



# Interactive Nutrition Menu

Last Updated: 01/03/2025

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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## Breakfast

Bacon, Egg & Cheese Biscuit	420	23	11	0	180	1,220	38	2	4	15
Bacon, Egg & Cheese Muffin	300	13	6	0	180	780	28	1	2	16
Berry Parfait with Cookie Crumbs	240	8	3.5	0	20	85	31	1	25	12
Berry Parfait with Granola	270	9	3.5	0	20	85	35	1	26	13
Buttery Biscuit	290	15	6	0	0	760	37	2	4	4
Chick-fil-A Chick-n-Minis, 4 ct	360	13	4	0	60	1,060	41	2	8	20
Chick-fil-A Chick-n-Minis, 10 ct	910	34	10	0	150	2,640	103	6	19	49
Chick-fil-A Chick-n-Minis Football-Shaped Tray, 10 ct	910	34	10	0	150	2,640	103	6	19	49
Chick-fil-A Chicken Biscuit	460	23	8	0	45	1,510	45	2	6	19
Chicken, Egg & Cheese Biscuit	550	28	12	0	215	1,870	48	3	7	27
Chicken, Egg & Cheese Muffin	410	18	6	0	215	1,320	36	1	4	27
Egg White Grill	300	8	4	0	65	990	29	1	2	27
English Muffin	140	1	0	0	0	190	27	1	1	5
Fruit Cup, Large	120	0	0	0	0	0	28	4	21	1
Fruit Cup, Medium	70	0	0	0	0	0	16	2	12	1
Fruit Cup, Small	60	0	0	0	0	0	14	2	11	1
Hash Browns, Large	420	29	4	0	0	700	35	4	0	4
Hash Browns, Small	270	18	2.5	0	0	440	23	3	0	3
Hash Brown Scramble Bowl with Bacon	450	32	11	0	395	1,060	15	2	2	23
Hash Brown Scramble Bowl with Bacon, No Hash Browns	300	22	10	0	395	810	2	0	2	22
Hash Brown Scramble Bowl with Grilled Filet	420	26	8	0	420	1,230	15	2	2	31
Hash Brown Scramble Bowl with Grilled Filet, No Hash Browns	270	16	7	0	420	980	2	1	2	30
Hash Brown Scramble Bowl with No Meat	350	24	8	0	330	770	16	3	1	17
Hash Brown Scramble Bowl with No Meat, No Hash Browns	200	14	6	0	330	530	3	2	1	16
Hash Brown Scramble Bowl with Nuggets	470	30	9	0	415	1,350	19	2	2	29
Hash Brown Scramble Bowl with Nuggets, No Hash Browns	320	20	8	0	415	1,100	7	0	2	28
Hash Brown Scramble Bowl with Sausage	480	37	12	0	395	1,020	15	2	1	23

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hash Brown Scramble Bowl with Sausage, No Hash Browns	340	27	11	0	395	780	2	0	1	21
Hash Brown Scramble Bowl with Spicy Chicken	490	32	9	0	410	1,470	22	2	2	28
Hash Brown Scramble Bowl with Spicy Chicken, No Hash Browns	340	21	8	0	410	1,230	10	1	2	27
Hash Brown Scramble Burrito with Bacon	680	42	14	0.5	395	1,630	46	3	2	30
Hash Brown Scramble Burrito with Bacon, No Hash Browns	540	32	13	0.5	395	1,230	34	2	2	27
Hash Brown Scramble Burrito with Grilled Filet	650	36	12	0.5	420	1,650	46	3	2	36
Hash Brown Scramble Burrito with Grilled Filet, No Hash Brown	500	26	10	0.5	420	1,410	34	2	2	35
Hash Brown Scramble Burrito with No Meat	580	34	11	0.5	330	1,200	47	5	1	22
Hash Brown Scramble Burrito with No Meat, No Hash Browns	440	24	10	0.5	330	950	35	3	1	21
Hash Brown Scramble Burrito with Nuggets	700	40	12	0.5	415	1,770	51	3	2	34
Hash Brown Scramble Burrito with Nuggets, No Hash Browns	550	30	11	0.5	415	1,530	38	2	2	33
Hash Brown Scramble Burrito with Sausage	720	47	16	0.5	395	1,450	46	3	1	28
Hash Brown Scramble Burrito with Sausage, No Hash Browns	570	37	14	0.5	395	1,200	34	2	1	26
Hash Brown Scramble Burrito with Spicy Chicken	660	37	11	0.5	250	1,750	54	3	2	28
Hash Brown Scramble Burrito with Spicy Chicken, No Hash Browns	510	27	10	0.5	250	1,510	41	2	2	27
Mini Yeast Rolls, 4 ct	240	8	2.5	0	20	450	36	2	7	6
Sausage, Egg & Cheese Biscuit	620	42	18	0	205	1,510	38	2	4	22
Sausage, Egg & Cheese Muffin	490	32	13	0	205	1,000	29	1	1	23
Spicy Chicken Biscuit	450	22	8	0	40	1,570	44	2	5	19

## Entrees

Chick-fil-A Chick-n-Strips, 2 ct	200	9	2	0	50	580	11	0	1	19
Chick-fil-A Chick-n-Strips, 3 ct	310	14	2.5	0	75	870	16	0	2	29
Chick-fil-A Chick-n-Strips, 4 ct	410	19	3.5	0	100	1,150	22	0	2	39
Chick-fil-A Cool Wrap	660	45	9	0	110	1,420	32	14	5	43
Chick-fil-A Chicken Sandwich	420	18	3.5	0	70	1,460	41	1	6	29
Chick-fil-A Deluxe Sandwich with American	490	22	6	0	85	1,700	43	1	7	32
Chick-fil-A Deluxe Sandwich with Colby Jack	510	24	8	0	90	1,610	43	1	7	34
Chick-fil-A Deluxe Sandwich with No Cheese	430	18	3.5	0	70	1,470	43	1	7	29
Chick-fil-A Deluxe Sandwich with Pepper Jack	510	24	7	0	90	1,610	43	1	7	34
Chick-fil-A Nuggets, 5 ct	160	7	1.5	0	50	760	7	0	1	17
Chick-fil-A Nuggets, 8 ct	250	11	2.5	0	85	1,210	11	0	1	27

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chick-fil-A Nuggets, 12 ct	380	17	3.5	0	125	1,820	16	0	1	40
Chick-fil-A Nuggets, 30 ct	950	43	9	0	315	4,550	41	0	4	100
Chick-fil-A Nuggets Football-Shaped Tray, 30 ct	950	43	9	0	315	4,550	41	0	4	100
Grilled Chicken Club with American	490	19	6	0	100	1,150	45	3	12	34
Grilled Chicken Club with Colby Jack	520	22	8	0	105	1,130	45	3	12	37
Grilled Chicken Club with No Cheese	440	15	4	0	85	910	45	3	11	31
Grilled Chicken Club with Pepper Jack	520	21	8	0	105	1,050	45	3	11	36
Grilled Chicken Sandwich	390	11	2.5	0	75	770	45	3	11	28
Grilled Nuggets, 5 ct	80	2	0	0	55	270	1	0	0	16
Grilled Nuggets, 8 ct	130	3	0.5	0	85	440	1	0	1	25
Grilled Nuggets, 12 ct	200	4.5	1	0	130	660	2	0	1	38
Grilled Nuggets, 30 ct	510	11	3	0	335	1,710	4	1	3	98
Spicy Chicken Sandwich	450	19	4	0	65	1,730	45	1	6	28
Spicy Deluxe Sandwich with American	510	23	6	0	80	1,970	47	2	7	31
Spicy Deluxe Sandwich with Colby Jack	540	26	8	0	85	1,880	47	2	7	34
Spicy Deluxe Sandwich with No Cheese	460	19	4	0	65	1,730	46	2	7	28
Spicy Deluxe Sandwich with Pepper Jack	520	25	7	0	80	1,790	46	2	7	31

## Salads

Cobb Salad	830	60	13	0	230	2,220	31	5	8	42
Cobb Salad with Chick-fil-A Chick-n-Strips	890	63	13	0	220	1,880	37	5	9	44
Cobb Salad with Chick-fil-A Filet	830	60	13	0	215	2,130	33	5	9	39
Cobb Salad with Grilled Filet (Cold)	690	50	11	0	220	1,390	22	5	8	36
Cobb Salad with Grilled Filet (Warm)	690	50	11	0	215	1,380	22	5	8	36
Cobb Salad with Grilled Nuggets	710	52	11	0	230	1,450	22	6	8	40
Cobb Salad with No Chicken	580	49	11	0	145	1,010	21	5	7	15
Cobb Salad with Nuggets	830	60	13	0	230	2,220	31	5	8	42
Cobb Salad with Spicy Filet	860	62	13	0	210	2,400	37	6	9	38
Cobb Salad with Spicy Grilled Filet (Cold)	690	51	11	0	210	1,740	23	6	8	34
Market Salad	550	31	6	0	80	1,010	42	5	26	28
Market Salad with Chick-fil-A Chick-n-Strips	750	43	8	0	85	1,500	57	5	27	36
Market Salad with Chick-fil-A Filet	690	41	8	0	80	1,750	53	0	27	31
Market Salad with Grilled Filet (Cold)	550	31	6	0	80	1,010	42	5	26	28
Market Salad with Grilled Filet (Warm)	550	31	6	0	80	1,010	42	5	26	28
Market Salad with Grilled Nuggets	570	32	6	0	95	1,080	41	6	27	32
Market Salad with No Chicken	440	29	6	0	10	640	40	5	26	7
Market Salad with Nuggets	690	40	8	0	90	1,850	51	5	27	34
Market Salad with Spicy Filet	720	42	8	0	75	2,020	56	6	27	30

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Market Salad with Spicy Grilled Filet (Cold)	540	31	6	0	70	1,360	42	6	27	26
Spicy Southwest Salad	680	49	10	0	100	1,570	27	7	7	33
Spicy Southwest Salad with Chick-fil-A Chick-n-Strips	880	60	12	0	115	1,710	41	7	8	43
Spicy Southwest Salad with Chick-fil-A Filet	830	58	12	0	110	1,960	37	7	8	38
Spicy Southwest Salad with Grilled Filet (Cold)	680	48	10	0	110	1,220	26	7	7	35
Spicy Southwest Salad with Grilled Filet (Warm)	680	48	10	0	110	1,220	26	7	7	35
Spicy Southwest Salad with Grilled Nuggets	700	49	10	0	125	1,290	26	7	7	39
Spicy Southwest Salad with No Chicken	570	47	10	0	35	850	25	7	6	14
Spicy Southwest Salad with Nuggets	830	58	12	0	120	2,060	36	7	7	40
Spicy Southwest Salad with Spicy Filet	850	60	12	0	105	2,230	41	8	8	37
Spicy Southwest Salad with Spicy Grilled Filet (Cold)	680	49	10	0	100	1,570	27	7	7	33

## Sides

Buddy Fruits Apple Sauce	45	0	0	0	0	0	12	1	8	0
Chick-fil-A Waffle Potato Fries, Large	600	35	5	0	0	340	65	7	1	7
Chick-fil-A Waffle Potato Fries, Medium	420	24	4	0	0	240	45	5	1	5
Chick-fil-A Waffle Potato Fries, Small	320	19	3	0	0	190	35	4	1	4
Chicken Noodle Soup, Bowl	280	6	2	0	55	2,060	38	2	2	17
Chicken Noodle Soup, Cup	170	4	1	0	30	1,220	25	1	1	10
Chicken Tortilla Soup, Bowl	580	16	5	0	90	1,980	65	31	7	44
Chicken Tortilla Soup, Cup	340	11	3	0	50	1,070	38	17	4	24
Kale Crunch Side	170	12	1.5	0	0	250	13	4	8	4
Mac & Cheese, Large	840	53	30	0.5	130	2,230	53	5	6	38
Mac & Cheese, Medium	450	29	16	0	70	1,190	28	3	3	20
Mac & Cheese, Small	270	17	10	0	40	710	17	2	2	12
Side, Berry Parfait with Cookie Crumbs	240	8	3.5	0	20	85	31	1	25	12
Side, Berry Parfait with Granola	270	9	3.5	0	20	85	35	1	26	13
Side Fruit Cup, Large	120	0	0	0	0	0	28	4	21	1
Side Fruit Cup, Medium	70	0	0	0	0	0	16	2	12	1
Side Fruit Cup, Small	60	0	0	0	0	0	14	2	11	1
Side Salad	470	42	8	0	35	700	14	4	5	6
Waffle Potato Chips	220	13	3.5	0	0	250	25	2	0	3

## Kid's Meals

Kids Chick-fil-A Chick-n-Strips, 2 ct	200	9	2	0	50	580	11	0	1	19
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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Chick-fil-A Nuggets, 5 ct	160	7	1.5	0	50	760	7	0	1	17
Kids Grilled Nuggets, 5 ct	80	2	0	0	55	270	1	0	0	16

Treats

6 Pack Chocolate Chunk Cookie (per Cookie)	370	17	9	0	15	230	49	3	26	5
Chick-fil-A Icedream Cone	180	4	2.5	0	15	90	32	0	25	4
Chick-fil-A Icedream Cup	140	3.5	2.5	0	15	75	24	0	24	4
Chocolate Chunk Cookie	370	17	9	0	15	230	49	3	26	5
Chocolate Fudge Brownie	370	21	8	0	65	140	47	2	35	4
Chocolate Milkshake	590	22	14	1	85	360	90	1	87	12
Cookies & Cream Milkshake	630	26	15	1	90	440	90	1	84	13
Frosted Coffee	230	6	3.5	0	25	125	39	0	39	6
Frosted Lemonade	320	6	3.5	0	25	120	65	0	63	6
Frosted Lemonade with Diet Lemonade	250	6	3.5	0	25	125	46	0	43	6
Peppermint Chip Frosted Coffee	430	9	6	0	25	170	83	1	68	7
Peppermint Chip Milkshake	670	23	15	1	80	360	109	1	94	11
Strawberry Milkshake	590	20	13	0.5	80	410	93	1	88	11
Vanilla Milkshake	580	23	15	1	90	390	82	1	80	13

Drinks

1% Chocolate Milk	140	2	1.5	0	10	160	23	0	21	7
1% Milk	90	2	1.5	0	10	105	10	0	10	7
Chick-fil-A Diet Lemonade, Gallon	460	1.5	0	0	0	95	126	2	91	3
Chick-fil-A Diet Lemonade, Large	80	0	0	0	0	15	23	0	16	0
Chick-fil-A Diet Lemonade, Medium	60	0	0	0	0	10	16	0	12	0
Chick-fil-A Diet Lemonade, Small	45	0	0	0	0	10	12	0	8	0
Chick-fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea), Gallon	790	0	0	0	0	0	205	0	205	0
Chick-fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade), Gallon	1,390	0.5	0	0	0	40	389	1	350	1
Chick-fil-A Lemonade, Gallon	2,090	1.5	0	0	0	95	549	2	517	2
Chick-fil-A Lemonade, Large	370	0	0	0	0	0	96	0	88	1
Chick-fil-A Lemonade, Medium	270	0	0	0	0	0	69	0	63	0
Chick-fil-A Lemonade, Small	190	0	0	0	0	0	50	0	46	0
Coca-Cola, Large	310	0	0	0	0	105	86	0	86	0
Coca-Cola, Medium	190	0	0	0	0	65	53	0	53	0
Coca-Cola, Small	100	0	0	0	0	35	27	0	27	0
Coffee	0	0	0	0	0	10	0	0	0	0
Dr Pepper, Large	260	0	0	0	0	105	70	0	67	0

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Dr Pepper, Medium	180	0	0	0	0	75	48	0	47	0
Dr Pepper, Small	140	0	0	0	0	55	36	0	35	0
Freshly-Brewed Iced Tea Sweetened, Gallon	1,540	0	0	0	0	115	398	0	397	0
Freshly-Brewed Iced Tea Sweetened, Large	160	0	0	0	0	0	40	0	40	0
Freshly-Brewed Iced Tea Sweetened, Medium	100	0	0	0	0	0	26	0	26	0
Freshly-Brewed Iced Tea Sweetened, Small	80	0	0	0	0	0	20	0	20	0
Honest Kids Apple Juice	35	0	0	0	0	15	9	0	8	0
Iced Coffee	130	2.5	1.5	0	10	70	23	0	23	4
Peppermint Coffee	90	0	0	0	0	35	23	0	13	0
Peppermint Iced Coffee	200	1.5	1	0	<5	70	44	0	34	3
Red Flash, Large	320	0	0	0	0	60	84	0	84	0
Red Flash, Medium	200	0	0	0	0	40	53	0	53	0
Red Flash, Small	140	0	0	0	0	25	37	0	37	0
Simply Orange	160	0	0	0	0	10	34	0	30	2
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Gallon	1,030	1	0	0	0	50	270	1	252	1
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Large	140	0	0	0	0	5	38	0	35	0
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Medium	100	0	0	0	0	0	25	0	24	0
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Small	80	0	0	0	0	0	20	0	19	0
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Gallon	1,970	0	0	0	0	0	506	2	481	2
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Large	280	0	0	0	0	0	72	0	68	0
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Medium	180	0	0	0	0	0	45	0	43	0
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Small	120	0	0	0	0	0	33	0	32	0
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Gallon	240	1	0	0	0	50	65	1	47	1
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Large	35	0	0	0	0	5	9	0	7	0
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Medium	20	0	0	0	0	0	6	0	4	0
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Small	15	0	0	0	0	0	4	0	3	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Gallon	1,040	0	0	0	0	0	291	0	271	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Large	140	0	0	0	0	0	39	0	36	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Medium	90	0	0	0	0	0	25	0	23	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Small	60	0	0	0	0	0	17	0	16	0
Vanilla Iced Coffee	130	2.5	1.5	0	10	70	22	0	21	4

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## Dipping Sauces

Barbeque Sauce	45	0	0	0	0	200	11	0	9	0
Chick-fil-A Sauce	140	13	2	0	10	170	6	0	6	0
Garden Herb Ranch Sauce	140	15	2.5	0	10	220	1	0	1	1
Honey Mustard Sauce	50	0	0	0	0	160	11	0	10	0
Honey Roasted Bbq Sauce	60	5	1	0	<5	75	3	0	2	0
Polynesian Sauce	110	6	1	0	0	210	14	0	13	0
Sweet & Spicy Sriracha Sauce	45	0	0	0	0	380	11	0	10	0
Zesty Buffalo Sauce	25	2.5	0	0	<5	570	1	0	0	0

## Dressings

Avocado Lime Ranch Dressing	310	32	5	0	25	520	3	1	2	1
Creamy Salsa Dressing	290	31	5	0	25	630	2	0	1	1
Fat-Free Honey Mustard Dressing	90	0	0	0	0	330	22	1	18	0
Garden Herb Ranch Dressing	280	29	5	0	25	440	2	0	1	1
Light Balsamic Vinaigrette Dressing	80	4	0.5	0	0	360	10	0	9	0
Light Italian Dressing	25	1	0	0	0	470	3	0	2	0
Zesty Apple Cider Vinaigrette Dressing	230	19	3	0	0	450	16	0	14	0

## Buns

Gluten Free Bun	180	3.5	0	0	0	400	37	2	7	3
Multigrain Brioche Bun	210	4.5	1	0	0	310	38	3	7	7
White Bun, Buttered	180	6	1	0	0	240	29	1	4	5
White Bun, Unbuttered	150	1	0	0	0	240	28	1	4	5

## Proteins

Bacon	50	3.5	1.5	0	10	210	0	0	0	4
Chick-fil-A Breakfast Filet	160	8	1.5	0	45	750	8	0	2	15
Chick-fil-A Filet	260	12	2.5	0	75	1,170	13	0	2	25
Grilled Breakfast Filet	60	1	0	0	40	420	0	0	0	13
Grilled Filet	110	2	0	0	70	370	1	0	1	21
Sausage	240	22	8	0	35	430	1	0	0	11
Spicy Breakfast Filet	130	6	1.5	0	35	710	6	0	1	14

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

## Salad Toppings

Blue Cheese Crumbles	30	2.5	1.5	0	10	110	0	0	0	2
Chili Lime Pepitas	80	7	1	0	0	50	2	1	0	4
Crispy Bell Peppers	80	6	0	0	0	75	6	0	0	1
Seasoned Tortilla Strips	70	4	0	0	0	55	8	1	0	1

## Sandwich Toppings

American Cheese	50	4.5	2.5	0	15	230	1	0	0	3
Bacon Topping	50	3.5	1.5	0	10	210	0	0	0	4
Colby Jack Cheese	80	7	4	0	20	140	0	0	0	5
Lettuce	5	0	0	0	0	5	1	0	0	0
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	4
Tomato	5	0	0	0	0	0	1	0	1	0

## Soup Toppings

Saltines	50	1	0	0	0	180	9	0	0	1
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## Trays

Chick-fil-A Cool Wrap Tray, Large	170	7	2	0	45	450	15	6	1	21
Chick-fil-A Cool Wrap Tray, Medium	170	7	2	0	45	450	15	6	1	21
Chick-fil-A Cool Wrap Tray, Small	170	7	2	0	45	450	15	6	1	21
Chilled Chick-fil-A Nuggets Tray, Large	30	1.5	0	0	10	150	1	0	0	3
Chilled Chick-fil-A Nuggets Tray, Medium	30	1.5	0	0	10	150	1	0	0	3
Chilled Chick-fil-A Nuggets Tray, Small	30	1.5	0	0	10	150	1	0	0	3
Chilled Chick-n-Strips Tray, Large	110	5	1	0	25	300	6	0	1	10
Chilled Chick-n-Strips Tray, Medium	110	5	1	0	25	300	6	0	1	10
Chilled Chick-n-Strips Tray, Small	110	5	1	0	25	300	6	0	1	10
Chilled Grilled Chicken Sub Sandwich Tray, Large	220	6	2.5	0	45	490	25	2	4	18
Chilled Grilled Chicken Sub Sandwich Tray, Medium	220	6	2.5	0	45	490	25	2	4	18
Chilled Grilled Chicken Sub Sandwich Tray, Small	220	6	2.5	0	45	490	25	2	4	18
Chocolate Chunk Cookie And Chocolate Fudge Brownie Tray, Large	280	14	7	0	25	150	36	2	22	3



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Cookie And Chocolate Fudge Brownie Tray, Small	280	14	7	0	25	150	36	2	22	3
Chocolate Chunk Cookie Tray, Large	370	17	9	0	15	230	49	3	26	5
Chocolate Chunk Cookie Tray, Small	370	17	9	0	15	230	49	3	26	5
Chocolate Fudge Brownie Tray, Large	190	10	4	0	35	70	23	1	18	2
Chocolate Fudge Brownie Tray, Small	190	10	4	0	35	70	23	1	18	2
Fruit Tray, Large	1,580	0	0	0	0	0	369	58	273	16
Fruit Tray, Small	780	0	0	0	0	0	182	29	134	8
Garden Salad Tray, Large	630	36	23	1	110	850	41	17	21	38
Garden Salad Tray, Small	310	18	11	0.5	55	420	20	9	11	19
Grilled Chicken Bundle	530	21	8	0	135	1,390	37	3	9	49
Hot Chick-fil-A Nuggets Tray, Large	30	1.5	0	0	10	150	1	0	0	3
Hot Chick-fil-A Nuggets Tray, Medium	30	1.5	0	0	10	150	1	0	0	3
Hot Chick-fil-A Nuggets Tray, Small	30	1.5	0	0	10	150	1	0	0	3
Hot Chick-n-Strips Tray, Large	110	5	1	0	25	300	6	0	1	10
Hot Chick-n-Strips Tray, Medium	110	5	1	0	25	300	6	0	1	10
Hot Chick-n-Strips Tray, Small	110	5	1	0	25	300	6	0	1	10
Kale Crunch Side Tray, Large	2,440	182	20	1	0	3,080	166	49	92	63
Kale Crunch Side Tray, Small	1,160	87	9	0	0	1,420	77	23	42	30
Mac & Cheese Tray, Large	9,850	625	355	7	1,500	26,060	616	63	71	442
Mac & Cheese Tray, Small	4,930	312	178	3.5	750	13,030	308	31	36	221
Southwest Veggie Wrap Tray, Large	170	8	3	0	10	310	17	8	2	13
Southwest Veggie Wrap Tray, Medium	170	8	3	0	10	310	17	8	2	13
Southwest Veggie Wrap Tray, Small	170	8	3	0	10	310	17	8	2	13
Spicy Chilled Grilled Chicken Sub Sandwich Tray, Large	220	6	2.5	0	40	660	25	2	5	16
Spicy Chilled Grilled Chicken Sub Sandwich Tray, Medium	220	6	2.5	0	40	660	25	2	5	16
Spicy Chilled Grilled Chicken Sub Sandwich Tray, Small	220	6	2.5	0	40	660	25	2	5	16
Spicy Cool Wrap Tray, Large	170	7	2	0	40	630	15	7	2	20
Spicy Cool Wrap Tray, Medium	170	7	2	0	40	630	15	7	2	20
Spicy Cool Wrap Tray, Small	170	7	2	0	40	630	15	7	2	20

## Catering Entrees

Catering, Chick-fil-A Chicken Sandwich	420	18	3.5	0	70	1,460	41	1	6	29
Catering, Chick-fil-A Nuggets, 5 ct	160	7	1.5	0	50	760	7	0	1	17
Catering, Chick-fil-A Nuggets, 8 ct	250	11	2.5	0	85	1,210	11	0	1	27
Catering, Chick-fil-A Nuggets, 12 ct	380	17	3.5	0	125	1,820	16	0	1	40
Catering, Chilled Grilled Chicken Sub Sandwich	440	12	5	0	90	980	49	5	9	36

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Catering, Spicy Chicken Sandwich	450	19	4	0	65	1,730	45	1	6	28
Catering, Spicy Chilled Grilled Chicken Sub Sandwich	430	12	5	0	85	1,320	50	5	9	33

## Catering Drinks

Catering, 1% Chocolate Milk	140	2	1.5	0	10	160	23	0	21	7
Catering, 1% Milk	90	2	1.5	0	10	105	10	0	10	7
Catering, Bottled Diet Lemonade	60	0	0	0	0	10	17	0	12	0
Catering, Bottled Lemonade	280	0	0	0	0	10	73	0	69	0
Catering, Bottled Sweet Tea	190	0	0	0	0	15	48	0	48	0
Catering, Bottled Unsweet Tea	0	0	0	0	0	15	0	0	0	0
Catering, Chick-fil-A Diet Lemonade, Gallon	460	1.5	0	0	0	95	126	2	91	3
Catering, Chick-fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea), Gallon	790	0	0	0	0	0	205	0	205	0
Catering, Chick-fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade), Gallon	1,390	0.5	0	0	0	40	389	1	350	1
Catering, Chick-fil-A Lemonade, Gallon	2,090	1.5	0	0	0	95	549	2	517	2
Catering, Coffee	0	0	0	0	0	80	0	0	0	0
Catering, Freshly-Brewed Iced Tea Sweetened, Gallon	1,540	0	0	0	0	115	398	0	397	0
Catering, Honest Kids Apple Juice	35	0	0	0	0	15	9	0	8	0
Catering, Simply Orange	160	0	0	0	0	10	34	0	30	2
Catering, Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Gallon	1,030	1	0	0	0	50	270	1	252	1
Catering, Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Gallon	1,970	0	0	0	0	0	506	2	481	2
Catering, Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Gallon	240	1	0	0	0	50	65	1	47	1
Catering, Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Gallon	1,040	0	0	0	0	0	291	0	271	0

**Last Updated:** 01/03/2025



Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)