



Flavortown Kitchen's Nutritional & Allergen Information

The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. An effort to provide complete and current nutrition information, however, 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.

Item Name	NUTRITIONAL VALUES									
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
S-M-Cheesesteak Egg Roll	1140	57	32	1	240	3870	76	0	22	75
Jalapeno Pig Poppers	1160	105	33	0	125	1730	48	2	15	24
Queso Dip with Tortillas	1080	59	34	0	140	1980	83	11	12	56
Bourbon Brown Sugar BBQ Wings	1690	127	31	0	395	3550	23	0	17	117
Buffalo Wings	1750	128	34	0	400	4390	5	0	2	119
Real Cheezy Burger	1050	82	32	0	220	1810	45	1	10	49
Bacon Mac N Cheese Burger	1200	84	32	0	220	2240	56	2	10	52
Morgan's Veggie Burger	740	40	12	0	80	1920	82	5	11	16
The Chicken Guy! Classic	580	32	12	0	120	1960	49	1	9	41
The Crazy Cuban Sandwich	1400	93	34	0	150	2940	101	2	2	50
Cajun Chicken Alfredo	1790	86	47	1.5	320	5990	162	9	23	80
Chicken Parm-Eroni	1680	107	28	1.5	260	4070	107	7	17	71
Italian Stallion Salad	730	48	21	1	140	3860	36	3	5	42
The 'OG' Caesar Salad	530	44	9	0	35	1710	25	2	7	14
Fried Pickles & Ranch	690	42	6	0	40	3290	69	3	2	8
Flavortown Fries	510	24	3.5	0	0	1560	71	3	0	3
Mac Daddy Mac N Cheese	1130	34	19	0	105	3760	155	5	18	50
Choco Whiskey Cake	930	50	29	1	90	330	117	4	91	7
Cheesecake Challenge	720	45	26	1	150	490	70	1	49	10

Item Name	ALLERGENS							
	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat
S-M-Cheesesteak Egg Roll	X		X			X		X
Jalapeno Pig Poppers	X		X			X		X
Queso Dip with Tortillas			X			X		
Bourbon Brown Sugar BBQ Wings	X		X			X		X
Buffalo Wings	X		X					
Real Cheezy Burger	X		X			X		X
Bacon Mac N Cheese Burger	X		X			X		X
Morgan's Veggie Burger	X		X			X		X
The Chicken Guy! Classic	X		X			X		X
The Crazy Cuban Sandwich	X		X			X		X
Cajun Chicken Alfredo			X					X
Chicken Parm-Eroni	X		X					X
Italian Stallion Salad	X		X					X
The 'OG' Caesar Salad	X	X	X					X
Fried Pickles & Ranch	X		X			X		X
Flavortown Fries								
Mac Daddy Mac N Cheese			X			X		X
Choco Whiskey Cake	X		X			X		X
Cheesecake Challenge	X		X			X		X