



Chick-Fil-A Menu

look for choices under 350 cal

Meal Served

waffle potato fries + tea or soft drink



1 Chick-fil-A Chicken
\$7.55 meal 800-1010 cal
\$4.19 entree 440 cal



860 - 1070 cal

2 Chick-fil-A Deluxe
with lettuce, tomato & American Cheese
\$8.15 meal
\$4.79 entree 500 cal

3 Spicy Chicken Sandwich
\$7.89 meal 810-1020 cal
\$4.49 entree 450 cal



890 - 1100 cal

4 Spicy Deluxe
with lettuce, tomato & Pepper Jack cheese
\$8.49 meal
\$5.09 entree 540 cal

5 Grilled Chicken

with lettuce & tomatoes

\$9.09 meal

\$5.59 entree 310 cal



670 - 880 cal

6 Chick-fil-A® Nuggets

8-ct

\$7.59 meal 620-830 cal
\$4.25 entree 260 cal

12-ct

\$9.29 meal 750-960 cal
\$5.95 entree 390 cal



7 Grilled Chicken Cool Wrap

with lettuce, carrots, red cabbage & shredded cheese

\$9.99 meal 750-920 cal
\$6.59 entree 350 cal



8 Grilled Chicken Club

with lettuce, tomato, bacon & Colby-Jack cheese

\$10.69 meal 790-1000 cal
\$7.19 entree 430 cal



9 Grilled Nuggets

8-ct

\$8.59 meal 500-710 cal
\$5.09 entree 140 cal

12-ct

\$10.65 meal 570-780 cal
\$7.29 entree 210 cal



SUBSTITUTE your side for \$1.50 more



Medium Fruit Cup



Side Salad

SAUCES



Chick-fil-A® Sauce
add140 cal



Polynesian
add110 cal



Honey Mustard
add45 cal



Garlic & Herb Ranch
add140 cal



Zesty Buffalo
add30 cal



Barbeque
add45 cal



Sweet & Spicy Sriracha
add45 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Breaded chicken is cooked in 100% peanut oil. Waffle Potato Fries™ and Hash Browns are cooked in canola oil. Before placing your order, please inform your server if a person in your party has a food allergy.

Salads

look for choices under 350 cal



Market

Grilled chicken with mixed greens, carrots, red cabbage, blue cheese, apples & berries

\$8.99 330 cal

330 cal with toppings

Cobb

Nuggets with mixed greens, carrots, red cabbage, cheese, eggs, bacon, tomatoes & corn

\$8.99 430 cal

510 cal with toppings

Sides



Waffle Potato Fries™

\$2.09 360 cal

\$2.35 460 cal

Fruit Cup

S \$2.6 535 cal

M \$3.5 545 cal

Side Salad

\$3.69 80 cal

Drinks



Freshly-Brewed Iced Tea

Unsweetened or Sweet

M \$1.95/120 cal

L \$2.25/170 cal

Fresh-Squeezed Lemonade

Diet or Regular

M \$2.29/220 cal

L \$2.69/300 cal

Soft Drinks

M \$1.95- 210 cal

L \$2.25- 340 cal

DASANI®

\$1.95 0 cal

Hot Coffee

S \$1.99 5 cal

L \$2.55 5 cal

Orange Juice

\$2.75 160 cal

Apple Juice

\$1.55 35 cal

Treats



Hand-Spun Milkshakes

Cookies & Cream Chocolate

S \$3.85 560 cal

L \$4.35 720 cal

Frosted Lemonade

Available with Diet Lemonade

S \$3.85 250/ 330 cal

L \$4.35 310/ 410 cal

Icedream Cone

S 1.55 70 cal

L 2.09 60 cal

Chocolate Chunk Cookie

1 -ct \$1.49 350 cal

6 -ct \$8.35 per cookie

Kids meals



Chick-fil-A Nuggets

4-ct \$4.65 /130 cal

6-ct \$5.69 / 190 cal

Grilled Nuggets

4-ct \$5.09 70 cal

6-ct \$6.29 110 cal

Sides

Waffle Potato Fries™

\$280 cal

Fruit Cup

\$35 cal

Cinnamon Apple Sauce

60 cal

Drinks

Organic Honest Kids

Appley Ever After®

35 cal

Fresh-Squeezed Lemonade

\$25/130 cal

1% Milk Plain or Chocolate

90/160* cal

DRESSINGS



Avocado Lime Ranch

add310 cal Creamy Salsa

add290 cal



Zesty Apple Cider Vinaigrette

add230 cal



Garlic & Herb Ranch

add280 cal



Fat Free Honey Mustard

add90 cal



Light Balsamic Vinaigrette

add80 cal



Light Italian

add25 cal

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*for California only

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