

hoots® nutritional information

Hoots is your go-to spot for world-famous chicken wings, diptastic tenders, crispy chicken sandwiches, saucy shrimp, and tasty sides. Our wings and other things are made to order, ready to toss in your choice of sauce or dip in our creamy blue cheese, ranch, or honey mustard. With dine-in, takeout, and delivery options, so it's never been easier to get your hungry hands on Hoots.

Nutrition Statement

2,000 calories a day is used for general nutrition advice, but calorie needs vary. The nutritional analysis is comprised of data from an independent testing facility commissioned by Hoots and/or nutrient data from Hoots' suppliers, the United States Department of Agriculture and nutrient database analysis of Hoots' recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, franchisee participation, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Hoots' products.

Allergen/Gluten Statement

All fried ingredients are cooked in shared fryers and may be exposed to all allergens/animal products. For this reason, guests with food allergies should avoid fried items.



choose your thing

menu item	cal	fat cal	fat (g)	sat(g)	trans (g)	chol (mg)	sod (mg)	carb (g)	fib (g)	sug (g)	prot (g)
wings, tenders, sandwich, shrimp											
breaded wings add choice of sauce or dry rub and choice of dressing											
10 Piece	950	510	57	14	0	315	380	24	9	3	75
15 Piece	1430	770	86	22	0	470	560	36	13	4	113
20 Piece	1910	1030	114	29	0.5	630	750	48	18	5	151
naked wings add choice of sauce or dry rub and choice of dressing											
10 Piece	720	390	43	11	0	345	320	1	1	1	88
15 Piece	1080	580	64	16	0	520	480	2	2	2	132
20 Piece	1440	770	86	22	0	695	650	3	3	3	176
roasted wings add choice of sauce or dry rub and choice of dressing											
10 Piece	710	330	36	11	0	330	1820	1	1	1	76
15 Piece	1060	490	54	16	0	495	2720	2	2	2	114
20 Piece	1410	650	72	22	0.5	660	3630	3	3	3	153
smoked wings add choice of sauce or dry rub and choice of dressing											
10 Piece	790	360	40	10	0	220	2900	13	2	8	98
15 Piece	1180	550	61	14	0	330	4350	19	2	12	147
20 Piece	1580	730	81	19	0.5	440	5800	25	3	17	196
boneless wings add choice of sauce or dry rub and choice of dressing											
10 Piece	730	290	33	7	0	100	1530	40	1	1	68
15 Piece	1090	440	49	10	0	145	2290	60	2	2	102
20 Piece	1450	590	65	13	0.5	195	3050	80	3	3	137
chicken tenders add choice of sauce or dry rub and choice of dressing											
3 Piece	420	180	20	6	0	145	1080	15	2	0	46
4 Piece	560	240	27	7	0	195	1440	20	2	0	61
5 Piece	700	300	33	9	0	245	1800	25	3	0	77
crispy chicken sandwich add choice of sauce											
saucy shrimp add choice of sauce and dressing	670	240	27	9	0	135	1030	68	4	6	40
8 Piece	260	130	14	3	0	140	540	14	1	0	19
12 Piece	390	190	22	4	0	210	810	22	1	1	29

add some zing

menu item	cal	fat cal	fat (g)	sat(g)	trans (g)	chol (mg)	sod (mg)	carb (g)	fib (g)	sug (g)	prot (g)
signature sauces											
parmesan garlic	240	220	24	4	0	0	970	4	0	0	0
bbq	100	0	0	0	0	0	540	24	0	20	0
medium buffalo	140	130	14	0	0	0	850	4	0	0	0
teriyaki	160	0	0	0	0	0	370	41	0	37	0
hot honey buffalo	110	50	5	0	0	0	880	16	0	10	0
chipotle honey	160	50	6	0	0	0	770	24	0	24	0
hot buffalo	80	70	8	0	0	0	1300	4	0	0	0
spicy garlic	320	290	32	6	0	20	1500	4	0	0	0
3 mile island® buffalo	20	0	0	0	0	0	1700	4	0	0	0
original dry rubs											
lemon pepper	0	0	0	0	0	0	800	0	0	0	0
texas bbq	20	0	0	0	0	0	770	4	0	3	0
caribbean jerk	0	0	0	0	0	0	700	10	0	0	0
cajun by chef paul prudhomme	15	0	0	0	0	0	1010	3	1	0	1
garlic habanero	15	5	0	0	0	0	910	3	0	1	1
dipping sauces											
bleu cheese dressing											
3 fl. oz.	300	270	30	6	0	30	600	3	0	3	3
8 fl. oz.	800	720	80	16	0	80	1600	8	0	8	8
ranch dressing											
3 fl. oz.	300	280	31	4	0	20	690	4	0	3	2
8 fl. oz.	800	750	83	10	0	55	1840	11	0	9	6
honey mustard											
3 fl. oz.	480	390	44	7	0	35	410	24	0	23	1
8 fl. oz.	1290	1060	118	18	1	90	1100	63	0	61	3

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sides & extras

menu item	cal	fat cal	fat (g)	sat(g)	trans (g)	chol (mg)	sod (mg)	carb (g)	fib (g)	sug (g)	prot (g)
waffle fries	470	300	34	7	0	0	490	40	3	0	3
tots	500	250	28	6	0	0	880	56	7	1	6
mozzarella sticks with marinara	500	210	23	9	0.5	40	1380	48	3	5	22
celery sticks or carrot sticks											
celery (6)	5	0	0	0	0	0	20	1	0	0	0
carrots (6)	10	0	0	0	0	0	15	2	1	1	0
chocolate chunk cookie (1)	360	170	19	11	0	40	250	47	2	28	4

kids

boneless wings (4) add choice of sauce or dry rub	290	120	13	2.5	0	40	610	16	1	1	27
shrimp (4) add choice of sauce or dry rub	130	60	7	1.5	0	70	270	7	0	0	10
add choice of side											
tots	500	250	28	6	0	0	880	56	7	1	6
waffle fries	470	300	34	7	0	0	490	40	3	0	3
add choice of kids drink											
diet pepsi	0	0	0	0	0	0	30	0	0	0	0
dr. pepper	130	0	0	0	0	0	55	35	0	34	0
iced tea - sweet	190	0	0	0	0	0	10	49	0	49	0
iced tea - unsweet	5	0	0	0	0	0	10	1	0	0	0
lemonade - tropicana	160	0	0	0	0	0	20	39	0	37	1
mist twist	130	0	0	0	0	0	30	34	0	34	0
mt. dew	150	0	0	0	0	0	55	40	0	40	0
mug root beer	140	0	0	0	0	0	55	37	0	37	0
pepsi	130	0	0	0	0	0	30	36	0	36	0

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drinks

MENU ITEM	CAL	FAT CAL	FAT (g)	SAT(g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
diet pepsi (large)	0	0	0	0	0	0	105	0	0	0	0
diet pepsi (regular)	0	0	0	0	0	0	65	0	0	0	0
dr. pepper (large)	440	0	0	0	0	0	180	116	0	112	0
dr. pepper (regular)	260	0	0	0	0	0	105	69	0	67	0
iced tea - sweet (gallon)	2330	0	0	0	0	0	95	601	0	600	0
iced tea - sweet (large)	640	0	0	0	0	0	25	164	0	164	0
iced tea - sweet (regular)	380	0	0	0	0	0	15	99	0	98	0
iced tea - unsweet (gallon)	40	0	0	0	0	0	115	11	0	0	0
iced tea - unsweet (large)	10	0	0	0	0	0	30	3	0	0	0
iced tea - unsweet (regular)	5	0	0	0	0	0	20	2	0	0	0
lemonade - tropicana (large)	530	0	0	0	0	0	75	128	0	123	3
lemonade - tropicana (regular)	320	0	0	0	0	0	45	77	0	74	2
mist twist (large)	420	0	0	0	0	0	95	114	0	114	0
mist twist (regular)	250	0	0	0	0	0	60	68	0	68	0
mt. dew (large)	510	0	0	0	0	0	180	135	0	135	0
mt. dew (regular)	300	0	0	0	0	0	110	81	0	81	0
mug root beer (large)	460	0	0	0	0	0	180	124	0	124	0
mug root beer (regular)	270	0	0	0	0	0	110	75	0	75	0
pepsi (large)	440	0	0	0	0	0	95	121	0	121	0
pepsi (regular)	260	0	0	0	0	0	60	72	0	72	0