NUTRITION & ALLERGEN INFORMATION

	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)	POTENTIAL FOOD ALLERGENS: Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG
MAIN COURSES	ORIGINAL WING	122	290	160	18	5	0	100	710	8	0	0	24	•							•	•
	ORIGINAL LEG	65	150	70	8	2	0	60	400	6	0	0	12	•							•	•
	ORIGINAL THIGH	111	360	240	27	7	0	95	670	12	1	0	18	•							•	•
	ORIGINAL BREAST	113	250	120	14	3	0	80	680	9	0	0	23	•							•	•
	SPICY WING	140	350	180	20	5	0	100	970	19	1	0	25								•	•
	SPICY LEG	70	160	80	9	2	0	65	490	9	1	0	13								•	•
	SPICY THIGH	119	380	220	25	6	0	90	880	21	1	0	17								•	•
	SPICY BREAST	117	280	150	17	4	0	80	800	12	1	0	22								•	•
	TEXAS TENDER™ - ORIGINAL	40	110	60	6	1	0	16	432	6	1	0	8	•							•	•
	TEXAS TENDER™ - BOLD & SPICY	50	130	65	6	1	0	16	522	9	1	0	9								•	•
	CHICKEN SANDWICH ORIGINAL	230	651.1	310.5	34.50	7.18	<0.23	63.7	1770	53.4	3.36	8.49	31.79	•	•						•	•
	CHICKEN SANDWICH SPICY	230	620.1	274.8	30.52	6.60	<0.23	70.8	1860	54.3	3.38	9.15	32.04	•	•						•	•
	COB SANDWICH	236	810	500	55	9	0	90	1460	50	1	4	25	•							•	•
	HAMBURGER	209	530	320	35	12	0	100	920	26	1	4	27		•						•	
	CHEESEBURGER	228	590	360	40	15	0	120	1240	28	1	4	30	•	•						•	
	CHICKEN FRIED STEAK WITH GRAVY	229	640	420	47	13	1	40	1660	37	0	2	17	•	•						•	•
SIDES	MASHED POTATOES & GRAVY (REGULAR/LARGE)	127/382	110/320	10/30	1/3.5	0/1	0/0	0/0	650/1950	24/71	2/5	2/5	2/6	•					•		•	•
	CORN (REGULAR/LARGE)	151/302	190/370	55/110	6/12	1/2	0/0	0/0	15/30	34/69	4/8	6/11	5/10	•								
	COLE SLAW (REGULAR/LARGE)	117/351	170/500	100/300	11/34	2/5	0/0	5/20	200/600	16/49	2/7	13/39	1/3		•							
	OKRA (REGULAR/LARGE)	96/272	260/740	130/370	15/41	2.5/8	0/0	0/0	740/2100	30/84	2/5	3/9	3/9	•							•	•
	FRENCH FRIES (REGULAR/LARGE)	73/203	210/570	80/220	9/24	1.5/4.5	0/0	0/0	620/1730	29/80	0/0	2/6	3/7									
	SPICY RICE (REGULAR/LARGE)	137/411	230/700	120/370	14/41	4/12	0/0	55/165	840/2510	21/62	1/4	1/4	7/21						•			•
	BAKED MACARONI & CHEESE (REGULAR/LARGE)	134/402	210/640	110/320	12/36	5/15	0/0	20/65	920/2760	19/57	1/4	4/11	9/26	•					•		•	
	GREEN BEANS (REGULAR/LARGE)	163/489	68.98/185	20.56/56	2.3/6.5	0.9/2.52	0.03/0.08	4.38/11.8	775/2070	8.6/23.5	1.8/5	2.6/7.1	2.83/7.56	•					•		•	•
	JALAPEÑO CHEESE BOMBERS® (4/8)	76/152	220/440	100/200	11/22	4.5/9	0/.5	15/25	690/1370	24/48	1/2	1/3	6/11	•							•	
	JALAPEÑO PEPPER	18	5	0	0	0	0	0	170	1	0	2	0									
	HONEY-BUTTER BISCUIT™	62	230	140	15	8	0	<5	460	25	1	5	3	•					•		•	
	DINNER ROLLS	48	60	10	1	0	0	0	130	11	<1	2	2								•	
SAUCES	HONEY BBQ SAUCE	25	45	0	0	0	0	0	200	11	0	10	0									
	HONEY MUSTARD SAUCE	25	140	120	13	2	0	10	160	4	0	4	<1		•							
	RANCH SAUCE	25	140	130	15	2.5	0	10	270	2	0	1	0	•	•							•
	CREAMY JALAPEÑO SAUCE	25	120	120	13	2	0	10	210	2	0	<1	0		•							
	HONEY SAUCE	25	80	0	0	0	0	0	0	20	0	17	0									
	KETCHUP	7	10	0	0	0	0	0	65	2	0	2	0									
	WHITE GRAVY (REGULAR/LARGE)	142/425	80/250	35/100	4/11	2/6	0/0	0/0	580/1750	12/36	0/1	1/4	<1/2	•	•				•		•	•
	SMOKY HONEY-Q SAUCE (DIPPING)	24	120	13	11	9	0	1	52	0	0	10	0									
DESSERTS	APPLE PIE	82	270	110	13	4.5	0	0	240	37	12	11	3	•							•	
	FROSTED *HONEY-BUTTER BISCUIT*™	62	320	140	15	8	0	<5	463	48	1.10	25.14	<3	•					•		•	

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 raised 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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Not all products are available in all restaurants.

BEVERAGES

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
CHURCH'S® 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® SOUTH 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
BARRILITOS® MANGO LIME - (REGULAR/LARGE)	22/30	156/213	0/0	0/0	0/0	0/0	0/0	20/27	40/55	0/0	38/52	0/0

MAIN COURSES

BREAKFAST 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)	POTENTIAL FOOD ALLERGENS: Dairy	Egg	Fish	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG
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

SAUSAGE PATTY	44	200	160	18	6	0	30	300	<1	<1	0	7									•
HASHROUNDS	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									•

BEVERAGES

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	•								