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

(Full Size ; White Meat Tenderloins)

2PC	4PC
$6.99	$13.99

BIG BODY WINGS
CHOICE 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 $11.99
Grilled Chicken, Basil Pesto, Roasted Red Peppers

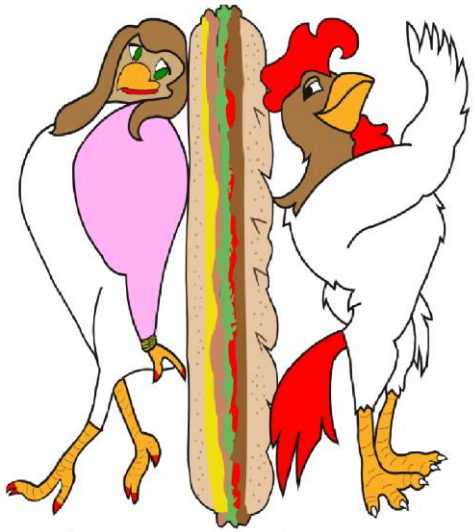
Veggie Burger $11.99

Grilled Chicken $11.99
Chicken, Cheese, Lettuce, Tomato, Mayo on a Roll

Philly Cheese Steak Grinder $12.99
Carved Grilled Steak, Grilled Onions, Grilled Red Peppers

Chicken Philly Grinder $12.99
Grilled Chicken, Grilled Onions, Grilled Red Peppers

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



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