

## Breakfast

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Chick-fil-A® Chicken Biscuit	460	200	23g	8g	0g	45mg	1510mg	45g	2g	6g	19g
Chick-n-Minis™ - 4 count	360	120	13g	4g	0g	41mg	1050mg	60g	2g	8g	19g
Egg White Grill	290	70	8g	3.5g	0g	60mg	970mg	29g	1g	2g	26g
Bacon, Egg, & Cheese Biscuit	420	210	23g	11g	0g	180mg	1290mg	38g	2g	4g	15g
Sausage, Egg, & Cheese Biscuit	610	380	42g	18g	0g	205mg	1510mg	38g	2g	4g	22g
Chicken Hashbrown Scramble Burrito	700	360	40g	12g	0.5g	415mg	1750mg	51g	3g	2g	34g
Sausage Hashbrown Scramble Burrito	720	420	47g	16g	0.5g	395mg	1450mg	46g	3g	1g	28g
Chicken Hashbrown Scramble Bowl	470	270	30g	9g	0g	415mg	1340mg	19g	2g	2g	29g
Sausage Hashbrown Scramble Bowl	480	340	37g	12g	0g	395mg	1020mg	15g	2g	1g	23g
Bacon, Egg, & Cheese Muffin	310	130	14g	6g	0g	180mg	810mg	29g	1g	2g	16g
Sausage, Egg, & Cheese Muffin	500	300	33g	12g	0g	205mg	1030mg	30g	1g	2g	23g
Hashbrown	270	160	18g	2.5g	0g	5mg	440mg	23g	3g	0g	3g

## Original & Grilled Entrées

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Chick-fil-A® Chicken Sandwich	440	150	17g	4g	0g	70mg	1400mg	41g	1g	6g	29g
Chick-fil-A® Deluxe Sandwich	500	190	22g	7g	0g	85mg	1640mg	44g	2g	7g	32g
Spicy Chicken Sandwich	460	170	19g	4g	0g	65mg	1670mg	45g	2g	6g	28g
Spicy Deluxe Sandwich	550	230	25g	8g	0g	85mg	1810mg	47g	3g	7g	33g
Chick-fil-A® Nuggets - 8 count	250	100	11g	2.5g	0g	85mg	1210mg	11g	0g	1g	27g
Chick-fil-A® Nuggets - 12 count	380	150	17g	3.5g	0g	125mg	1820mg	16g	0g	1g	40g
Chick-n-Strips™ - 3 count	310	130	14g	2.5g	0g	75mg	870mg	16g	0g	2g	29g
Chick-n-Strips™ - 4 count	410	170	19g	3.5	0g	100mg	1150mg	22g	0g	2g	39g
Grilled Chicken Sandwich	320	60	6g	1g	0g	70mg	680mg	41g	4g	9g	28g
Grilled Chicken Club	460	150	17g	7g	0g	100mg	1040mg	41g	4g	9g	37g
Grilled Nuggets - 8 count	130	25	3g	0.5g	0g	85mg	440mg	1g	0g	1g	25g
Grilled Nuggets - 12 count	200	40	4.5g	1g	0g	130mg	660mg	2g	0g	1g	38g
Grilled Cool Wrap	350	120	13g	4g	0g	85mg	900mg	29g	13g	2g	42g

## Salads

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Market Salad - w/o toppings	190	45	5g	2g	0g	80mg	510mg	14g	4g	7g	25g
Market Salad - toppings	310	110	12g	3g	0g	80mg	560mg	25g	4g	12g	28g
Cobb Salad - w/o toppings	460	200	23g	8g	0g	210mg	1630mg	25g	4g	7g	41g
Cobb Salad - toppings	540	260	29g	8g	0g	210mg	1700mg	31g	4g	7g	41g
Spicy Southwest Salad - w/o toppings	300	70	8g	3.5g	0g	75mg	830mg	29g	7g	8g	28g
Spicy Southwest Salad - toppings	450	170	19g	5g	0g	75mg	930mg	39g	8g	9g	33g

\*values shown without dressing

## Sides

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Waffle Potato Fries - medium	420	220	24g	4g	0g	0mg	240mg	45g	5g	1g	5g
Waffle Potato Fries - large	600	310	35g	5g	0g	0mg	340mg	65g	7g	1g	7g
Kale Crunch	120	80	9g	1g	0g	0mg	140mg	8g	2g	3g	3g
Fruit Cup - medium	60	0	0g	0g	0g	0mg	0mg	115g	2g	11g	1g
Chicken Soup - small	120	25	3g	1g	0g	30mg	1040mg	16g	2g	1g	9g
Chicken Soup - large	230	50	5g	2g	0g	55mg	1880mg	29g	3g	1g	16g
Greek Yogurt Parfait w/ Harvest Granola	270	80	9g	3.5g	0g	20mg	80mg	36g	1g	26g	13g
Greek Yogurt Parfait w/ Chocolate Cookie Crumbs	240	80	8g	3.5g	0g	20mg	85mg	33g	1g	26g	12g
Side Salad - w/o toppings	80	45	4.5g	3g	0g	15mg	110mg	6g	3g	3g	5g
Side Salad - toppings	160	100	11g	3.5g	0g	15mg	180mg	12g	3g	3g	6g
Mac & Cheese	450	260	29g	16g	0g	70mg	1190mg	28g	3g	3g	20g

## Kid's Meals

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Chick-n-Strips™ Kid's Meal - 2 count	200	80	9g	2g	0g	50mg	580mg	11g	0g	1g	19g
Grilled Nuggets Kid's Meal - 5 count	80	15	2g	0g	0g	55mg	270mg	1g	0g	0g	16g
Nuggets Kid's Meal - 5 count	160	60	7g	1.5g	0g	50mg	760mg	7g	0g	1g	17g
Cinnamon Applesauce	60	0	0g	0g	0g	0mg	10mg	15g	1g	15g	0g
Waffle Potato Fries - small	320	170	19g	3g	0g	0mg	190mg	35g	4g	1g	4g
Mac-n-Cheese	270	150	17g	10g	0g	40mg	710mg	17g	2g	2g	12g
Honest Kid's Apple Juice	35	0	0g	0g	0g	0mg	15mg	9g	0g	8g	0g
Milk	90	20	2g	1.5g	0g	10mg	105mg	10g	0g	10g	7g
Chocolate Milk	140	20	2g	1.5g	0g	10mg	160mg	23g	0g	21g	7g

## Beverages

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Chick-fil-A® Lemonade - medium	220	0	0g	0g	0g	0mg	10mg	58g	0g	55g	0g
Chick-fil-A® Lemonade - large	300	0	0g	0g	0g	0mg	15mg	78g	0g	74g	0g
Chick-fil-A® Diet Lemonade - medium	50	0	0g	0g	0g	0mg	10mg	14g	0g	10g	0g
Chick-fil-A® Diet Lemonade - large	80	5	0g	0g	0g	0mg	15mg	21g	0g	15g	0g
Sunjoy - medium	170	0	0g	0g	0g	0mg	15mg	44g	0g	43g	0g
Sunjoy - large	270	0	0g	0g	0g	0mg	25mg	70g	0g	67g	0g
Freshly-Brewed Iced Tea Sweetened - medium	120	0	0g	0g	0g	0mg	10mg	31g	0g	31g	0g
Freshly-Brewed Iced Tea Sweetened - large	170	0	0g	0g	0g	0mg	10mg	43g	0g	43g	0g
Freshly-Brewed Iced Tea Unsweetened	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Coca-Cola - medium	190	0	0g	0g	0g	0mg	60mg	54g	0g	54g	0g
Coca-Cola - large	310	0	0g	0g	0g	0mg	100mg	86g	0g	86g	0g
Coffee	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g
Iced Coffee	150	25	2.5g	1.5g	0g	0mg	75mg	30g	0g	24g	5g
Vanilla Iced Coffee	140	25	2.5g	1.5g	0g	0mg	75mg	30g	0g	23g	5g

# Treats

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Chocolate Milkshake	590	190	21g	13g	1g	85mg	350mg	92g	1g	87g	12g
Vanilla Milkshake	580	210	23g	15g	1g	90mg	380mg	82g	0g	80g	13g
Strawberry Milkshake	570	170	19g	12g	0.5g	75mg	380mg	93g	1g	87g	11g
Cookies & Cream Milkshake	630	230	25g	15g	1g	85mg	410mg	90g	1g	84g	13g
Icedream® Cone	180	35	4g	2.5g	0g	15mg	90mg	31g	0g	25g	4g
Chocolate Chunk Cookie	370	160	17g	9g	0g	15mg	230mg	49g	3g	26g	5g
Chocolate Fudge Brownie	380	180	21g	7g	0g	65mg	150mg	47g	1g	36g	4g
Frosted Lemonade	330	50	6g	4g	0g	25mg	120mg	65g	0g	63g	6g
Frosted Lemonade made w/diet lemonade	250	50	6g	4g	0g	25mg	120mg	46g	0g	43g	6g
Frosted Coffee	250	50	6g	4g	0g	25mg	120mg	43g	0g	39g	6g

# Sauces/Dressings

menu item	calories	fat calories	total fat	saturated fat	trans fat	cholesterol	sodium	total carb	dietary fiber	sugars	protein
Barbecue Sauce	45	0	0g	0g	0g	0mg	200mg	11g	0g	9g	0g
Chick-fil-A® Sauce	140	110	13g	2g	0g	10mg	170mg	7g	0g	6g	0g
Garden Herb Ranch Sauce	140	130	14g	2.5g	0g	10mg	220mg	1g	0g	1g	0g
Honey Mustard Sauce	50	5	0g	0g	0g	0mg	160mg	12g	0g	10g	0g
Honey Roasted BBQ Sauce	60	50	5g	1g	0g	5mg	75mg	3g	0g	2g	0g
Polynesian Sauce	110	50	6g	1g	0g	0mg	210mg	13g	0g	13g	0g
Sweet and Spicy Sriracha Sauce	45	0	0g	0g	0g	0mg	380mg	10g	0g	10g	0g
Zesty Buffalo Sauce	25	20	2.5g	0g	0g	5mg	560mg	1g	0g	0g	0g
Creamy Salsa Dressing	290	280	31g	5g	0g	25mg	630mg	2g	0g	1g	1g
Fat Free Honey Mustard Dressing	90	5	0g	0g	0g	0mg	330mg	23g	1g	19g	0g
Garden Herb Ranch Dressing	280	260	29g	5g	0g	25mg	450mg	2g	0g	1g	1g
Light Balsamic Vinaigrette Dressing	80	35	4g	0.5g	0g	0mg	360mg	10g	0g	9g	0g
Light Italian Dressing	25	10	1g	0g	0g	0mg	470mg	3g	0g	2g	0g
Zesty Apple Cider Vinaigrette Dressing	230	170	19g	3g	0g	0mg	460mg	16g	0g	14g	0g
Avocado Lime Ranch Dressing	310	290	32g	5g	0g	25mg	520mg	3g	1g	2g	1g