

NAME	Calories	From Fat	Saturated			Trans Fat	Cholesterol	Sodium	Total		Dietary		Sugars	Added		Protein
			Total Fat	Fat	Fat				Carbs	Fiber	Sugars	Sugars				
BURGERS																
All American Smash Burger	940	260	62	13	0	50	2240	67	4	18	0 **	0 **				36
Angus Burger Dip	830	210	48	7	1.5 **	25	2370	55	3	7 **	0 **	0 **				46
Bacon Aioli Burger	1260	230 **	94	17	19	175	1190	67	5	10	6 **	6 **				48
Bacon Blue Burger	1260	610 **	94	22	0 **	80	2050	53	3	8	6 **	6 **				53
Bacon Cheese Burger	1140	200 **	80	13	0 **	55	1550	68	5	16	6 **	6 **				47
Big Double Cheeseburger	1680	660 **	126	18	0.5	60	1290	74	7	18	6 **	6 **				75
Blazing Onion Burger	1100	200 **	80	12	1.5 **	45	2170	66	6	12	6 **	6 **				42
Buffalo Burger	740	70 **	26	9	0 **	115	1030	72	6	19	6 **	6 **				49
California Bacon Burger	1060	250 **	72	12	0 **	40	1240	64	8	11	6 **	6 **				49
Classic Cheese Burger	1040	150 **	74	11	0 **	45	1040	64	4	15	6 **	6 **				40
Double Cheese Burger	1470	590	114	15	38 **	270	1550	47	4	10	0 **	0 **				75
Impossible Burger	930	70 **	53	17	0	45	1570	81	11	12	7 **	7 **				34
Mushroom Melt	1120	210 **	81	13	1.5 **	50	1900	65	6	12	6 **	6 **				45
Ranchhand Bacon Burger	1240	260 **	87	15	0 **	240	1590	71	6	16	6 **	6 **				54
Spicy Bean Veggie Burger	890	420 **	50	14	0 **	40	1760	88	11	15	6 **	6 **				21
Sweet Hickory BBQ Burger	1120	190	60	7	0 **	35	1360	105	9	20	0 **	0 **				49
Texas Heat Burger	1100	470 **	80	12	0 **	30	2210	61	7	13	6 **	6 **				39
The Beast Burger	1140	410	71	10	0 **	85	1870	67	5	20 **	0 **	0 **				64
Turkey Burger	1040	280 **	64	20	0 **	140	2450	75	9	16	6 **	6 **				45
Wild Boar Burger	960	220	38	11	0 **	50	1150	97	6	15 **	0 **	0 **				58
CHICKEN																
Buffalo Chicken Wrap	960	340 **	66	16	0 **	135	3700	42	4	8	0 **	0 **				48
Chicken Caesar Wrap	1260	260 **	72	22	0 **	155	2430	101	4 **	4 **	0 **	0 **				58
Chicken Strip Basket	970	200 **	51	7	0	100	1480	82	7	2	0 **	0 **				47
Classic Crispy Chicken Sandwich	1120	440 **	55	11	0	35	2310	128	9	17	6 **	6 **				26
Firecracker Chicken Sandwich	960	130 **	59	13	0 **	130	2270	58	4	9	0 **	0 **				47
Grilled Chicken Avacado Sandwich	860	450 **	54	12	0 **	100	1400	52	5	3	0 **	0 **				40
Spicy Blackened Chicken Sandwich	830	410 **	49	11	0 **	100	1570	55	4	7	0 **	0 **				40
Spicy Chicken Sandwich	1080	410 **	51	10	0	35	1930	128	9	17	6 **	6 **				26
Teriyaki Swiss Chicken	720	220 **	32	8	0 **	90	1920	64	4	18	6 **	6 **				42
SALADS - No Dressing(except Caesar)																
BBQ Chicken Salad - No Dressing	1100	340 **	57	22	50	435	2720	77	10	11	0 **	0 **				70
Chicken Caesar Salad	510	80 **	40	11	0 **	105	930	7	3	2 **	0 **	0 **				34
Garlic Caesar Salad	740	90	76	17	0 **	80	1070	10	4	3 **	0 **	0 **				16
Gorgonzola Steak Salad - No Dressing	930	450	48	27	0 **	205	2180	49	11	15	0 **	0 **				76
House Salad - No Dressing	240	130	15	7	0 **	30	490	20	4	5	0 **	0 **				9

SALADS - No Dressing (except Caesar)												
NW Cobb Salad - No Dressing	720	430 **	49	22	0 **	290	2740	22	7	10	0 **	49
Southwest Chicken Salad - No Dressing	770	300 **	38	14	0 **	130	1620	57	17	10 **	0 **	55
Toasted Sesame Chicken Salad - No Dressing	780	50 **	9	2	0 **	85	1460	126	11	17 **	0 **	48
SANDWICHES												
BBQ Pulled Pork Sandwich	1070	580	64	16	0	150	3430	69	5	19	0 **	51
BOB Dog	850	250	56	12	1.5	65	2380	70	3	11	0 **	21
Cuban Sand	1350	840	93	26	0	160	3450	52	2	2	0 **	55
Outlaw Chili Dog	830	390	43	18	0.5 **	100	2230	76	5	11	0 **	36
KIDS												
Kids Chicken Strip Basket	470	110 **	27	4	0	50	730	35	3	1	0 **	23
Kids Grilled Cheese	680	250	28	16	0 **	85	1850	51	3	3	0 **	54
Kids Macaroni & Cheese	440	270	31	18	0 **	95	890	29	1	2	0 **	14
Kids Mini Classic Cheeseburgers	560	140	32	3.5	0 **	5	510	42	2	9	0 **	29
ENTREES												
Beer Battered Prawns & Fries	1250	540	61	11	0 **	320	1570	120	20	21	0 **	60
Beer Battered Cod & Chips	1840	980	109	16	0 **	250	3700	129	15	22	0 **	85
Whats Up Mac	920	460	52	29	0	150	1730	78	4	7	0 **	36
Blackened Chicken - Mac Topping	280	100	17	2.5	0	55	2380	10	3	4	0	21
Crispy Chicken - Mac Topping	280	0 **	14	2.5	0	50	700	17	1	1	0	21
APPETIZERS												
Appetizer Blazing Onion Sliders	1460	400	109	20	3.0 **	80	3490	86	7	20	0 **	48
Appetizer Classic Cheeseburger Sliders	800	210	55	10	0 **	40	940	49	4	11	0 **	35
Appetizer Onion Rings	410	190	22	4	0	0	710	48	4	7	0 **	4
Bacon Wrapped Jalapeno Poppers	1360	410	55	27	0	135	5910	139	7	8	0 **	73
APPETIZERS												
Blazing Wings	990	600	67	19	0 **	240	5200	37	1	5	0 **	58
Cauliflower Appetizer	560	30	3.5	0.5 **	0 **	0 **	820	121	8 **	3 **	0 **	11
French Fries	490	220	26	2	0	0	1130	61	7	0	0 **	7
Fried Pickles	1040	200	22	9	1.5 **	220	3630	178	7	21	0 **	43
Loaded Bacon Tater Tots	1260	670	77	19	0 **	80	2930	109	11	2	0 **	29
Mozarella Sticks	740	5 **	51	25	0	125	1650	38	2	1	0	37
Onion Petals	170	70	8	1.5	0 **	0	770	21	2	4	< 1 **	3
Pretzels & Beer Cheese	590	0 **	16	7	0	35	1450	85	0	3	0 **	5
Sweet Potato Fries	550	270	31	5	0	0	570	63	10	20	0 **	3
Tater Tots	870	290	33	15	0 **	0	1120	135	13	0 **	0 **	14

SOUP

Cream of Potato Soup Portion	320	180	20	11	0 **	55	720	26	2	3	0 **	10
French Onion Soup - Portion	280	130	15	9	0 **	35	1610	21	2	5	0 **	12
Outlaw Chili Cup	630	50	13	0.5	0	0	840	91	29	8	1	42
Outlaw Chili Bowl	750	60	16	0.5	0	0	1000	109	35	10	2	50

DESSERTS

Birthday Sundae	350	130	15	9	0 **	45	180	48	<1	29	0 **	5
Milkshake	740	270	31	20	0 **	110	220	105	1	72	0 **	9
Mud Pie	1840	150 **	95	57	0 **	215	900	234	6	149	90 **	28
Peanut Butter Pie	1980	1210	141	72	0 **	245	680	145	7	111	0 **	28

Bacon Aioli	370	35	43	8	0	35	230	<1	0	<1	0	<1
Blue Cheese Dressing	460	450	49	11	0 **	35 **	650	1	0	<1	0 **	3
Caesar Dressing	160	160	17	3.5	0 **	10 **	190	<1	0	0	0 **	0
Mayo	410	0 **	49	8	0	40	200	0	0	0	0	0
Sauce BBQ	70	10	1	0.5	0	<5	410	15	0	12	0	0
Sauce Bob	260	0	29	5	0	25	380	5	0	<1	0	<1
Sauce Chipotle Mayo	340	330	36	7	0	15	330	<1	0	0	0	0
Sauce Garlic Mayo	370	370	40	7	0	20	400	1	0	0	0	0
Sauce Ranch	270	260	29	5	0	15	230	1	0	<1	0	<1
Sauce Spicy Honey Mustard	190	130	14	2.5	0	5	650	17	0	14	0	2

SAUCES - 2 oz.

Sauce Sun Dried Tomato Aioli	350	340	37	7	0	15	540	<1	0	0	0	0
Sauce Tarter	270	250	29	4	0	0	500	4	0	0	0	0
Sesame Ginger Dressing	410	0 **	45	7	0 **	35	930	8	0	7	0 **	1
Stracha Aioli	270	250	28	5	0	15	410	4	0	4	0	0

Allergens

Attention customers with food allergies....

our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, wheat or sesame in our restaurant. While we take necessary steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur, as factors beyond our reasonable control may alter the formulations of the food we serve, or manufacturers may change their formulations without our knowledge.

Allergen Facilities:

WE do offer gluten free menu items, however our restaurants are not food allergen or gluten-free. Customers with food allergies or other nutritional concerns are advised to notify the manager of any dining operation for assistance. Food allergen and ingredient information is also available online through our website at blazingonion.com.

Nutrient Analysis:

Customers are advised that all nutritional information posted on our website is calculated using a respected nutritional analysis software program. While information is based on recipes specific to Blazing Onion, nutrient values and allergens of each food may vary due to selected portion size, the use of condiments and seasonings by our customers, as well as growing conditions, manufacture formulations, or any substitutions. The information provided on our website is approximate and intended to be used as a guide only.



Blazing Onion Allergen List

Jun-25

NO MSG in any products

KEY

X=contains

mc - may contain (facility inherent risk)

Notes- highlighted ingredients

Column1	dairy	soy	eggs	fish	Shellfish	tree nuts	wheat	peanuts	sesame	Notes
Dressings/Sauces <i>*soy sauce has wheat in it</i>										
Bacon Aioli		x	x				x			
Balsamic Vinaigrette										
Beer Cheese	x									
BBQ Sauce	x	x		x			x			Worcestershire
BBQ Ranch	x	x	x	x			x			Worcestershire
Blazing Sriracha Sauce	x									
Bleu Cheese Dressing	x	x	x							
Bob Sauce	x	x	x	x						Worcestershire
Caesar Dressing	x	x		x						
Chipotle Mayo		x	x							
Coleslaw Dressing		x	x							
Cuban Sandwich Sauce		x	x							
Garlic Mayo		x	x	x						Worcestershire
Garlic Habanero Ginger Aioli		x	x	x						Worcestershire
Ketchup										
Marinara										
Mayonnaise		x	x							Mustard Derivatives
Mustard										
Ranch Dressing	x	x	x							
Salsa Ranch	x	x	x							
Sesame Ginger Dressing		x	x				x		x	
Spicy Honey Mustard		x	x							
Sriracha Aioli		x	x							
Sundried Tomato Aioli		x	x	x						Worcestershire
Tarter Sauce		x	x							
Teriyaki		x								
Vegan Mayo							x			
Vegan Sriracha									mc	Mustard Derivatives
									mc	Mustard Derivatives
Seasonings/Marinades										
Au Jus	x	x					x			
Blackened Seasoning										
BOB Seasoning	x	x					x			
Chicken Marinade		x	x	x						Worcestershire
Chicken Wing Marinade		x					x			
Fry Seasoning										
Garlic Spread	x									
Steak Seasoning										
Tempura Batter			x				x			
Vegetables										
Grilled Onions	x	x					x			
Guacamole										
Mushrooms (Sauteed)	x									
Onion Straws	x				x		x			
Pico de Gallo										
Red Relish										
Salsa										
Appetizers (Fried items are cooked in canola oil) - NO SAUCES										
Crispy Cauliflower					x	MC			MC	Brown Rice Flower
Jalapeno Poppers	x	x	x		x		x			
Onion Petals	x				x		x			
Onion Rings	x				x		x			
Pickles - Fried	x		x		x		x			
Mozzarella Sticks	x				x		x			
Natural Cut Fries					x					
Sweet Potato Fries					x					

Name	Dairy	Soy	Eggs	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Sesame	Notes
Pretzels					x		x			
Tater Tots					x					
Loaded Tater Tots	x	x	x		x					
Truffle Fries	x				x					
Soups/Pasta										
Broccoli Cheddar	x						x			
Chili		x					x			
Chicken Tortilla Soup	x				x					Garnish
Clam Chowder	x			x			x			
French Onion Soup	x	x		x			x			Worcestershire Crostiti
Potato Soup	x	x					x			
Tomato Basil	x									
Macaroni and Cheese	x	x		x			x			Worcestershire
Proteins: (*Bob seasoning contains gluten - must request gluten free)										
ALL PROTEINS ORDERED GLUTEN FREE - SHOULD BE SEASONED WITH STEAK SEASONING										
Beef Patties										
Black Forest Ham										
Chicken Breast (marinated)		x	x	x						Worcestershire
Chicken Breast (non-marinated)										
Chicken Tenderloins (Tyson)		x			x		x			
Chicken Wings - Boneless					x		x			
Chicken Wings - Bone In		x			x		x			
Nathans Hot Dog										
Impossible Burger		x					x			GF - not celiac compatible
Buffalo		x								Pan Spray
Fried Chicken Breast		x	x	x	x		x			
Pulled Pork	x	x		x			x			Worcestershire
Turkey Burgers	x	x	x				x			
Vegan Patty		x				mc	x		mc	
Cod Fillets			x	x	x		x			
Prawns			x	x	x		x			
Ice creams:										
Birthday Cake	x	x	x				x			Soy Lecithin
Chocolate	x									
Chocolate Chip Mint	x	x								Soy Lecithin
Espresso Explosion	x	x				x	x			Wheat Germ Oil Coconut Oil
Strawberry	x									
Vanilla	x									
Desserts:										
Mudd Pie	x	x	x				x			
Peanut Butter Pie	x	x	x				x	x		
Red Velvet Cake	x	x	x				x			
Cheesecake		x								Pan Spray
Ice Cream Cookie Sand- Clasic	x	x	x				x			
Ice Cream Cookie Sand-Oatmeal	x	x	x				x			
Breads:										
Brioche Sliders	x						x			
Ciabatta	x						x			
3 Cheese Batard (Crostiti)	x						x			
Kaiser	x						x		x	
Hot Dog Bun	x						x			
Udi's Gluten Free Bun			x							
Wheat Tortilla		x					x			
Tuscan White Bread	x						x		x	
Sesame Seed Bun							x		x	
Garlic French Bread	x						x			
French Bread							x			