NUTRITION & ALLERGEN INFORMATION

	PRODUCT NAME	Serving Size (g)	Calories	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	POTENTIAL FOOD ALLERGENS: Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG
MAIN COURSES	Original Wing	122	300	27	7	3	0	18	5	2.5	120	540	•	•				•		•	•
	Original Leg	51	110	10	3	0	0	6	1.5	1	55	280	•	•				•		•	•
	Original Thigh	120	330	21	8	1	0	23	6	3	110	680	•	•				•		•	•
	Original Breast	96	200	22	3	1	0	11	3	1.5	80	440	•	•				•		•	•
	Spicy Wing	164	430	29	17	2	0	27	7	4	125	1020	•	•				•		•	•
	Spicy Leg	71	180	12	8	1	0	11	3	2	65	470	•	•				•		•	•
	Spicy Thigh	153	480	22	20	2	0	35	9	5	135	1040	•	•				•		•	•
	Spicy Breast	110	320	21	12	2	0	20	5	4	75	760	•	•				•		•	•
	Tender Strips™	54	120	12	6	0	0	6	1.5	1.5	35	440	•	•				•		•	•
	Spicy Tender Strips™	59	140	11	7	4	0	7	2	2	25	480	•	•				•		•	•
	Boneless Wing - without Sauce	28	80	6	15	1	6	5	1	2	10	160	•	•				•		•	•
	Boneless Wing - with Sauce	37	90-100	6	16-20	1	7-10	5	1	2	10	240-440	•	•				•		•	•
	Original Chicken Sandwich	131	360	14	35	3	5	18	4	1.5	30	660	•					•		•	•
	Spicy Chicken Sandwich	131	360	14	35	3	3	18	4	1.5	30	660	•					•		•	•
	Chicken Sandwich with Cheese	152	500	19	48	3	5	26	7	1.5	50	1460	•					•		•	•
	Double Chicken N Cheese Sandwich	248	740	32	63	4	5	38	12	3	80	2570	•					•		•	•
	Southern Style Chicken Sandwich	190	450	23	50	2	13	16	3	1	40	1210	•	•				•		•	•
	Spicy Southern Style Chicken Sandwich	205	550	23	50	2	13	27	5	1	50	1320	•	•				•		•	•
	Nuggets (5)	125	160	9	13	1	0	7	2	5	20	760	•					•		•	•
	Shrimp (8)	84	280	9	24	1	1	12	2	1	60	830	•	•	•		•	•		•	•
	Chicken Fried Steak	150	470	21	36	1	4	28	7	2	65	1620	•	•				•		•	•
	Fish Fillet (1)	65	190	8	14	1	4	10	4	3	25	380	•	•	•			•		•	•
	Livers (6)	270	840	48	54	0	0	42	9	0	570	1200									
SMALL SIDES	Honey-Butter Biscuit	60	240	3	28	1	4	12	3	3	0	540	•					•		•	
	Mashed Potatoes & Gravy	170	110	3	21	2	3	2	0.5	0	0	780	•					•		•	•
	Corn	92	140	4	24	9	2	3	0	0	0	15						•			
	Jalapeño Pepper	18	5	0	1	1	1	0	0	0	0	190									
	Cole Slaw	118	150	1	15	2	7	10	2	0	5	170		•				•			
	Okra	55	170	2	17	2	2	11	3	0.5	0	340	•					•		•	•
	Collard Greens	170	35	3	7	3	0	0	0	0	0	240									•
	Green Beans	116	35	2	7	2	1	0	0	0	0	360									•
	Sweet Corn Nuggets (8)	100	250	3	30	2	6	12	1	1	0	530	•	•				•		•	•
	French Fries	45	140	1	19	1	0	6	1	1	0	320						•			
	Jalapeño Cheese Bombers® (4)	80	160	8	20	0	4	8	1	1	20	680	•					•		•	
	Cajun Rice	170	130	1	16	0	0	7	3	0	5	260	•					•			•
	Macaroni & Cheese	170	190	8	24	2	2	7	3.5	0	10	640	•	•				•		•	
	Red Beans & Rice	57	140	9	37	8	1	12	4	0	9	2130	•					•			•
SAUCES	White Gravy	57	40	1	5	0	2	2	0	0	0	280									
	Brown Gravy	57	30	1	6	0	1	0.5	0	0	0	570									
	BBQ Sauce	25	25	0	6	0	2	0	0	0	0	95						•			
	Creamy Jalapeño Sauce	25	80	0	1	0	0	9	4	0	10	115		•				•			
	Honey Mustard Sauce	25	90	0	3	0	1	9	4	0	10	105		•				•			
	Sweet & Sour Sauce	25	25	0	6	0	2	0	0	0	0	100						•			
	Ranch Sauce	25	100	0	1	0	0	10	2	0	10	260	•	•				•			
	Ketchup	9	15	0	4	0	3	0	0	0	0	150									
	Hot Sauce	7	20	0	0	0	0	0	0	0	0	210									
	Tartar Sauce	5	25	1	1	0	3	1	2	0	0	35									
DESSERTS	Apple Pie	88	220	3	35	1	10	8	1	1	0	360	•	•				•		•	
	Strawberry Shortcake	320	500	4	95	6	71	14	4.5	2	0	790	•	•				•		•	
BEVERAGES	Coke - Kids	12 oz.	110	0	29	0	29	0	0	0	0	5									
	Coke - Small	22 oz.	200	0	53	0	53	0	0	0	0	10									
	Coke - Medium	30 oz.	280	0	73	0	73	0	0	0	0	10									
	Coke - Large	42 oz.	390	0	102	0	102	0	0	0	0	20									
	Sprite - Kids	12 oz.	110	0	28	0	28	0	0	0	0	30									
	Sprite - Small	22 oz.	200	0	51	0	51	0	0	0	0	55									
	Sprite - Medium	30 oz.	280	0	70	0	70	0	0	0	0	75									
	Sprite - Large	42 oz.	390	0	98	0	98	0	0	0	0	105									
	Diet Coke - Kids	12 oz.	0	0	0	0	0	0	0	0	0	15									
	Diet Coke - Small	22 oz.	0	0	0	0	0	0	0	0	0	30									
	Diet Coke - Medium	30 oz.	0	0	0	0	0	0	0	0	0	40									
	Diet Coke - Large	42 oz.	0	0	0	0	0	0	0	0	0	50									
	Hi-C Pink Lemonade - Kids	12 oz.	110	0	27	0	27	0	0	0	0	16									
	Hi-C Pink Lemonade - Small	22 oz.	200	0	50	0	50	0	0	0	0	29									
	Hi-C Pink Lemonade - Medium	30 oz.	270	0	68	0	68	0	0	0	0	39									
	Hi-C Pink Lemonade - Large	42 oz.	380	0	95	0	95	0	0	0	0	55									
	Fanta Apple - Kids	12 oz.	170	0	47	0	47	0	0	0	0	60									
	Fanta Apple - Small	22 oz.	320	0	86	0	86	0	0	0	0	100									
	Fanta Apple - Medium	30 oz.	430	0	118	0	118	0	0	0	0	140									
	Fanta Apple - Large	42 oz.	600	0	165	0	165	0	0	0	0	200									
	Fanta Strawberry - Kids	12 oz.	120	0	33	0	33	0	0	0	0	9									
	Fanta Strawberry - Small	22 oz.	220	0	60	0	60	0	0	0	0	17									
	Fanta Strawberry - Medium	30 oz.	310	0	82	0	82	0	0	0	0	23									
	Fanta Strawberry - Large	42 oz.	430	0	114	0	114	0	0	0	0	32									
	Minute Maid Lemonade - Kids	12 oz.	110	0	29	0	29	0	0	0	0	16									
	Minute Maid Lemonade - Small	22 oz.	200	0	54	0	54	0	0	0	0	29									
	Minute Maid Lemonade - Medium	30 oz.	270	0	73	0	73	0	0	0	0	39									
	Minute Maid Lemonade - Large	42 oz.	380	0	102	0	102	0	0	0	0	55									
	Sweet Tea - Small	22 oz.	190	0	48	0	48	0	0	0	0	10									
	Sweet Tea - Medium	32 oz.	270	0	68	0	68	0	0	0	0	14									
	Sweet Tea - Large	42 oz.	360	0	90	0	90	0	0	0	0	19									
	Unsweet Tea - Small	22 oz.	0	0	0	0	0	0	0	0	0	10									
	Unsweet Tea - Medium	32 oz.	0	0	0	0	0	0	0	0	0	15									
	Unsweet Tea - Large	42 oz.	0	0	0	0	0	0	0	0	0	20									

ALLERGEN WARNING:
Church's, its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified the following major food allergens: dairy, egg, fish, peanut, shellfish, soy, tree nuts, wheat and MSG. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Some Church's restaurants sell fish and/or shellfish products. Chicken and other fried products sold in those stores may be fried in the same oil used for frying fish and shellfish products.

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

Our chicken is grown hormone-free.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.churchs.com on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, contact us: 1-866-345-6788.

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