

NUTRITION & ALLERGEN INFORMATION

MAIN COURSES	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
Original Wing	122	300	27	7	3	0	18	5	0	120	540									
Original Leg	51	110	10	3	0	0	6	1.5	0	55	280									
Original Thigh	120	330	21	8	1	0	23	6	0	110	680									
Original Breast	96	200	22	3	1	0	11	3	0	80	440									
Spicy Wing	164	430	29	17	2	0	27	7	0	125	1020									
Spicy Leg	71	180	12	8	1	0	11	3	0	65	470									
Spicy Thigh	153	480	22	20	2	0	35	9	0	135	1040									
Spicy Breast	110	320	21	12	2	0	20	5	0	75	760									
Tender Strips™	54	120	12	6	0	0	6	1.5	0	35	440									
Spicy Tender Strips™	59	140	11	7	4	0	7	2	0	25	480									
Boneless Wing - without Sauce	28	80	6	15	1	6	5	1	0	10	160									
Boneless Wing - with Sauce	37	90-100	6	16-20	1	7-10	5	1	0	10	240-440									
Original Chicken Sandwich	141	401	12	36	1	4	22	3.5	0	20	893									
Spicy Chicken Sandwich	141	401	12	36	1	4	22	3.5	0	20	922									
Chicken Sandwich with Cheese	152	500	19	48	3	5	26	7	0	50	1460									
Double Chicken N Cheese Sandwich	228	690	16	38	1	4	30	7.5	0	40	1313									
Big Tex Tender Sandwich	241	740	29	63	0	8	37	8	0	60	1652									
Chicken Fried Steak	150	470	21	36	1	4	28	7	1*	65	1620									
Fish Fillet (1)	65	190	8	14	1	4	10	4	0	25	380									
Livers (6)	270	840	48	54	0	0	42	9	0	570	1200									

*Naturally occurring in beef

SMALL SIDES	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
Honey-Butter Biscuit	60	240	3	28	1	4	15	7	0	4	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	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	240	4	40	2	2	7	1	0	0	520									
French Fries	45	140	1	19	1	0	6	1	0	0	320									
Jalapeño Cheese Bombers® (4)	80	190	7	24	1	1	7	4	0	20	770									
Cajun Rice	170	290	3	27	2	2	17	5	0	70	1037									
Baked Macaroni & Cheese	180	260	9	24	2	2	8	4	0	10	1240									

SAUCES	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
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	40	0	10	0	9	0	0	0	0	233									
Creamy Jalapeño Sauce	25	125	0	2	0	1	13	2	0	10	212									
Honey Mustard Sauce	25	140	1	4	0	4	13	2	0	10	160									
Sweet & Sour Sauce	25	40	0	9	0	8	0	0	0	0	140									
Ranch Sauce	25	140	0	2	0	1	15	2	0	8	272									
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									
Cocktail Sauce	25	30	0	7	3	6	0	0	0	0	210									

DESSERTS	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							
Apple Pie	88	260	2	40	1	15	10	3	0	5	250									

BEVERAGES	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
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	29	0	29	0	0	0	0	24									
Sprite - Small	22 oz.	200	0	46	0	46	0	0	0	0	46									
Sprite - Medium	30 oz.	280	0	62	0	62	0	0	0	0	62									
Sprite - Large	42 oz.	380	0	87	0	87	0	0	0	0	87									
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.	125	0	34	0	34	0	0	0	0	17									
Fanta Apple - Small	22 oz.	240	0	64	0	64	0	0	0	0	32									
Fanta Apple - Medium	30 oz.	320	0	86	0	86	0	0	0	0	43									
Fanta Apple - Large	42 oz.	450	0	120	0	120	0	0	0	0	60									
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.