



NUTRITION INFORMATION

Ingredient and Nutrition information is shown based on our standard recipes and may not include things such as customizations. Due in part to the handcrafted nature of our food, there may be variation in serving sizes and preparation techniques. Variations may also occur due to product testing, supply sources, regional differences, and seasonal offerings. This variation may impact the nutrition values for each product. Chick-fil-A has made a reasonable and good-faith effort to calculate nutrition and ingredient information based on standard product formulations and serving sizes. This nutrition information is calculated from one or more of the following: data provided by approved suppliers; testing in accredited laboratories; and the USDA National Nutrient Database for Standard Reference. Please visit your local Restaurant's menu page to see ingredients. Any customers with further questions regarding specific dietary concerns are advised to contact Chick-fil-A CARES at 1-866-232-2040.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST											
Chick-fil-A® Chicken Biscuit	153g	460	23	8	0	45	1510	45	2	6	19
Spicy Chicken Biscuit	153g	450	22	8	0	40	1570	44	2	5	19
Chick-fil-A Chick-n-Minis®											
4 ct Chick-fil-A Chick-n-Minis®	127g	360	13	4	0	60	1060	41	2	8	20
10 ct Chick-fil-A Chick-n-Minis®	318g	910	34	10	0	150	2640	103	6	19	49
Egg White Grill	172g	300	8	4	0	65	990	29	1	2	27
Hash Brown Scramble Burrito											
Hash Brown Scramble Burrito w/ Nuggets	304g	700	40	12	0.5	415	1770	51	3	2	34
Hash Brown Scramble Burrito w/ Sausage	283g	720	47	16	0.5	395	1450	46	3	1	28
Hash Brown Scramble Burrito w/ Grilled Filet	304g	650	36	12	0.5	420	1650	46	3	2	36
Hash Brown Scramble Burrito w/ Spicy Chicken	266g	660	37	11	0.5	250	1750	54	3	2	28
Hash Brown Scramble Burrito w/ Bacon	271g	680	42	14	0.5	395	1630	46	3	2	30
Hash Brown Scramble Burrito w/ No Meat	251g	580	34	11	0.5	330	1200	47	5	1	22
Hash Brown Scramble Burrito w/ Nuggets - no hash browns	261g	550	30	11	0.5	415	1530	38	2	2	33
Hash Brown Scramble Burrito w/ Sausage - no hash browns	240g	570	37	14	0.5	395	1200	34	2	1	26
Hash Brown Scramble Burrito w/ Grilled Filet - no hash brown	261g	500	26	10	0.5	420	1410	34	2	2	35
Hash Brown Scramble Burrito w/ Spicy Chicken - no hash browns	223g	510	27	10	0.5	250	1510	41	2	2	27
Hash Brown Scramble Burrito w/ Bacon - no hash browns	228g	540	32	13	0.5	395	1230	34	2	2	27
Hash Brown Scramble Burrito w/ No Meat - no hash browns	208g	440	24	10	0.5	330	950	35	3	1	21
Hash Brown Scramble Bowl	1130	680	76	31	1.5	185	1800	75	5	6	39
Hash Brown Scramble Bowl w/ Nuggets	233g	470	30	9	0	415	1350	19	2	2	29
Hash Brown Scramble Bowl w/ Sausage	212g	480	37	12	0	395	1020	15	2	1	23
Hash Brown Scramble Bowl w/ Grilled Filet	233g	420	26	8	0	420	1230	15	2	2	31
Hash Brown Scramble Bowl w/ Spicy Chicken	240g	490	32	9	0	410	1470	22	2	2	28
Hash Brown Scramble Bowl w/ Bacon	200g	450	32	11	0	395	1060	15	2	2	23
Hash Brown Scramble Bowl w/ No Meat	180g	350	24	8	0	330	770	16	3	1	17
Hash Brown Scramble Bowl w/ Nuggets - no hash browns	190g	320	20	8	0	415	1100	7	0	2	28
Hash Brown Scramble Bowl w/ Sausage - no hash browns	169g	340	27	11	0	395	780	2	0	1	21
Hash Brown Scramble Bowl w/ Grilled Filet - no hash browns	190g	270	16	7	0	420	980	2	1	2	30
Hash Brown Scramble Bowl w/ Spicy Chicken - no hash browns	197g	340	21	8	0	410	1230	10	1	2	27
Hash Brown Scramble Bowl w/ Bacon - no hash browns	158g	300	22	10	0	395	810	2	0	2	22

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Hash Brown Scramble Bowl w/ No Meat - no hash browns	137g	200	14	6	0	330	530	3	2	1	16
Chicken, Egg & Cheese Biscuit	211g	550	28	12	0	215	1870	48	3	7	27
Bacon, Egg & Cheese Biscuit	145g	420	23	11	0	180	1220	38	2	4	15
Sausage, Egg & Cheese Biscuit	192g	620	42	18	0	205	1510	38	2	4	22
Chicken, Egg & Cheese Muffin	187g	410	18	6	0	215	1320	36	1	4	27
Bacon, Egg & Cheese Muffin	126g	300	13	6	0	180	780	28	1	2	16
Sausage, Egg & Cheese Muffin	173g	490	32	13	0	205	1000	29	1	1	23
Hash Browns											
Small Hash Browns	77g	270	18	2.5	0	0	440	23	3	0	3
Large Hash Browns	121g	420	29	4	0	0	700	35	4	0	4
Berry Parfait											
Berry Parfait w/ Cookie Crumbs	195g	240	8	3.5	0	20	85	35	1	26	13
Berry Parfait w/ Granola	206g	270	9	3.5	0	20	85	35	1	26	13
Fruit Cup											
Small Fruit Cup	107g	60	0	0	0	0	0	14	2	11	1
Medium Fruit Cup	125g	70	0	0	0	0	0	16	2	12	1
Large Fruit Cup	215g	120	0	0	0	0	0	28	4	21	1
Breakfast Breads											
Buttery Biscuit	81g	290	15	6	0	0	760	37	2	4	4
English Muffin	58g	140	1	0	0	0	190	27	1	1	5
4 ct Mini Yeast Rolls	70g	240	8	2.5	0	20	450	36	2	7	6
ENTRÉES											
Chick-fil-A® Chicken Sandwich	183g	420	18	3.5	0	70	1460	41	1	6	29
Chick-fil-A® Deluxe Sandwich											
Chick-fil-A® Deluxe Sandwich w/ American	247g	490	22	6	0	85	1700	43	1	7	32
Chick-fil-A® Deluxe Sandwich w/ Colby Jack	254g	510	24	8	0	90	1610	43	1	7	34
Chick-fil-A® Deluxe Sandwich w/ Pepper Jack	254g	510	24	7	0	90	1610	43	1	7	34
Chick-fil-A® Deluxe Sandwich w/ No Cheese	233g	430	18	3.5	0	70	1470	43	1	7	29
Spicy Chicken Sandwich	188g	450	19	4	0	65	1730	45	1	6	28
Spicy Deluxe Sandwich											
Spicy Deluxe Sandwich w/ Pepper Jack	252g	520	25	7	0	80	1790	46	2	7	31
Spicy Deluxe Sandwich w/ American	252g	510	23	6	0	80	1970	47	2	7	31
Spicy Deluxe Sandwich w/ Colby Jack	259g	540	26	8	0	85	1880	47	2	7	34
Spicy Deluxe Sandwich w/ No Cheese	238g	460	19	4	0	65	1730	46	2	7	28

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken Sandwich	206g	390	11	2.5	0	75	765	45	3	11	28
Chick-fil-A® Grilled Chicken Club Sandwich											
Grilled Chicken Club w/ Colby Jack	237g	520	22	8	0	105	1125	45	3	12	37
Grilled Chicken Club w/ American	230g	490	19	6	0	100	1145	45	3	12	34
Grilled Chicken Club w/ Pepper Jack	237g	520	21	8	0	105	1045	45	3	11	36
Grilled Chicken Club w/ No Cheese	440	440	15	4	0	85	905	45	3	11	31
Grilled Spicy Deluxe											
Grilled Spicy Deluxe w/ Pepper Jack	236g	480	20	6	0	95	1400	43	4	10	33
Grilled Spicy Deluxe w/ Colby Jack	236g	490	21	7	0	95	1400	43	4	10	34
Grilled Spicy Deluxe w/ American	229g	460	18	5	0	90	1490	43	4	10	31
Grilled Spicy Deluxe w/ No Cheese	215g	410	14	2.5	0	75	1260	42	4	10	28
Chick-fil-A® Nuggets											
5 ct Chick-fil-A® Nuggets	71g	160	7	1.5	0	50	760	7	0	1	17
8 ct Chick-fil-A® Nuggets	113g	250	11	2.5	0	85	1210	11	0	1	17
12 ct Chick-fil-A® Nuggets	170g	380	17	3.5	0	125	1820	16	0	1	40
30 ct Chick-fil-A® Nuggets	425g	950	43	9	0	315	4550	41	0	4	100
Grilled Nuggets											
5 ct Chick-fil-A® Nuggets	59g	80	2	0	0	55	270	1	0	0	16
8 ct Chick-fil-A® Nuggets	95g	130	3	0.5	0	85	440	1	0	1	25
12 ct Chick-fil-A® Nuggets	142g	200	4.5	1	0	130	660	2	0	1	38
30 ct Chick-fil-A® Nuggets	369g	510	11	3	0	335	1710	4	1	3	98
Chick-fil-A Chick-n-Strips®											
2 ct Chick-fil-A Chick-n-Strips™	91g	200	9	2	0	50	580	11	0	1	19
3 ct Chick-fil-A Chick-n-Strips™	136g	310	14	2.5	0	75	870	16	0	2	29
4 ct Chick-fil-A Chick-n-Strips™	181g	410	19	3.5	0	100	1150	22	0	2	39
10 ct Chick-fil-A Chick-n-Strips™	452g	1020	46	9	0	250	2870	49	54	0	6
Chick-fil-A Cool Wrap®	231g	660	45	9	0	110	1420	32	14	5	43
SALADS											
Cobb Salad											
Cobb Salad w/ Nuggets	411g	830	60	13	0	230	2220	31	5	8	42
Cobb Salad w/ Spicy Grilled Filet (Cold)	383g	690	51	11	0	210	1740	23	6	8	34
Cobb Salad w/ Grilled Nuggets	392g	710	52	11	0	230	1450	22	6	8	40
Cobb Salad w/ Chick-fil-A Chick-n-Strips®	434g	890	63	13	0	220	1880	37	5	9	44
Cobb Salad w/ Grilled Filet (Cold)	383g	690	50	11	0	220	1390	22	5	8	36
Cobb Salad w/ Chick-fil-A® Filet	413g	830	60	13	0	215	2130	33	5	9	19

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Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cobb Salad w/ Spicy Filet	418g	860	62	13	0	210	2400	37	6	9	38
Cobb Salad w/ Grilled Filet (Warm)	382g	690	50	11	0	215	1380	22	5	8	36
Cobb Salad w/ No Chicken	298g	580	49	11	0	145	1010	21	5	7	15
Spicy Southwest Salad											
Spicy Southwest Salad w/ Spicy Grilled Filet (Cold)	424g	680	49	10	0	100	1570	27	7	7	33
Spicy Southwest Salad w/ Grilled Filet (Cold)	424g	680	48	9.5	0	110	1220	26	7	7	35
Spicy Southwest Salad w/ Nuggets	452g	830	58	12	0	120	2060	36	7	7	40
Spicy Southwest Salad w/ Grilled Nuggets	434g	700	49	10	0	125	1290	26	7	7	39
Spicy Southwest Salad w/ Chick-fil-A Chick-n-Strips™	475g	880	60	12	0	115	1710	41	7	8	43
Spicy Southwest Salad w/ Chick-fil-A® Filet	454g	830	58	12	0	110	1960	37	7	8	38
Spicy Southwest Salad w/ Spicy Filet	459g	850	60	12	0	105	2230	41	8	8	37
Spicy Southwest Salad w/ Grilled Filet (Warm)	423g	680	48	9.5	0	110	1220	26	7	7	35
Spicy Southwest Salad w/ No Chicken	339g	570	47	9.5	0	35	850	25	7	6	14
Market Salad											
Market Salad w/ Grilled Filet (Cold)	326g	550	31	6	0	80	1010	42	6	26	28
Market Salad w/ Spicy Grilled Filet (Cold)	326g	540	31	6	0	70	1360	42	6	27	26
Market Salad w/ Chick-fil-A Chick-n-Strips™	377g	750	43	8	0	85	1500	57	5	27	36
Market Salad w/ Nuggets	354g	690	40	8	0	90	1850	51	5	27	34
Market Salad w/ Grilled Nuggets	335g	570	32	6	0	95	1080	41	6	27	32
Market Salad w/ Chick-fil-A® Filet	356g	690	41	8	0	80	1750	53	0	27	31
Market Salad w/ Spicy Filet	361g	720	42	8	0	75	2020	56	6	27	30
Market Salad w/ Grilled Filet (Warm)	325g	550	31	6	0	80	1010	42	5	26	28
Market Salad w/ No Chicken	241g	440	29	5.5	0	10	640	40	5	26	7
SIDES											
Chick-fil-A Waffle Potato Fries®											
Small Chick-fil-A Waffle Potato Fries®	96g	320	19	3	0	0	240	45	5	1	5
Medium Chick-fil-A Waffle Potato Fries®	125g	420	24	4	0	0	240	45	5	1	5
Large Chick-fil-A Waffle Potato Fries®	179g	600	35	5	0	0	340	65	7	1	7
Fruit Cup											
Small Fruit Cup	107g	60	0	0	0	0	0	14	2	11	1
Medium Fruit Cup	125g	70	0	0	0	0	0	16	2	12	1
Large Fruit Cup	215g	120	0	0	0	0	0	28	4	21	1
Side Salad	166g	470	42	8	0	35	700	14	4	5	6
Mac & Cheese											

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Small Mac & Cheese	136g	270	17	10	0	40	710	17	2	2	12
Medium Mac & Cheese	227g	450	29	16	0	70	1190	28	3	3	20
Large Mac & Cheese	425g	840	53	30	0.5	130	2230	53	5	6	38
Chicken Noodle Soup											
Cup of Chicken Noodle Soup	233g	170	4	1	0	30	1220	25	1	1	10
Bowl of Chicken Noodle Soup	422g	280	6	2	0	55	2060	38	2	2	17
Chicken Tortilla Soup											
Cup of Chicken Tortilla Soup	265g	350	11	2.5	0	50	1115	39	18	4	25
Bowl of Chicken Tortilla Soup	471g	570	16	5	0	90	1935	64	31	7	44
Kale Crunch Side	112g	170	12	1.5	0	0	250	13	4	8	4
Berry Parfait											
Berry Parfait w/ Granola	206g	270	9	3.5	0	20	85	35	1	26	13
Berry Parfait w/ Cookie Crumbs	195g	240	8	3.5	0	20	85	31	1	25	12
Waffle Potato Chips	43g	220	13	2.5	0	0	250	25	2	0	3
Buddy Fruits® Apple Sauce	90g	45	0	0	0	0	0	12	1	8	0
KID'S MEALS											
5 ct Chick-fil-A® Nuggets	71g	160	7	1.5	0	50	760	7	0	1	17
2 Ct Chick-n-Strips™	91g	200	9	2	0	50	580	11	0	1	19
5 ct Grilled Nuggets	59g	80	2	0	0	55	270	1	0	0	16
TREATS											
Seasonal Key Lime Frosted Lemonade Beverages											
Key Lime Frosted Lemonade	395g	370	7	4	0	25	150	73	0	65	7
Key Lime Frosted Diet Lemonade	373g	270	6	3.5	0	25	140	50	0	42	6
Frosted Lemonade											
Frosted Lemonade	383g	320	6	3.5	0	25	120	65	0	63	6
Frosted Lemonade w/ Diet Lemonade	383g	250	6	3.5	0	25	125	46	0	43	6
Frosted Coffee	383g	230	6	3.5	0	25	125	39	0	39	6
Chocolate Chunk Cookie											
Chocolate Chunk Cookie	78g	370	17	9	0	15	230	49	3	26	5
6 pack Chocolate Chunk Cookie	78g	370	17	9	0	15	230	49	3	26	5
Chocolate Fudge Brownie	85g	370	21	8	0	65	140	47	2	35	4
Cookies & Cream Milkshake	411g	630	26	15	1	90	440	90	1	84	13
Chocolate Milkshake	399g	590	22	14	1	85	360	90	1	87	12
Strawberry Milkshake	412g	590	20	13	0.5	80	410	93	1	88	11

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Vanilla Milkshake	409g	580	23	15	1	90	390	82	1	83	13
Chick-fil-A® Icedream® Cone	135g	180	4	2.5	0	15	90	32	0	25	4
Chick-fil-A® Icedream® Cup	122g	140	3.5	2.5	0	15	75	24	0	24	4
DRINKS											
Seasonal Key Lime Beverages											
Key Lime Lemonade	435g	180	0	0	0	0	20	46	0	37	0
Key Lime Diet Lemonade	429g	60	0	0	0	0	25	14	0	7	0
Key Lime Sunjoy® (Sweet Tea, Lemonade)	439g	160	0	0	0	0	20	40	0	33	0
Key Lime Sunjoy® (Sweet Tea, Diet Lemonade)	439g	90	0	0	0	0	20	23	0	17	0
Key Lime Sunjoy® (Unsweet Tea, Lemonade)	431g	110	0	0	0	0	20	27	0	20	0
Key Lime Sunjoy® (Unsweet Tea, Diet Lemonade)	424g	45	0	0	0	0	20	10	0	4	0
Key Lime Sweet Tea	440g	130	0	0	0	0	20	33	0	28	0
Key Lime Unsweet Tea	413g	25	0	0	0	0	20	5	0	0	0
Freshly-Brewed Iced Tea Sweetened											
Small Freshly-Brewed Iced Tea Sweetened	410g	80	0	0	0	0	0	20	0	20	0
Medium Freshly-Brewed Iced Tea Sweetened	562g	100	0	0	0	0	0	26	0	26	0
Large Freshly-Brewed Iced Tea Sweetened	841g	160	0	0	0	0	0	40	0	40	0
Freshly-Brewed Iced Tea Unsweetened											
Small Freshly-Brewed Iced Tea Unsweetened	403g	0	0	0	0	0	0	0	0	0	0
Medium Freshly-Brewed Iced Tea Unsweetened	547g	0	0	0	0	0	0	0	0	0	0
Large Freshly-Brewed Iced Tea Unsweetened	839g	0	0	0	0	0	0	0	0	0	0
Chick-fil-A® Lemonade											
Small Chick-fil-A® Lemonade	454g	190	0	0	0	0	0	50	0	46	0
Medium Chick-fil-A® Lemonade	600g	270	0	0	0	0	0	69	0	63	0
Large Chick-fil-A® Lemonade	906g	370	0	0	0	0	0	96	0	88	0
Chick-fil-A® Diet Lemonade											
Small Chick-fil-A® Diet Lemonade	454g	45	0	0	0	0	10	12	0	8	0
Medium Chick-fil-A® Diet Lemonade	600g	60	0	0	0	0	10	16	0	12	0
Large Chick-fil-A® Diet Lemonade	906g	80	0	0	0	0	15	23	0	16	0
Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)											
Small Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)	419g	120	0	0	0	0	0	33	0	32	0
Medium Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)	557g	180	0	0	0	0	0	45	0	43	0
Large Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)	861g	280	0	0	0	0	0	72	0	68	0

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Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)											
Small Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)	412g	80	0	0	0	0	0	20	0	19	0
Medium Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)	551g	100	0	0	0	0	0	25	0	24	0
Large Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)	839g	140	0	0	0	0	5	38	0	35	0
Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)											
Small Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)	382g	60	0	0	0	0	0	17	0	16	0
Medium Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)	551g	90	0	0	0	0	0	25	0	23	0
Large Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)	839g	140	0	0	0	0	0	39	0	36	0
Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)											
Small Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)	422g	15	0	0	0	0	0	4	0	3	0
Medium Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)	551g	20	0	0	0	0	0	6	0	4	0
Large Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)	839g	35	0	0	0	0	5	+	0	7	0
Iced Coffee											
Iced Coffee	437g	130	2.5	1.5	0	10	70	23	0	23	4
Vanilla Iced Coffee	436g	130	2.5	1.5	0	10	70	22	0	23	4
Coca-Cola®											
Small Coca-Cola®	241g	100	0	0	0	0	35	27	0	27	0
Medium Coca-Cola®	469g	190	0	0	0	0	65	53	0	53	0
Large Coca-Cola®	765g	310	0	0	0	0	105	86	0	86	0
Dr Pepper®											
Small Dr Pepper®	320g	140	0	0	0	0	55	36	0	35	0
Medium Dr Pepper®	434g	180	0	0	0	0	75	48	0	47	0
Large Dr Pepper®	624g	260	0	0	0	0	105	70	0	67	0
Red Flash											
Small Red Flash	340g	140	0	0	0	0	25	37	0	37	0
Medium Red Flash	482g	200	0	0	0	0	40	53	0	53	0
Large Red Flash	765g	320	0	0	0	0	60	84	0	84	0
DASANI® Bottled Water											
DASANI® Bottled Water	479g	0	0	0	0	0	0	0	0	0	0
Honest Kids® Apple Juice											
Honest Kids® Apple Juice	170g	35	0	0	0	0	15	9	0	8	0
Simply Orange®											
Simply Orange®	326g	160	0	0	0	0	10	34	0	30	0
DASANI® Bottled Water											
DASANI® Bottled Water	479g	0	0	0	0	0	0	0	0	0	0
Honest Kids® Apple Juice											
Honest Kids® Apple Juice	170g	35	0	0	0	0	15	9	0	8	0
Simply Orange®											
Simply Orange®	326g	160	0	0	0	0	10	34	0	30	0
1% Chocolate Milk											
1% Chocolate Milk	198g	140	2	1.5	0	10	160	23	0	21	7

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
1% Milk	213g	90	2	1.5	0	10	105	10	0	10	7
Coffee	340g	0	0	0	0	0	10	0	0	0	0
Gallon Beverages											
Gallon Key Lime Lemonade	4054g	2530	0	0	0	0	220	636	3	527	4
Gallon Key Lime Sunjoy® (Sweet Tea, Lemonade)	4023g	2100	0	0	0	0	220	528	1	446	2
Gallon Key Lime Sweet Tea	3928g	1740	0	0	0	0	220	438	0	376	0
Gallon Chick-fil-A® Lemonade	3884g	2090	1.5	0	0	0	95	549	2	517	2
Gallon Chick-fil-A® Diet Lemonade	3716g	460	1.5	0	0	0	95	126	2	91	3
Gallon Chick-fil-A® Lemonade (1/2 Lemonade, 1/2 Diet Lemonade)	3989g	1390	0.5	0	0	0	40	389	1	350	1
Gallon Freshly-Brewed Iced Tea Sweetened	4167g	1540	0	0	0	0	115	398	0	397	0
Gallon Freshly-Brewed Iced Tea Unsweetened	3808g	0	0	0	0	0	0	0	0	0	0
Gallon Chick-fil-A® Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea)	3904g	790	0	0	0	0	0	205	0	205	0
Gallon Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)	4176g	1970	0	0	0	0	0	506	0	481	0
Gallon Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)	3997g	1030	1	0	0	0	50	270	1	252	1
Gallon Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)	3898g	1040	0	0	0	0	0	291	0	271	0
Gallon Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)	3719g	240	1	0	0	0	50	65	1	47	1
Ice Products											
Medium Cup of Ice	298g	0	0	0	0	0	0	0	0	0	0
Bag of Ice	28g	0	0	0	0	0	0	0	0	0	0
DIPPING SAUCES											
Barbeque Sauce	28g	45	0	0	0	0	200	11	0	9	0
Chick-fil-A® Sauce	28g	140	13	2	0	10	170	6	0	6	0
Garden Herb Ranch Sauce	28g	140	15	2.5	0	10	220	1	0	1	1
Honey Mustard Sauce	28g	50	0	0	0	0	160	11	0	10	0
Polynesian Sauce	28g	110	6	1	0	0	210	14	0	13	0
Sweet & Spicy Sriracha Sauce	28g	45	0	0	0	0	380	11	0	10	0
Zesty Buffalo Sauce	21g	25	1.5	0	0	5	570	1	0	0	0
Honey Roasted BBQ Sauce	12g	60	5	1	0	5	75	3	0	2	0
DRESSINGS											
Avocado Lime Ranch Dressing	57g	310	32	5	0	25	520	3	1	2	1
Creamy Salsa Dressing	57g	290	31	5	0	25	630	2	0	1	1
Fat-Free Honey Mustard Dressing	57g	90	0	0	0	0	330	22	1	18	0
Garden Herb Ranch Dressing	57g	280	29	5	0	25	440	2	0	1	1
Light Balsamic Vinaigrette Dressing	57g	80	4	0.5	0	0	360	10	0	9	0

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Light Italian Dressing	57g	25	1	0	0	0	470	3	0	2	0
Zesty Apple Cider Vinaigrette Dressing	56g	230	19	3	0	0	450	16	0	14	0
BUNS											
Gluten Free Bun	79g	180	3.5	0	0	0	400	37	2	7	3
Buttery White Bun	60g	180	6	1	0	0	240	29	1	4	5
Multigrain Brioche Bun	71g	210	4.5	1	0	0	310	38	3	7	7
White Bun (Unbuttered)	54g	150	1	0	0	0	240	28	1	4	5
PROTEINS											
Grilled Breakfast Filet	50g	60	1	0	0	40	420	0	0	0	13
Bacon	10g	50	3.5	1.5	0	10	210	0	0	0	4
Chick-fil-A® Breakfast Filet	72g	160	8	1.5	0	45	750	8	0	2	15
Sausage	57g	240	22	8	0	35	430	1	0	0	11
Spicy Breakfast Filet	62g	130	6	1.5	0	35	710	6	0	1	14
Grilled Filet	84g	110	2	0	0	70	370	1	0	1	21
Spicy Filet	120g	280	13	2.5	0	65	1390	16	1	2	23
Chick-fil-A® Filet	120g	260	12	2.5	0	75	1170	13	0	2	25
SALAD TOPPINGS											
Blue Cheese Crumbles	9g	30	2.5	1.5	0	10	110	0	0	0	2
Chili Lime Pepitas	14g	80	7	1	0	0	50	2	1	0	4
Crispy Bell Peppers	14g	80	6	0	0	0	75	6	0	0	1
Harvest Nut Granola	14g	70	2	0	0	0	35	10	0	4	1
Roasted Nut Blend	10g	70	6	0.5	0	0	0	2	1	1	1
Seasoned Tortilla Strips	14g	70	4	0	0	0	55	8	1	0	1
SANDWICH TOPPINGS											
Bacon	10g	50	3.5	1.5	0	10	210	0	0	0	4
Lettuce	20g	5	0	0	0	0	5	1	0	0	0
Tomato	30g	5	0	0	0	0	0	1	0	0	3
American Cheese	14g	50	4.5	2.5	0	15	230	1	0	0	3
Colby Jack Cheese	21g	80	7	4	0	20	140	0	0	0	5
Pepper Jack Cheese	21g	80	6	4	0	20	140	0	0	0	4
SOUP TOPPINGS											
Saltines	12g	50	1	0	0	0	180	9	0	0	1
TRAYS											
Grilled Chicken Bundle (per sandwich)	269g	530	21	8	0	135	1390	37	3	9	49
Spicy Grilled Chicken Bundle (per sandwich)	236g	460	21	7	0	95	1350	37	3	9	32

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Chick-fil-A® Nugget Trays											
Small Hot Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
Medium Hot Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
Large Hot Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
30 ct Chick-fil-A® Nuggets Heart-Shaped Tray (per tray)	425g	950	43	9	0	315	4550	41	0	4	100
Chilled Chick-fil-A® Nugget Trays											
Small Chilled Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
Medium Chilled Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
Large Chilled Chick-fil-A® Nuggets Tray (per nugget)	14g	30	1.5	0	0	10	150	1	0	0	3
Hot Chick-n-Strips™ Trays											
Small Hot Chick-n-Strips™ Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Medium Hot Chick-n-Strips™ Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Large Hot Chick-n-Strips™ Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Chilled Chick-n-Strips™ Trays											
Small Chilled Chick-n-Strips™ (Cooked & Chilled for Later) Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Medium Chilled Chick-n-Strips™ (Cooked & Chilled for Later) Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Large Chilled Chick-n-Strips™ (Cooked & Chilled for Later) Tray (per chick-n-strip)	47g	110	5	1	0	25	300	6	0	1	10
Chilled Grilled Chicken Sub Sandwich Tray											
Small Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Medium Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Large Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Spicy Chilled Grilled Chicken Sub Sandwich Tray											
Small Spicy Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Medium Spicy Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Large Spicy Chilled Grilled Chicken Sub Sandwich Tray (per half sandwich)	115g	220	6	2.5	0	40	660	25	2	5	16
Chick-fil-A® Cool Wrap Trays											
Small Chick-fil-A® Cool Wrap Tray (per half wrap)	116g	170	7	2	0	45	450	15	6	1	21
Medium Chick-fil-A® Cool Wrap Tray (per half wrap)	116g	170	7	2	0	45	450	15	6	1	21
Large Chick-fil-A® Cool Wrap Tray (per half wrap)	116g	170	7	2	0	45	450	15	6	1	21
Southwest Veggie Wrap Trays											
Small Southwest Veggie Wrap Tray (per half wrap)	128g	170	8	3	0	10	310	17	8	2	13

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Medium Southwest Veggie Wrap Tray (per half wrap)	128g	170	8	3	0	10	310	17	8	2	13
Large Southwest Veggie Wrap Tray (per half wrap)	128g	170	8	3	0	10	310	17	8	2	13
Spicy Cool Wrap® Trays											
Small Spicy Cool Wrap® Tray (per half wrap)	116g	170	7	2	0	40	630	15	7	2	20
Medium Spicy Cool Wrap® Tray (per half wrap)	116g	170	7	2	0	40	630	15	7	2	20
Large Spicy Cool Wrap® Tray (per half wrap)	116g	170	7	2	0	40	630	15	7	2	20
Fruit Tray											
Small Fruit Tray (per tray)	1446g	780	0	0	0	0	0	182	29	134	8
Large Fruit Tray (per tray)	2948g	1580	0	0	0	0	0	369	58	273	16
Mac & Cheese Tray											
Small Mac & Cheese Tray (per tray)	2482g	4930	312	178	3.5	750	13030	308	31	36	221
Large Mac & Cheese Tray (per tray)	4964g	9850	625	355	7	1500	26060	616	63	71	442
Garden Salad Tray											
Small Garden Salad Tray (per tray)	595g	310	18	11	0.5	55	420	20	9	11	19
Large Garden Salad Tray (per tray)	1191g	630	36	23	1	110	850	41	17	21	38
Kale Crunch Side Tray											
Small Kale Crunch Side Tray (per tray)	610g	1160	87	9	0	0	1420	77	23	42	30
Large Kale Crunch Side Tray (per tray)	1332g	2440	182	20	1	0	3080	166	49	92	63
Chocolate Chunk Cookie Tray											
Small Chocolate Chunk Cookie Tray (per cookie)	78g	370	17	9	0	15	230	49	3	26	5
Large Chocolate Chunk Cookie Tray (per cookie)	78g	370	17	9	0	15	230	49	3	26	5
Chocolate Fudge Brownie Tray											
Small Chocolate Fudge Brownie Tray (per brownie half)	43g	190	10	4	0	35	70	23	1	18	2
Large Chocolate Fudge Brownie Tray (per brownie half)	43g	190	10	4	0	35	70	23	1	18	2
Cookie & Brownie Tray											
Small Chocolate Chunk Cookie and Chocolate Fudge Brownie Tray (per cookie/ per brownie half)	60g	280	14	7	0	25	150	36	2	22	3
Large Chocolate Chunk Cookie and Chocolate Fudge Brownie Tray (per cookie/ per brownie half)	60g	280	14	7	0	25	150	36	2	22	3
CATERING ENTRÉES											
Chick-fil-A® Chicken Sandwich	183g	420	18	3.5	0	70	1460	41	1	6	29
Spicy Chicken Sandwich	188g	450	19	4	0	65	1730	45	1	6	28
Chick-fil-A® Nuggets											
5 ct Chick-fil-A® Nuggets	71g	160	7	1.5	0	50	760	7	0	1	17
8 ct Chick-fil-A® Nuggets	113g	250	11	2.5	0	85	1210	11	0	1	17
12 ct Chick-fil-A® Nuggets	170g	380	17	3.5	0	125	1820	16	0	1	40

Menu Item	Serving size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chilled Grilled Chicken Sub Sandwich	230g	430	12	5	0	85	1320	50	5	9	33
Spicy Chilled Grilled Chicken Sub Sandwich	230g	430	12	5	0	85	1320	50	5	9	33
CATERING DRINKS											
Gallon Key Lime Lemonade	4054g	2530	0	0	0	0	220	636	3	527	4
Gallon Key Lime Sunjoy® (Sweet Tea, Lemonade)	4023g	2100	0	0	0	0	220	528	1	446	2
Gallon Key Lime Sweet Tea	3928g	1740	0	0	0	0	220	438	0	376	0
Gallon Freshly-Brewed Iced Tea Sweetened	4167g	1540	0	0	0	0	115	398	0	397	0
Gallon Freshly-Brewed Iced Tea Unsweetened	3808g	0	0	0	0	0	0	0	0	0	0
Gallon Chick-fil-A® Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea)	3904g	790	0	0	0	0	0	205	0	205	0
Gallon Chick-fil-A® Lemonade	3884g	2090	1.5	0	0	0	95	549	2	517	2
Gallon Chick-fil-A® Diet Lemonade	3716g	460	1.5	0	0	0	95	126	2	91	3
Gallon Chick-fil-A® Lemonade (1/2 Lemonade, 1/2 Diet Lemonade)	3989g	1390	0.5	0	0	0	40	389	1	350	1
Gallon Sunjoy® (1/2 Sweet Tea, 1/2 Lemonade)	4176g	1970	0	0	0	0	0	506	2	481	2
Gallon Sunjoy® (1/2 Sweet Tea, 1/2 Diet Lemonade)	3997g	1030	1	0	0	0	50	270	1	252	1
Gallon Sunjoy® (1/2 Unsweet Tea, 1/2 Lemonade)	3898g	1040	0	0	0	0	0	291	0	271	0
Gallon Sunjoy® (1/2 Unsweet Tea, 1/2 Diet Lemonade)	3719g	240	1	0	0	0	50	65	1	47	1
DASANI® Bottled Water	479g	0	0	0	0	0	0	0	0	0	0
Simply Orange®	326g	160	0	0	0	0	10	34	0	48	0
Bottled Sweet Tea	506g	190	0	0	0	0	15	48	0	48	0
Bottled Unsweet Tea	486g	0	0	0	0	0	15	0	0	0	0
Bottled Lemonade	520g	280	0	0	0	0	10	73	0	69	0
Bottled Diet Lemonade	492g	60	0	0	0	0	10	17	0	12	0
Honest Kids® Apple Juice	170g	35	0	0	0	0	15	9	0	8	0
1% Milk	213g	90	2	1.5	0	10	105	10	0	10	7
1% Chocolate Milk	198g	140	2	1.5	0	10	160	23	0	21	7
Bag of Ice	28g	0	0	0	0	0	0	0	0	0	0
Ice Scoop	0g	0	0	0	0	0	0	0	0	0	0
Ice Bucket and Scoop	0g	0	0	0	0	0	0	0	0	0	0
Catering Coffee	2722g	0	0	0	0	0	80	0	0	0	0