

we support good eating

At Chick-fil-A®, our menu includes a delicious variety of lower calorie choices for breakfast, lunch and dinner. Use this Nutrition Guide or try our meal calculator at chick-fil-a.com/food/meal to create a low calorie meal for your healthy appetite.



only 410 calories
(Excludes condiments & dressings)
8-count Chick-fil-A® Nuggets
Medium Chicken Soup &
Medium Diet Lemonade



only 400 calories
(Excludes condiments & dressings)
Grilled Chicken Sandwich
Side Salad &
Medium Unsweetened Iced Tea



Kid's Meal
only 200 calories
(Excludes condiments & dressings)
4-count Grilled Nuggets
Small Fruit Cup & 1% Milk



only 190 calories
(Excludes condiments)
Multigrain Oatmeal
Medium Fruit Cup
& Small Coffee



only 340 calories
(Includes Harvest Nut Granola)
Yogurt Parfait & Small Coffee

food allergen information

If you have a question concerning ingredients and a food allergy, we recommend that you share this information with your physician to obtain proper guidance. Please visit our website for additional nutrition and allergen information.

Breaded chicken is cooked in 100% refined peanut oil. Waffle Potato Fries™ and Hash Browns are cooked in canola oil.

MYTH: Since I'm allergic to peanuts, I can't eat anything with peanut oil.

REALITY: There are many misunderstandings regarding exactly what might stimulate the food allergic reaction. "Virtually all food allergens are proteins," explained Steve L. Taylor, Ph.D., co-director of the Food Allergy Research and Resource Program at the University of Nebraska-Lincoln. "And, the process of refining oil removes the protein which would trigger an allergic reaction." Oils used in processed foods and in cosmetics are highly refined and should pose no problem for the food allergic individual. Yet, caution should be taken with natural, cold pressed or flavored oils. These oils, as well as oil that has been used to cook peanuts (or another food to which an individual might have an allergy), might contain the protein of the allergen and should be avoided. For example, an individual with a fish allergy should ensure that the oil used to cook his or her food was not first used to fry fish.

http://www.foodinsight.org/Newsletter/Detail.aspx?topic=Food_Allergy_Myths_and_Realities

We strive to provide accurate, up-to-date, nutritional information, which meets or exceeds government requirements for nutritional analysis. We regularly monitor changes in (1) nutritional analysis methods, (2) ingredients used in our products, (3) cooking techniques and (4) food safety procedures. Visit our website, chick-fil-a.com, for the most up-to-date information. Differences may occur due to the nature of the product and to variations in preparation at the Restaurant level.

- Nutritional information in this brochure was obtained through the following sources:
 - Independent testing laboratories.
 - Genesis R&D (ESHA Research): Nutritional Labeling and Formulation Software.
 - Food suppliers or manufacturers.
- Ingredients may change without notice. Ask the Restaurant Operator if you have concerns about any product or its ingredients.

Recommended limits for a 2,000 calorie daily diet are 20g of saturated fat and 2,300 mg of sodium.

WARNING: Chemicals known to the State of California to cause cancer, or birth defects or other reproductive harm may be present in foods or beverages sold or served here.

For example, one such chemical is acrylamide. Cooked potatoes that have been browned, such as Waffle Potato Fries and Hash Browns, contain acrylamide. Other foods sold here, such as buns, biscuits and coffee also contain acrylamide, but generally in lower concentrations than fried potatoes. Acrylamide is not added to our foods, but is created whenever potatoes and certain other foods are browned. The FDA has not advised people to stop eating baked potatoes, fried potatoes or other foods which contain acrylamide. For more information, see www.fda.gov.

In addition, other chemicals known to the State of California to cause cancer, or birth defects or other reproductive harm may be present in foods or beverages sold or served here.



5200 Buffington Road
Atlanta, Georgia 30349-2998
chick-fil-a.com



Chick-fil-A® nutrition GUIDE



Beverages									
	Chick-fil-A® Lemonade		Chick-fil-A® Diet Lemonade		Iced Tea (Sweet)	Coca-Cola® classic			
Serving Size	Small		Small		Small	Small			
Calories	170		15		90	120			
Calories from Fat	0		0		0	0			
		%DV		%DV		%DV		%DV	
Total Fat	0g	0%	0g	0%	0g	0%	0g	0%	0%
Saturated Fat	0g	0%	0g	0%	0g	0%	0g	0%	0%
Trans Fat	0g		0g		0g		0g		0g
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0%
Sodium	10mg	0%	10mg	0%	5mg	0%	10mg	0%	0%
Total Carb.	45g	15%	4g	2%	24g	8%	35g	12%	
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%	
Sugars	43g		2g		24g		35g		
Protein	0g		0g		0g		0g		

Sunflower Multigrain Bagel

A toasted, Sunflower Multigrain Bagel.

Ingredients: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, wheat bran, oats, sunflower seeds, cracked wheat, vegetable oil (canola oil or soybean oil), millet, salt, yeast, cornmeal, calcium propionate, potassium sorbate (preservatives), L-cysteine (dough conditioner).

Breakfast Burritos

Chunks of Chick-fil-A® chicken or pork sausage gently mixed with scrambled eggs, fire-roasted onions and peppers and a subtle blend of Monterey Jack and Cheddar cheeses – all wrapped in a soft flour tortilla and served with our spicy salsa. Also available with our spicy chicken.

Ingredients: Served with either Chick-fil-A® Chicken or pork sausage, tortilla (enriched bleached wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, vegetable shortening [interesterified soybean oil, hydrogenated soybean oil and/or palm oil], contains 2% or less of each of the following: salt, leavening [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate], distilled monoglycerides, wheat starch, alpha amylase, tricalcium phosphate, BHT, cellulose gum, dough conditioners [fumaric acid, sodium metabisulfite], preservatives [calcium propionate and sorbic acid and/or citric acid]), egg, roasted pepper onion blend (onions, green bell peppers, red bell peppers), Monterey Jack/Cheddar cheese blend.

Hash Browns

Delicious and crispy potato medallions cooked in canola oil.

Ingredients: Potatoes, vegetable oil (canola oil, palm oil), dehydrated potato, salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, canola oil (canola oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane, an anti-foaming agent added).

Cinnamon Cluster

A mouth-watering cinnamon pastry, made into easy-to-eat mini clusters, served warm and topped with creamy vanilla icing.

Ingredients: Cinnamon roll (enriched bleached flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid], water, sugar, shortening [palm oil and soybean oil with citric acid added as a preservative], invert sugar, eggs, butter, nonfat dry milk, brown sugar, refined soybean oil, whole wheat flour, cinnamon, contains less than 2% of each of the following: monoglycerides, modified food starch, yeast, salt, spices, sodium stearoyl lactylate, enzymes, ascorbic acid added as dough conditioner), icing (sugar, water, corn syrup, stearic acid, artificial color, agar, salt, potassium sorbate [preservative], guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavor), butter oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

Multigrain Oatmeal

Warm and wholesome, our multigrain steel-cut oatmeal is first slow-cooked in kettles the old-fashioned way. Anything but dry and instant, our hearty oatmeal has flax, whole wheat and buckwheat. Tasty toppings include cinnamon brown sugar, roasted mixed nuts (almonds, pecans, walnuts), and dried fruit blend (cranberries, blueberries, golden raisins, cherries).

Ingredients: Oatmeal (water, steel-cut oats, rolled oats, brown sugar, contains 2% or less of flaxseed, buckwheat flour, whole wheat flour, salt).

Toppings: Dried fruit blend (cranberries [cranberries, sugar, sunflower oil], golden raisins [contains sulfur dioxide as a preservative], wild blueberries [wild blueberries, sugar, malic acid, canola oil, natural flavor], cherries [red tart cherries, sugar, sunflower oil]), roasted nut blend (glazed walnuts [walnuts, sugar, natural flavor, canola oil], roasted almonds, glazed pecans [pecans, sugar, natural flavor, canola oil]), cinnamon brown sugar (brown sugar, cinnamon).



beverages

Chick-fil-A® Lemonade and Diet Lemonade

Made from scratch daily at each Chick-fil-A® Restaurant using fresh-squeezed lemon juice extracted from real lemons. Diet Lemonade is sweetened with Splenda® No Calorie Sweetener.

Chick-fil-A® Lemonade Ingredients: Water, fresh-squeezed lemon juice, cane sugar.

Chick-fil-A® Diet Lemonade Ingredients: Water, fresh-squeezed lemon juice, Splenda® (dextrose, maltodextrin, sucralose).

Iced Tea (Sweet or Unsweetened)

Freshly brewed each day from a premium blend of tea leaves. Available sweetened with real cane sugar or unsweetened.

Soft Drinks

Drinks served from the drink towers include Coca-Cola®, Diet Coke®, Coca-Cola Zero®, Sprite®, Dr Pepper®, Diet Dr Pepper®, Hi-C® and others.

Coca-Cola® classic Ingredients: Carbonated water, high fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine.

Desserts																					
	Vanilla Milkshake				Chocolate Milkshake		Strawberry Milkshake		Cookies & Cream Milkshake		Icedream® Cone		Icedream® Cup		Chocolate Chunk Cookie		Cookie Sundae		Mini Sundae		
Serving Size	Small				Small		Small		Small		Small		Small		1 Cookie		1 Sundae		1 Sundae		
Calories	500				550		570		520		170		290		330		400		170		
Calories from Fat	190				190		190		220		35		70		130		110		30		
			%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV		
Total Fat	21g		32%	22g		34%	21g		32%	25g		38%	4g		6%	7g		11%	14g		22%
Saturated Fat	13g		65%	13g		65%	13g		65%	13g		65%	2g		10%	4.5g		23%	8g		40%
Trans Fat	0g			0g			0g			0g			0g			0g			0g		
Cholesterol	70mg		23%	70mg		23%	70mg		23%	70mg		23%	15mg		5%	25mg		8%	15mg		5%
Sodium	370mg		15%	380mg		16%	380mg		16%	400mg		17%	115mg		5%	200mg		8%	230mg		10%
Total Carb.	67g		22%	81g		27%	85g		28%	73g		24%	31g		10%	50g		17%	45g		15%
Dietary Fiber	0g		0%	1g		4%	1g		4%	1g		4%	0g		0%	0g		0%	2g		8%
Sugars	66g			78g			77g			69g			25g			49g			27g		
Protein	11g			12g			12g			12g			5g			8g			4g		

desserts

Milkshakes

Our creamy Milkshakes are hand-spun the old-fashioned way each time and feature delicious Chick-fil-A Icedream® topped off with whipped cream and one crucial cherry. Available in Vanilla, Chocolate, Strawberry and Cookies & Cream.

Vanilla Milkshake

Ingredients: Icedream® (whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavors, dried whole eggs, cornstarch, mono- and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors, artificial color [Yellow 5 and 6]), milkshake base (whole milk, sugar, cream, whey powder [milk], nonfat dry milk, artificial flavor, disodium phosphate, mono- and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan), whipped cream (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono- and diglycerides, carrageenan, polysorbate 80, mixed tocopherols (vitamin E) to protect flavor, propellant: nitrous oxide), cherry (high fructose corn syrup, water, potassium sorbate [a preservative], sodium benzoate [a preservative], citric acid, artificial flavor, FD&C Red 40, sulfur dioxide [a preservative]).

Chocolate Milkshake

Ingredients: Vanilla milkshake, chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]).

Strawberry Milkshake

Ingredients: Vanilla milkshake, strawberry topping (water, sugar, high fructose corn syrup, corn syrup, sugar syrup, modified food starch, salt, erythorbic acid, potassium sorbate as preservative, citric acid, artificial color [contains FD&C Red 40]).

Cookies & Cream Milkshake

Ingredients: Vanilla milkshake, chocolate cookie crumbs (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], palm oil and/or high oleic canola oil and/or canola oil, cocoa [processed with alkali], high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin [emulsifier], vanillin – an artificial flavor, chocolate).

Icedream®

A delicious dairy treat with an old-fashioned vanilla taste. Chocolate or strawberry toppings are available.

Ingredients: Whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavors, dried whole eggs, cornstarch, mono- and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors, artificial color (Yellow 5 and 6).

Cone

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), contains 2% or less of cornstarch, partially hydrogenated soybean oil, soy lecithin, baking soda, salt, annatto (for color), vanilla.

Chocolate Chunk Cookie

Our large warm, gooey Chocolate Chunk Cookies are baked fresh every day in each Restaurant. They have both semi-sweet dark and milk chocolate chunks, along with wholesome oats for an old-fashioned touch.

Ingredients: Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), sugar, semi-sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, vanilla, milk), vegetable shortening (palm oil), milk chocolate chunks (sugar, chocolate liquor, cocoa butter, milk, soy lecithin, salt, vanilla), oats, butter (milk), eggs, invert sugar, contains 2% or less of: molasses, water, salt, baking soda, sodium acid pyrophosphate, natural and artificial flavor.

Cookie Sundae

A new twist on the sundae featuring generous pieces of our Chocolate Chunk Cookie, topped with our famous Vanilla Icedream®, Chocolate Syrup, whipped cream and a cherry on top.

Mini Sundae

A smaller but tasty dessert featuring our famous Vanilla Icedream®, Chocolate Syrup, whipped cream and a cherry on top.



Breakfast														
	Buttered Biscuit	Chick-fil-A® Chicken Biscuit	Chick-fil-A® Spicy Chicken Biscuit	Chick-fil-A® Chick-n-Minis™	Chicken, Egg & Cheese on Sunflower Multigrain Bagel	Chicken Breakfast Burrito	Sausage Breakfast Burrito	Bacon, Egg & Cheese Biscuit	Sausage, Egg & Cheese Biscuit	Hash Browns	Cinnamon Cluster	Sunflower Multigrain Bagel	Multigrain Oatmeal	Oatmeal w/Topping
Serving Size	1 Biscuit	1 Biscuit	1 Biscuit	3 Minis	1 Bagel	1 Burrito	1 Burrito	1 Biscuit	1 Biscuit	1 Serving	1 Cluster	1 Bagel	1 Cup	1 Cup
Calories	310	440	450	280	480	440	500	450	670	240	430	220	140	290
Calories from Fat	120	180	190	100	180	180	250	210	400	140	150	30	25	100
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	14g	22g	20g	31g	21g	32g	11g	17g	20g	31g	19g	29g	28g	43g
Saturated Fat	7g	35g	8g	40g	8g	40g	3g	15g	6g	30g	8g	40g	11g	55g
Trans Fat	0g		0g		0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	30mg	10%	30mg	10%	40mg	13%	210mg	70%	245mg	82%	250mg	83%
Sodium	690mg	29%	1210mg	50%	1260mg	53%	670mg	28%	1030mg	43%	950mg	40%	910mg	38%
Total Carb.	42g	14%	48g	16%	50g	17%	30g	10%	48g	16%	43g	14%	40g	13%
Dietary Fiber	2g	8%	2g	8%	2g	8%	1g	4%	3g	12%	2g	8%	2g	8%
Sugars	5g		6g		6g		6g		8g		3g		3g	
Protein	4g		16g		16g		15g		27g		23g		22g	

Chick-fil-A® Grilled Market Salad

Sliced grilled chicken breast served on a fresh bed of chopped Romaine lettuce and baby greens, topped with shredded red cabbage and carrots, crumbled blue cheese and a mix of red and green apples, strawberries and blueberries. Made fresh daily. Served with Harvest Nut Granola, Roasted Nut Blend and Zesty Apple Cider Vinaigrette (or guest's choice of dressing).

Ingredients: Romaine lettuce, grilled chicken (water, apple cider vinegar, soybean oil, yeast extract, salt, modified cornstarch, palm oil, dehydrated garlic, dehydrated onion, corn maltodextrin, sea salt, flavor, sugar, chicken stock, cane molasses, chicken fat, spice, natural flavor [including smoke], chicken meat, dextrose, lemon peel, citric acid, red bell pepper, orange juice concentrate, grape juice concentrate, natural flavor, paprika, vinegar, xanthan gum, ascorbic acid, and spices), strawberries, red & green apples (with calcium ascorbate to promote color retention and maintain texture), baby field greens, blueberries, red cabbage, carrots, blue cheese (pasteurized milk, cheese cultures, salt, enzymes, Penicillium roquefortii).

Chick-fil-A® Cobb Salad

Chick-fil-A® Nuggets, pressure cooked, sliced and served hot on a fresh bed of chopped Romaine lettuce and baby greens, topped with shredded red cabbage and carrots, roasted corn kernels, a blend of shredded Monterey Jack and Cheddar cheeses, crumbled bacon, diced eggs and grape tomatoes. Served with Charred Tomato Crispy Red Bell Peppers and Avocado Lime Ranch dressing (or choice of dressing).

Ingredients: Romaine lettuce, Chick-fil-A® Chicken Nuggets, grape tomatoes, Monterey Jack/Cheddar cheese blend (cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), roasted corn, eggs, baby field greens, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite. May also contain potassium chloride, dextrose, smoke flavoring, sodium phosphate, honey, potassium lactate, sodium diacetate, flavoring), red cabbage, carrots.



side items

Chick-fil-A Waffle Potato Fries™

Waffle-shaped potatoes with the skin. Cooked in canola oil until crispy outside and tender inside.

Ingredients: Potatoes, vegetable oil (canola oil, palm oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose, vegetable oil (fully refined high oleic canola oil, TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane added as an anti-foaming agent).

Fruit Cup

A great-tasting, nutritious fruit mix made with mandarin orange segments, fresh strawberries, red and green apple pieces and blueberries, served chilled, in a choice of sizes.

Ingredients: Red and green apples (with calcium ascorbate to promote color retention and maintain texture), Mandarin oranges (water, sugar, citric acid), blueberries, strawberries.

Yogurt Parfait

Our Yogurt Parfait features creamy vanilla yogurt with fresh strawberries and topped with your choice of our own Harvest Nut Granola or chocolate cookie crumbs.

Ingredients: Yogurt (cultured grade A reduced fat milk, sugar, natural vanilla flavor, pectin. Contains active yogurt cultures including L. acidophilus), strawberries.

Yogurt with Harvest Nut Granola

Ingredients: Yogurt, strawberries, granola (toasted oats [whole rolled oats, soybean oil, honey], soybean oil, sugar, honey, glycerated raisins [raisins, sunflower oil, glycerin], golden seedless raisins [raisins, sulfur dioxide (added for freshness)], glycerated cranberries [cranberries, sugar, glycerin, citric acid, safflower oil], pecans, almonds, walnuts, corn syrup, brown sugar, molasses, salt, natural flavors).

Yogurt with Chocolate Cookie Crumbs

Ingredients: Yogurt, strawberries, chocolate cookie crumbs (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], palm and/or high oleic canola and/or canola oil, and/or soybean oil, cocoa [processed with alkali], high fructose corn syrup, cornstarch, leavening [baking soda, and/or calcium phosphate], salt, soy lecithin [emulsifier], vanillin – an artificial flavor, chocolate).

Cole Slaw

Finely chopped fresh cabbage and carrots combined with a delicious dressing. Freshly prepared at each Restaurant.

Ingredients: Cabbage, cole slaw dressing (soybean oil, sugar, water, distilled vinegar, egg yolk, salt, cider vinegar, lemon juice concentrate, spices [including mustard seed], dehydrated garlic, calcium disodium EDTA added to protect flavor, natural flavor), carrots.

Side Salad

A fresh bed of chopped Romaine lettuce, topped with shredded red cabbage and carrots, a blend of shredded Monterey Jack and Cheddar cheeses and grape tomatoes. Served with Charred Tomato Crispy Red Bell Peppers and choice of dressing.

Ingredients: Romaine lettuce, grape tomatoes, Monterey Jack/Cheddar cheese blend, red cabbage, carrots.

Hearty Breast of Chicken Soup

Chunks of chicken breast, chopped carrots and celery with egg noodles in a hearty broth. Served with Saltine crackers. (At many Chick-fil-A® Mall Restaurants served only as a seasonal item.)

Ingredients: Water, chicken broth, carrots, cooked white meat chicken, celery, noodles (durum wheat flour, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains less than 2% of the following: modified cornstarch, enriched flour (wheat flour,

niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chicken base (salt, chicken dark meat, chicken white meat, sugar, chicken fat, natural flavor [extract of rosemary], water, yeast powder, hydrolyzed vegetable protein, onion, disodium guanylate, disodium inosinate, turmeric), salt, nonfat dry milk, chicken fat, natural flavoring, chicken flavor (chicken, yeast extract, salt, flavorings), soybean oil, vegetable base (sautéed vegetables [carrots, celery, onions], sugar, maltodextrin, corn oil, salt, cornstarch, yeast extract, water, natural flavoring, carrot extract), butter (cream, salt), yeast extract, potassium chloride, chicken broth, onion powder, mono- and diglycerides, white pepper, garlic, annatto (color), spices, citric acid, canthaxanthin (color), turmeric.



breakfast

Hot Buttered Biscuit

A delicious buttermilk biscuit baked fresh at each Restaurant. Served lightly buttered or plain.

Ingredients: Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil shortening (palm and/or palm kernel oils), sugar, cultured nonfat milk, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), salt, maltodextrin, whey, natural flavor, dextrose, water, self-rising flour (enriched bleached flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], baking powder [baking soda, sodium aluminum phosphate, monocalcium phosphate], salt), butter oil (soybean oil, palm kernel oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

Chick-fil-A® Chicken Biscuit

A breakfast portion of our famous boneless breast of chicken, seasoned to perfection, hand-breaded, pressure cooked in 100% refined peanut oil and served on a buttermilk biscuit baked fresh at each Restaurant.

Chick-fil-A® Spicy Chicken Biscuit

A breakfast portion of our boneless breast of chicken, seasoned with a spicy blend of peppers, hand-breaded, pressure cooked in 100% refined peanut oil and served on a biscuit baked fresh at each Restaurant.

Chick-fil-A Chick-n-Minis™

Bite-sized Chick-fil-A® Nuggets nestled in warm, mouth-watering mini yeast rolls that are lightly coated with honey butter spread (3-count or 4-count).

Sauces														
	Polynesian Sauce		Barbecue Sauce		Honey Mustard Sauce		Buttermilk Ranch Sauce		Buffalo Sauce		Honey Roasted BBQ Sauce		Chick-fil-A® Sauce	
Serving Size	1		1		1		1		1		1		1	
Calories	110		45		45		110		10		60		140	
Calories from Fat	50		0		5		110		5		50		110	
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	6g	9%	0g	0%	0g	0%	11g	17%	0g	0%	5g	8%	13g	20%
Saturated Fat	1g	5%	0g	0%	0g	0%	1.5g	8%	0g	0%	1g	5%	2g	10%
Trans Fat	0g		0g		0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	5mg	2%	0mg	0%	5mg	2%	10mg	3%
Sodium	210mg	9%	180mg	8%	150mg	6%	200mg	8%	290mg	12%	70mg	3%	170mg	7%
Total Carb.	13g	4%	11g	4%	11g	4%	1g	0%	1g	0%	2g	1%	6g	2%
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Sugars	13g		9g		10g		1g		0g		2g		6g	
Protein	0g		0g		0g		0g		0g		0g		0g	

Ingredients: Yeast roll (enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron thiamine mononitrate, riboflavin, folic acid], water, sugar, soybean oil, whole eggs, butter [cream, salt], salt, hydrogenated cottonseed oil, yeast, natural and artificial flavors, mono- and diglycerides), honey butter (butter [cream, lactic acid, natural flavor], honey, corn syrup, water, soybean oil, sugar, high fructose corn syrup, natural flavors, nonfat dry milk, mono- and diglycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor), Chick-fil-A® Nuggets.

Chicken, Egg & Cheese on Sunflower Multigrain Bagel

A breakfast portion of our famous boneless breast of chicken, served between a slice of American cheese and a folded egg on a toasted, Sunflower Multigrain Bagel. Also available with a breakfast portion of our spicy chicken breast.

Ingredients: Sunflower Multigrain Bagel (enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, wheat bran, oats, sunflower seeds, cracked wheat, vegetable oil [canola oil or soybean oil], millet, salt, yeast, corn meal, calcium propionate, potassium sorbate [preservatives], L-cysteine [dough conditioner], Chick-fil-A® Chicken, egg (whole egg, citric acid, butter oil [soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color]), American cheese (cultured pasteurized milk and skim milk, cream, water, milkfat, potassium citrate, contains less than 2% of salt, sodium citrate, sodium phosphate, lactic acid, sorbic acid [preservative], artificial color, enzymes, soy lecithin and soybean oil blend [anti-sticking agent]).

Bacon, Egg & Cheese Biscuit

Delicious strips of Smoked Applewood bacon along with a folded egg and cheese served on a freshly baked buttermilk biscuit.

Ingredients: Biscuit, American cheese, bacon (cured with water, salt, sugar, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite).

Sausage, Egg & Cheese Biscuit

A tasty pork sausage patty along with a folded egg and cheese served on a freshly baked buttermilk biscuit.

Ingredients: Biscuit, sausage (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color), egg, American cheese.

Egg

Ingredients: Whole egg, citric acid, butter oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

American Cheese

Ingredients: Cultured pasteurized milk and skim milk, water, cream, salt, sodium citrate, contains less than 2% of milkfat, sodium phosphate, sorbic acid (preservative), lactic acid, artificial color, enzymes, soy lecithin, soybean oil blend.

Bacon

Ingredients: Bacon (cured with water, salt, sugar, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite).

Sausage

Ingredients: Pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color.

				Classics																				
				Chick-fil-A® Chicken Sandwich	Chick-fil-A® Chicken Deluxe Sandwich		Chick-fil-A® Spicy Chicken Sandwich		Chick-fil-A® Spicy Chicken Deluxe Sandwich		Chick-fil-A® Grilled Chicken Sandwich		Chick-fil-A® Grilled Chicken Club Sandwich		Chick-fil-A Chick-n-Strips®		Chick-fil-A® Nuggets		Chick-fil-A® Grilled Nuggets		Chick-fil-A® Chicken Salad Sandwich		Grilled Chicken Cool Wrap®	
				1 Sandwich	1 Sandwich		1 Sandwich		1 Sandwich		1 Sandwich		1 Sandwich		3 Strips	8 Nuggets		8 Nuggets		1 Sandwich		1 Wrap		
				440	500		490		570		320		440		360		270		140		500		340	
				160	200		190		250		50		130		160		120		30		180		120	
				%DV	%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV	
Total Fat	18g	28%	23g	35%	21g	32%	27g	42%	5g	8%	14g	22%	18g	28%	13g	20%	3g	5%	20g	31%	13g	20%		
Saturated Fat	4g	20%	7g	35%	4.5g	23%	8g	40%	1.5g	8%	7g	35%	3.5g	18%	2.5g	13%	1g	5%	3.5g	18%	4.5g	23%		
Trans Fat	0g		0g		0g		0g		0g		0g		0g		0g		0g		0g		0g			
Cholesterol	55mg	18%	70mg	23%	60mg	20%	80mg	27%	65mg	22%	90mg	30%	85mg	28%	70mg	23%	70mg	23%	90mg	30%	60mg	20%		
Sodium	1390mg	58%	1510mg	63%	1600mg	67%	1750mg	73%	800mg	33%	1090mg	45%	990mg	41%	1060mg	44%	530mg	22%	1150mg	48%	900mg	38%		
Total Carb.	41g	14%	44g	15%	45g	15%	47g	16%	40g	13%	41g	14%	16g	5%	10g	3%	4g	1%	54g	18%	30g	10%		
Dietary Fiber	2g	8%	3g	12%	2g	8%	3g	12%	3g	12%	3g	12%	1g	4%	1g	4%	0g	0%	4g	16%	15g	60%		
Sugars	5g		7g		5g		7g		7g		8g		2g		1g		1g		13g		3g			
Protein	28g		31g		30g		35g		30g		38g		33g		28g		23g		28g		36g			



Chick-fil-A® Chicken Sandwich

A boneless breast of chicken seasoned to perfection, hand-breaded, pressure cooked in 100% refined peanut oil and served on a toasted, buttered bun with dill pickle chips. Also available on a multigrain bun.

Ingredients: Chicken (whole breast filet, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour [malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]], milk wash [water, nonfat milk, egg], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane as an anti-foaming agent]), bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid], water, high fructose corn syrup, yeast, contains 2% or less of each of the following: liquid yeast, soybean oil, nonfat milk, salt, wheat gluten, soy flour, dough conditioners [may contain one or more of the following: mono- and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide], soy flour, a xylase, yeast nutrients [monocalcium phosphate, calcium sulfate, ammonium sulfate], calcium propionate added to retard spoilage, soy lecithin, cornstarch, butter oil [soybean oil, palm kernel oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color]), pickle (cucumbers, water, vinegar, salt, lactic acid, calcium chloride, alum, sodium benzoate and potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow 5, Blue 1).

Chick-fil-A® Chicken Deluxe Sandwich

A boneless breast of chicken seasoned to perfection, hand-breaded, pressure cooked in 100% refined peanut oil and served on a toasted, buttered bun with dill pickle chips, green leaf lettuce, tomato and American cheese. Also available on a multigrain bun.

Ingredients: Chick-fil-A® Chicken Sandwich, tomatoes, green leaf lettuce, American cheese (cultured pasteurized milk and skim milk, cream, water, milkfat, potassium citrate, contains 2% or less of each of the following: salt, sodium citrate, sodium phosphate, lactic acid, sorbic acid [preservative], artificial color, enzymes, soy lecithin and soybean oil blend [anti-sticking agent]).

Chick-fil-A® Spicy Chicken Sandwich

A boneless breast of chicken seasoned with a spicy blend of peppers, hand-breaded, pressure cooked in 100% refined peanut oil and served on a toasted, buttered bun with dill pickle chips. Also available on a multigrain bun.

Ingredients: Spicy chicken (whole breast filet, water, seasoning [salt, monosodium glutamate, sugar, spices, paprika], spicy seasoning [maltodextrin, flavor, modified rice starch, tapioca

dextrin, salt, cottonseed oil, paprika, contains less than 2% enzyme modified milkfat, soy lecithin], spicy seasoned coater [enriched bleached flour {bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, leavening, spice, nonfat milk, soybean oil, whey, color [paprika, Yellow 6]], milk wash [water, nonfat milk, egg], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane an anti-foaming agent added]), bun, pickle.

Chick-fil-A® Spicy Chicken Deluxe Sandwich

(includes Pepper Jack cheese, green leaf lettuce and tomato)

Ingredients: Spicy Chicken Sandwich, tomatoes, green leaf lettuce, Pepper Jack cheese, (pasteurized milk, hot peppers [jalapeño and habaero], cheese culture, salt, enzymes).

Chick-fil-A® Grilled Chicken Sandwich

A boneless breast of chicken, marinated with a special blend of seasonings and grilled for a tender and juicy backyard-grilled taste, served on a toasted multigrain bun with green leaf lettuce and tomato. Served with Honey Roasted BBQ Sauce.

Ingredients: Grilled chicken (water, apple cider vinegar, soybean oil, yeast extract, salt, modified cornstarch, palm oil, dehydrated garlic, dehydrated onion, corn maltodextrin, sea salt, flavor, sugar, chicken stock, cane molasses, chicken fat, spice, natural flavor [including smoke], chicken meat, dextrose, lemon peel, citric acid, red bell pepper, orange juice concentrate, grape juice concentrate, natural flavor, paprika, vinegar, xanthan gum, ascorbic acid, and spices), multigrain bun (unbleached enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, whole wheat flour, sugar, yeast, wheat, gluten, sugar cane syrup, contains 2% or less of each of the following: soybean oil, salt, rye flour dough conditioners [contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides, mono- and diglycerides, distilled monoglycerides, calcium peroxide, calcium iodate, DATEM, ethoxylated mono- and diglycerides, azodicarbonamide, enzymes, ascorbic acid]), rolled oats, wheat bran, barley flakes, flax seed meal, triticale flakes, honey, corn, grits, whole spelt flour, molasses, monocalcium phosphate, brown rice flour, flax seed, hulled millet, toasted corn germ, wheat nuggets, yellow corn meal, calcium sulfate, buckwheat flour, rolled wheat, rye nuggets, whole oat flour, rye flakes, parboiled brown rice, whole flax seed, whole sorghum flour, calcium propionate [to retard spoilage], topping [whole flax seed, wheat bran, yellow corn meal, whole wheat]), tomatoes, green leaf lettuce.

Chick-fil-A® Grilled Chicken Club Sandwich

A boneless breast of chicken, marinated with a special blend of seasonings and grilled for a tender and juicy backyard-grilled taste, served on a toasted multigrain bun with Colby-Jack cheese, smoked applewood bacon, green leaf lettuce and tomato. Served with Honey Roasted BBQ Sauce.

Ingredients: Grilled chicken sandwich, Colby-Jack cheese (Colby cheese [pasteurized milk, cheese culture, salt, enzymes and annatto], Monterey jack cheese [pasteurized milk, cheese culture, salt, enzymes]), bacon (cured with water, salt, sugar, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite).

Chick-fil-A Chick-n-Strips®

Made from the most tender part of the chicken breast, Chick-n-Strips™ are marinated in special seasonings, hand-breaded and pressure cooked to perfection in 100% refined peanut oil. They are mouth-watering and generously portioned. Available in 3-count or 4-count entrées with choice of dipping sauce.

Salads						
		Chick-fil-A® Asian Salad	Chick-fil-A® Grilled Market Salad		Chick-fil-A® Cobb Salad	
Serving Size		1 Salad	1 Salad		1 Salad	
Calories		330	200		430	
Calories from Fat		120	45		200	
		%DV	%DV		%DV	
Total Fat	13g	20%	5g	8%	22g	34%
Saturated Fat	2.5g	13%	2g	10%	7g	35%
Trans Fat	0g		0g		0g	
Cholesterol	70mg	23%	65mg	22%	145mg	48%
Sodium	1090mg	45%	570mg	24%	1370mg	57%
Total Carb.	24g	8%	17g	6%	22g	7%
Dietary Fiber	5g	20%	4g	16%	5g	20%
Sugars	11g		8g		6g	
Protein	29g		23g		39g	

Ingredients: Chicken tenderloins, seasoning (salt, autolyzed yeast, maltodextrin, spice, natural flavor, chicken fat, garlic powder, sugar cane syrup, onion powder, paprika, molasses, sodium diacetate, tomato powder, silicon dioxide [anti-caking agent], sugar, oleoresin paprika [color], citric acid, smoke flavor, caramel color), seasoned coater (enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), milk wash (water, egg, nonfat milk), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane, an anti-foaming agent added).

Chick-fil-A® Nuggets

Bite-sized pieces of tender all-breast meat chicken, seasoned to perfection, hand-breaded and pressure cooked in 100% refined peanut oil. Available in 8-count or 12-count entrées with choice of dipping sauce.

Ingredients: Whole chicken breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched bleached wheat flour [malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), milk wash (water, nonfat milk, egg), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane, an anti-foaming agent added).

Chick-fil-A® Grilled Nuggets

Bite-sized pieces of boneless breast of chicken, marinated with a special blend of seasonings and grilled for a tender and juicy backyard-grilled taste. Available in 8-count or 12-count entrées with choice of dipping sauce. Also available in 4-count or 6-count Kids Meal servings.

Ingredients: Grilled chicken (water, apple cider vinegar, soybean oil, yeast extract, salt, modified cornstarch, palm oil, dehydrated garlic, dehydrated onion, corn maltodextrin, sea salt, flavor, sugar, chicken stock, cane molasses, chicken fat, spice, natural flavor [including smoke], chicken meat, dextrose, lemon peel, citric acid, red bell pepper, orange juice concentrate, grape juice concentrate, natural flavor, paprika, vinegar, xanthan gum, ascorbic acid, spices).

Chick-fil-A® Chicken Salad Sandwich

Freshly made at each Restaurant, this tasty sandwich is made with chunks of our Chick-fil-A® chicken breast, chopped eggs, celery, sweet pickle relish and mayonnaise served chilled with green leaf lettuce on toasted Wheatberry bread.

Ingredients: Wheatberry bread (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, bulgar wheat, whole wheat flour, wheat bran, honey, sugar, yeast, wheat gluten, contains 2% or less of the following: soybean oil, raisin juice concentrate, salt, calcium sulfate, dough conditioners [contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides, calcium peroxide, calcium iodate, DATEM, ethoxylated mono- and diglycerides, azodicarbonamide, enzymes], soy lecithin, calcium propionate [to preserve freshness], topped with rolled oats), chicken (salt, monosodium glutamate, sugar, spices, paprika, chicken broth, contains 2% or less of each of the following: salt, palm oil, yeast extract, modified food starch, natural flavors, water, sea salt, corn maltodextrin, flavor, dehydrated garlic, natural flavor [including smoke], dehydrated onion, dextrose, sugar, lemon peel, red bell pepper, paprika, vinegar, chicken meat, maltodextrin, concentrated orange juice, grape juice concentrate, citric acid, ascorbic acid, apple cider vinegar, soybean oil, water, cane molasses, sugar, chicken fat, salt, yeast extract, xanthan gum, spices, dextrose, and natural flavor [including smoke]),

Side Items													
Chick-fil-A® Waffle Potato Fries®	Fruit Cup	Yogurt Parfait with Harvest Nut Granola		Yogurt Parfait with Chocolate Cookie Crumbs		Cole Slaw	Side Salad		Hearty Breast of Chicken Soup				
Small	Medium	1 Parfait		1 Parfait		Medium	1 Salad		Medium				
310	50	340		300		360	80		130				
140	0	45		40		280	45		30				
	%DV		%DV	%DV		%DV	%DV		%DV				
16g	25%	0g	0%	5g	8%	5g	8%	31g	48%	4.5g	7%	3g	5%
2.5g	13%	0g	0%	2.5g	13%	2g	10%	5g	25%	3g	15%	1g	5%
0g		0g		0g		0g		0g		0g		0g	
0mg	0%	0mg	0%	20mg	7%	20mg	7%	20mg	7%	15mg	5%	25mg	8%
140mg	6%	0mg	0%	150mg	6%	130mg	5%	280mg	12%	110mg	5%	790mg	33%
37g	12%	13g	4%	61g	20%	55g	18%	19g	6%	6g	2%	17g	6%
3g	12%	2g	8%	1g	4%	1g	4%	3g	12%	3g	12%	1g	4%
0g		10g		51g		49g		16g		3g		2g	
3g		0g		10g		9g		2g		5g		8g	

mayonnaise (soybean oil, water, egg yolk, distilled vinegar, high fructose corn syrup, salt, spice, calcium disodium EDTA to protect flavor), pickle relish (cucumbers, high fructose corn syrup, corn syrup, vinegar, salt, xanthan gum, mustard seed, calcium chloride, alum, potassium sorbate [preservative], natural flavors, polysorbate 80, dehydrated red bell pepper, turmeric), diced cooked eggs, celery.

Grilled Chicken Cool Wrap®

Sliced grilled chicken breast, nestled in a fresh mix of green leaf lettuce with shredded red cabbage and carrots and a blend of shredded Monterey Jack and Cheddar cheeses, tightly rolled in a flaxseed flour flat bread. Made fresh daily. Served with Avocado Lime Ranch dressing (or choice of dressing).

Ingredients: Flatbread (water, flax flour, oat fiber, wheat gluten, cornstarch, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], soy protein isolate, contains 2% or less of each of the following: whole wheat flour, defatted soy flour, canola oil, soybean oil, monoglycerides, yeast, sea salt, cultured wheat starch, raw sugar, fumeric acid, enzymes, vitamin D3), grilled chicken (water, apple cider vinegar, soybean oil, yeast extract, salt, modified cornstarch, palm oil, dehydrated garlic, dehydrated onion, corn maltodextrin, sea salt, flavor, sugar, chicken stock, cane molasses, chicken fat, spice, natural flavor [including smoke]), chicken meat, dextrose, lemon peel, citric acid, red bell pepper, orange juice concentrate, grape juice concentrate, natural flavor, paprika, vinegar, xanthan gum, ascorbic acid, and spices), Monterey/Jack cheddar cheese blend (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto {color}], Monterey Jack cheese [milk, cheese culture, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), green leaf lettuce, red cabbage, carrots.



salads

Chick-fil-A® Asian Salad

Chick-fil-A® Nuggets, pressure cooked, sliced and served hot on a fresh bed of chopped Romaine lettuce and baby greens, topped with shredded red and green cabbage, carrots and mandarin orange segments. Served with Honey Thai Almonds, Chinese Garlic and Ginger Wontons and Honey Sesame dressing (or choice of dressing).

Ingredients: Romaine lettuce, Chick-fil-A® Chicken Nuggets, mandarin oranges (water, sugar, citric acid), baby field greens, carrots, red cabbage, green cabbage.