

Allergen and Nutrition Information

Allergen information

All food is freshly prepared in our kitchens, and while we have controls in place to minimize cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies.



Allergen
Gluten Wheat
Oyster

These symbols indicate that an allergen is, or may be, contained in the ingredient.



Nutri-Grade is based on default preparation (before addition of ice)

Mains

	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			per serving																
Chick-fil-A® Chicken Sandwich	1 Sandwich	186	397	30.2	12.8	2.9	40.2	7.5	1.9	1,292	✓	✓		✓ ^W		✓			
Chick-fil-A® Deluxe Sandwich	1 Sandwich	251	462	34.0	17.9	6.4	41.6	8.4	2.5	1,397	✓	✓	✓	✓ ^W		✓			
Spicy Chicken Sandwich	1 Sandwich	184	416	29.4	14.3	3.1	42.2	8.0	1.7	1,446	✓	✓	✓	✓ ^W		✓			
Spicy Deluxe Sandwich	1 Sandwich	255	504	34.1	21.1	7.5	44.8	8.9	2.3	1,608	✓	✓	✓	✓ ^W		✓			
Grilled Chicken Sandwich	1 Sandwich	210	317	30.9	3.4	1.0	40.9	8.3	4.2	627				✓ ^W					
Chick-fil-A® Nuggets (5 count)	5-count	75	156	17.7	6.7	1.1	6.1	0.8	0.0	619	✓	✓		✓ ^W		✓			
Chick-fil-A® Nuggets (8 count)	8-count	120	249	28.3	10.7	1.8	9.8	1.4	0.0	990	✓	✓		✓ ^W		✓			
Chick-fil-A® Nuggets (12 count)	12-count	180	373	42.5	16.1	2.8	14.7	2.0	0.0	1,486	✓	✓		✓ ^W		✓			

Filets

	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			per serving																
Chick-fil-A® Filet	1 Filet	119	219	25.6	8.3	1.4	10.7	1.5	0.6	929	✓	✓		✓ ^W		✓			
Spicy Filet	1 Filet	116	238	24.7	9.7	1.6	12.9	1.8	0.4	1,082	✓	✓		✓ ^W		✓			
Grilled Filet	1 Filet	88	114	23.2	1.5	0.4	1.8	0.5	0.0	321									

Salads

	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			per serving																
Cobb Salad	1 Salad	420	376	35.7	16.7	5.2	21.6	6.4	3.6	1,130	✓	✓		✓ ^W		✓			
Grilled Cobb Salad	1 Salad	388	241	30.5	7.5	3.7	13.6	5.5	3.6	460	✓	✓							
Spicy Fiesta Salad	1 Salad	393	334	29.7	14.2	4.4	21.8	6.7	4.0	1,195	✓	✓	✓	✓ ^W		✓			

Treats

	Nutri-Grade Mark	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
				per serving																
Vanilla Milkshake		1 Shake	409	571	12.9	23.6	14.8	78.8	78.1	0.6	430	✓								✓
Strawberry Milkshake		1 Shake	409	560	10.7	18.8	11.8	89.4	84.9	1.1	405	✓								✓
Chocolate Milkshake		1 Shake	409	598	12.4	22.0	13.8	89.8	87.6	1.3	395	✓								✓
Cookies & Cream Milkshake		1 Shake	409	626	13.3	25.7	15.5	86.9	80.6	1.0	489	✓		✓	✓ ^W					✓
Chick-fil-A® Icedream® Cup		1 Cup	122	140	3.6	3.6	2.3	24.1	23.8	0.2	73	✓								
Chick-fil-A® Icedream® Cone		1 Cone	144	179	4.3	3.8	2.4	31.7	26.7	0.3	122	✓		✓	✓ ^W					

Sides

	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			per serving																
Chick-fil-A® Waffle Potato Fries	Small	96	323	3.9	18.6	2.9	34.9	0.5	3.7	185			✓						
Chick-fil-A® Waffle Potato Fries	Regular	125	418	5.0	24.1	3.8	45.2	0.7	4.8	239			✓						
Chick-fil-A® Waffle Potato Fries	Large	179	598	7.2	34.5	5.5	64.7	1.0	6.9	343			✓						
Mac & Cheese	Small	136	277	11	17	7	20	4	1	717	✓	✓	✓	✓ ^W					
Mac & Cheese	Regular	227	461	19	29	11	34	6	1	1,196	✓	✓	✓	✓ ^W					
Mac & Cheese	Large	425	865	35	54	21	63	12	3	2,242	✓	✓	✓	✓ ^W					
Side Salad	Regular	135	70	3.9	4.3	2.8	4.1	2.3	1.6	102	✓								

Drinks

	Nutri-Grade Mark	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
				per serving																
Chick-fil-A® Lemonade		Regular	465	192	0.2	0.0	0.0	4.3	46.2	0.2	1									
Chick-fil-A® Lemonade		Large	612	256	0.3	0.0	0.0	5.8	61.6	0.3	1									
Chick-fil-A® Diet Lemonade		Regular	465	44	0.2	0.0	0.0	11.9	8.6	0.2	1									
Chick-fil-A® Diet Lemonade		Large	612	58	0.3	0.0	0.0	15.9	11.5	0.3	1									
Freshly-Brewed Iced Tea Sweetened		Regular	451	89	0.0	0.0	0.0	22.2	22.2	0.0	0									
Freshly-Brewed Iced Tea Sweetened		Large	604	122	0.0	0.0	0.0	30.5	30.5	0.0	0									
Freshly-Brewed Iced Tea Unsweetened		Regular	451	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Freshly-Brewed Iced Tea Unsweetened		Large	604	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Sunjoy® (Lemonade, Sweet Tea)		Regular	479	178	0.1	0.0	0.0	15.4	43.3	0.1	0									
Sunjoy® (Lemonade, Sweet Tea)		Large	641	238	0.2	0.0	0.0	23.0	57.9	0.2	1									
Sunjoy® (Lemonade, Unsweet Tea)		Regular	479	128	0.1	0.0	0.0	2.9	30.8	0.1	0									
Sunjoy® (Lemonade, Unsweet Tea)		Large	641	160	0.2	0.0	0.0	3.6	38.5	0.2	1									
Sunjoy® (Diet Lemonade, Unsweet Tea)		Regular	479	29	0.2	0.0	0.0	8.0	5.7	0.1	0									
Sunjoy® (Diet Lemonade, Unsweet Tea)		Large	641	36	0.2	0.0	0.0	9.9	7.2	0.2	1									
Sunjoy® (Diet Lemonade, Sweet Tea)		Regular	479	79	0.2	0.0	0.0	20.4	18.2	0.1	0									
Sunjoy® (Diet Lemonade, Sweet Tea)		Large	641	114	0.2	0.0	0.0	29.4	26.6	0.2	1									
Hot Tea		1 Cup	404	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Coca-Cola® Original Taste Less Sugar		Regular	451	98	0.0	0.0	0.0	24.5	24.5	0.0	7									
Coca-Cola® Original Taste Less Sugar		Large	584	128	0.0	0.0	0.0	31.9	31.9	0.0	9									
Coca-Cola® Zero Sugar		Regular	451	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Coca-Cola® Zero Sugar		Large	584	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Fanta® Grape		Regular	451	62	0.0	0.0	0.0	15.0	15.0	0.0	13									
Fanta® Grape		Large	584	81	0.0	0.0	0.0	19.6	19.6	0.0	17									
Minute Maid® Refresh Orange		Regular	451	98	0.0	0.0	0.0	23.5	22.2	0.0	46									
Minute Maid® Refresh Orange		Large	584	128	0.0	0.0	0.0	30.6	28.9	0.0	60									
Sprite®		Regular	451	62	0.0	0.0	0.0	15.0	15.0	0.0	36									
Sprite®		Large	584	81	0.0	0.0	0.0	19.6	19.6	0.0	47									
Dasani® Drinking Water		1 Bottle	479	0	0.0	0.0	0.0	0.0	0.0	0.0	0									
Iced Milo®		Regular	465	219	6.8	5.8	2.4	34.0	27.2	1.7	126	✓		✓						
Ribena®		1 Carton	198	38	0.0	0.0	0.0	9.3	8.7	0.0	12									

Sauces

Sauces

	Quantity	Serving Size (g)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates	Total Sugar (g)	Dietary Fiber (g)	Sodium (mg)	Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			per serving																
Chick-fil-A® Sauce	1 Cup	28	118	0.3	9.9	1.6	6.9	5.7	0.5	157		✓	✓						
Spicy Chili Sauce	1 Cup	28	27	0.2	0.1	0.0	6.2	4.4	0.5	277									
Barbeque Sauce	1 Cup	28	46	0.3	0.0	0.0	10.9	9.5	0.5	212			✓						
Honey Mustard Sauce	1 Cup	28	47	0.4	0.2	0.0	10.9	9.4	0.5	150			✓	✓ ^w			✓ ^o		
Garden Herb Ranch Sauce	1 Cup	25	116	0.5	11.2	1.9	3.4	1.1	0.1	156	✓	✓	✓						
Honey Roasted BBQ Sauce	1 Cup	12	47	0.1	2.8	0.5	5.6	2.9	0.1	64		✓	✓						
Sweet & Spicy Sriracha Sauce	1 Cup	28	27	0.2	0.1	0.0	6.2	4.4	0.5	277			✓	✓ ^w					