

# 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
- ✓w Gluten Wheat
- ✓o 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)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
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)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
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)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
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		✓		

## Sides

	Quantity	Serving Size (g)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
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	11.2	17.3	6.8	20.2	3.9	0.9	717	✓	✓	✓	✓w				
Mac & Cheese	Regular	227	461	18.7	28.8	11.3	33.7	6.5	1.5	1,196	✓	✓	✓	✓w				
Mac & Cheese	Large	425	865	35.1	53.9	21.3	63.2	12.2	2.8	2,242	✓	✓	✓	✓w				
Side Salad	Regular	135	70	3.9	4.3	2.8	4.1	2.3	1.6	102	✓							

## Treats

Nutri-Grade Mark	Quantity	Serving Size (g)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
D	1 Shake	409	571	12.9	23.6	14.8	78.8	78.1	0.6	430	✓							✓
D	1 Shake	409	560	10.7	18.8	11.8	89.4	84.9	1.1	405	✓							✓
D	1 Shake	409	598	12.4	22.0	13.8	89.8	87.6	1.3	395	✓							✓
D	1 Shake	409	626	13.3	25.7	15.5	86.9	80.6	1.0	489	✓		✓	✓w				✓
D	1 Cup	383	275	7.1	6.2	3.9	49.6	47.6	0.6	170	✓							
D	1 Cup	383	343	7.1	6.2	3.9	66.6	64.9	0.5	170	✓							
D	1 Cup	352	305	8.3	7.4	4.7	52.9	52.4	0.5	204	✓							
	1 Cup	122	140	3.6	3.6	2.3	24.1	23.8	0.2	73	✓							
	1 Cone	144	179	4.3	3.8	2.4	31.7	26.7	0.3	122	✓		✓	✓w				

## Beverages

Nutri-Grade Mark	Quantity	Serving Size (g)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									
D	Regular	465	192	0.2	0.0	0.0	48.9	46.2	0.2	1								
D	Large	612	256	0.3	0.0	0.0	65.2	61.6	0.3	1								
B	Regular	465	44	0.2	0.0	0.0	11.9	8.6	0.2	1								
B	Large	612	58	0.3	0.0	0.0	15.9	11.5	0.3	1								
C	Regular	451	89	0.0	0.0	0.0	22.2	22.2	0.0	0								
C	Large	604	122	0.0	0.0	0.0	30.5	30.5	0.0	0								
A	Regular	451	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
A	Large	604	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
D	Regular	479	178	0.1	0.0	0.0	45.1	43.3	0.1	1								
D	Large	641	238	0.2	0.0	0.0	60.2	57.9	0.2	1								
C	Regular	479	128	0.1	0.0	0.0	32.6	30.8	0.1	1								
C	Large	641	160	0.2	0.0	0.0	40.7	38.5	0.2	1								
B	Regular	479	29	0.2	0.0	0.0	8.0	5.7	0.1	0								
B	Large	641	36	0.2	0.0	0.0	9.9	7.2	0.2	1								
C	Regular	479	79	0.2	0.0	0.0	20.4	18.2	0.1	0								
C	Large	641	114	0.2	0.0	0.0	29.4	26.6	0.2	1								
A	1 Cup	428	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
A	1 Cup	428	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
C	1 Cup	343	197	10.1	11.3	7.5	13.3	11.9	0.0	136	✓							
C	1 Cup	547	197	10.1	11.3	7.5	13.3	11.9	0.0	136	✓							
C	1 Cup	295	164	8.4	9.4	6.3	11.1	9.9	0.0	113	✓							
A	1 Cup	404	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
C	Regular	451	98	0.0	0.0	0.0	24.5	24.5	0.0	7								
C	Large	584	128	0.0	0.0	0.0	31.9	31.9	0.0	9								
B	Regular	451	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
B	Large	584	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
B	Regular	451	62	0.0	0.0	0.0	15.0	15.0	0.0	13								
B	Large	584	81	0.0	0.0	0.0	19.6	19.6	0.0	17								
C	Regular	451	98	0.0	0.0	0.0	23.5	22.2	0.0	46								
C	Large	584	128	0.0	0.0	0.0	30.6	28.9	0.0	60								
B	Regular	451	62	0.0	0.0	0.0	15.0	15.0	0.0	36								
B	Large	584	81	0.0	0.0	0.0	19.6	19.6	0.0	47								
A	1 Bottle	479	0	0.0	0.0	0.0	0.0	0.0	0.0	0								
B	Regular	465	219	6.8	5.8	2.4	34.0	27.2	1.7	126	✓		✓					
B	1 Carton	198	38	0.0	0.0	0.0	9.3	8.7	0.0	12								

## Sauces

	Quantity	Serving Size (g)	per serving							Milk	Egg	Soy	Gluten (Wheat)	Tree Nuts	Peanuts	Fish	Crustaceans	Sulphites
			Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugar (g)	Dietary Fiber (g)									