

	CLASSICS		
	CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich)	CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICH (1 sandwich)	CHARGRILLED CHICKEN CLUB SANDWICH (1 sandwich, no sauce)
Serving Size – oz	6.0	6.8	7.79
Serving Size – g	170	193	221
Serving Per Container	1	1	1
Calories	410	270	380
Calories from Fat	150	30	100
	%DV	%DV	%DV
Total Fat	16g 25%	3.5g 5%	11g 18%
Saturated Fat	3.5g 18%	1g 5%	5g 26%
Trans Fat	0g	0g	0g
Cholesterol	60mg 20%	65mg 22%	90mg 30%
Sodium	1300mg 54%	940mg 39%	1240mg 52%
Total Carb.	38g 13%	33g 11%	33g 11%
Dietary Fiber	1g 4%	3g 14%	3g 14%
Sugars	5g	7g	7g
Protein	28g	28g	35g
Vitamin A	4%	6%	10%
Vitamin C	0%	10%	10%
Calcium	10%	8%	25%
Iron	15%	15%	15%

Percentage from daily values are based upon a 2,000 calorie diet. Figures listed are average. Federal regulations have been used for rounding of nutritional data.

We strive to provide you with 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 web site, 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 Unit level.

1. Nutrition information in this brochure was obtained through all of the following sources:

- Independent testing laboratories.
- The Food Processor (ESHA Research): Nutrition Labeling and Formulation Software.
- Food suppliers or manufacturers.

2. Ingredients may change without notice. Ask the store Operator if you have concerns about any product or its ingredients.

3. Food allergic guests, please see Operator for any questions regarding ingredients. We use only 100% refined peanut oil.

CLASSICS

CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich)

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

Ingredients: 100% natural whole breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched bleached flour [bleached 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, whole powdered egg and nonfat milk solids), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane an anti-foaming agent added), pickles (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate and potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1)

Bun ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2]), water, corn syrup, contains 2% or less of each of the following: liquid yeast, partially hydrogenated soybean oil, salt, wheat gluten, soy flour, dough conditioners (may contain one or more of the following: monoglycerides and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide), amylose, yeast, nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate added to retard spoilage, corn starch, butter-flavored vegetable oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICH (1 sandwich)

A boneless breast of chicken, marinated in special seasonings, grilled to perfection and served on a toasted golden wheat bun with dill pickle chips, green leaf lettuce, and tomato.

Ingredients: 100% natural whole breast filet, water, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), rice starch and potassium phosphate, tomatoes, green leaf lettuce, pickles (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate and potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1).

Golden wheat bun ingredients: Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, cracked wheat, wheat bran, yeast, contains 2% or less of each of the following: wheat gluten, partially hydrogenated vegetable shortening (soybean oil and/or cottonseed oil), salt, whole wheat, bleached flour, rye meal, barley flour, sodium stearoyl lactylate, honey, calcium stearoyl-2 lactylate, molasses, monocalcium phosphate, polysorbate 60, malted barley flour, ammonium sulfate, calcium sulfate, guar gum, datem, calcium propionate (to preserve freshness).

CHICK-FIL-A® CHARGRILLED CHICKEN CLUB SANDWICH (includes Smoked Applewood bacon and Provolone cheese)

Ingredients: Chargrilled Chicken Sandwich, provolone cheese (pasteurized milk, cheese culture, salt, enzymes and natural smoke flavor), Applewood bacon (cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite).

	CLASSICS		
	CHICK-FIL-A CHICK-N-STRIPS® (4-count)	CHICK-FIL-A® NUGGETS (8-count)	CHICK-FIL-A® CHICKEN SALAD SANDWICH (1 sandwich on wheat bread)
Serving Size – oz	4.52	4.0	5.4
Serving Size – g	128	113	153
Serving Per Container	1	1	1
Calories	310	260	350
Calories from Fat	140	120	140
	%DV	%DV	%DV
Total Fat	15g 23%	13g 20%	15g 23%
Saturated Fat	3g 15%	2.5g 13%	3g 15%
Trans Fat	0g	0g	0g
Cholesterol	70mg 23%	70mg 23%	65mg 22%
Sodium	890mg 37%	840mg 35%	880mg 37%
Total Carb.	15g 5%	10g 3%	32g 11%
Dietary Fiber	1g 4%	2g 8%	5g 20%
Sugars	4g	2g	6g
Protein	28g	27g	20g
Vitamin A	2%	2%	0%
Vitamin C	0%	0%	0%
Calcium	2%	2%	15%
Iron	10%	6%	10%

CLASSICS

CHICK-FIL-A CHICK-N-STRIPS®

Chicken tenderloins - the most tender part of the chicken breast - freshly marinated and hand-breaded, then pressure-cooked in peanut oil.

Ingredients: 100% natural chicken tenderloins, seasoning (sugar, salt, monosodium glutamate, onion powder, dried yeast, garlic powder, spices, carrageenan, paprika [for color]), water, pickle brine (water, vinegar, salt, contains less than 1% of the following: alum, natural flavors, polysorbate 80, Yellow #5 and blue 1), rice starch, pickle flavor, seasoned coater (enriched bleached flour [with 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]), 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 peanut oil.

Ingredients: 100% natural chicken breast, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched bleached flour [with 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, whole powdered egg and nonfat milk solids), 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® CHICKEN SALAD SANDWICH

Our delicious chicken salad is freshly made with chopped chunks of Chick-fil-A chicken breast, blended with chopped eggs and celery, sweet pickle relish and mayonnaise, served toasted on whole wheat bread.

Ingredients: 100% natural whole breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched bleached flour [with 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, whole powdered egg and nonfat milk solids), 100% natural chicken tenderloins, seasoning (sugar, salt, monosodium glutamate, onion powder, dried yeast, garlic powder, spices, carrageenan, paprika [for color]), water, pickle brine (water, vinegar, salt, contains less than 1% of the following: alum, natural flavors, polysorbate 80, Yellow #5, and Blue 1), rice starch, pickle flavor, peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), diced cooked eggs, celery, 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).

Wheat bread ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2]), water, high fructose corn syrup, contains 2% or less of each of the following: partially hydrogenated soybean oil, dough conditioners (may contain one or more of the following: monoglycerides and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate), yeast, nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), amylase, soy flour, corn starch, calcium propionate added to retard spoilage.

	CHICK-FIL-A COOL WRAP™		
	CHARGRILLED CHICKEN COOL WRAP® (1 wrap)	CHICKEN CAESAR COOL WRAP® (1 wrap)	SPICY CHICKEN COOL WRAP® (1 wrap)
Serving Size – oz	8.63	8	8.13
Serving Size – g	251	233	236
Serving Per Container	1	1	1
Calories	410	480	410
Calories from Fat	110	140	110
	%DV	%DV	%DV
Total Fat	12g 18%	16g 25%	12g 18%
Saturated Fat	3.5g 18%	6g 30%	3.5g 18%
Trans Fat	0g	0g	0g
Cholesterol	70mg 23%	80mg 27%	60mg 20%
Sodium	1310mg 55%	1640mg 68%	1340mg 56%
Total Carb.	46g 15%	44g 15%	44g 15%
Dietary Fiber	8g 32%	7g 28%	8g 32%
Sugars	7g	6g	6g
Protein	34g	41g	35g
Vitamin A	45%	8%	4%
Vitamin C	10%	2%	6%
Calcium	15%	50%	15%
Iron	20%	20%	20%

CHICK-FIL-A COOL WRAP™

FLATBREAD

Ingredients: Water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, corn starch, canola oil, oat fiber, sugar, contains 2% or less of the following: isolated soy protein, soy flour, salt, soy oil, yeast, sesame flour, calcium propionate, calcium sulfate and fumaric acid (to retard spoilage), dextrose, whole wheat flour, monoglycerides and L-cysteine (dough conditioner).

CHICK-FIL-A CHARGRILLED CHICKEN COOL WRAP™

Slices of grilled chicken breast in a fresh blend of Romaine/Iceberg lettuce and red cabbage, with shredded carrots, tomato slices and a subtle blend of Monterey Jack and cheddar cheeses tightly rolled in a flat bread

Ingredients: Flatbread, Chick-fil-A Chargrilled chicken breast filet, romaine lettuce, iceberg lettuce, red cabbage, tomatoes, carrots, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color]), powdered cellulose to prevent caking).

CHICK-FIL-A CHICKEN CAESAR COOL WRAP™

Slices of grilled chicken breast in a fresh mix of Romaine lettuce and Parmesan cheese tightly rolled in a flat bread

Ingredients: Flatbread, Chick-fil-A Chargrilled chicken breast filet, romaine lettuce, Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking, potassium sorbate [a preservative]).

CHICK-FIL-A SPICY CHICKEN COOL WRAP™

Slices of spicy grilled chicken breast in a fresh blend of Romaine/Iceberg lettuce and red cabbage, with tomato slices and a subtle blend of Monterey Jack and cheddar cheeses tightly rolled in a flat bread

Ingredients: Flatbread, Spicy Chargrilled Chicken (100% natural whole chicken breast filets, seasoning [salt, monosodium glutamate, sugar, spices, paprika], coated with: [spices, partially hydrogenated soybean and/or cottonseed oils, salt, ancho chili pepper, garlic powder, autolyzed yeast extract, tomato powder, disodium inosinate, citric acid, disodium guanylate, dehydrated parsley, no more than 2% calcium silicon dioxide {anti-caking agent}]), romaine lettuce, iceberg lettuce, red cabbage, tomatoes, Monterey/Cheddar Cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color]), powdered cellulose to prevent caking).

	SALADS		
	CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD (1 salad)	CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD (1 salad)	CHICK-FIL-A CHICK-N-STRIPS® SALAD (1 salad)
Serving Size – oz	9.7	10.7	11
Serving Size – g	275	303	327
Serving Per Container	1	1	1
Calories	180	240	400
Calories from Fat	60	70	180
	%DV	%DV	%DV
Total Fat	6g 10%	8g 12%	20g 31%
Saturated Fat	3g 16%	3.5g 18%	6g 30%
Trans Fat	0g	0g	0g
Cholesterol	65mg 22%	60mg 20%	80mg 27%
Sodium	620mg 26%	770mg 32%	1070mg 45%
Total Carb.	9g 3%	17g 6%	21g 7%
Dietary Fiber	3g 13%	5g 19%	4g 16%
Sugars	6g	6g	7g
Protein	22g	25g	34g
Vitamin A	70%	70%	70%
Vitamin C	50%	40%	10%
Calcium	15%	20%	15%
Iron	4%	6%	8%

SALADS

CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD

Slices of grilled chicken breast on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets and a subtle blend of Monterey Jack and Cheddar cheeses.

Ingredients: Chick-fil-A Chargrilled Chicken breast fillet, romaine lettuce, iceberg lettuce, carrots, grape tomatoes, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose).

CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD

Slices of spicy grilled chicken breast on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, a roasted corn and black bean relish and a subtle blend of Monterey Jack and Cheddar cheeses.

Ingredients: Spicy Chargrilled Chicken, corn and black bean blend (corn, black beans, poblano chilies, red bell peppers, extra virgin olive oil, dressing [soybean oil, green onion, water, lime juice concentrate {preserved with sulfites}], red and green chili peppers, distilled vinegar, tomato paste, high fructose corn syrup, cilantro, tomatoes, onion {including dehydrated}, salt, sugar, jalapeno peppers, spices, green bell peppers, chipotle peppers, dextrose, red bell peppers*, green pepper juice, garlic juice, wheat germ, maltodextrin, potassium sorbate and sodium benzoate added as preservatives, garlic*, xanthan gum, natural flavors {including smoke flavor}, cocoa powder, citric acid, propylene glycol alginate, calcium disodium EDTA added to protect flavor, pimentos), romaine lettuce, iceberg lettuce, grape tomatoes, red cabbage, carrots, Monterey/Cheddar Cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

CHICK-FIL-A CHICK-N-STRIPS® SALAD

Hot Chick-fil-A Chick-n-Strips® served on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets and a subtle blend of Monterey Jack and Cheddar cheeses.

Ingredients: Chick-fil-A Chick-n-Strips®, romaine lettuce, iceberg lettuce, grape tomatoes, carrots, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

	SIDE ITEMS					
	SIDE SALAD (1 salad)	COLE SLAW (small)	CARROT & RAISIN SALAD (small)	CHICK-FIL-A WAFFLE POTATO FRIES® (small)	FRUIT CUP (medium)	HEARTY BREAST OF CHICKEN SOUP (1 cup)
	3.8	4.5	4	3.0	4.37	8.5
	108	128	113	85	124	241
	1	1	1	1	1	1
	60	260	170	270	70	140
	25	180	50	120	0	35
	%DV	%DV	%DV	%DV	%DV	%DV
	3g 5%	21g 32%	6g 9%	13g 20%	0g 0%	3.5g 6%
	1.5g 9%	3.5g 16%	1g 5%	3g 14%	0g 0%	1g 5%
	0g	0g	0g	1.5g	0g	0g
	10mg 3%	25mg 8%	10mg 3%	0mg 0%	0mg 0%	25mg 9%
	75mg 3%	220mg 9%	110mg 5%	115mg 5%	0mg 0%	900mg 38%
	4g 1%	17g 6%	28g 9%	34g 11%	17g 6%	18g 6%
	2g 7%	2g 9%	2g 10%	4g 16%	2g 8%	1g 5%
	2g	11g	18g	0g	14g	2g
	3g	2g	1g	3g	1g	8g
	40%	8%	210%	0%	0%	30%
	25%	60%	8%	2%	40%	0%
	10%	6%	4%	2%	0%	4%
	0%	2%	2%	6%	2%	6%

SIDE ITEMS

SIDE SALAD

A fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets and a subtle blend of Monterey Jack and Cheddar cheeses.

Ingredients: Romaine lettuce, iceberg lettuce, grape tomatoes, carrots, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

COLE SLAW

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

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

CARROT & RAISIN SALAD

Freshly shredded carrots mixed with pineapple chunks, raisins and a delicious dressing. Prepared fresh at each restaurant.

Ingredients: Carrots, raisins (natural seedless), pineapple (pineapple, clarified pineapple juice), mayonnaise (soybean oil, water, egg yolk, distilled vinegar, high fructose corn syrup, salt, spice, calcium disodium EDTA to protect flavor), freshly squeezed lemon juice, sugar.

CHICK-FIL-A WAFFLE POTATO FRIES®

Waffle-shaped potatoes with the skin. Cooked until crispy outside, and tender inside.

Ingredients: Potatoes, may contain partially hydrogenated vegetable shortening (soybean oil and/or canola) and/or palm oil, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, Peanut Oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane, an anti-foaming agent added).

FRUIT CUP

A great-tasting, nutritious fruit mix made with Mandarin orange segments, fresh strawberry slices, red and green apple pieces, and red grapes, served chilled.

Ingredients: Red and green Apples, (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), red seedless grapes, fresh strawberries, Mandarin oranges (water, sugar, citric acid)

HEARTY BREAST OF CHICKEN SOUP

Chunks of chicken breast, chopped carrots and celery with egg noodles in a hearty broth.

Ingredients: Chicken broth, carrots, cooked white chicken meat, celery, noodles (durum flour [enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], egg solids, egg white solids), contains 2% or less of reconstituted nonfat milk, modified food starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chicken base (salt, cooked chicken meat, chicken broth, sugar, chicken fat, hydrolyzed corn protein with partially hydrogenated soybean and/or cottonseed oil, whey (milk), onion powder, disodium inosinate and disodium guanylate, turmeric), salt, partially hydrogenated soybean oil, chicken flavor (chicken, yeast extract, salt, flavorings), butter (cream, salt), chicken fat, yeast extract, corn syrup solids, sautéed vegetables (carrots, celery, onion), emulsifier (mono- and diglycerides), sodium caseinate (a milk derivative), onion powder, sugar, maltodextrin, spices, granulated garlic, corn oil, cornstarch, annatto (color), dipotassium phosphate, soy lecithin, natural flavor, fish gelatin, yellow 5, canthaxanthin.

	DIPPING SAUCES					
	POLYNESIAN SAUCE (1 packet)	BARBECUE SAUCE (1 packet)	HONEY MUSTARD SAUCE (1 packet)	BUTTERMILK RANCH SAUCE (1 packet)	CHICK-FIL-A® BUFFALO SAUCE (1 packet)	HONEY ROASTED BBQ SAUCE (1 packet)
Serving Size – oz	1	1	1	.75	.75	7/16
Serving Size – g	28	28	28	21	21	12
Serving Per Container	1	1	1	1	1	1
Calories	110	45	45	110	15	60
Calories from Fat	50	0	0	110	15	50
	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	6g 9%	0g 0%	0g 0%	12g 18%	1.5g 2%	6g 9%
Saturated Fat	1g 5%	0g 0%	0g 0%	2g 9%	0g 0%	1g 4%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	5mg 2%	0mg 0%	5mg 2%
Sodium	210mg 9%	180mg 8%	150mg 6%	200mg 8%	410mg 17%	90mg 4%
Total Carb.	13g 4%	11g 4%	10g 3%	1g 0%	1g 0%	2g 1%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Sugars	13g	9g	10g	1g	0g	1g
Protein	0g	0g	0g	0g	0g	0g
Vitamin A	2%	2%	0%	0%	2%	0%
Vitamin C	0%	2%	0%	0%	0%	0%
Calcium	0%	2%	0%	0%	0%	0%
Iron	0%	2%	0%	0%	0%	0%

	CROUTONS/KERNELS					
	GARLIC AND BUTTER CROUTONS (1 packet)		HONEY ROASTED, SUNFLOWER KERNELS (1 packet)		TORTILLA STRIPS (1 packet)	
	0.5		0.5		0.5	
	14		14		14	
	1		1		1	
Calories	70		80		70	
	25		60		30	
	%DV		%DV		%DV	
Total Fat	2.5g 4%		7g 11%		3.5g 5%	
Saturated Fat	0g 0%		1g 4%		0.5g 3%	
Trans Fat	0g		0g		0g	
Cholesterol	0mg 0%		0mg 0%		0mg 0%	
Sodium	140mg 6%		38mg 2%		53mg 2%	
Total Carb.	9g 3%		3g 1%		9g 3%	
Dietary Fiber	0g 0%		1g 3%		1g 4%	
Sugars	0g		2g		1g	
Protein	1g		2.5g		2g	
Vitamin A	0%		0%		0%	
Vitamin C	0%		0%		0%	
Calcium	0%		0%		1%	
Iron	4%		5%		1%	

DIPPING SAUCES

POLYNESIAN SAUCE

Ingredients: High fructose corn syrup, soybean oil, corn-cider vinegar, distilled vinegar, tomato paste, salt, paprika, modified food starch, spices, honey, beet juice concentrate, natural flavors, xanthan gum, onion*, garlic*, propylene glycol alginate.
*dehydrated

BARBECUE SAUCE

Ingredients: Water, high fructose corn syrup, tomato paste, brown sugar, distilled vinegar, corn syrup, pineapple juice concentrate, salt, modified food starch, spices, natural and artificial flavors, caramel color, potassium sorbates and sodium benzoate added as preservative, onion, garlic*
*dehydrated

HONEY MUSTARD SAUCE

Ingredients: Water, high fructose corn syrup, honey, spices, distilled vinegar, modified food starch, salt, soybean oil, molasses, sodium benzoate added as preservative, xanthan gum, onion*, caramel color, garlic*, natural flavors, oleoresin, turmeric, anchovies, tamarind.
*dehydrated

BUTTERMILK RANCH SAUCE

Ingredients: Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

CHICK-FIL-A® BUFFALO SAUCE

Ingredients: Hot sauce [peppers, vinegar, salt, xanthan gum, benzoate of soda (to preserve freshness)], water, margarine (liquid and partially hydrogenated soybean oil, water, salt, mono and diglycerides, soy lecithin, artificial flavor, beta carotene (color), vitamin A palmitate added), distilled vinegar, corn syrup, modified food starch, soybean oil, natural flavors (including milk derived flavors), salt, sweet cream powder (cream, skim milk solids, sodium caseinate, soy lecithin), xanthan gum, oleoresin paprika, mono and diglycerides, sodium benzoate added as preservative, calcium disodium EDTA added to protect flavor.

HONEY ROASTED BBQ SAUCE

Ingredients: Soybean oil, water, high fructose corn syrup, distilled vinegar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic), tomato paste, egg yolk, onion, salt, sugar, natural flavors including smoke flavor, spices, honey, potassium sorbate and sodium benzoate added as preservatives, lemon juice concentrate, xanthan gum, dehydrated garlic and onion, caramel color, propylene glycol alginate, calcium disodium EDTA added to protect flavor.

CROUTONS/KERNELS

GARLIC BUTTER CROUTONS

Ingredients: Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) partially hydrogenated soybean oil, water, high fructose corn syrup, 2% or less of the following: yeast, salt, garlic, onion, wheat gluten, calcium propionate (preservative), dough conditioners (may contain one of more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), parsley, natural and artificial flavors, annatto (color), butter oil, natural smoke flavor, thiamine hydrochloride, alpha-tocopherol and TBHQ (to preserve freshness).

HONEY ROASTED SUNFLOWER KERNELS

Ingredients: Sunflower kernels, sugar, corn syrup, honey, wheat starch, high fructose corn syrup, salt and xanthan gum, roasted in peanut and/or cottonseed oil.

TORTILLA STRIPS

Ingredients: Stone ground yellow corn, corn oil or safflower oil, tomato powder, onion, smoked yeast, whey solids (milk), natural spices, sea salt, trace of lime.

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. For general allergy questions, please call Food Allergy Network at www.foodallergy.org or 1-800-929-4040. Please note, this organization does **not** have nutrition on our products. Please visit our website for additional nutrition and allergen information.

All Chick-fil-A breaded chicken products and potato products are cooked in 100% refined peanut oil.

*From International Food Information Council Foundation –

“Q. Are oils derived from foods that can cause allergy, such as peanut oil, also allergenic?

A. Not usually. Most commercial oils such as peanut oil are highly refined (hot solvent extracted), which removes protein from the product. These types of oil are most commonly used in commercial food preparation. Since it is protein in allergenic foods that causes food allergy, highly refined oils are non allergenic. Research has shown that individuals with a severe peanut allergy have not had reactions to heat processed oils. However, people with a food allergy should avoid “gourmet” or cold pressed oils because they may contain allergenic proteins, which provide the flavor to the oil. For the same reason, oils that have been used to fry potentially allergenic foods should be avoided by allergic individuals.”

* Used with permission from International Food Information Council Foundation Publication – Questions and Answers About Food Allergy.

	DRESSINGS							
	CAESAR	REDUCED FAT RASPBERRY VINAIGRETTE	BLUE CHEESE	BUTTERMILK RANCH	SPICY	THOUSAND ISLAND	LIGHT ITALIAN	FAT FREE HONEY MUSTARD
Serving Size – oz	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Serving Size – g	29	37	29	30	29	30	32	35
Serving Per Container	2.5	2	2.5	2.5	2.5	2.5	2	2
Calories	160	80	150	160	140	150	15	60
Calories from Fat	150	20	140	150	130	130	5	0
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	17g 26%	2g 3%	16g 24%	16g 25%	14g 22%	14g 22%	.5g 1%	0g 0%
Saturated Fat	2.5g 13%	0g 0%	3g 15%	2.5g 13%	2g 11%	2g 11%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	30mg 10%	0mg 0%	20mg 6%	5mg 2%	5mg 2%	10mg 3%	0mg 0%	0mg 0%
Sodium	240mg 10%	190mg 8%	300mg 12%	270mg 11%	130mg 5%	250mg 10%	570mg 24%	200mg 8%
Total Carb.	1g 0%	15g 5%	1g 0%	1g 0%	2g 1%	5g 2%	2g 1%	14g 5%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Sugars	0g	11g	1g	1g	1g	4g	2g	11g
Protein	1g	0g	1g	0g	0g	0g	0g	0g
Vitamin A	0%	0%	0%	0%	0%	0%	0%	0%
Vitamin C	0%	0%	0%	0%	4%	0%	0%	0%
Calcium	0%	0%	2%	0%	0%	0%	0%	0%
Iron	0%	0%	0%	0%	0%	0%	0%	0%

DRESSINGS

CAESAR DRESSING

Ingredients: Soybean oil, water, egg yolk, lemon juice concentrate, white wine and distilled vinegars, spices (including mustard seed), salt, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), garlic*, onion*, olive oil, sodium benzoate and potassium sorbate added as preservatives, molasses, xanthan gum, molasses, corn syrup, natural flavor, propylene glycol alginate, caramel color, sugar, calcium disodium EDTA added to protect flavor, anchovies, tamarind.
*dehydrated

REDUCED FAT RASPBERRY VINAIGRETTE DRESSING

Ingredients: Water, high fructose corn syrup, corn syrup, red wine vinegar, maltodextrin, soybean oil, sugar, modified food starch, raspberries, salt, lemon juice concentrate, natural flavors, sodium benzoate added as preservative, spices, propylene glycol alginate, xanthan gum, titanium dioxide, red #40.

BLUE CHEESE DRESSING

Ingredients: Soybean oil, water, blue cheese (milk, cheese cultures, salt, enzymes, calcium chloride), distilled vinegar, egg yolk, sugar, salt, high fructose corn syrup, xanthan gum, sour cream powder, sodium benzoate, and potassium sorbate added as preservatives, natural flavor, dehydrated garlic.

BUTTERMILK RANCH DRESSING

Ingredients: Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

SPICY DRESSING

Ingredients: Soybean oil, green and red chile peppers, water, distilled vinegar, cultured buttermilk, garlic (including dehydrated), sugar, egg yolk, whey protein concentrate (milk), salt, natural flavors, spices, chipotle peppers (including dehydrated), potassium sorbate and sodium benzoate added as preservatives, polysorbate 60, mustard seed, xanthan gum, molasses, corn syrup, caramel color, calcium disodium EDTA added to protect flavor, anchovies, tamarind.

THOUSAND ISLAND DRESSING

Ingredients: Soybean oil, water, high fructose corn syrup, pickles, distilled vinegar, egg yolk, sugar, tomato paste, salt, spice, propylene glycol alginate, paprika, dehydrated onion, red bell peppers, xanthan gum, natural flavors, oleoresin paprika, beet juice concentrate, calcium disodium EDTA added to protect flavor, sodium benzoate added as a preservative, polysorbate 80.

LIGHT ITALIAN DRESSING

Ingredients: Water, distilled vinegar, sugar, salt, soybean oil, garlic*, xanthan gum, sodium benzoate added as a preservative, spices, onion*, red bell pepper*, calcium disodium EDTA added to protect flavor, Yellow #5, yellow #6.
*dehydrated

FAT FREE HONEY MUSTARD DRESSING

Ingredients: High fructose corn syrup, water, honey, distilled vinegar, mustard seed*, modified food starch, salt, white wine vinegar, sugar, microcrystalline cellulose, cellulose gum, artificial colors including Yellow #5, spices, sodium benzoate and potassium sorbate added as preservatives, dehydrated onion, lemon juice concentrate, white wine, molasses, caramel color, natural flavors, xanthan gum, dehydrated garlic, anchovies, tamarind, citric acid, tartaric acid.
*adds a trivial amount of fat.

DESSERTS												
	ICEDREAM® (small cup)	ICEDREAM® (small cone)	LEMON PIE (1 slice)	FUDGE NUT BROWNIE (1 brownie)	CHEESECAKE (1 slice)	HAND-SPUN MILKSHAKE (Vanilla)	HAND-SPUN MILKSHAKE (Chocolate)	HAND-SPUN MILKSHAKE (Strawberry)	HAND-SPUN MILKSHAKE (Cookies & Cream)			
Serving Size – oz	8	4.7	4	2.6	3.3	20	20	20	20			
Serving Size – g	227	135	120	74	93	482	517	539	510			
Serving Per Container	1	1	1	1	1	1	1	1	1			
Calories	240	160	350	330	340	660	760	730	790			
Calories from Fat	60	35	100	140	190	250	250	250	300			
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV			
Total Fat	6g 9%	4g 6%	11g 17%	15g 23%	21g 32%	27g 42%	28g 43%	28g 43%	33g 51%			
Saturated Fat	3.5g 18%	2g 10%	5g 25%	3.5g 18%	12g 60%	16g 80%	16g 80%	16g 80%	18g 90%			
Trans Fat	0g	0g	0g	2.5g	1g	0g	0g	0g	0.5g			
Cholesterol	25mg 8%	15mg 5%	20mg 7%	20mg 7%	90mg 30%	95mg 32%	95mg 32%	95mg 32%	95mg 32%			
Sodium	105mg 4%	80mg 3%	250mg 10%	210mg 9%	270mg 11%	510mg 21%	530mg 22%	550mg 23%	660mg 28%			
Total Carb.	41g 14%	28g 9%	59g 20%	45g 15%	30g 10%	90g 30%	113g 38%	109g 36%	111g 37%			
Dietary Fiber	0g 0%	0g 0%	1g 4%	2g 8%	2g 8%	0g 0%	1g 4%	1g 4%	1g 4%			
Sugars	41g	24g	48g	29g	25g	89g	107g	103g	100g			
Protein	6g	4g	6g	4g	6g	16g	16g	16g	17g			
Vitamin A	8%	4%	8%	25%	10%	20%	20%	20%	20%			
Vitamin C	0%	0%	10%	0%	0%	10%	10%	30%	10%			
Calcium	20%	10%	15%	2%	6%	60%	60%	60%	60%			
Iron	2%	2%	4%	10%	0%	2%	4%	2%	10%			

DESSERTS

ICEDREAM® CUP *A delicious, dairy treat with an old-fashioned vanilla taste.*

Ingredients: Whole milk, sugar, nonfat milk, eggs, cream, nonfat dry milk, (may contain whole egg solids, and/or eggs), corn syrup, artificial flavor, dried whole eggs, disodium phosphate, corn starch, cellulose gum, carrageenan, monoglycerides and diglycerides, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors, cooked milk flavor, Yellow #5 and yellow #6, vitamin A palmitate.

ICEDREAM® CONE

Ingredients: Enriched flour, (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin, [vitamin B2], folic acid), corn starch, contains 2% or less of sugar, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), salt, sodium bicarbonate, annatto (for color), artificial flavor.

CHICK-FIL-A® LEMON PIE *A not-too-tart lemon filling in a tasty graham cracker crumb crust with two vanilla wafers, topped with meringue.*

Ingredients: Sweetened condensed milk (concentrated whole milk and sugar), meringue powder (sugar, dextrose, dried egg whites [with sodium lauryl sulfate], cream of tartar, algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor), graham cracker crumbs (wheat flour, sugar, partially hydrogenated soybean oil, graham flour, high fructose corn syrup, honey, leavening, [baking soda, calcium phosphate], salt, artificial flavor), water, lemon juice, margarine (liquid and partially hydrogenated soybean oil, water, salt, whey solids (milk), vegetable mono & diglycerides, soy lecithin, natural and artificial flavors, beta carotene, vitamin A palmitate), eggs, modified food starch, dextrose, Yellow 5 and 6, vanilla wafers (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean oil, high fructose corn syrup, whey (from milk), eggs, natural and artificial flavor, salt, leavening (baking soda, calcium phosphate), mono and diglycerides (emulsifier), vanilla extract.

FUDGE NUT BROWNIE *Rich and moist Fudge Nut Brownie topped with fudge icing and walnuts.*

Ingredients: Sugar, bleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated vegetable shortening (soybean and cottonseed oils) with BHT and citric acid added to protect flavor), walnuts, whole eggs, corn syrup, cocoa processed with alkali (dutch), contains 2% or less of: carob powder, high fructose corn syrup, egg whites, vegetable mono and diglycerides, salt, nonfat milk, sweetened condensed milk (milk, sugar), artificial flavors, citric acid, soy lecithin, polysorbate 60, potassium sorbate (preservative), leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), mono and diesters of fatty acids, soy flour and wheat starch. This product has been processed on equipment that also processes products containing other tree nuts.

CHICK-FIL-A® CHEESECAKE *New York style cheesecake made from the finest, freshest ingredients; rich cream cheese, whole eggs, pure vanilla and sugar in a graham cracker crumb crust.*

Ingredients: Cream cheese, (milk, and cream, cheese culture, salt, carob bean gum), whole eggs, sugar, (cane or beet), crystalline fructose, graham cracker crumbs (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], whole wheat flour, sugar, vegetable shortening, [partially hydrogenated soybean and/or cottonseed oils], high fructose corn syrup, molasses, honey, salt, sodium bicarbonate), salad oil (soybean oil with citric acid), vanilla.

Blueberry Topping Ingredients: Blueberries, water, sugar, sugar syrup, high fructose corn syrup, modified food starch, salt, potassium sorbate as preservative, lemon juice powder.

Strawberry Topping Ingredients: Strawberries, 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).

HAND-SPUN MILKSHAKES

MILKSHAKE

Our creamy Milkshakes are hand-spun the old-fashion 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, 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 topping (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.

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), whipped topping cherry.

STRAWBERRY MILKSHAKE

Ingredients: Vanilla milkshake, strawberries (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]), whipped topping, cherry.

COOKIES & CREAM MILKSHAKE

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

	BEVERAGES									
	LEMONADE (small)		DIET LEMONADE (small)		ICED TEA (sweetened, small)		COCA-COLA CLASSIC® (small)		DIET COKE® (small)	
Serving Size – oz	9.0		9.0		9.0		9.0		9.0	
Serving Size – g	255		255		255		255		255	
Serving Per Container	1		1		1		1		1	
Calories	170		25		100		110		0	
Calories from Fat	5		0		0		0		0	
	%DV		%DV		%DV		%DV		%DV	
Total Fat	.5g	1%	0g	0%	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	10mg	0%	5mg	0%	0mg	0%	10mg	0%	10mg	0%
Total Carb.	41g	14%	5g	2%	26g	9%	28g	9%	0g	0%
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Sugars	40g		3g		25g		28g		0g	
Protein	0g		0g		0g		0g		0g	
Vitamin A	0%		0%		0%		0%		0%	
Vitamin C	25%		25%		0%		0%		0%	
Calcium	0%		0%		0%		0%		0%	
Iron	2%		2%		2%		0%		0%	

BEVERAGES

CHICK-FIL-A® LEMONADE

Made-from-scratch daily at each Chick-fil-A restaurant using freshly squeezed lemon juice extracted from real lemons.

Ingredients: Freshly-squeezed lemon juice, water, cane sugar.

CHICK-FIL-A® DIET LEMONADE

Ingredients: Freshly-squeezed lemon juice, water, Splenda® (dextrose, maltodextrin, sucralose).

SWEET TEA

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

Ingredients: Water, tea, sugar (natural cane).

COCA-COLA CLASSIC®

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

DIET COKE®

Ingredients: Carbonated water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate (to protect taste), natural flavors, citric acid, caffeine, potassium citrate, Aspartame, dimethylpolysiloxane. Phenylketonurics: Aspartame contains phenylalanine).

BREAKFAST PRODUCTS						
	CHICK-FIL-A CHICKEN BURRITO	CHICK-FIL-A SAUSAGE BURRITO	CHICK-FIL-A CHICK-N-MINIS™ (3-Count)	CHICK-FIL-A CHICK-N-MINIS™ (4-Count)	SUNFLOWER MULTIGRAIN BAGEL	CHICKEN, EGG, & CHEESE ON SUNFLOWER MULTIGRAIN BAGEL
Serving Size – oz	7	7	3.1	4.2	3	7.5
Serving Size – g	191	191	94	126	78	215
Serving Per Container	1	1	1	1	1	1
Calories	410	450	280	370	220	500
Calories from Fat	150	200	100	140	30	180
	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	16g 25%	23g 35%	11g 17%	15g 23%	3g 5%	20g 31%
Saturated Fat	7g 35%	9g 45%	3.5g 18%	5g 25%	0g 0%	7g 35%
Trans Fat	0g	0g	1g	1g	0g	0g
Cholesterol	210mg 70%	215mg 72%	45mg 15%	60mg 20%	0mg 0%	290mg 97%
Sodium	940mg 39%	860mg 36%	580mg 24%	770mg 32%	350mg 15%	1260mg 53%
Total Carb.	42g 14%	39g 13%	29g 10%	38g 13%	41g 14%	49g 16%
Dietary Fiber	4g 16%	3g 12%	2g 8%	3g 12%	2g 8%	3g 12%
Sugars	4g	3g	6g	8g	6g	8g
Protein	22g	20g	14g	19g	7g	31g
Vitamin A	10%	10%	2%	4%	0%	15%
Vitamin C	15%	15%	0%	0%	0%	0%
Calcium	30%	30%	2%	4%	4%	15%
Iron	20%	20%	8%	10%	15%	20%

BREAKFAST

CHICK-FIL-A BURRITOS

Served with either 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.

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 [soybean, hydrogenated soybean oil], contains 2% or less of: salt, leavening [baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate], dough conditioners [fumaric acid, sodium metabisulfite], calcium propionate and sorbic acid [to preserve freshness]), egg (whole eggs, citric acid), roasted pepper onion blend (onions, green bell peppers, red bell peppers), Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color]), powdered cellulose added to prevent caking)

SUNFLOWER MULTIGRAIN BAGEL

A toasted, sunflower kernel, multigrain bagel

Ingredients: Bagel (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar or high fructose corn syrup, wheat bran, sunflower seeds, cracked wheat, vegetable oil [canola oil or soybean oil], millet, salt, yeast, cornmeal, calcium propionate and potassium sorbate [preservatives], oats)

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

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

EGG

Ingredients: Whole eggs, citric acid

AMERICAN CHEESE

Ingredients: Cultured milk, and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], sodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin

APPLEWOOD BACON

Ingredients: Cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite

SAUSAGE

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

GRAVY

Ingredients: Sausage, coffee whitener (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, sugar, dipotassium phosphate, mono and diglycerides, natural flavor), maltodextrin, modified corn starch, wheat flour, buttermilk solids, salt, sodium acid pyrophosphate, sodium bicarbonate, dextrose, sodium caseinate, sodium citrate, spice, xanthan gum, Yellow #5 and yellow #6

BREAKFAST PRODUCTS																
	HOT BUTTERED BISCUIT		CHICK-FIL-A® CHICKEN BISCUIT		BACON, EGG AND CHEESE BISCUIT		SAUSAGE AND EGG BISCUIT		BISCUIT WITH GRAVY		FRUIT CUP (medium)		HASHBROWNS		CINNAMON CLUSTER (1 cluster)	
Serving Size – oz	2.78		5.1		5.74		6.9		6.77		4.37		2.98		1	
Serving Size – g	79		145		163		198		192		124		84		105	
Serving Per Container	1		1		1		1		1		1		1		1	
Calories	270		420		470		570		330		70		260		400	
Calories from Fat	110		170		240		340		140		0		150		130	
	%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV	
Total Fat	12g	18%	19g	29%	26g	40%	37g	57%	15g	23%	0g	0%	17g	26%	15g	23%
Saturated Fat	3g	15%	4.5g	23%	9g	45%	11g	55%	4g	20%	0g	0%	3.5g	18%	6g	30%
Trans Fat	3g		3g		3g		3g		4g		0g		1g		0g	
Cholesterol	0mg	0%	35mg	12%	270mg	90%	285mg	95%	5mg	2%	0mg	0%	5mg	2%	35mg	12%
Sodium	660mg	28%	1270mg	53%	1190mg	50%	1130mg	47%	950mg	40%	0mg	0%	380mg	16%	280mg	12%
Total Carb.	38g	13%	44g	15%	39g	13%	39g	13%	43g	14%	16g	5%	25g	8%	61g	20%
Dietary Fiber	1g	4%	2g	8%	1g	4%	2g	8%	1g	4%	2g	8%	3g	12%	3g	12%
Sugars	5g		6g		5g		5g		5g		13g		0g		28g	
Protein	4g		18g		18g		19g		5g		1g		2g		8g	
Vitamin A		0%		0%		15%		10%		0%		2%		0%		2%
Vitamin C		0%		0%		0%		0%		0%		35%		0%		0%
Calcium		6%		6%		15%		10%		6%		2%		2%		6%
Iron		10%		15%		15%		20%		10%		2%		4%		10%

BREAKFAST Continued:

HOT BUTTERED BISCUIT

A delicious, made-from-scratch buttermilk biscuit baked fresh at each restaurant.

Ingredients: Biscuit (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey [milk], dextrose), water, self rising flour (bleached and enriched flour [bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid], leavening [sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate], salt), butter-flavored vegetable oil (soybean oil, palm kernel oil, soy lecithin, natural and 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 peanut oil and served on a freshly baked buttermilk biscuit.

Ingredients: Biscuit, Chick-fil-A chicken filet

HASHBROWNS

Delicious and crispy potato medallions

Ingredients: Potatoes, (partially hydrogenated vegetable shortening [soybean and/or canola oil]), and/or palm oil, dehydrated potato, salt, disodium dihydrogen pyrophosphate, [to promote color retention], dextrose), peanut oil (fully refined peanut 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-flavored vegetable oil (soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color)