$12.99 LUNCH

MONDAY - FRIDAY 11AM-2PM



LUNCH-SIZE STARTERS

JUMBO STUFFED TOTS
(321 cal.) **6.99**

FRIED PICKLE CHIPS
(285 cal.) **6.99**

PRETZEL BITES
(485 cal.) **6.99**



EVEN BETTER WITH A Coca-Cola®



LUNCH MEALS $12.99

Full-sized items served with natural cut fries LG

BONELESS WINGS

5 boneless fried or grilled tossed in your choice of sauce or dry rub. Served with Bleu Cheese Dip or ranch dressing and celery. (290/220 cal.)

Upgrade to 10 wings (575/450 cal.) **+8.00**

CAULIFLOWER WINGS VE

Hand-breaded cauliflower, fried and drizzled in our signature Roasted Garlic Medium sauce and dusted with Parmesan cheese; or substitute your favorite wing sauce. (431 cal.)

BUFFALO CHICKEN WRAP

Fried chicken, Cheddar Jack, Buffalo Hot, shredded lettuce, tomatoes, tortilla strips, ranch dressing and queso, tossed and wrapped in a warm tortilla. (781 cal.)

SOUTHWESTERN CHICKEN WRAP

Grilled chicken, bacon, Cheddar Jack, toasted pecans, tomatoes, crispy tortilla strips, shredded lettuce and queso, tossed with ranch dressing and wrapped in a warm tortilla. (897 cal.)

MVP CHICKEN SANDWICH

Our house beer battered fried or grilled chicken breast, topped with spicy mayo, and pickles on a brioche bun. (790/715 cal.)

BUFFALO CHICKEN SANDWICH

Beer battered fried or grilled chicken breast, topped with Buffalo Hot sauce, bacon, lettuce and tomato, with choice of Bleu Cheese dip or ranch dressing. (814/746 cal.)

CHICKEN TENDER BASKET

3 hand-breaded fried chicken tenders served with your choice of dipping sauce. (340-700 cal.)

FRIED SHRIMP BASKET

Lightly breaded and fried shrimp; served with our Garlic Medium sauce for dipping. (887 cal.)

BACON CHEESEBURGER

Topped with crispy bacon, American cheese, lettuce, tomato and pickles; on a brioche bun. (915 cal.)

UPGRADED SIDES +1.99

ONION RINGS
SEASONED POTATO WEDGES LG
PARMESAN GARLIC AIOLI FRIES LG
CHEDDAR & BACON FRIES LG
New! **LOADED FRIES*** LG

New! **WHITE CHEDDAR MAC***
LOADED CAULIFLOWER
SIDE SALAD
CHILI GF
Add **ANY DRY RUB OR QUESO .99 – 1.50**

**additional fee may apply*

LUNCH-SIZE SALADS $12.99

SIGNATURE CHICKEN SALAD

Mixed salad greens, topped with Asiago cheese, crispy bacon, candied pecans, grape tomatoes, sliced red bell peppers and crispy sweet smokin' onions. Topped with your choice of chicken and favorite dressing on the side. (467-680 cal. + dressing)

CHOICE OF CHICKEN:

- Fried Chicken
- Grilled Chicken
- Buffalo Chicken: Fried or Grilled
- Cajun Grilled Chicken

BLACKENED CHICKEN CAESAR SALAD

Blackened chicken, romaine, Parmesan and croutons, tossed in Caesar dressing. (495 cal.)

SOUTHWEST CHICKEN SALAD

Grilled chicken, assorted greens, Cheddar Jack, tortilla strips, tomatoes, scallions, cilantro and fresh jalapeños, with chipotle ranch dressing. (526 cal.)

CHILI AND SALAD COMBO

Chili (397 cal.) and your choice of Caesar (390 cal.) or Garden salad. (103 cal. + dressing)



GF=GLUTEN FREE LG=LOW GLUTEN VE=VEGETARIAN

1299 CA RANCHO 2026 © 2026 Buffalo Wings & Rings®