

NUTRITION GUIDE

Made with  
you in mind

...





At Chick-fil-A, we take great care in offering quality ingredients, prepared well, across a balanced menu. This Nutrition Guide allows you to see what is in each menu item so you can make informed choices for your family.

# Breakfast

MENU ITEM	Calories	Calories from Fat	Total Fat
Chick-fil-A Chicken Biscuit	450	190	21g
Chick-n-Minis (4-count)	350	120	13g
Egg White Grill	300	70	7g
Bacon, Egg & Cheese Biscuit	420	190	21g
Sausage, Egg & Cheese Biscuit	600	360	40g
Chicken Hash Brown Scramble Burrito w/Jalapeño Salsa	680	340	38g
Sausage Hash Brown Scramble Burrito w/Jalapeño Salsa	670	380	42g
Chicken Hash Brown Scramble Bowl w/Jalapeño Salsa	460	260	29g
Sausage Hash Brown Scramble Bowl w/Jalapeño Salsa	450	300	33g
Bacon, Egg & Cheese Muffin	300	110	12g
Sausage, Egg & Cheese Muffin	490	270	30g
Chicken, Egg & Cheese Bagel	480	170	18g
Hash Browns	240	140	16g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
8g	0g	35mg	1310mg	50g	4g	5g	17g
3.5g	0g	55mg	860mg	38g	2g	7g	19g
3g	0g	55mg	970mg	31g	1g	1g	25g
11g	0g	170mg	1240mg	40g	2g	1g	15g
18g	0g	200mg	1520mg	41g	3g	1g	20g
12g	0g	370mg	1680mg	50g	5g	1g	35g
15g	0g	350mg	1410mg	46g	5g	1g	26g
9g	0g	370mg	1220mg	21g	4g	1g	31g
11g	0g	350mg	960mg	16g	3g	1g	21g
5g	0g	170mg	710mg	31g	1g	1g	16g
12g	0g	200mg	990mg	32g	2g	1g	20g
5g	0g	195mg	1310mg	51g	3g	8g	27g
1.5g	0g	5mg	360mg	22g	4g	0g	3g

# Original & Grilled Entrees

MENU ITEM	Calories	Calories from Fat	Total Fat
Chick-fil-A Chicken Sandwich	440	170	19g
Chick-fil-A Deluxe Sandwich	500	210	23g
Spicy Chicken Sandwich	450	170	19g
Chick-fil-A Spicy Deluxe Sandwich	540	230	25g
Chick-fil-A Nuggets (8-count)	260	110	12g
Chick-fil-A Nuggets (12-count)	390	170	18g
Chick-n-Strips (3-count)	350	150	17g
Chick-n-Strips (4-count)	470	200	23g
Grilled Chicken Sandwich	310	50	6g
Grilled Chicken Club Sandwich	430	140	16g
Grilled Nuggets (8-count)	140	30	3.5g
Grilled Nuggets (12-count)	210	50	5g
Grilled Chicken Cool Wrap	350	120	14g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
4g	0g	60mg	1350mg	40g	2g	5g	28g
7g	0g	75mg	1590mg	42g	3g	6g	31g
4g	0g	60mg	1620mg	41g	1g	5g	29g
8g	0g	80mg	1760mg	43g	2g	6g	34g
2.5g	0g	75mg	980mg	9g	1g	0g	28g
4g	0g	115mg	1460mg	14g	2g	1g	41g
3g	0g	70mg	940mg	22g	1g	3g	28g
4g	0g	90mg	1250mg	29g	1g	4g	37g
2g	0g	55mg	820mg	36g	3g	7g	29g
8g	0g	85mg	1120mg	36g	3g	7g	37g
1g	0g	70mg	440mg	2g	0g	0g	25g
2g	0g	100mg	670mg	3g	0g	1g	38g
5g	0g	60mg	960mg	29g	15g	3g	37g

# Salads

MENU ITEM	Calories	Calories from Fat	Total Fat
Grilled Market Salad	200	50	6g
Grilled Market Salad w/Toppings	330	130	15g
Cobb Salad	430	190	21g
Cobb Salad w/Toppings	510	250	27g
Spicy Southwest Salad	290	70	8g
Spicy Southwest Salad w/Toppings	450	170	19g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
2.5g	0g	60mg	650mg	15g	4g	8g	25g
3.5g	0g	65mg	690mg	26g	6g	12g	27g
7g	0g	155mg	1290mg	22g	5g	5g	39g
7g	0g	155mg	1360mg	28g	6g	6g	40g
4g	0g	75mg	970mg	27g	8g	7g	29g
6g	0g	75mg	1070mg	37g	10g	8g	34g

# Sides

MENU ITEM	Calories	Calories from Fat	Total Fat
Waffle Potato Fries w/Sea Salt (Med)	360	170	18g
Waffle Potato Fries w/Sea Salt (Lg)	460	220	24g
Fruit Cup (Med)	45	0	0g
Fruit Cup (Lg)	80	5	0g
Greek Yogurt Parfait w/Granola	230	80	9g
Greek Yogurt Parfait w/Cookie Crumbs	210	70	8g
Superfood Side w/Toppings (Sm)	150	80	9g
Superfood Side w/o Toppings (Sm)	90	25	2.5g
Superfood Side w/Toppings (Lg)	190	90	9g
Superfood Side w/o Toppings (Lg)	130	30	3.5g
Side Salad w/o Toppings	80	45	4.5g
Side Salad w/Toppings	160	100	11g
Chicken Soup (Sm)	130	30	3.5g
Chicken Soup (Lg)	240	60	6g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
2g	0g	0mg	280mg	43g	5g	0g	5g
2.5g	0g	0mg	370mg	56g	7g	0g	6g
0g	0g	0mg	0mg	12g	2g	9g	0g
0g	0g	0mg	0mg	20g	4g	15g	1g
3.5g	0g	25mg	85mg	28g	2g	21g	12g
3.5g	0g	25mg	95mg	26g	1g	21g	11g
1g	0g	0mg	180mg	18g	2g	12g	3g
0g	0g	0mg	180mg	15g	2g	11g	2g
1g	0g	0mg	250mg	25g	3g	18g	4g
0.5g	0g	0mg	250mg	23g	2g	16g	3g
3g	0g	15mg	110mg	6g	3g	3g	5g
3.5g	0g	15mg	180mg	12g	3g	3g	6g
1g	0g	35mg	990mg	15g	2g	1g	9g
2.5g	0g	70mg	1920mg	29g	3g	2g	18g



# Treats

MENU ITEM	Calories	Calories from Fat	Total Fat
Vanilla Milkshake (Sm)	500	190	21 <sup>g</sup>
Vanilla Milkshake (Lg)	620	230	25 <sup>g</sup>
Chocolate Milkshake (Sm)	560	190	22 <sup>g</sup>
Chocolate Milkshake (Lg)	720	230	26 <sup>g</sup>
Strawberry Milkshake (Sm)	570	190	21 <sup>g</sup>
Strawberry Milkshake (Lg)	720	230	25 <sup>g</sup>
Cookies & Cream Milkshake (Sm)	590	230	25 <sup>g</sup>
Cookies & Cream Milkshake (Lg)	750	280	31 <sup>g</sup>
Icedream Cone (Sm)	170	35	4 <sup>g</sup>
Icedream Cone (Lg)	260	50	6 <sup>g</sup>
Icedream Cup (Sm)	290	70	7 <sup>g</sup>
Icedream Cup (Lg)	360	80	9 <sup>g</sup>
Chocolate Chunk Cookie	350	140	16 <sup>g</sup>
Frosted Lemonade (Sm)	330	50	6 <sup>g</sup>
Frosted Lemonade (Lg)	410	70	7 <sup>g</sup>
Frosted Lemonade (Sm) w/ Diet Lemonade	250	50	6 <sup>g</sup>
Frosted Lemonade (Lg) w/ Diet Lemonade	310	70	7 <sup>g</sup>
Frosted Coffee (Sm)	240	50	6 <sup>g</sup>
Frosted Coffee (Lg)	300	60	7 <sup>g</sup>

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
13 <sup>g</sup>	0 <sup>g</sup>	70 <sup>mg</sup>	370 <sup>mg</sup>	67 <sup>g</sup>	0 <sup>g</sup>	66 <sup>g</sup>	11 <sup>g</sup>
15 <sup>g</sup>	0 <sup>g</sup>	85 <sup>mg</sup>	470 <sup>mg</sup>	86 <sup>g</sup>	0 <sup>g</sup>	85 <sup>g</sup>	15 <sup>g</sup>
13 <sup>g</sup>	0 <sup>g</sup>	70 <sup>mg</sup>	380 <sup>mg</sup>	82 <sup>g</sup>	1 <sup>g</sup>	79 <sup>g</sup>	12 <sup>g</sup>
15 <sup>g</sup>	0 <sup>g</sup>	85 <sup>mg</sup>	480 <sup>mg</sup>	108 <sup>g</sup>	1 <sup>g</sup>	105 <sup>g</sup>	15 <sup>g</sup>
13 <sup>g</sup>	0 <sup>g</sup>	70 <sup>mg</sup>	380 <sup>mg</sup>	85 <sup>g</sup>	1 <sup>g</sup>	77 <sup>g</sup>	12 <sup>g</sup>
15 <sup>g</sup>	0 <sup>g</sup>	85 <sup>mg</sup>	480 <sup>mg</sup>	113 <sup>g</sup>	1 <sup>g</sup>	101 <sup>g</sup>	15 <sup>g</sup>
14 <sup>g</sup>	0 <sup>g</sup>	70 <sup>mg</sup>	440 <sup>mg</sup>	81 <sup>g</sup>	1 <sup>g</sup>	74 <sup>g</sup>	12 <sup>g</sup>
17 <sup>g</sup>	0 <sup>g</sup>	85 <sup>mg</sup>	580 <sup>mg</sup>	107 <sup>g</sup>	1 <sup>g</sup>	97 <sup>g</sup>	16 <sup>g</sup>
2 <sup>g</sup>	0 <sup>g</sup>	15 <sup>mg</sup>	115 <sup>mg</sup>	31 <sup>g</sup>	0 <sup>g</sup>	25 <sup>g</sup>	5 <sup>g</sup>
3.5 <sup>g</sup>	0 <sup>g</sup>	20 <sup>mg</sup>	170 <sup>mg</sup>	45 <sup>g</sup>	0 <sup>g</sup>	38 <sup>g</sup>	7 <sup>g</sup>
4.5 <sup>g</sup>	0 <sup>g</sup>	25 <sup>mg</sup>	200 <sup>mg</sup>	50 <sup>g</sup>	0 <sup>g</sup>	49 <sup>g</sup>	8 <sup>g</sup>
5 <sup>g</sup>	0 <sup>g</sup>	35 <sup>mg</sup>	240 <sup>mg</sup>	61 <sup>g</sup>	0 <sup>g</sup>	60 <sup>g</sup>	10 <sup>g</sup>
9 <sup>g</sup>	0 <sup>g</sup>	20 <sup>mg</sup>	240 <sup>mg</sup>	50 <sup>g</sup>	2 <sup>g</sup>	30 <sup>g</sup>	4 <sup>g</sup>
3.5 <sup>g</sup>	0 <sup>g</sup>	20 <sup>mg</sup>	160 <sup>mg</sup>	65 <sup>g</sup>	0 <sup>g</sup>	63 <sup>g</sup>	6 <sup>g</sup>
4 <sup>g</sup>	0 <sup>g</sup>	25 <sup>mg</sup>	200 <sup>mg</sup>	80 <sup>g</sup>	0 <sup>g</sup>	78 <sup>g</sup>	8 <sup>g</sup>
3.5 <sup>g</sup>	0 <sup>g</sup>	20 <sup>mg</sup>	160 <sup>mg</sup>	45 <sup>g</sup>	0 <sup>g</sup>	43 <sup>g</sup>	6 <sup>g</sup>
4 <sup>g</sup>	0 <sup>g</sup>	25 <sup>mg</sup>	200 <sup>mg</sup>	56 <sup>g</sup>	0 <sup>g</sup>	53 <sup>g</sup>	8 <sup>g</sup>
3.5 <sup>g</sup>	0 <sup>g</sup>	20 <sup>mg</sup>	160 <sup>mg</sup>	41 <sup>g</sup>	0 <sup>g</sup>	38 <sup>g</sup>	7 <sup>g</sup>
4 <sup>g</sup>	0 <sup>g</sup>	25 <sup>mg</sup>	200 <sup>mg</sup>	51 <sup>g</sup>	0 <sup>g</sup>	48 <sup>g</sup>	8 <sup>g</sup>

# Drinks

MENU ITEM	Calories	Calories from Fat	Total Fat
Fresh-Squeezed Lemonade (Med)	220	0	0g
Fresh-Squeezed Lemonade (Lg)	300	0	0g
Diet Fresh-Squeezed Lemonade (Med)	50	0	0g
Diet Fresh-Squeezed Lemonade (Lg)	70	5	0g
Sweetened Iced Tea (Med)	120	0	0g
Sweetened Iced Tea (Lg)	170	0	0g
Unsweetened Iced Tea (Med)	0	0	0g
Unsweetened Iced Tea (Lg)	0	0	0g
Coca-Cola Classic (Med)	190	0	0g
Coca-Cola Classic (Lg)	310	0	0g
Original Cold Brew Iced Coffee (Sm)	150	25	2.5g
Original Cold Brew Iced Coffee (Lg)	180	30	3g
Vanilla Cold Brew Iced Coffee (Sm)	160	25	2.5g
Vanilla Cold Brew Iced Coffee (Lg)	200	30	3g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
0g	0g	0mg	10mg	58g	0g	55g	0g
0g	0g	0mg	15mg	78g	0g	74g	0g
0g	0g	0mg	10mg	14g	0g	9g	0g
0g	0g	0mg	15mg	21g	0g	14g	0g
0g	0g	0mg	10mg	31g	0g	31g	0g
0g	0g	0mg	10mg	43g	0g	43g	0g
0g	0g	0mg	10mg	0g	0g	0g	0g
0g	0g	0mg	10mg	0g	0g	0g	0g
0g	0g	0mg	60mg	54g	0g	54g	0g
0g	0g	0mg	100mg	86g	0g	86g	0g
1.5g	0g	10mg	70mg	26g	0g	25g	5g
2g	0g	10mg	85mg	33g	0g	31g	6g
1.5g	0g	10mg	70mg	30g	0g	28g	5g
2g	0g	10mg	85mg	38g	0g	35g	6g



# Kid's Meals

MENU ITEM	Calories	Calories from Fat	Total Fat
Grilled Nuggets (4-count)	70	15	2 <sup>g</sup>
Grilled Nuggets (6-count)	110	25	2.5 <sup>g</sup>
Chick-n-Strips (1-count)	120	50	6 <sup>g</sup>
Chick-n-Strips (2-count)	230	100	11 <sup>g</sup>
Chick-fil-A Nuggets (4-count)	130	60	6 <sup>g</sup>
Chick-fil-A Nuggets (6-count)	190	80	9 <sup>g</sup>
Cinnamon Apple Sauce	60	0	0 <sup>g</sup>
Fruit Cup (Sm)	35	0	0 <sup>g</sup>
Waffle Potato Fries w/Sea Salt (Sm)	280	130	14 <sup>g</sup>
Organic Kid's Apple Juice (Sm)	35	0	0 <sup>g</sup>
Low Fat Plain Milk	90	20	2 <sup>g</sup>
Low Fat Chocolate Milk	150	20	2.5 <sup>g</sup>
Fresh-Squeezed Lemonade (Sm)	130	0	0 <sup>g</sup>
Diet Fresh-Squeezed Lemonade (Sm)	30	0	0 <sup>g</sup>

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
0.5 <sup>g</sup>	0 <sup>g</sup>	35 <sup>mg</sup>	220 <sup>mg</sup>	1 <sup>g</sup>	0 <sup>g</sup>	0 <sup>g</sup>	13 <sup>g</sup>
1 <sup>g</sup>	0 <sup>g</sup>	50 <sup>mg</sup>	330 <sup>mg</sup>	2 <sup>g</sup>	0 <sup>g</sup>	0 <sup>g</sup>	19 <sup>g</sup>
1 <sup>g</sup>	0 <sup>g</sup>	25 <sup>mg</sup>	310 <sup>mg</sup>	7 <sup>g</sup>	0 <sup>g</sup>	1 <sup>g</sup>	9 <sup>g</sup>
2 <sup>g</sup>	0 <sup>g</sup>	45 <sup>mg</sup>	620 <sup>mg</sup>	14 <sup>g</sup>	1 <sup>g</sup>	2 <sup>g</sup>	19 <sup>g</sup>
1.5 <sup>g</sup>	0 <sup>g</sup>	40 <sup>mg</sup>	490 <sup>mg</sup>	5 <sup>g</sup>	1 <sup>g</sup>	0 <sup>g</sup>	14 <sup>g</sup>
2 <sup>g</sup>	0 <sup>g</sup>	55 <sup>mg</sup>	730 <sup>mg</sup>	7 <sup>g</sup>	1 <sup>g</sup>	0 <sup>g</sup>	21 <sup>g</sup>
0 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	10 <sup>mg</sup>	15 <sup>g</sup>	1 <sup>g</sup>	14 <sup>g</sup>	0 <sup>g</sup>
0 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	0 <sup>mg</sup>	8 <sup>g</sup>	1 <sup>g</sup>	6 <sup>g</sup>	0 <sup>g</sup>
1.5 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	220 <sup>mg</sup>	33 <sup>g</sup>	4 <sup>g</sup>	0 <sup>g</sup>	4 <sup>g</sup>
0 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	15 <sup>mg</sup>	9 <sup>g</sup>	0 <sup>g</sup>	9 <sup>g</sup>	0 <sup>g</sup>
1.5 <sup>g</sup>	0 <sup>g</sup>	10 <sup>mg</sup>	95 <sup>mg</sup>	11 <sup>g</sup>	0 <sup>g</sup>	11 <sup>g</sup>	7 <sup>g</sup>
2 <sup>g</sup>	0 <sup>g</sup>	10 <sup>mg</sup>	170 <sup>mg</sup>	25 <sup>g</sup>	1 <sup>g</sup>	23 <sup>g</sup>	7 <sup>g</sup>
0 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	5 <sup>mg</sup>	33 <sup>g</sup>	0 <sup>g</sup>	31 <sup>g</sup>	0 <sup>g</sup>
0 <sup>g</sup>	0 <sup>g</sup>	0 <sup>mg</sup>	5 <sup>mg</sup>	8 <sup>g</sup>	0 <sup>g</sup>	5 <sup>g</sup>	0 <sup>g</sup>

## Dressings / Sauces

MENU ITEM	Calories	Calories from Fat	Total Fat
Light Italian	25	10	1.5g
Light Balsamic Vinaigrette	80	35	4g
Fat Free Honey Mustard	90	5	0g
Chili Lime Vinaigrette	60	25	3g
Garlic & Herb Ranch	280	260	29g
Creamy Salsa	290	280	31g
Avocado Lime Ranch	310	290	32g
Apple Cider Vinaigrette	230	170	19g
Chick-fil-A Sauce	140	120	13g
Polynesian Sauce	110	50	6g
Honey Mustard Sauce	45	5	0g
Garlic & Herb Ranch Sauce	140	130	14g
Zesty Buffalo Sauce	30	25	2.5g
Barbeque Sauce	45	0	0g
Sweet & Spicy Sriracha Sauce	45	0	0g

Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugars	Protein
0g	0g	0mg	470mg	3g	0g	2g	0g
0.5g	0g	0mg	360mg	10g	0g	9g	0g
0g	0g	0mg	330mg	22g	1g	20g	0g
0g	0g	0mg	390mg	9g	1g	7g	0g
5g	0g	25mg	460mg	2g	0g	1g	1g
4.5g	0g	25mg	640mg	3g	0g	1g	1g
5g	0g	25mg	520mg	3g	0g	2g	1g
3g	0g	0mg	460mg	16g	0g	15g	0g
2g	0g	10mg	180mg	6g	0g	6g	0g
1g	0g	0mg	210mg	13g	0g	13g	0g
0g	0g	0mg	150mg	11g	0g	10g	0g
2.5g	0g	15mg	230mg	1g	0g	1g	0g
0g	0g	5mg	540mg	1g	0g	0g	0g
0g	0g	0mg	190mg	10g	0g	9g	0g
0g	0g	0mg	380mg	10g	0g	10g	0g



Recommended limits for a 2,000 calorie daily diet are  
20g of saturated fat and 2,300mg of sodium.