	5467
Blistered Shishito Peppers (1 serving)	472	42	9	0	1	16	4	1279
Spinach-Artichoke Dip	847	48	26	0	7	81	25	1488
Fat Tire Queso (1 serving)	735	24	9	0	6	99	21	5066
Crispy Pickle Fries (1 serving)	557	40	8	0	0	42	6	2183
Loaded Tater Tots	1270	97	37	0	6	56	36	2750
Loaded Tater Tots (Double Order)	2440	184	71	0	11	112	72	5370
White Cheddar Bites (1 serving)	964	78	27	0	3	33	33	1883
Grilled Chicken Quesadilla	1033	60	22	0	8	69	57	3779
Nachos Platter w/ Chicken	2171	130	55	0	14	154	98	4322
Nachos Platter w/ Chili	2294	139	59	0	17	164	95	4266
Mesquite Grilled Wings, 12 (1 serving)	1239	91	23	0	3	10	89	2129
Mesquite Grilled Wings, 12 (1 serving) with Dipping Sauce Choice Blue Cheese	1464	115	26	0	3	11	90	2519
Mesquite Grilled Wings, 12 (1 serving) with Dipping Sauce Choice Ranch	1406	109	25	0	3	13	90	2356
Mesquite Grilled Wings, 6 (1 serving)	624	46	11	0	2	6	45	1077
Mesquite Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	849	70	14	0	2	7	46	1467
Mesquite Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	791	63	14	0	2	9	45	1304
Boneless Wings (Wing Sauce Not Included)	850	52	9	1	2	57	35	3461
Classic Wings - Large (Wing Sauce Not Included)	2874	234	48	0	1	5	176	1262
Classic Wings - Medium (Wing Sauce Not Included)	1437	117	24	0	0	2	88	631

## Salads & Soups

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Garden Salad (does not include dressing)	217	12	7	0	4	16	13	259
Grilled Chicken Spinach Salad	889	54	13	1	8	62	41	1072
Southwest Cobb Salad	900	68	17	0	10	24	53	1910
Grilled Chicken Caesar Salad	652	38	12	0	5	25	51	2403
Tailgate Chili	302	15	6	0	4	15	24	1131
Guinness Onion Soup (1 serving)	302	19	10	0	1	14	13	888

## Mains

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Slow Roasted Baby Back Ribs (Full- Rack)	3429	65	70	1	5	167	90	3535
Slow Roasted Baby Back Ribs (Half-Rack)	2047	33	38	1	5	12	46	2597
Bacon Mac and Cheese (1 serving)	1248	68	37	0	7	98	52	2122
Rosemary Ranch Grilled Chicken (1 serving)	636	46	14	0	3	12	40	1633
Double Pepperoni Pizza	1350	75	37	2	8	102	63	3436
Brooklyn Family Pizza (8 slices)	1944	110	61	0	9	154	91	6086
Beer-Battered Fish & Chips	1711	69	14	0	1	109	52	3554
16oz Cowboy Ribeye	1368	32	19	2	5	67	65	3008
Shrimp and Chips Entree (1 serving)	701	19	4	0	7	93	35	3240
Drunken Chicken Tender Dinner	2030	75	20	0	8	190	41	3701
Blackened Fish Tacos (1 serving)	606	26	5	0	7	53	38	2537
Blackened Fish Tacos (1 serving) with Corn Tortillas	801	30	5	0	10	89	43	2552
Blackened Fish Tacos (1 serving) with Flour Tortillas	876	32	8	0	10	98	47	3197
Gringo Chicken Tacos (1 serving)	860	37	14	0	5	67	60	3354

## Handhelds (does not include side items)

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
The Dilemma	1103	59	23	0	2	81	66	2011
Grown-Up Grilled Cheese (1 serving)	1178	63	24	0	6	94	51	3931
Spicy Bird Sandwich (1 serving)	927	35	9	0	7	97	56	3054
Spicy Bird Sandwich (1 serving) with Dipping Sauce Choice Blue Cheese	1152	59	12	0	7	99	57	3444
Spicy Bird Sandwich (1 serving) with Dipping Sauce Choice Ranch	1093	52	11	0	7	100	57	3281
Black Forest Sandwich	802	38	11	0	5	75	40	1817
Italian Beef Sandwich (1 serving)	1093	57	21	0	7	92	50	4873
California Chicken Club	920	54	14	2	3	49	61	1592
Shrimp Po' Boy Sandwich (1 serving)	1023	37	7	0	10	133	37	3204
The Chipotle Philly (1 serving)	1255	74	24	0	7	94	51	3126

## Burgers (does not include side items)

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Cheeseburger	870	52	18	0	1	49	49	2101
Mac and Cheese Burger (1 serving)	1297	72	29	0	8	99	60	3798
Wagyu Steakhouse Burger (1 serving)	990	48	17	0	8	90	46	3914
Southwest Beyond Burger (1 serving)	1167	71	20	0	14	88	50	2699
Craft Burger	1116	60	20	0	0	90	60	2190
Bleu Ribbon Burger	1237	84	33	0	1	48	69	2389
Ranch Hand	1247	67	32	0	1	56	50	2337
Voodoo Burger	900	60	17	2	3	53	36	1910

## Desserts

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Brownie Fudge Sundae	1214	42	22	0	2	120	12	680
Cookie Blitz	744	35	20	0	3	100	10	431
Apple Crumble (1 serving)	864	30	16	0	4	142	7	544
Double Chocolate Oreo Shake (1 shake)	1034	45	18	0	1	128	17	511
Salted Bourbon Caramel Shake (1 shake)	1267	60	29	0	1	148	12	1016

## Sides

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Crispy Pickle Fries (1 serving)	359	26	5	0	0	28	4	1415
Parmesan Crusted Fries	556	38	4	0	5	51	7	1390
Tabasco Onion Straws (1 serving)	284	4	1	0	3	55	7	1074
Tater Tots	339	38	4	0	7	66	0	1641
Coleslaw	217	18	3	0	2	12	1	538
Grilled Veggies	163	12	2	0	3	14	2	628

## Dressings (2oz portion size)

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Bleu Cheese	265	28	0	0	0	1	2	342
Chipotle Aioli	240	25	3	0	2	3	0	800
Fat-Free Raspberry Vinaigrette	70	0	0	0	0	16	0	665
Honey Mustard	302	27	3	0	0	15	0	300
House Vinaigrette	320	33	5	0	0	7	0	160
Italian	140	12	1	0	1	6	0	600
Ranch	212	22	0	0	0	15	1	270
Southwest Ranch	220	24	3	0	<1	2	<1	650
Sweet Sriracha Sauce	160	1	0	0	<1	40	<1	740

## Wing Sauces (2oz portion size)

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Classic Buffalo	156	17	3	0	0	2	1	1691
Caribbean Jerk	122	4	1	0	0	24	1	1302
Flamin' Hot	73	7	1	0	1	4	2	1945
Honey BBQ	123	0	0	0	1	31	0	437
Hot Honey	170	7	1	0	0	30	0	818
Parmesan Garlic	375	39	8	0	0	4	6	668
Spicy Garlic	347	38	7	0	1	5	1	778
Thai Sweet Chili	140	0	0	0	2	34	0	800

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	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Brownie Suundae	1214	42	22	0	2	120	12	680
Cookie Blitz	1197	44	20	0	2	126	11	710
Apple Crumb	864	30	16	0	4	142	7	544
Double Chocolate Oreo Shake (1 shake)	1034	45	18	0	1	128	17	511
Salted Bourbon Caramel Shake, Build (1 shake)	1267	60	29	0	1	148	12	1016

## Kids Menu (Select Locations)

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Fiber (g)	Carb (g)	Protein (g)	Sodium (mg)
Kids Chicken Dinner	472	25	5	3	5	37	21	1268
Kids Grilled Cheese	631	26	8	1	6	51	20	1637
Kids Slider	574	34	12	0	1	32	32	1387