

PRODUCT NAME	Serving Size (oz)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COKE® - (REGULAR/LARGE)	22/30	290/400	0/0	0/0	0/0	0/0	0/0	65/90	80/109	0/0	80/109	0/0
SPRITE® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	65/90	77/105	0/0	77/105	0/0
DIET COKE® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	30/40	<1/<1	0/0	0/0	0/0
HI-C® PINK LEMONADE - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	130/180	79/107	0/0	75/102	0/0
FANTA ORANGE® - (REGULAR/LARGE)	22/30	310/430	0/0	0/0	0/0	0/0	0/0	15/20	86/117	0/0	84/115	0/0
FANTA APPLE® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	45/60	89/121	0/0	89/121	0/0
FANTA STRAWBERRY® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	25/35	92/125	0/0	92/125	0/0
MINUTE MAID® LEMONADE - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	130/180	79/108	0/0	75/102	0/0
CHURCH'S SOUTHERN SWEET TEA® - (REGULAR/LARGE)	22/30	190/270	0/0	0/0	0/0	0/0	0/0	10/15	48/68	0/0	48/68	0/0
UNSWEETENED TEA - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	10/15	0/0	0/0	0/0	0/0
BARQ'S® ROOT BEER - (REGULAR/LARGE)	22/30	330/450	0/0	0/0	0/0	0/0	0/0	70/95	90/122	0/0	90/122	0/0
HI-C® FRUIT PUNCH - (REGULAR/LARGE)	22/30	310/420	0/0	0/0	0/0	0/0	0/0	40/50	85/115	0/0	83/113	0/0
DR PEPPER® - (REGULAR/LARGE)	22/30	280/380	0/0	0/0	0/0	0/0	0/0	110/150	73/99	0/0	70/96	0/0
FANTA CHERRY® - (REGULAR/LARGE)	22/30	320/430	0/0	0/0	0/0	0/0	0/0	25/30	84/115	0/0	84/115	0/0
FUZE® RASPBERRY TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	20/30	46/63	0/0	46/62	0/0
MOUNTAIN BERRY BLAST POWERADE® - (REGULAR/LARGE)	22/30	170/230	0/0	0/0	0/0	0/0	0/0	150/210	44/60	0/0	44/60	0/0
PIBB XTRA® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	40/55	77/105	0/0	77/105	0/0
CHERRY COKE® - (REGULAR/LARGE)	22/30	310/420	0/0	0/0	0/0	0/0	0/0	10/15	84/114	0/0	84/114	0/0
FANTA GRAPE® - (REGULAR/LARGE)	22/30	340/460	0/0	0/0	0/0	0/0	0/0	25/35	90/122	0/0	90/122	0/0
COCA-COLA® ZERO SUGAR - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	10/10	<1/<1	0/0	0/0	0/0
DIET DR PEPPER® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	110/150	0/0	0/0	0/0	0/0
MINUTE MAID® LEMONADE LIGHT - (REGULAR/LARGE)	22/30	10/20	0/0	0/0	0/0	0/0	0/0	15/20	4/5	0/0	0/0	0/0
GOLD PEAK® PEACH TEA - (REGULAR/LARGE)	22/30	180/240	0/0	0/0	0/0	0/0	0/0	20/30	46/63	0/0	46/62	0/0
RED FLASH® - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	60/80	77/105	0/0	77/105	0/0
FUZE® SWEET TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	25/35	46/62	0/0	46/62	0/0
FUZE® SWEET TEA W/LEMON - (REGULAR/LARGE)	22/30	230/320	0/0	0/0	0/0	0/0	0/0	65/90	62/84	0/0	62/84	0/0
MELLO YELLO® - (REGULAR/LARGE)	22/30	320/430	0/0	0/0	0/0	0/0	0/0	25/35	84/115	0/0	84/115	0/0
CAFFEINE FREE DIET COKE® - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	30/40	<1/<1	0/0	0/0	0/0
FUZE® UNSWEET TEA - (REGULAR/LARGE)	22/30	5/5	0/0	0/0	0/0	0/0	0/0	20/30	<1/<1	0/0	0/0	0/0
GOLD PEAK® SMOOTH SWEET TEA - (REGULAR/LARGE)	22/30	290/390	0/0	0/0	0/0	0/0	0/0	25/30	72/99	0/0	72/98	0/0
GOLD PEAK® SWEET BLACK TEA - (REGULAR/LARGE)	22/30	230/310	0/0	0/0	0/0	0/0	0/0	25/30	62/84	0/0	62/84	0/0
GOLD PEAK® UNSWEET BLACK TEA - (REGULAR/LARGE)	22/30	0/0	0/0	0/0	0/0	0/0	0/0	40/55	0/0	0/0	0/0	0/0
FUZE® PEACH TEA - (REGULAR/LARGE)	22/30	170/240	0/0	0/0	0/0	0/0	0/0	80/120	45/70	0/0	45/70	0/0

BEVERAGES

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.

BREAKFAST PRODUCT NAME	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST BISCUIT	75	240	100	11	5	0	0	670	30	1	4	5
CHICKEN BISCUIT	137	380	160	19	7	0	25	1200	39	1	5	17
BACON, EGG & CHEESE BISCUIT	172	550	350	40	15	0	275	1300	31	1	4	21
SAUSAGE, EGG & CHEESE BISCUIT	199	650	440	49	18	0	290	1280	32	2	4	22
STEAK BISCUIT	129	450	240	26	11	0	20	1130	41	2	4	12
SAUSAGE & GRAVY BISCUIT	112	400	210	23	10	0	15	1260	39	2	5	9
CINNAMON SWIRL	204	720	250	28	12	0	0	1180	111	2	66	8

SIDES	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SAUSAGE PATTY	44	200	160	18	6	0	30	300	<1	<1	0	7
HASHROWDS	59	210	120	14	2.5	0	0	250	18	4	0	2
BACON (2 SLICES)	18	100	80	9	3	0	15	320	0	0	0	6
SANDWICH EGG	67	170	140	15	3.5	0	250	90	<1	0	0	7
PLATTER EGGS	135	330	270	31	7	0	500	180	1	0	0	14
GRITS	84	140	40	5	1	0	0	5	23	2	0	2

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COFFEE	12oz	0	0	0	0	0	0	0	0	0	0	0
ORANGE JUICE	12oz	170	0	0	0	0	0	0	39	0	33	3
MILK - 2%	8oz	120	45	5	3	0	20	125	12	0	12	8

POTENTIAL FOOD ALLERGENS												
Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG				
●	●				●		●					
●	●				●		●	●				
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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.