



nutrition guide

RESTAURANT COPY



original & grilled entrees											
	Chick-fil-A Chicken Sandwich	Chick-fil-A Deluxe Sandwich	Spicy Chicken Sandwich	Chick-fil-A Spicy Deluxe Sandwich	Grilled Chicken Sandwich	Grilled Chicken Club Sandwich	Chick-n-Strips	Chick-fil-A Nuggets	Grilled Nuggets	Chicken Salad Sandwich	Grilled Chicken Cool Wrap
Serving Size	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	3 Strips	8 Nuggets	8 Nuggets	1 Sandwich	1 Wrap
Calories	440	500	450	540	310	430	350	260	140	500	350
Calories from Fat	170	210	170	230	50	140	150	110	30	180	120
Total Fat	19g	23g	19g	25g	6g	16g	17g	12g	3.5g	21g	14g
Saturated Fat	4g	7g	4g	8g	2g	8g	3g	2.5g	1g	3.5g	5g
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	60mg	75mg	60mg	80mg	55mg	85mg	70mg	75mg	70mg	85mg	60mg
Sodium	1350mg	1590mg	1620mg	1760mg	820mg	1120mg	940mg	980mg	440mg	1090mg	960mg
Total Carb.	40g	42g	41g	43g	36g	37g	22g	9g	2g	55g	29g
Dietary Fiber	2g	3g	1g	2g	3g	3g	1g	1g	0g	4g	15g
Sugars	5g	6g	5g	6g	7g	7g	3g	0g	0g	11g	3g
Protein	28g	31g	29g	34g	29g	37g	28g	28g	25g	27g	37g

salads		
Spicy Southwest Salad	Grilled Market Salad	Cobb Salad
1 Salad	1 Salad	1 Salad
450	330	510
170	130	250
19g	15g	27g
6g	3.5g	7g
0g	0g	0g
75mg	65mg	155mg
1070mg	690mg	1360mg
37g	26g	28g
10g	6g	6g
8g	12g	6g
34g	27g	40g

breakfast												
	Chick-fil-A Chicken Biscuit	Egg White Grill	Chick-n-Minis™	Chicken, Egg & Cheese Bagel	Chicken Breakfast Burrito	Sausage Breakfast Burrito	Bacon, Egg & Cheese Biscuit	Sausage, Egg & Cheese Biscuit	Hash Browns	Sunflower Multigrain Bagel	Bacon, Egg & Cheese Muffin	Sausage, Egg & Cheese Muffin
Serving Size	1 Biscuit	1 Muffin	3 Minis	1 Bagel	1 Burrito	1 Burrito	1 Biscuit	1 Biscuit	1 Serving	1 Bagel	1 Muffin	1 Muffin
Calories	450	300	270	480	450	460	420	600	240	220	300	490
Calories from Fat	190	70	100	170	190	250	190	360	140	30	110	270
Total Fat	21g	7g	11g	18g	22g	28g	21g	40g	16g	3.5g	12g	30g
Saturated Fat	8g	3g	3g	5g	8g	11g	11g	18g	2.5g	0g	5g	12g
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	35mg	55mg	40mg	195mg	340mg	335mg	170mg	200mg	0mg	0mg	170mg	200mg
Sodium	1310mg	970mg	660mg	1310mg	1100mg	950mg	1240mg	1520mg	390mg	340mg	710mg	990mg
Total Carb.	50g	31g	29g	51g	34g	30g	41g	41g	23g	41g	32g	32g
Dietary Fiber	4g	1g	1g	3g	4g	4g	2g	3g	3g	2g	1g	2g
Sugars	5g	1g	4g	8g	3g	3g	1g	1g	0g	6g	1g	1g
Protein	17g	25g	15g	27g	30g	24g	15g	20g	2g	7g	16g	20g

sides							
	Waffle Potato Fries®	Fruit Cup	Greek Yogurt Parfait with Granola	Greek Yogurt Parfait with Cookie Crumbs	Superfood Side	Side Salad	Chicken Soup
Serving Size	Medium	Medium	1 Parfait	1 Parfait	Small	1 Salad	Small
Calories	400	45	230	210	150	80	140
Calories from Fat	210	0	80	70	80	45	20
Total Fat	24g	0g	9g	8g	9g	4.5g	2.5g
Saturated Fat	3.5g	0g	3.5g	3.5g	1g	3g	1g
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	25mg	25mg	0mg	15mg	30mg
Sodium	170mg	0mg	85mg	95mg	180mg	110mg	1040mg
Total Carb.	43g	12g	28g	26g	18g	6g	18g
Dietary Fiber	5g	2g	2g	1g	2g	3g	2g
Sugars	0g	9g	21g	21g	12g	3g	2g
Protein	5g	0g	12g	11g	3 g	5g	12g

sauces							
	Polynesian Sauce	Smokehouse BBQ Sauce	Honey Mustard Sauce	Garlic & Herb Ranch Sauce	Zesty Buffalo Sauce	Sweet & Spicy Sriracha Sauce	Chick-fil-A Sauce
Serving Size	1	1	1	1	1	1	1
Calories	110	35	45	140	50	45	140
Calories from Fat	50	0	5	130	40	0	120
Total Fat	6g	0g	0g	14g	4.5g	0g	13g
Saturated Fat	1g	0g	0g	2.5g	1g	0g	2g
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	0mg	15mg	5mg	0mg	10mg
Sodium	210mg	260mg	150mg	230mg	710mg	380mg	180mg
Total Carb.	13g	8g	11g	1g	1g	10g	6g
Dietary Fiber	0g	0g	0g	0g	0g	0g	0g
Sugars	13g	8g	10g	1g	0g	10g	6g
Protein	0g	0g	0g	0g	0g	0g	0g

drinks						
	Fresh-Squeezed Lemonade	Diet Freshly-Squeezed Lemonade	Freshly-Brewed Sweet Iced Tea	Coca-Cola® Classic	Original Cold Brew Iced Coffee	Vanilla Cold Brew Iced Coffee
Serving Size	Medium	Medium	Medium	Small	Small	Small
Calories	220	20	120	120	150	160
Calories from Fat	0	0	0	0	25	25
Total Fat	0g	0g	0g	0g	2.5g	2.5g
Saturated Fat	0g	0g	0g	0g	1.5g	1.5g
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	0mg	0mg	10mg	10mg
Sodium	10mg	10mg	10mg	10mg	70mg	70mg
Total Carb.	58g	6g	31g	35g	26g	30g
Dietary Fiber	0g	0g	0g	0g	0g	0g
Sugars	55g	2g	30g	35g	25g	28g
Protein	0g	0g	0g	0g	5g	5g

treats									
	Hand-Spun Vanilla Milkshake	Hand-Spun Chocolate Milkshake	Hand-Spun Strawberry Milkshake	Hand-Spun Cookies & Cream Milkshake	Icedream Cone	Icedream Cup	Chocolate Chunk Cookie	Frosted Lemonade	Frosted Lemonade with Diet Lemonade
Serving Size	Small	Small	Small	Small	Small	Small	1 Cookie	Small	Small
Calories	500	560	570	590	170	290	350	330	240
Calories from Fat	190	190	190	230	35	70	140	50	50
Total Fat	21g	22g	21g	25g	4g	7g	16g	6g	6g
Saturated Fat	13g	13g	13g	14g	2g	4.5g	9g	3.5g	3.5g
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	70mg	70mg	70mg	70mg	15mg	25mg	20mg	20mg	20mg
Sodium	370mg	380mg	380mg	440mg	115mg	200mg	240mg	160mg	160mg
Total Carb.	67g	82g	85g	81g	31g	50g	50g	65g	41g
Dietary Fiber	0g	1g	1g	1g	0g	0g	2g	0g	0g
Sugars	66g	79g	77g	74g	25g	49g	30g	63g	39g
Protein	11g	12g	12g	12g	5g	8g	4g	6g	6g

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.

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