



ALLERGEN INFORMATION GUIDE

	Mustard	Eggs	Dairy	Nuts	Sesame	Soy	Gluten	Yeast	Sulphites	Seafood
APPETIZERS										
Bacon Broccoli Cheddar Bites	X		X			X	X	X		
Gettin' Pickled			X				X	X		
Mozzarella Sticks			X			X	X			
Sea Salt & Cracked Pepper Riblets	X					X			X	
Breaded Spicy Cheese Ravioli	X	X	X				X	X		
French Onion Soup			X		X	X	X	X		
SHAREABLES										
Nacho Grande			X			X	X	X		
Nacho Grande with Chicken			X			X	X	X		
Nacho Grande with Ground Beef			X			X	X	X		
Idaho Nachos		S	X			X	X			
Chicken Quesadilla			X			X	X			
Antojitos			X			X	X	X		
SOUP & SALADS										
Garden Salad (see dressings for more info)										
Greek Salad	D		X						D	
Caesar Salad	D	D	X		B	X	B		D	D
Apple & Candied Pecan Salad	D		X	X					D	
Cobb Salad (see dressings for more info)			X							
Southwest Taco Salad		D	X				B	B		
Broccoli Cheddar Soup			X			X				
HANDHELDS										
Boneless Wing Wrap	M	X	X			X	X	X		
Clubhouse Wrap	M	M	X			X	X	X		
Grilled Chicken Bacon Club		X	X		B	X		B		
Seaside Breaded Fish Sandwich	S	S	X		B	X	X	X	X	X
Heavenly Chicken Ciabatta			X		B	X	X	B		
Grilled Chicken Sandwich		X	X		X	X	X	X	S	
Crunchy Chicken Parm Sandwich			X		B	X	X	X		
Hand Crafted Crispy Chicken (see sauces for more info)		X	X	B	B	B	X	X	M	
BURGERS										
Mushroom Swiss Burger		X	X	B	X	X	X	S	S	
Wacky Pepper Crunch Burger	S	X	X	B	B	X	X	X	S	S
Cheddar Bacon Extreme Burger		B	X	B	B	X	B	B		
Bacon Double Grilled Cheese Burger		X	X		B	X	B	B	X	
Peanut Butter Pickle Burger		B	B	X	B	B	B	B		
7-11 Breakfast Burger		X	X	B	B	B	X	X	M	
The Big Bird Burger		X	X	B	X	X	X	X	X	X
Black Bean Veggie Burger		X	X	B	X	X	X	X	S	
Flaming Spicy Burger		B	X	B	B	X	B	B	S	
Jam'n Bacon Bacon Burger		X	X	B	B	X	X	X	X	
Mammoth Burger	X	B	X	B	B	X	X	X	X	



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BURGERS										
MultiGrain Whole Wheat Bun Option For All Burgers					X	X	X	X		
Gluten Free Bun Option For All Burgers		X			X	X		X		
FRIES, RINGS & POUTINES										
French Fries							X	X		
Sweet Potato Fries							X			
Onion Rings						X	X	X		
Cactus Cut Chips							X			
Potato Wedges						X	X			
Garlic Parmesan Fries	D	D	D			D	X	X	D	D
Old Fashion Poutine	X		X		X	X	X	X	X	
Bacon Cheddar Poutine	X		X		X	X	X	X	X	
Get Pickled Poutine	X	D	X		X	X	X	X	X	
Loaded Poutine	X		X		X	X	X	X	X	
Taco Supreme Poutine	X		X		X	X	X	X	X	
Boneless Wing Poutine (see sauces for more info)	X	X	X		X	X	X	X	X	D
7-11 Breakfast Poutine		X	X			X	X	X		
Smoked Brisket Poutine		X	X			X	X	X	X	
Sweet BBQ Poutine	X	X	X			X	X	X	X	
The Great Canadian Poutine			X			X	X	X	X	
FAVOURITES										
Chicken Fingers			X				X	X	X	
Seaside Hand Cut Fish Fingers			X				X	X	X	X
Riblet & Wing Combo (see wings and riblets for info)										
WINGS										
Bone In Wings							X			
Boneless Wings		X	X			X	X			
Unbreaded Bone In Wing Option							X			
KIDS MENU										
Jr. Cheese Burgers		B	X	B	B	X	B			
Cheese Pizza		X	X		X	X	X	X		
Macaroni & Cheese			X				X			
Grilled Cheese			X		B	X	B	B		
Jr. Chicken Fingers			X				X	X	X	
DESSERTS										
Sweet Campfire Sticks		X	X			X	X			
S'mores Bites		X	X			X	X			
Banana Caramel Cheesecake		X	X	X		X	X			
Chocolate Chip Cookie (served with kids meal)						X	X			
Deep Fried Oreos			X	X		X	X			
Lava Cake		X	X	X	X	X	X		X	
Donuts		X	X			X	X			



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GRAVY & DIPS										
Gravy	X		X		X	X	X	X	X	
Ranch Dip	X	X	X			X				
Tartar Sauce	X	X				X				
Sour Cream			X							
Salsa										
Marinara										
Plum Sauce										
Garlic Aioli		X				X			X	
Hacienda			X							
Honey Mustard	X	X							X	
Lemon Dill Aioli	X	X	X						X	
Buffalo Ranch		X	X			X	X	X		
Signature Bacon Jam		X				X			X	
OTHER SIDES										
Carrot Sticks And Ranch	D	D	D			D				
Nacho Chips & Salsa							X			
Crackers							X		X	
DRY SHAKERS										
Bare Naked							X			
Cheddar Dry			X			X				
Cool Ranch			X							
Maple Bacon										
Maple Bacon Cheddar			X			X				
Garlic Parmesan			X					X		
Dill Pickle			X							
Parmesan & Herb	X		X					X		
Roasted Red Pepper & Garlic										
Applewood Smoked	X							X		
Salt N' Vinegar										
Cracked Pepper & Cheddar			X			X				
Sea Salt & Cracked Pepper										
Lime & Cracked Pepper									X	
Lemon Pepper									X	
Smoky BBQ										
New Orleans										
Sriracha Lime									X	
Cajun Cinnamon										
Sriracha Cool Ranch			X							
Sriracha										
Cajun										
Caribbean Jerk										



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WINGNUTS										
Garlic Butter Parmesan			X			X				
Honey Garlic Honey Mustard	X	X				X	X		X	
Applewood Maple BBQ	X					X	X	X		X
Wacky Pepper BBQ & Garlic Parmesan	X	X	X			X			X	X
Maple Bacon & Southwest Ranch		X	X							
Sweet Southwest BBQ		X	X							
Smoky Southwest BBQ	X	X	X							
Jalapeno Cheddar & Garlic Parmesan	X	X	X			X			X	X
Jalapeno Chipotle & Garlic Parmesan	X	X	X			X			X	X
Medium & Garlic Parmesan	X	X	X			X		X	X	X
Medium & Buttermilk Dill	X	X	X			X		X		
Medium & Ranch		X	X			X		X		
Medium & Blue Cheese	X	X	X			X		X		X
Hot Honey Dill	X	X	X							
Jalapeno Southwest		X	X							
Spicy Garlic & Southwest Ranch		X	X			X		X		
Spicy Caribbean Jerk									X	
START THE BBQ										
Honey Garlic & BBQ						X	X			
Honey BBQ										
Original BBQ										
Wacky Pepper BBQ	X								X	
Sweet Baby Rays BBQ										
Maple BBQ	X					X	X			X
Honey Mustard BBQ	X	X							X	
Smoky BBQ	X									
Medium BBQ						X		X		
Spicy Garlic BBQ			X			X		X		
Sweet N' Spicy Thai & BBQ										
Caribbean Jerk									X	
Hot BBQ										
BBQ Habanero										
LET'S GET TIPSY										
40 Creek, Buttermilk Dill & Maple	X	X	X				X	X		
40 Creek & Garlic Parmesan	X	X	X			X	X	X	X	X
40 Creek BBQ	X						X	X		
Rickard's Red Apple Butter Mesquite						X	X			
Apple Whiskey BBQ	X					X	X	X	X	
40 Creek BBQ, Southwest & Garlic Parmesan	X	X	X			X	X	X	X	X
Drunken BBQ	X					X	X	X		
Smoked Tequila Lime	X					X				



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LET'S GET TIPSY										
Rickards Red Hot						X	X			
Smoked Tequila Lime & Habanero	X					X				
SAUCE BOSS										
Honey Mustard	X	X							X	
Creamy Cheddar		X	X			X				
Creamy Cool Ranch		X	X			X				
Smoked Tequila Margarita	X					X			X	
Hot Honey Mustard	X	X							X	
Jalapeno Dill	X	X	X							
Jalapeno Cheddar			X			X				
Spicy Garlic Parmesan	X	X	X			X		X	X	X
Spicy Garlic			X			X		X		
Habanero Jalapeno										
SHE'S SO SWEET										
French Toast										
Candy Apple			X			X	X			
Maple										
Honey										
Sweet BBQ & Garlic Parmesan	X	X	X			X			X	X
Honey Garlic						X	X			
Honey Garlic & Buttermilk Dill	X	X	X			X	X			
Honey Garlic & Garlic Parmesan	X	X	X			X	X		X	X
Honey Garlic & Southwest Ranch		X	X			X	X			
Honey Chipotle		X	X							
Honey Garlic & Medium						X	X	X		
Honey Garlic & Caribbean Jerk						X	X		X	
Coconut Thai			X							
Maple Sriracha										
Sweet N' Spicy Thai & Buttermilk Dill	X	X	X							
Sweet N' Spicy Thai & Garlic Parmesan	X	X	X			X			X	X
Sweet N' Spicy Thai & Maple										
Sweet N' Spicy Thai & Honey Garlic						X	X			
Sweet N' Spicy Thai & Medium						X		X		
Sweet N' Spicy Thai										
Cinnamon Heart						X	X			
Hot Chocolate			X			X				
Sweet Chili Cool Ranch			X							
Sweet Chili Heat, Southwest Ranch & Cheddar		X	X			X				
Sweet Chili Heat										
Honey Garlic & Habanero						X	X			



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MILD TO WILD										
Mild Buffalo						X		X		
Medium						X		X		
Hot										
Jalapeno Hot										
Megan Fox Hot (Habanero)										
Volcanic									X	
DRESSED TO IMPRESS										
Garlic Parmesan	X	X	X			X			X	X
Ranch		X	X			X				
Buttermilk Dill	X	X	X							
Blue Cheese	X	X	X							X
Southwest Ranch		X	X							
SALAD DRESSINGS										
House Vinaigrette										
Ranch		X	X			X				
Blue Cheese	X	X	X							X
Oil & Vinegar								X	X	
Buttermilk Dill	X	X	X							
Southwest Ranch		X	X							
Balsamic Vinaigrette	X								X	

LEGEND


X = At least 2 or ALL ingredients / toppings Contain Allergen

B = Only Bread Contains Allergen

S = Only Sauce Contains Allergen

D = Only Dressing Contains Allergen

M = Only Mayo Contains Allergen

 May Contain Traces Of Allergen

NOTE: All Breaded Wings Contain Wheat Gluten. Ask Your Server About Our Unbreaded Wing Option. Please Be Advised That Depending On Your Tolerance Level Towards Gluten, That All Unbreaded Wings Are Fried In The Same Oil As Breaded Wings And Are Subject To Come In Contact With Breaded Wings, Which Contain Gluten.

supplied by Wacky Wings itself. Such Allergen information has not been independently researched, written or verified. Wacky Wings assumes no responsibility or liability arising from errors or omission of this information. Our menu is not allergen free. An item without an X under gluten only means gluten friendly, not gluten free. Please inform your server of all food allergies.