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, 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.

1. 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.
2. Ingredients may change without notice. Ask the store Operator if you have concerns about any product or its ingredients.
3. 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.

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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	
		%DV		%DV		%DV
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%

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	
		%DV		%DV		%DV		%DV
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%

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®

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).

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), **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.

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	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		331	
Serving Per Container	1		1		1	
Calories	180		240		390	
Calories from Fat	60		70		160	
		%DV		%DV		%DV
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%

	SIDE ITEMS											
	SIDE SALAD (1 salad)		COLE SLAW (small)		CARROT & RAISIN SALAD (small)		CHICK-FIL-A WAFFLE POTATO FRIES® (small, salted)		CHICK-FIL-A WAFFLE POTATO FRIES® (small, unsalted by request)		FRESH FRUIT CUP (medium)	
Serving Size – oz	3.8		4.5		4		3.0		3.0		4.0	
Serving Size – g	108		128		113		85		85		113	
Serving Per Container	1		1		1		1		1		1	
Calories	60		260		170		280		280		60	
Calories from Fat	25		180		50		120		120		0	
		%DV		%DV		%DV		%DV		%DV		%DV
Total Fat	3g	5%	21g	32%	6g	9%	14g	22%	14g	22%	0g	0%
Saturated Fat	1.5g	9%	3.5g	16%	1g	5%	5g	25%	5g	25%	0g	0%
Trans Fat	0g		0g		0g		1g		1g		0g	
Cholesterol	10mg	3%	25mg	8%	10mg	3%	15mg	5%	15mg	5%	0mg	0%
Sodium	75mg	3%	220mg	9%	110mg	5%	105mg	4%	40mg	2%	0mg	0%
Total Carb.	4g	1%	17g	6%	28g	9%	37g	12%	36g	12%	16g	5%
Dietary Fiber	2g	7%	2g	9%	2g	10%	5g	20%	5g	20%	2g	8%
Sugars	2g		11g		18g		0g		0g		13g	
Protein	3g		2g		1g		3g		3g		1g	
Vitamin A		40%		8%		210%		0%		0%		2%
Vitamin C		25%		60%		8%		35%		35%		35%
Calcium		10%		6%		4%		2%		2%		2%
Iron		0%		2%		2%		0%		0%		2%

SALADS

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 ITEMS

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 dimethypolysiloxane 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.**

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	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)	
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%

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 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 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.

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	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 gylcol 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.

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	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 (dutched), 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), crystaline 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).

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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), amyalse, 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, thiamin 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.

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	BREAKFAST PRODUCTS							
	PLAIN BISCUIT	HOT BUTTERED BISCUIT	CHICK-FIL-A® CHICKEN BISCUIT	CHICK-FIL-A® CHICKEN BISCUIT WITH CHEESE	BISCUIT WITH BACON	BISCUIT WITH BACON AND EGG	BISCUIT WITH BACON, EGG AND CHEESE	BISCUIT WITH EGG
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).

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	BREAKFAST PRODUCTS													
	BISCUIT WITH EGG AND CHEESE		BISCUIT WITH SAUSAGE		BISCUIT WITH SAUSAGE, AND EGG		BISCUIT WITH SAUSAGE, EGG AND CHEESE		BISCUIT WITH GRAVY		HASHBROWNS		DANISH	
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, alkalized cocoa powder, sodium stearoyl lactylate, artificial flavor.

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