

## CHICK-FIL-A® CHICKEN SANDWICHES

	CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich)	CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich no butter)	CHICKEN DELUXE SANDWICH* (1 sandwich)	CHICKEN (1 filet, no bun, no pickles)
Serving Size – oz	6.0	5.8	7.3	3.7
Serving Size – g	170	164	208	105
Serving Per Container	1	1	1	1
Calories	410	380	420	230
Calories from Fat	150	120	150	100
	%DV	%DV	%DV	%DV
Total Fat	16g 25%	13g 20%	16g 25%	11g 17%
Saturated Fat	3.5g 18%	3g 15%	3.5g 18%	2.5g 13%
Trans Fat	0g	0g	0g	0g
Cholesterol	60mg 20%	60mg 20%	60mg 20%	60mg 20%
Sodium	1300mg 54%	1290mg 54%	1300mg 54%	990mg 41%
Total Carb.	38g 13%	37g 12%	39g 13%	10g 3%
Dietary Fiber	1g 4%	1g 4%	2g 8%	0g 0%
Sugars	5g	5g	5g	2g
Protein	28g	28g	28g	23g
Vitamin A	4%	4%	4%	4%
Vitamin C	0%	0%	4%	0%
Calcium	10%	10%	10%	4%
Iron	15%	15%	15%	6%

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.

Our Chick-fil-A® menu offers a variety of great tasting products that fit into a balanced, healthy diet.

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](http://chick-fil-a.com), for the most up-to-date information.

NOTES: Differences may occur due to the nature of the product and to variations in preparation at the Unit level.

- Nutrition information in this brochure was obtained through all of the following sources:
  - Medallion labs, independent testing laboratories.
  - The Food Processor (ESHA Research): Nutrition Labeling and Formulation Software.
  - Food suppliers or manufacturers.
- Ingredients may change without notice. Ask the store Operator if you have concerns about any product or its ingredients.
- Food allergic quests, please see manager for any questions regarding ingredients. All breaded chicken products are cooked in 100% pure peanut oil.

## CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICHES

	CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICH (1 sandwich)	CHARGRILLED CHICKEN (1 filet, no bun, no pickles)	CHARGRILLED CHICKEN CLUB SANDWICH (1 sandwich, no sauce)
Serving Size – oz	6.8	3.15	7.79
Serving Size – g	193	89	221
Serving Per Container	1	1	1
Calories	270	100	380
Calories from Fat	30	15	100
	%DV	%DV	%DV
Total Fat	3.5g 5%	1.5g 3%	11g 18%
Saturated Fat	1g 5%	0g 0%	5g 26%
Trans Fat	0g	0g	0g
Cholesterol	65mg 22%	65mg 22%	90mg 30%
Sodium	940mg 39%	610mg 25%	1240mg 52%
Total Carb.	33g 11%	1g 0%	33g 11%
Dietary Fiber	3g 14%	0g 0%	3g 14%
Sugars	7g	2g	7g
Protein	28g	21g	35g
Vitamin A	6%	2%	10%
Vitamin C	10%	2%	10%
Calcium	8%	0%	25%
Iron	15%	4%	15%

## CHICK-FIL-A® CHICKEN AND CHARGRILLED CHICKEN SANDWICHES

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

**Ingredients:** 100% natural whole breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched 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, potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1), butter-flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color). Served on a standard 4-inch bun from a local bakery.

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

**Ingredients:** Chargrilled chicken breast filets containing up to 18% solution of 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), 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). Served on a golden wheat bun.

### CHICK-FIL-A® CHARGRILLED CHICKEN CLUB SANDWICH (without sauce)

**Ingredients:** Chargrilled chicken breast filets containing up to 18% solution of 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, tomatoes, green leaf lettuce, provolone cheese (pasteurized milk, cheese culture, salt, enzymes and natural smoke flavor), 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), bacon (cured with water, salt, hickory smoke flavoring, sugar, dextrose, sodium erythorbate, sodium nitrite). Served on a golden wheat bun.

\*Deluxe includes lettuce and tomato.

## CHICK-FIL-A COOL WRAPS®

**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	245	227	230
Serving Per Container	1	1	1
Calories	390	460	380
Calories from Fat	60	90	60
	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>
Total Fat	7g 10%	10g 16%	6g 10%
Saturated Fat	3g 16%	6g 30%	3g 16%
Trans Fat	0g	0g	0g
Cholesterol	65mg 22%	80mg 27%	60mg 20%
Sodium	1020mg 43%	1350mg 56%	1090mg 45%
Total Carb.	54g 18%	52g 17%	52g 17%
Dietary Fiber	3g 14%	3g 10%	3g 11%
Sugars	7g	5g	5g
Protein	29g	36g	30g
Vitamin A	50%	8%	4%
Vitamin C	10%	2%	6%
Calcium	20%	50%	20%
Iron	20%	20%	20%

## CHICK-FIL-A COOL WRAPS®

### CHICK-FIL-A CHARGRILLED CHICKEN COOL WRAP®

**Ingredients:** Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **Chargrilled chicken breast filets** containing up to 18% solution of 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, **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).

### CHICKEN CAESAR COOL WRAP®

**Ingredients:** Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **Chargrilled chicken breast filets** containing up to 18% solution of 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, **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®

**Ingredients:** Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **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).

## SPECIALTIES

**CHICK-FIL-A CHICK-N-STRIPS®** (4-count)  
**CHICK-FIL-A® NUGGETS** (8-pack)  
**CHICK-FIL-A® CHICKEN SALAD SANDWICH** (1 sandwich on wheat bread)  
**HEARTY BREAST OF CHICKEN SOUP** (1 cup)

Serving Size – oz	4.48	4.0	5.4	8.5
Serving Size – g	127	113	153	241
Serving Per Container	1	1	1	1
Calories	290	260	350	140
Calories from Fat	120	110	140	35
	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>
Total Fat	13g 20%	12g 18%	15g 23%	3.5g 6%
Saturated Fat	2.5g 13%	2.5g 13%	3g 15%	1g 5%
Trans Fat	0g	0g	0g	0g
Cholesterol	65mg 22%	70mg 23%	65mg 22%	25mg 9%
Sodium	730mg 30%	1090mg 45%	880mg 37%	900mg 38%
Total Carb.	14g 5%	12g 4%	32g 11%	18g 6%
Dietary Fiber	1g 3%	<1g 3%	5g 20%	1g 5%
Sugars	3g	3g	6g	2g
Protein	29g	26g	20g	8g
Vitamin A	0%	0%	0%	30%
Vitamin C	2%	0%	0%	0%
Calcium	2%	4%	15%	4%
Iron	2%	6%	10%	6%

## SPECIALTIES

### CHICK-FIL-A CHICK-N-STRIPS®

**Ingredients:** Seasoned chicken tenderloins (water, seasoning [sugar, salt, monosodium glutamate, food starch, garlic powder, onion powder, maltodextrin, spice, natural flavors, paprika {for color}], with not more than 2% silicon dioxide added as an anti-caking agent), **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® NUGGETS

**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), **seasoned chicken tenderloins** (water, seasoning [sugar, salt, monosodium glutamate, food starch, garlic powder, onion powder, maltodextrin, spice, natural flavors, paprika {for color}], with not more than 2% silicon dioxide added as an anti-caking agent), **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

**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), **seasoned chicken tenderloins** (water, seasoning [sugar, salt, monosodium glutamate, food starch, garlic powder, onion powder, maltodextrin, spice, natural flavors, paprika {for color}], with not more than 2% silicon dioxide added as an anti-caking agent), **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). Served on two slices of wheat bread from a local bakery.

### HEARTY BREAST OF CHICKEN SOUP

**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, 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.

**SALADS**

<b>CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD (1 salad)</b>	<b>CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD (1 salad)</b>	<b>CHICK-FIL-A CHICK-N-STRIPS® SALAD (1 salad)</b>
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**SIDE ITEMS**

<b>SIDE SALAD (1 salad)</b>	<b>COLE SLAW (small)</b>	<b>CARROT &amp; RAISIN SALAD (small)</b>	<b>CHICK-FIL-A WAFFLE POTATO FRIES® (small, salted)</b>	<b>CHICK-FIL-A WAFFLE POTATO FRIES® (small, unsalted by request)</b>	<b>FRESH FRUIT CUP (medium)</b>
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Serving Size – oz	9.7	10.7	11
Serving Size – g	275	303	331
Serving Per Container	1	1	1
Calories	180	240	390
Calories from Fat	60	70	160
	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>
Total Fat	6g 10%	8g 12%	18g 28%
Saturated Fat	3g 16%	3.5g 18%	5g 27%
Trans Fat	0g	0g	0g
Cholesterol	65mg 22%	60mg 20%	80mg 27%
Sodium	620mg 26%	770mg 32%	860mg 36%
Total Carb.	9g 3%	17g 6%	22g 7%
Dietary Fiber	3g 13%	5g 19%	4g 15%
Sugars	6g	6g	8g
Protein	22g	25g	34g
Vitamin A	70%	70%	70%
Vitamin C	50%	40%	50%
Calcium	15%	20%	20%
Iron	4%	6%	2%

3.8	4.5	4	3.0	3.0	4.0
108	128	113	85	85	113
1	1	1	1	1	1
60	260	170	280	280	60
25	180	50	120	120	0
<b>%DV</b>	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>
3g 5%	21g 32%	6g 9%	14g 22%	14g 22%	0g 0%
1.5g 9%	3.5g 16%	1g 5%	5g 25%	5g 25%	0g 0%
0g	0g	0g	1g	1g	0g
10mg 3%	25mg 8%	10mg 3%	15mg 5%	15mg 5%	0mg 0%
75mg 3%	220mg 9%	110mg 5%	105mg 4%	40mg 2%	0mg 0%
4g 1%	17g 6%	28g 9%	37g 12%	36g 12%	16g 5%
2g 7%	2g 9%	2g 10%	5g 20%	5g 20%	2g 8%
2g	11g	18g	0g	0g	13g
3g	2g	1g	3g	3g	1g
40%	8%	210%	0%	0%	2%
25%	60%	8%	35%	35%	35%
10%	6%	4%	2%	2%	2%
0%	2%	2%	0%	0%	2%

**SALADS**

**SIDE ITEMS**

**CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD**

**Ingredients:** Chargrilled chicken breast filets containing up to 18% solution of 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, **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 to prevent caking).

**CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD**

**Ingredients:** 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}], **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).  
\* Dehydrated

**CHICK-FIL-A CHICK-N-STRIPS® SALAD**

**Ingredients:** Seasoned chicken tenderloins (water, seasoning [sugar, salt, monosodium glutamate, food starch, garlic powder, onion powder, maltodextrin, spice, natural flavors, paprika {for color}], with not more than 2% silicon dioxide added as an anti-caking agent), **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), **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 SALAD**

**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**

**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**

**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®**

**Ingredients:** Potatoes, may contain partially hydrogenated vegetable shortening (soybean oil and/or canola oil) 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).

**FRESH FRUIT CUP**

**Ingredients:** Red & Green Apples (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), **red seedless grapes, sliced oranges, gold pineapple**.

## 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%	

## 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

### 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.

### 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, 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.

## CROUTONS/KERNELS

	GARLIC AND BUTTER CROUTONS (1 packet)		HONEY ROASTED, SUNFLOWER KERNELS (1 packet)		TORTILLA STRIPS (1 packet)	
Serving Size – oz	0.5		0.5		0.5	
Serving Size – g	14		14		14	
Serving Per Container	1		1		1	
Calories	50		80		70	
Calories from Fat	30		60		30	
	%DV		%DV		%DV	
Total Fat	3g	5%	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	90mg	4%	38mg	2%	53mg	2%
Total Carb.	6g	2%	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	0%		5%		1%	

## CROUTONS/KERNELS

### GARLIC BUTTER CROUTONS

**Ingredients:** Enriched unbleached flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) water, partially hydrogenated soybean and/or cottonseed oil, high fructose corn syrup and corn syrup solids, yeast, salt, dehydrated garlic, onion powder, wheat gluten, dehydrated parsley, natural garlic flavor (with autolyzed yeast extract), natural butter flavor (with enzyme modified milkfat), natural and artificial flavor, annatto (color), calcium sulfate and calcium peroxide (dough conditioners), butter oil, smoke flavor, thiamine hydrochloride, alpha-tocopherol (antioxidant), TBHQ (antioxidant).

### 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, 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](http://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 chicken breaded products are pressure cooked in 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 DRESSING	REDUCED FAT RASPBERRY VINAIGRETTE	BLUE CHEESE DRESSING	BUTTERMILK RANCH DRESSING	SPICY DRESSING	THOUSAND ISLAND DRESSING	LIGHT ITALIAN DRESSING	FAT FREE HONEY MUSTARD DRESSING
Serving Size	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, 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, 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, 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 (including mustard seed), 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)	CHEESECAKE WITH STRAWBERRY TOPPING (1 slice)	CHEESECAKE WITH BLUEBERRY TOPPING (1 slice)
Serving Size – oz	7.5	4.7	4.0	2.6	3.3	4.1	4.1
Serving Size – g	213	135	113	74	93	116	116
Serving Per Container	1	1	1	1	1	1	1
Calories	230	160	320	330	340	360	370
Calories from Fat	50	35	90	140	190	190	190
	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	6g 9%	4g 6%	10g 15%	15g 23%	21g 32%	21g 32%	21g 32%
Saturated Fat	3.5g 18%	2g 10%	3.5g 18%	3.5g 18%	12g 60%	12g 60%	12g 60%
Trans Fat	0g	0g	1g	2.5g	1g	1g	1g
Cholesterol	25mg 8%	15mg 5%	110mg 37%	20mg 7%	90mg 30%	90mg 30%	90mg 30%
Sodium	100mg 4%	80mg 3%	220mg 9%	210mg 9%	270mg 11%	290mg 12%	280mg 12%
Total Carb.	38g 13%	28g 9%	51g 17%	45g 15%	30g 10%	38g 13%	39g 13%
Dietary Fiber	0g 0%	0g 0%	3g 12%	2g 8%	2g 8%	2g 8%	2g 8%
Sugars	39g	24g	39g	29g	25g	31g	32g
Protein	5g	4g	7g	4g	6g	6g	6g
Vitamin A	8%	4%	6%	25%	10%	10%	10%
Vitamin C	0%	0%	6%	0%	0%	8%	0%
Calcium	15%	10%	15%	2%	6%	6%	6%
Iron	0%	2%	0%	10%	0%	0%	0%

## DESSERTS

### ICEDREAM® CUP

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

**Chocolate syrup ingredients:** 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).

### ICEDREAM® CONE

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

**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

**Ingredients:** Sweetened condensed milk (milk, sucrose), meringue (sugar, dextrose, egg whites, cream of tartar, corn starch, agar, cellulose gum, salt, vanillin), graham cracker crumbs (enriched wheat flour [containing niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2} and folic acid]), sugar, graham flour, vegetable shortening (partially hydrogenated soybean and/or cottonseed oil), corn syrup and/or honey, molasses, leavening (ammonium bicarbonate, sodium bicarbonate), salt,

colored with annatto/turmeric extract, natural and artificial flavor, caramel color, artificial color (FD&C Red #40), water, lemon juice, egg yolks, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, monoglycerides and diglycerides, artificially flavored, colored with beta carotene, vitamin A palmitate added), modified food starch, imitation vanilla extract (water, propylene glycol, alcohol [10%], vanillin and other aldehydes, caramel color, and flavoring), natural lemon flavor (dextrose, citric acid, sodium citrate, tricalcium phosphate, beta carotene, turmeric butylated hydroxytoluene added to protect flavor).

### FUDGE NUT BROWNIE

**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, corn syrup, whole eggs, cocoa processed with alkali (dutch), contains 2% or less of: high fructose corn syrup, carob powder, egg whites, vegetable mono and diglycerides, salt, soy lecithin, citric acid, polysorbate 60, potassium sorbate, (a preservative), nonfat milk, artificial flavors, natural flavors, baking powder (sodium aluminum phosphate, baking soda, monocalcium phosphate), and wheat starch, and caramel color.

### CHICK-FIL-A® CHEESECAKE

**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, sugar syrup, corn syrup, modified food starch, salt, erythorbic acid, potassium sorbate as preservative, citric acid, artificial color (contains FD&C Red #40).

## BEVERAGES

	LEMONADE (small)	DIET LEMONADE (small)	ICED TEA (unsweetened, 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	9.0
Serving Size – g	255	255	255	255	255	255
Serving Per Container	1	1	1	1	1	1
Calories	170	25	0	80	110	0
Calories from Fat	5	0	0	0	0	0
	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	.5g 1%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	10mg 0%	5mg 0%	0mg 0%	0mg 0%	10mg 0%	10mg 0%
Total Carb.	41g 14%	5g 2%	0g 0%	19g 6%	28g 9%	0g 0%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Sugars	40g	3g	0g	19g	28g	0g
Protein	0g	0g	0g	0g	0g	0g
Vitamin A	0%	0%	0%	0%	0%	0%
Vitamin C	25%	25%	0%	0%	0%	0%
Calcium	0%	0%	0%	0%	0%	0%
Iron	2%	2%	2%	2%	0%	0%

## BEVERAGES

### CHICK-FIL-A® LEMONADE

Freshly-squeezed lemon juice, water, cane sugar.

### CHICK-FIL-A® DIET LEMONADE

Freshly-squeezed lemon juice, water, Equal (dextrose with maltodextrin, Aspartame). (Phenylketonurics: Aspartame contains Phenylalanine).

### COCA-COLA CLASSIC®

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

### DIET COKE®

**Ingredients:** 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).

## BREAD

(Ingredients may vary due to local supplier)

### STANDARD 4" 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.

### 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.

### 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).  
Bun manufactured in a facility that also processes products containing egg.

**BREAKFAST PRODUCTS**

	<b>PLAIN BISCUIT</b>		<b>HOT BUTTERED BISCUIT</b>		<b>CHICK-FIL-A® CHICKEN BISCUIT</b>		<b>CHICK-FIL-A® CHICKEN BISCUIT WITH CHEESE</b>		<b>BISCUIT WITH BACON</b>		<b>BISCUIT WITH BACON AND EGG</b>		<b>BISCUIT WITH BACON, EGG AND CHEESE</b>		<b>BISCUIT WITH EGG</b>	
Serving Size – oz	2.75		2.78		4.83		5.32		3.02		5.02		5.48		4.75	
Serving Size – g	78		79		137		151		86		142		155		135	
Serving Per Container	1		1		1		1		1		1		1		1	
Calories	260		270		400		450		300		390		430		340	
Calories from Fat	90		110		160		200		130		180		220		150	
	%DV		%DV		%DV		%DV		%DV		%DV		%DV		%DV	
Total Fat	11g	16%	12g	18%	18g	28%	23g	35%	14g	22%	20g	31%	24g	37%	16g	25%
Saturated Fat	2.5g	13%	3g	15%	4.5g	22%	7g	37%	4g	19%	6g	29%	9g	43%	4.5g	23%
Trans Fat	3g		3g		3g		3g		3g		3g		3g		3g	
Cholesterol	0mg	0%	0mg	0%	30mg	10%	45mg	15%	5mg	2%	250mg	84%	265mg	89%	245mg	82%
Sodium	670mg	28%	680mg	28%	1200mg	50%	1430mg	59%	780mg	33%	860mg	36%	1070mg	45%	740mg	31%
Total Carb.	38g	13%	38g	13%	43g	14%	43g	14%	38g	13%	38g	13%	38g	13%	38g	13%
Dietary Fiber	1g	6%	1g	6%	2g	7%	2g	7%	1g	6%	1g	6%	1g	6%	1g	6%
Sugars	5g		5g		5g		5g		5g		5g		5g		5g	
Protein	4g		4g		16g		19g		6g		13g		16g		11g	
Vitamin A		0%		0%		0%		4%		0%		6%		10%		6%
Vitamin C		0%		0%		0%		0%		0%		0%		0%		0%
Calcium		6%		6%		6%		15%		6%		8%		15%		8%
Iron		10%		10%		15%		15%		10%		20%		20%		15%

**BREAKFAST INGREDIENTS:**

**PLAIN BISCUIT**

**Ingredients:** Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), pregelatinized wheat flour, salt, natural flavor, whey, 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).

**HOT BUTTERED BISCUIT**

**Ingredients:** Enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

**CHICK-FIL-A® CHICKEN BISCUIT**

**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), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added. **Biscuit mix** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

**CHICK-FIL-A® CHICKEN BISCUIT WITH CHEESE**

**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), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added, **American cheese** (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], disodium phosphate, lactic acid, artificial color, enzymes, modified

soy lecithin). **Biscuit mix** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

**BISCUIT WITH BACON**

**Ingredients:** **Biscuit mix** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **bacon** (cured with water, salt, hickory smoked flavoring, sugar, dextrose, sodium erythorbate, sodium nitrite).

**BISCUIT WITH BACON AND EGG**

**Ingredients:** **Biscuit mix** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **egg** (whole eggs, 15% citric acid), **bacon** (cured with water, salt, hickory smoked flavoring, sugar, dextrose, sodium erythorbate, sodium nitrite).

**BISCUIT WITH BACON, EGG, AND CHEESE**

**Ingredients:** **Biscuit mix** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **egg** (whole eggs, 15% citric acid), **American cheese** (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], disodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin), **bacon** (cured with water, salt, hickory smoked flavoring, sugar, dextrose, sodium erythorbate, sodium nitrite).



**BREAKFAST PRODUCTS**

	<b>BISCUIT WITH EGG AND CHEESE</b>	<b>BISCUIT WITH SAUSAGE</b>	<b>BISCUIT WITH SAUSAGE, AND EGG</b>	<b>BISCUIT WITH SAUSAGE, EGG AND CHEESE</b>	<b>BISCUIT WITH GRAVY</b>	<b>HASHBROWNS</b>	<b>DANISH</b>
Serving Size – oz	5.21	4.2	6.2	6.6	6.75	2.98	4.6
Serving Size – g	148	119	176	189	191	84	132
Serving Per Container	1	1	1	1	1	1	1
Calories	390	410	500	540	310	170	430
Calories from Fat	190	210	260	300	120	80	150
	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	21g 32%	23g 36%	29g 45%	33g 51%	13g 21%	9g 14%	17g 26%
Saturated Fat	7g 37%	9g 43%	11g 53%	13g 67%	3.5g 18%	4.5g 23%	4.5g 22%
Trans Fat	3g	3g	3g	3g	3g	2g	3g
Cholesterol	260mg 86%	20mg 7%	265mg 89%	280mg 94%	5mg 1%	10mg 3%	25mg 8%
Sodium	960mg 40%	740mg 31%	810mg 34%	1030mg 43%	930mg 39%	350mg 15%	160mg 7%
Total Carb.	38g 13%	42g 14%	43g 14%	43g 14%	44g 15%	20g 7%	63g 21%
Dietary Fiber	1g 6%	1g 6%	1g 6%	1g 6%	1g 6%	2g 8%	2g 7%
Sugars	5g	5g	5g	5g	5g	1g	16g
Protein	13g	9g	15g	18g	5g	2g	6g
Vitamin A	10%	0%	6%	10%	0%	0%	6%
Vitamin C	0%	0%	0%	0%	0%	0%	0%
Calcium	15%	6%	10%	15%	6%	0%	6%
Iron	15%	15%	20%	20%	10%	4%	25%

**BREAKFAST INGREDIENTS Continued:**

**BISCUIT WITH EGG**

**Ingredients:** Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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]), egg (whole eggs, 15% citric acid).

**BISCUIT WITH EGG AND CHEESE**

**Ingredients:** Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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]), egg (whole eggs, 15% citric acid), American cheese (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], disodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin).

**BISCUIT WITH SAUSAGE**

**Ingredients:** Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), sausage (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color).

**BISCUIT WITH SAUSAGE AND EGG**

**Ingredients:** Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), egg (whole eggs, 15% citric acid), sausage (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color).

**BISCUIT WITH SAUSAGE, EGG, AND CHEESE**

**Ingredients:** Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), egg (whole eggs, 15% citric acid), sausage (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color), American cheese (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], disodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin).

**BISCUIT WITH GRAVY**

**Ingredients:** Gravy (coffee whitener [partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, sugar, dextrose, mono and diglycerides, DATEM, carrageen, and natural flavor], modified corn starch, wheat flour, maltodextrin, buttermilk solids, salt, leavening, [sodium pyrophosphate, sodium bicarbonate], sodium caseinate, sodium citrate, spice, Yellow #5 and yellow #6), Biscuit mix (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil, sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, 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 (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color).

**HASHBROWNS**

**Ingredients:** Potatoes, partially hydrogenated vegetable shortening (soybean and/or canola oil), and/or palm oil, and/or beef fat, dehydrated potato flakes, salt, disodium dihydrogen pyrophosphate, (to promote color retention), dextrose.

**DANISH**

**Ingredients:** Enriched bleached flour (enriched bleached flour, niacin, reduced iron, thiamin mononitrate, riboflavin), sugar, water, margarine (partially hydrogenated soybean and cottonseed oils, water, salt, mono and diglycerides, vitamin A palmitate, artificial flavor and color), yeast, eggs, partially hydrogenated soybean oil, maltodextrin, 2% of the following: salt, cinnamon, whey, corn flour, calcium salts, lactalbumin, nonfat milk, mono and diglycerides, ammonium chloride, alkalinized cocoa powder, sodium stearyl lactylate, artificial flavor.