



Nutritional INFORMATION

Proteins

	Serving Size	Grams	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Catfish												
Fried Catfish	1pc	47	119	5.9	2.6	0.4	36	293	6.7	0.5	0.0	9.8
Chicken												
Tenders - Fried	1pc	34	87	4.1	0.8	0.1	21	108	5.5	0.2	0.0	7.2
Legs - Fried	1pc	54	128	6.8	2.7	0.3	46	376	5.4	0.0	0.0	11.3
Legs - Roasted	1pc	57	88	4.0	1.3	0.0	48	521	1.2	0.3	0.0	11.7
Wings - Fried	1pc	57	210	15.1	6.1	0.7	46	335	8.7	0.2	0.0	10.0
Wings - Roasted	1pc	49	118	8.3	2.6	0.0	41	447	1.6	0.2	0.0	9.1
Thighs - Fried	1pc	109	344	24.9	10.0	1.0	128	779	11.5	0.2	0.0	18.2
Thighs - Roasted	1pc	116	225	14.5	4.6	0.1	97	1059	3.4	0.5	0.0	20.2
Breast - Fried	1pc	185	476	32.7	13.7	1.5	171	992	12.3	0.4	0.0	33.1
Breast - Roasted	1pc	160	257	11.5	3.9	0.1	133	1461	1.9	0.7	0.0	36.4
Chicken Salad	100g	100	286	21.3	6.5	0.6	71	539	11.0	0.4	1.9	13.3

Salads

Side	1	144	81	4.8	2.6	0.0	15	112	5.9	2.2	2.7	5.0
Garden	1	303	165	9.7	5.1	0.0	30	226	12.3	4.5	5.7	10.2
Chicken Salad	1	402	448	30.9	11.6	0.6	101	761	23.2	5.0	7.6	23.4
Chicken Tender	1	371	340	17.9	6.7	0.2	72	441	23.3	4.8	5.7	24.6

Dressing

Village Ranch	1pk	42	225	24.0	3.8	N/A	15	390	1.5	0.0	0.0	0.0
Thousand Island	1pk	42	195	19.5	3.0	N/A	15	345	7.5	0.0	6.0	0.0
Fat Free Italian	1pk	43	25	0.0	0.0	0.0	0	360	7.0	0.0	5.0	0.0
Honey Mustard	100g	100	338	23.8	3.6	0.0	48	1202	32.1	0.1	28.6	0.0
Croutons	1pk	7	30	1.0	0.0	0.0	0	100	5.0	0.0	0.0	1.0

Sides

	Single Serving	Ounces	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Fruit Salad	1	4.5	87	0.1	0.0	0.0	0	3	21	1.7	18.4	0.6
Green Beans	1	3.8	47	0.6	0.2	0.2	0	570	8.5	2.8	1.3	2.2
Mac & Cheese	1	5.0	160	8.0	1.5	0.0	7	523	18.2	1.5	0.7	3.6
Mashed Potatoes	1	4.5	79	1.2	0.1	0.0	0	368	15.7	1.3	0.6	1.5
Cole Slaw	1	4.0	134	9.0	1.4	0.0	18	356	12.4	1.7	10.6	0.9
Fried Okra	1	3.6	317	14.4	0.0	0.0	N/A	357	33.5	2.0	2.0	4.3
Dirty Rice	1	4.0	200	12.6	3.7	0.0	50	782	15.2	0.5	1.1	5.3
Corn on the Cob	1	N/A	101	4.1	0.8	0.5	0.0	26	16.3	2.0	2.6	2.2
French Fries	1	3.1	272	13.8	1.0	0.0	0	372	34.3	2.1	0.0	2.9

Extras

Yeast Roll	1	N/A	160	4.5	1.0	1.0	0	180	26.0	1.0	5.0	5.0
Gravy	1	3.5	76	4.2	0.8	1.7	0	422	8.4	0.0	1.7	0.0
Jalapeno Poppers	1	N/A	310	15.8	4.0	0.0	16	887	34.8	1.6	4.8	7.1
Corn Nuggets	1	3.2	277	12.8	1.1	0.0	0	465	36.7	2.2	2.2	3.7

Allergens

• Allergens marked in white, items MAY contain. • Allergens marked in yellow, items DO contain.

	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	Gluten	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	Gluten
French Fries																		
Catfish																		
Chicken Salad																		
Chicken Salad Salad																		
Chicken Tenders																		
Cole Slaw																		
Corn Nuggets																		
Corn On The Cob																		
Dirty Rice																		
Fried Chicken																		
Fried Okra																		
Fruit Salad																		
Garden Salad																		
Gravy																		
Green Beans																		
Jalapeno Poppers																		
Lettuce Salad																		
Mac & Cheese																		
Mashed Potatoes																		
Roll																		
Tender Salad																		
Ranch Dressing																		
Honey Mustard																		
1000 Island																		
Fat Free Italian																		
Croutons																		

The nutritional and allergen information herein is provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Golden Franchising Corp), combined with the ingredient and allergen data from our suppliers. Golden Chick and AFL assume no responsibility for its use and information which has not been verified by Golden Chick. Caloric information, nutritional data, and ingredients may vary and should only be viewed as an approximation. Due to many of our offerings being individually prepared, and use of differing serving containers, serving sizes as described in the nutritional information may vary from order to order. Every effort is made to keep this information current, however, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, supply issues and/or season of the year. Due to the nature of our business, hand breaded of chicken, Tenders, catfish etc... as well as the compact building design/layout, Golden Chick cannot guarantee that trace amounts of gluten or allergens will not exist in any of our product offerings.