



Interactive Nutrition Menu

Last Updated: 04/21/2025

	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

Small Fruit Cup	60	0	0	0	0	0	14	2	11	1
Fruit Cup	70	0	0	0	0	0	16	2	12	1
Medium Fruit Cup	70	0	0	0	0	0	16	2	12	1
Large Fruit Cup	120	0	0	0	0	0	28	4	21	1
English Muffin	140	1	0	0	0	190	27	1	1	5
Hash Brown Scramble Bowl with No Meat, No Hash Browns	200	14	6	0	330	530	3	2	1	16
4 Count Mini Yeast Rolls	240	8	2.5	0	20	450	36	2	7	6
Berry Parfait with Cookie Crumbs	240	8	3.5	0	20	85	31	1	25	12
Berry Parfait	270	9	3.5	0	20	85	35	1	26	13
Berry Parfait with Granola	270	9	3.5	0	20	85	35	1	26	13
Hash Brown Scramble Bowl with Grilled Filet, No Hash Browns	270	16	7	0	420	980	2	1	2	30
Hash Browns	270	18	2.5	0	0	440	23	3	0	3
Small Hash Browns	270	18	2.5	0	0	440	23	3	0	3
Breakfast Breads	290	15	6	0	0	760	37	2	4	4
Buttery Biscuit	290	15	6	0	0	760	37	2	4	4
Bacon, Egg & Cheese Muffin	300	13	6	0	180	780	28	1	2	16
Egg White Grill	300	8	4	0	65	990	29	1	2	27
Hash Brown Scramble Bowl with Bacon, No Hash Browns	300	22	10	0	395	810	2	0	2	22
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, No Hash Browns	340	27	11	0	395	780	2	0	1	21
Hash Brown Scramble Bowl with Spicy Chicken, No Hash Browns	340	21	8	0	410	1,230	10	1	2	27
Hash Brown Scramble Bowl with No Meat	350	24	8	0	330	770	16	3	1	17
4 Count Chick-Fil-A Chick-N-Minis	360	13	4	0	60	1,060	41	2	8	20
Chick-Fil-A Chick-N-Minis	360	13	4	0	60	1,060	41	2	8	20

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken, Egg & Cheese Muffin	410	18	6	0	215	1,320	36	1	4	27
Bacon, Egg & Cheese Biscuit	420	23	11	0	180	1,220	38	2	4	15
Hash Brown Scramble Bowl with Grilled Filet	420	26	8	0	420	1,230	15	2	2	31
Large Hash Browns	420	29	4	0	0	700	35	4	0	4
Hash Brown Scramble Burrito with No Meat, No Hash Browns	440	24	10	0.5	330	950	35	3	1	21
Hash Brown Scramble Bowl with Bacon	450	32	11	0	395	1,060	15	2	2	23
Spicy Chicken Biscuit	450	22	8	0	40	1,570	44	2	5	19
Chick-Fil-A Chicken Biscuit	460	23	8	0	45	1,510	45	2	6	19
Hash Brown Scramble Bowl	470	30	9	0	415	1,350	19	2	2	29
Hash Brown Scramble Bowl with Nuggets	470	30	9	0	415	1,350	19	2	2	29
Hash Brown Scramble Bowl with Sausage	480	37	12	0	395	1,020	15	2	1	23
Hash Brown Scramble Bowl with Spicy Chicken	490	32	9	0	410	1,470	22	2	2	28
Sausage, Egg & Cheese Muffin	490	32	13	0	205	1,000	29	1	1	23
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 Spicy Chicken, No Hash Browns	510	27	10	0.5	250	1,510	41	2	2	27
Hash Brown Scramble Burrito with Bacon, No Hash Browns	540	32	13	0.5	395	1,230	34	2	2	27
Chicken, Egg & Cheese Biscuit	550	28	12	0	215	1,870	48	3	7	27
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, No Hash Browns	570	37	14	0.5	395	1,200	34	2	1	26
Hash Brown Scramble Burrito with No Meat	580	34	11	0.5	330	1,200	47	5	1	22
Sausage, Egg & Cheese Biscuit	620	42	18	0	205	1,510	38	2	4	22
Hash Brown Scramble Burrito with Grilled Filet	650	36	12	0.5	420	1,650	46	3	2	36
Hash Brown Scramble Burrito with Spicy Chicken	660	37	11	0.5	250	1,750	54	3	2	28
Hash Brown Scramble Burrito with Bacon	680	42	14	0.5	395	1,630	46	3	2	30
Hash Brown Scramble Burrito	700	40	12	0.5	415	1,770	51	3	2	34
Hash Brown Scramble Burrito with Nuggets	700	40	12	0.5	415	1,770	51	3	2	34
Hash Brown Scramble Burrito with Sausage	720	47	16	0.5	395	1,450	46	3	1	28
10 Count Chick-Fil-A Chick-N-Minis	910	34	10	0	150	2,640	103	6	19	49

Entrees

5 Count Grilled Nuggets	80	2	0	0	55	270	1	0	0	16
8 Count Grilled Nuggets	130	3	0.5	0	85	440	1	0	1	25

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Nuggets	130	3	0.5	0	85	440	1	0	1	25
5 Count Chick-Fil-A Nuggets	160	7	1.5	0	50	760	7	0	1	17
12 Count Grilled Nuggets	200	4.5	1	0	130	660	2	0	1	38
2 Count Chick-Fil-A Chick-N-Strips	200	9	2	0	50	580	11	0	1	19
8 Count Chick-Fil-A Nuggets	250	11	2.5	0	85	1,210	11	0	1	27
3 Count Chick-Fil-A Chick-N-Strips	310	14	2.5	0	75	870	16	0	2	29
Chick-Fil-A Chick-N-Strips	310	14	2.5	0	75	870	16	0	2	29
12 Count Chick-Fil-A Nuggets	380	17	3.5	0	125	1,820	16	0	1	40
Grilled Chicken Sandwich	390	11	2.5	0	75	770	45	3	11	28
4 Count Chick-Fil-A Chick-N-Strips	410	19	3.5	0	100	1,150	22	0	2	39
Chick-Fil-A Chicken Sandwich	420	18	3.5	0	70	1,460	41	1	6	29
Chick-Fil-A Deluxe Sandwich with No Cheese	430	18	3.5	0	70	1,470	43	1	7	29
Grilled Chicken Club with No Cheese	440	15	4	0	85	910	45	3	11	31
Spicy Chicken Sandwich	450	19	4	0	65	1,730	45	1	6	28
Spicy Deluxe Sandwich with No Cheese	460	19	4	0	65	1,730	46	2	7	28
Chick-Fil-A Deluxe Sandwich	490	22	6	0	85	1,700	43	1	7	32
Chick-Fil-A Deluxe Sandwich with American	490	22	6	0	85	1,700	43	1	7	32
Grilled Chicken Club with American	490	19	6	0	100	1,150	45	3	12	34
30 Count Grilled Nuggets	510	11	3	0	335	1,710	4	1	3	98
Chick-Fil-A Deluxe Sandwich with Colby Jack	510	24	8	0	90	1,610	43	1	7	34
Spicy Deluxe Sandwich with American	510	23	6	0	80	1,970	47	2	7	31
Chick-Fil-A Deluxe Sandwich with Pepper Jack	520	24	8	0	90	1,610	43	1	7	35
Chick-Fil-A Grilled Chicken Club Sandwich	520	22	8	0	105	1,130	45	3	12	37
Grilled Chicken Club with Colby Jack	520	22	8	0	105	1,130	45	3	12	37
Grilled Chicken Club with Pepper Jack	520	21	8	0	105	1,050	45	3	11	36
Smokehouse BBQ Bacon Sandwich with Grilled Filet	520	21	9	0	110	1,190	46	3	12	38
Spicy Deluxe Sandwich	540	26	8	0	85	1,880	47	2	7	34
Spicy Deluxe Sandwich with Colby Jack	540	26	8	0	85	1,880	47	2	7	34
Spicy Deluxe Sandwich with Pepper Jack	540	26	8	0	85	1,880	47	2	7	34
Chick-Fil-A Cool Wrap	660	45	9	0	110	1,420	32	14	5	43
Smokehouse BBQ Bacon Sandwich with Chick-Fil-A Filet	670	31	11	0	110	1,930	57	3	12	41
Smokehouse BBQ Bacon Sandwich with Spicy Filet	690	33	11	0	105	2,200	61	3	13	40
30 Count Chick-Fil-A Nuggets	950	43	9	0	315	4,550	41	0	4	100
10 Count Chick-Fil-A Chick-N-Strips	1,020	46	9	0	250	2,870	54	0	6	96

	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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Salads

Market Salad with No Chicken	440	29	6	0	10	640	40	5	26	7
Market Salad with Spicy Grilled Filet (Cold)	540	31	6	0	70	1,360	42	6	27	26
Market Salad	550	31	6	0	80	1,010	42	5	26	28
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
Spicy Southwest Salad with No Chicken	570	47	10	0	35	850	25	7	6	14
Cobb Salad with No Chicken	580	49	11	0	145	1,010	21	5	7	15
Spicy Southwest Salad	680	49	10	0	100	1,570	27	7	7	33
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 Spicy Grilled Filet (Cold)	680	49	10	0	100	1,570	27	7	7	33
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 Spicy Grilled Filet (Cold)	690	51	11	0	210	1,740	23	6	8	34
Market Salad with Chick-Fil-A Filet	690	41	8	0	80	1,760	53	5	27	31
Market Salad with Nuggets	700	40	8	0	90	1,850	51	5	27	34
Spicy Southwest Salad with Grilled Nuggets	700	49	10	0	125	1,290	26	7	7	39
Cobb Salad with Grilled Nuggets	710	52	11	0	230	1,450	22	6	8	40
Market Salad with Spicy Filet	720	42	8	0	75	2,020	56	6	27	30
Market Salad with Chick-Fil-A Chick-N-Strips	750	43	8	0	85	1,500	57	5	27	36
Spicy Southwest Salad with Chick-Fil-A Filet	800	56	11	0	110	1,950	37	7	8	36
Spicy Southwest Salad with Nuggets	800	56	11	0	120	2,050	35	7	7	39
Cobb Salad	830	60	13	0	230	2,220	31	5	8	42
Cobb Salad with Chick-Fil-A Filet	830	60	13	0	215	2,130	33	5	9	39
Cobb Salad with Nuggets	830	60	13	0	230	2,220	31	5	8	42
Spicy Southwest Salad with Spicy Filet	850	60	12	0	105	2,230	41	8	8	37
Cobb Salad with Spicy Filet	860	62	13	0	210	2,400	37	6	9	38
Spicy Southwest Salad with Chick-Fil-A Chick-N-Strips	880	60	12	0	115	1,710	41	7	8	43
Cobb Salad with Chick-Fil-A Chick-N-Strips	890	63	13	0	220	1,880	37	5	9	44

Sides

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Buddy Fruits Apple Sauce	45	0	0	0	0	0	12	1	8	0
Side, Small Fruit Cup	60	0	0	0	0	0	14	2	11	1
Side, Fruit Cup	70	0	0	0	0	0	16	2	12	1
Side, Medium Fruit Cup	70	0	0	0	0	0	16	2	12	1
Side, Large Fruit Cup	120	0	0	0	0	0	28	4	21	1
Chicken Noodle Soup	170	4	1	0	30	1,220	25	1	1	10
Cup Of Chicken Noodle Soup	170	4	1	0	30	1,220	25	1	1	10
Kale Crunch Side	170	12	1.5	0	0	250	13	4	8	4
Waffle Potato Chips	220	13	3.5	0	0	250	25	2	0	3
Side, Berry Parfait with Cookie Crumbs	240	8	3.5	0	20	85	31	1	25	12
Side, Berry Parfait	270	9	3.5	0	20	85	35	1	26	13
Side, Berry Parfait with Granola	270	9	3.5	0	20	85	35	1	26	13
Small Mac & Cheese	270	17	10	0	40	710	17	2	2	12
Bowl Of Chicken Noodle Soup	280	6	2	0	55	2,060	38	2	2	17
Small Chick-Fil-A Waffle Potato Fries	320	19	3	0	0	190	35	4	1	4
Chick-Fil-A Waffle Potato Fries	420	24	4	0	0	240	45	5	1	5
Medium Chick-Fil-A Waffle Potato Fries	420	24	4	0	0	240	45	5	1	5
Mac & Cheese	450	29	16	0	70	1,190	28	3	3	20
Medium Mac & Cheese	450	29	16	0	70	1,190	28	3	3	20
Side Salad	470	42	8	0	35	700	14	4	5	6
Large Chick-Fil-A Waffle Potato Fries	600	35	5	0	0	340	65	7	1	7
Large Mac & Cheese	840	53	30	0.5	130	2,230	53	5	6	38

Kid's Meals

Kids 5 Count Grilled Nuggets	80	2	0	0	55	270	1	0	0	16
Kids 5 Count Chick-Fil-A Nuggets	160	7	1.5	0	50	760	7	0	1	17
Kids 2 Count Chick-Fil-A Chick-N-Strips	200	9	2	0	50	580	11	0	1	19

Treats

Chick-Fil-A Icedream Cup	140	3.5	2.5	0	15	75	24	0	24	4
Chick-Fil-A Icedream Cone	180	4	2.5	0	15	90	32	0	25	4
Frosted Coffee	260	7	4.5	0	25	140	45	0	44	7
Frosted Lemonade with Diet Lemonade	280	7	4.5	0	25	140	50	0	48	7
Pineapple Dragonfruit Frosted Diet Lemonade	300	7	4.5	0	25	150	54	0	48	7
Frosted Lemonade	350	7	4.5	0	25	135	67	0	65	7

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pineapple Dragonfruit Frosted Lemonade	360	7	4.5	0	25	150	70	0	63	7
Pineapple Dragonfruit Frosted Lemonade Beverages	360	7	4.5	0	25	150	70	0	63	7
6 Pack Chocolate Chunk Cookie	370	17	9	0	15	230	49	3	26	5
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
Strawberry Milkshake	560	18	11	0.5	70	370	92	1	86	10
Vanilla Milkshake	580	23	15	1	90	390	82	1	80	13
Chocolate Milkshake	600	22	13	1	85	360	93	1	90	12
Cookies & Cream Milkshake	630	25	15	1	85	430	91	1	84	13

Drinks

Coffee	0	0	0	0	0	10	0	0	0	0
Small Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	15	0	0	0	0	0	4	0	3	0
Medium Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	20	0	0	0	0	0	6	0	4	0
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	20	0	0	0	0	0	6	0	4	0
Honest Kids Apple Juice	35	0	0	0	0	15	9	0	8	0
Large Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	35	0	0	0	0	5	9	0	7	0
Pineapple Dragonfruit Unsweet Tea	35	0	0	0	0	15	7	0	0	0
Small Chick-Fil-A Diet Lemonade	45	0	0	0	0	10	12	0	8	0
Chick-Fil-A Diet Lemonade	60	0	0	0	0	10	16	0	12	0
Medium Chick-Fil-A Diet Lemonade	60	0	0	0	0	10	16	0	12	0
Pineapple Dragonfruit Sunjoy (Unsweet Tea, Diet Lemonade)	60	0	0	0	0	20	14	0	6	0
Small Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	60	0	0	0	0	0	17	0	16	0
Large Chick-Fil-A Diet Lemonade	80	0	0	0	0	15	23	0	16	0
Pineapple Dragonfruit Diet Lemonade	80	0	0	0	0	25	20	0	10	0
Small Freshly-Brewed Iced Tea Sweetened	80	0	0	0	0	0	20	0	20	0
Small Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	80	0	0	0	0	0	20	0	19	0
1% Milk	90	2	1.5	0	10	105	10	0	10	7
Medium Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	90	0	0	0	0	0	25	0	23	0
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	90	0	0	0	0	0	25	0	23	0
Freshly-Brewed Iced Tea Sweetened	100	0	0	0	0	0	26	0	26	0
Medium Freshly-Brewed Iced Tea Sweetened	100	0	0	0	0	0	26	0	26	0

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Medium Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	100	0	0	0	0	0	25	0	24	0
Small Coca-Cola	100	0	0	0	0	35	27	0	27	0
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	100	0	0	0	0	0	25	0	24	0
Small Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	120	0	0	0	0	0	33	0	32	0
Pineapple Dragonfruit Sunjoy (Sweet Tea, Diet Lemonade)	130	0	0	0	0	20	31	0	22	0
1% Chocolate Milk	140	2	1.5	0	10	160	23	0	21	7
Large Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	140	0	0	0	0	5	38	0	35	0
Large Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	140	0	0	0	0	0	39	0	36	0
Small Dr Pepper	140	0	0	0	0	55	36	0	35	0
Small Red Flash	140	0	0	0	0	25	37	0	37	0
Large Freshly-Brewed Iced Tea Sweetened	160	0	0	0	0	0	40	0	40	0
Pineapple Dragonfruit Sunjoy (Unsweet Tea, Lemonade)	160	0	0	0	0	15	39	0	30	0
Simply Orange	160	0	0	0	0	10	34	0	30	2
Dr Pepper	180	0	0	0	0	75	48	0	47	0
Medium Dr Pepper	180	0	0	0	0	75	48	0	47	0
Medium Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	180	0	0	0	0	0	45	0	43	0
Pineapple Dragonfruit Sweet Tea	180	0	0	0	0	15	45	0	39	0
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	180	0	0	0	0	0	45	0	43	0
Coca-Cola	190	0	0	0	0	65	53	0	53	0
Medium Coca-Cola	190	0	0	0	0	65	53	0	53	0
Small Chick-Fil-A Lemonade	190	0	0	0	0	0	50	0	46	0
Iced Coffee	200	4	2.5	0	20	110	34	0	34	7
Medium Red Flash	200	0	0	0	0	40	53	0	53	0
Red Flash	200	0	0	0	0	40	53	0	53	0
Vanilla Iced Coffee	200	4	2.5	0	20	110	33	0	32	7
Pineapple Dragonfruit Beverages	230	0	0	0	0	15	56	0	47	0
Pineapple Dragonfruit Sunjoy (Sweet Tea, Lemonade)	230	0	0	0	0	15	56	0	47	0
Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	240	1	0	0	0	50	65	1	47	1
Large Dr Pepper	260	0	0	0	0	105	70	0	67	0
Pineapple Dragonfruit Lemonade	260	0	0	0	0	15	64	0	53	0
Chick-Fil-A Lemonade	270	0	0	0	0	0	69	0	63	0
Medium Chick-Fil-A Lemonade	270	0	0	0	0	0	69	0	63	0
Large Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	280	0	0	0	0	0	72	0	68	0
Large Coca-Cola	310	0	0	0	0	105	86	0	86	0

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Large Red Flash	320	0	0	0	0	60	84	0	84	0
Large Chick-Fil-A Lemonade	370	0	0	0	0	0	96	0	88	1
Gallon Chick-Fil-A Diet Lemonade	460	1.5	0	0	0	95	126	2	91	3
Gallon Chick-Fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea)	790	0	0	0	0	0	205	0	205	0
Gallon Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	1,030	1	0	0	0	50	270	1	252	1
Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	1,040	0	0	0	0	0	291	0	271	0
Gallon Chick-Fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade)	1,390	0.5	0	0	0	40	389	1	350	1
Gallon Freshly-Brewed Iced Tea Sweetened	1,540	0	0	0	0	115	398	0	397	0
Gallon Pineapple Dragonfruit Sweet Tea	1,740	0	0	0	0	130	432	0	377	0
Gallon Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	1,970	0	0	0	0	0	506	2	481	2
Gallon Pineapple Dragonfruit Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	2,060	0	0	0	0	130	513	1	438	2
Gallon Beverages	2,090	1.5	0	0	0	95	549	2	517	2
Gallon Chick-Fil-A Lemonade	2,090	1.5	0	0	0	95	549	2	517	2
Gallon Pineapple Dragonfruit Lemonade	2,460	0	0	0	0	130	613	3	512	4

Dipping Sauces

Zesty Buffalo Sauce	25	2.5	0	0	<5	570	1	0	0	0
Barbeque Sauce	45	0	0	0	0	200	11	0	9	0
Sweet & Spicy Sriracha Sauce	45	0	0	0	0	380	11	0	10	0
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
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

Dressings

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

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado Lime Ranch Dressing	310	32	5	0	25	520	3	1	2	1

Buns

White Bun (Unbuttered)	150	1	0	0	0	240	28	1	4	5
Buttery White Bun	180	6	1	0	0	240	29	1	4	5
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

Proteins

Bacon	50	3.5	1.5	0	10	210	0	0	0	4
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
Spicy Breakfast Filet	130	6	1.5	0	35	710	6	0	1	14
Chick-Fil-A Breakfast Filet	160	8	1.5	0	45	750	8	0	2	15
Sausage	240	22	8	0	35	430	1	0	0	11
Chick-Fil-A Filet	250	12	2.5	0	70	1,120	12	0	1	24

Salad Toppings

Blue Cheese Crumbles Salad Topping	30	2.5	1.5	0	10	110	0	0	0	2
Harvest Nut Granola Salad Topping	70	2	0	0	0	35	10	0	4	1
Roasted Nut Blend Salad Topping	70	6	0.5	0	0	0	2	1	1	1
Seasoned Tortilla Strips Salad Topping	70	4	0	0	0	55	8	1	0	1
Chili Lime Pepitas Salad Topping	80	7	1	0	0	50	2	1	0	4
Crispy Bell Peppers Salad Topping	80	6	0	0	0	75	6	0	0	1

Sandwich Toppings

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

	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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Soup Toppings

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

Chilled Chick-Fil-A Nugget Trays	30	1.5	0	0	10	150	1	0	0	3
Hot Chick-Fil-A Nugget Trays	30	1.5	0	0	10	150	1	0	0	3
Large Chilled Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Large Hot Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Medium Chilled Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Medium Hot Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Small Chilled Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Small Hot Chick-Fil-A Nuggets Tray (Per Nugget)	30	1.5	0	0	10	150	1	0	0	3
Chilled Chick-N-Strips Trays	110	5	1	0	25	300	6	0	1	10
Hot Chick-N-Strips Trays	110	5	1	0	25	300	6	0	1	10
Large Chilled Chick-N-Strips (Cooked & Chilled For Later) Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Large Hot Chick-N-Strips Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Medium Chilled Chick-N-Strips (Cooked & Chilled For Later) Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Medium Hot Chick-N-Strips Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Small Chilled Chick-N-Strips (Cooked & Chilled For Later) Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Small Hot Chick-N-Strips Tray (Per Chick-N-Strip)	110	5	1	0	25	300	6	0	1	10
Chick-Fil-A Cool Wrap Trays	170	7	2	0	45	450	15	6	1	21
Large Chick-Fil-A Cool Wrap Tray (Per Half Wrap)	170	7	2	0	45	450	15	6	1	21
Large Southwest Veggie Wrap Tray (Per Half Wrap)	170	8	3	0	10	310	17	8	2	13
Large Spicy Cool Wrap Tray (Per Half Wrap)	170	7	2	0	40	630	15	7	2	20
Medium Chick-Fil-A Cool Wrap Tray (Per Half Wrap)	170	7	2	0	45	450	15	6	1	21
Medium Southwest Veggie Wrap Tray (Per Half Wrap)	170	8	3	0	10	310	17	8	2	13

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Medium Spicy Cool Wrap Tray (Per Half Wrap)	170	7	2	0	40	630	15	7	2	20
Small Chick-Fil-A Cool Wrap Tray (Per Half Wrap)	170	7	2	0	45	450	15	6	1	21
Small Southwest Veggie Wrap Tray (Per Half Wrap)	170	8	3	0	10	310	17	8	2	13
Small Spicy Cool Wrap Tray (Per Half Wrap)	170	7	2	0	40	630	15	7	2	20
Southwest Veggie Wrap Trays	170	8	3	0	10	310	17	8	2	13
Spicy Cool Wrap Trays	170	7	2	0	40	630	15	7	2	20
Chocolate Fudge Brownie Tray	190	10	4	0	35	70	23	1	18	2
Large Chocolate Fudge Brownie Tray (Per Brownie Half)	190	10	4	0	35	70	23	1	18	2
Small Chocolate Fudge Brownie Tray (Per Brownie Half)	190	10	4	0	35	70	23	1	18	2
Chilled Grilled Chicken Sub Sandwich Tray	220	6	2.5	0	45	490	25	2	4	18
Large Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	45	490	25	2	4	18
Large Spicy Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	40	660	25	2	5	16
Medium Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	45	490	25	2	4	18
Medium Spicy Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	40	660	25	2	5	16
Small Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	45	490	25	2	4	18
Small Spicy Chilled Grilled Chicken Sub Sandwich Tray (Per Half Sandwich)	220	6	2.5	0	40	660	25	2	5	16
Spicy Chilled Grilled Chicken Sub Sandwich Tray	220	6	2.5	0	40	660	25	2	5	16
Cookie & Brownie Tray	280	14	7	0	25	150	36	2	22	3
Large Chocolate Chunk Cookie And Chocolate Fudge Brownie Tray (Per Cookie/ Per Brownie Half)	280	14	7	0	25	150	36	2	22	3
Small Chocolate Chunk Cookie And Chocolate Fudge Brownie Tray (Per Cookie/ Per Brownie Half)	280	14	7	0	25	150	36	2	22	3
Garden Salad Tray	310	18	11	0.5	55	420	20	9	11	19
Small Garden Salad Tray (Per Tray)	310	18	11	0.5	55	420	20	9	11	19
Chocolate Chunk Cookie Tray	370	17	9	0	15	230	49	3	26	5
Large Chocolate Chunk Cookie Tray (Per Cookie)	370	17	9	0	15	230	49	3	26	5
Small Chocolate Chunk Cookie Tray (Per Cookie)	370	17	9	0	15	230	49	3	26	5
Smokehouse BBQ Bacon Bundle (Per Sandwich)	520	18	8	0	110	1,350	53	3	17	37
Grilled Chicken Bundle (Per Sandwich)	530	21	8	0	135	1,390	37	3	9	49
Large Garden Salad Tray (Per Tray)	630	36	23	1	110	850	41	17	21	38

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fruit Tray	780	0	0	0	0	0	182	29	134	8
Small Fruit Tray (Per Tray)	780	0	0	0	0	0	182	29	134	8
30 Count Chick-Fil-A Nuggets Heart-Shaped Tray (Per Tray)	950	43	9	0	315	4,550	41	0	4	100
Kale Crunch Side Tray	1,160	87	9	0	0	1,420	77	23	42	30
Small Kale Crunch Side Tray (Per Tray)	1,160	87	9	0	0	1,420	77	23	42	30
Large Fruit Tray (Per Tray)	1,580	0	0	0	0	0	369	58	273	16
Large Kale Crunch Side Tray (Per Tray)	2,440	182	20	1	0	3,080	166	49	92	63
Mac & Cheese Tray	4,930	312	178	3.5	750	13,030	308	31	36	221
Small Mac & Cheese Tray (Per Tray)	4,930	312	178	3.5	750	13,030	308	31	36	221
Large Mac & Cheese Tray (Per Tray)	9,850	625	355	7	1,500	26,060	616	63	71	442

Catering Entrees

Catering 5 Count Chick-Fil-A Nuggets	160	7	1.5	0	50	760	7	0	1	17
Catering 8 Count Chick-Fil-A Nuggets	250	11	2.5	0	85	1,210	11	0	1	27
Catering Chick-Fil-A Nuggets	250	11	2.5	0	85	1,210	11	0	1	27
Catering 12 Count Chick-Fil-A Nuggets	380	17	3.5	0	125	1,820	16	0	1	40
Catering Chick-Fil-A Chicken Sandwich	420	18	3.5	0	70	1,460	41	1	6	29
Catering Chilled Grilled Chicken Sub Sandwich	440	12	5	0	90	980	49	5	9	36
Catering Spicy Chilled Grilled Chicken Sub Sandwich	440	12	5	0	85	1,330	50	5	9	34
Catering Spicy Chicken Sandwich	450	19	4	0	65	1,730	45	1	6	28

Catering Drinks

Catering Bottled Unsweet Tea	0	0	0	0	0	15	0	0	0	0
Catering Coffee	0	0	0	0	0	80	0	0	0	0
Catering Honest Kids Apple Juice	35	0	0	0	0	15	9	0	8	0
Catering Bottled Diet Lemonade	60	0	0	0	0	10	17	0	12	0
Catering 1% Milk	90	2	1.5	0	10	105	10	0	10	7
Catering 1% Chocolate Milk	140	2	1.5	0	10	160	23	0	21	7
Catering Simply Orange	160	0	0	0	0	10	34	0	30	2
Catering Bottled Sweet Tea	190	0	0	0	0	15	48	0	48	0
Catering Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	240	1	0	0	0	50	65	1	47	1
Catering Bottled Lemonade	280	0	0	0	0	10	73	0	69	0
Catering Gallon Chick-Fil-A Diet Lemonade	460	1.5	0	0	0	95	126	2	91	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)
Catering Gallon Chick-Fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea)	790	0	0	0	0	0	205	0	205	0
Catering Gallon Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	1,030	1	0	0	0	50	270	1	252	1
Catering Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	1,040	0	0	0	0	0	291	0	271	0
Catering Gallon Chick-Fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade)	1,390	0.5	0	0	0	40	389	1	350	1
Catering Gallon Freshly-Brewed Iced Tea Sweetened	1,540	0	0	0	0	115	398	0	397	0
Catering Gallon Pineapple Dragonfruit Sweet Tea	1,740	0	0	0	0	130	432	0	377	0
Catering Gallon Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	1,970	0	0	0	0	0	506	2	481	2
Catering Gallon Pineapple Dragonfruit Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	2,060	0	0	0	0	130	513	1	438	2
Catering Gallon Chick-Fil-A Lemonade	2,090	1.5	0	0	0	95	549	2	517	2
Catering Gallon Pineapple Dragonfruit Lemonade	2,460	0	0	0	0	130	613	3	512	4

Last Updated: 04/21/2025



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. [\[Full Disclaimer\]](#)