WINGS & (KETO) THINGS

All items listed are 5g Net Carbs or Less

SPECIALTY WINGS

No Breading, Fried without Sauce

(Small Size ; 1st & 2nd Wing Parts)

6PC	12PC
$9.99	$15.99

BIG BONELESS WINGS

No Breading, Grilled without Sauce

(Jumbo Size ; White Meat Tenderloins)

2PC	4PC
$6.99	$13.99

BIG BODY WINGS

N0 Breading, Fried without Sauce

(Full Size ; ALL 3 Parts of a Wing)

5PC	10PC
$12.99	$25.99

CHICKEN

No Breading, Grilled without Sauce

Thigh	Breast
1PC	1PC
$2.50	$2.50

Total Carbs – Fiber = Net Carbs

SANDWICH'ISH

All items listed are 7g Net Carbs or Less

Ditch the Bread and Get It....

"In the Grass" – On a bed of Kale or Lettuce

"In the Snow" – On a bed of Kale or Lettuce with Shredded Cheese

"On the Field" – Side of Sauteed Cabbage

Blue Cheese, Ranch or Mayo Included

Pesto Chicken $12.99
Grilled Chicken, Basil Pesto, Roasted Red Peppers

Veggie Burger $12.99

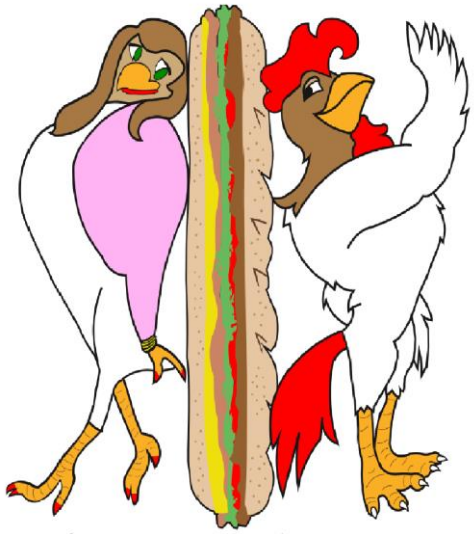
Grilled Chicken $12.99
Chicken, Cheese, Lettuce, Tomato, Mayo on a Roll

Philly Cheese Steak Grinder $14.99
Carved Grilled Steak, Grilled Onions, Grilled Red Peppers

Chicken Philly Grinder $14.99
Grilled Chicken, Grilled Onions, Grilled Red Peppers

B&B Wings and Things, LLC would like to inform you that there is a significantly increased risk associated with consuming raw, undercooked, or foods not processed to eliminate germs and may increase your risk of foodborne illness, especially if you have certain medical conditions.
Taxes not included in menu ; prices subject to change

B&B Wings and Things
The place to be for a satisfied belly



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Stay connected with us

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