

Quick Navigation

[Chick-fil-A Entrées](#)

[Chick-fil-A Salad](#)

[Chick-fil-A Sides](#)

[Chick-fil-A Breakfast](#)

[Chick-fil-A Kids Meal](#)

[Treats & Desserts](#)

[Chick-fil-A Beverage](#)

[Salad Dressing](#)

About For chick Fil A Nutrition

Nutrition and ingredient information is based on standard Chick-fil-A recipes and does not include customizations. Because menu items are hand-prepared, serving sizes and preparation methods may vary. Differences in suppliers, testing, regional availability, and seasonal offerings can affect nutrition values. Chick-fil-A calculates nutrition data using standard formulations, supplier information, lab testing, and USDA data. For detailed ingredient information or dietary concerns, customers should check their local restaurant menu or contact Chick-fil-A CARES at **1-866-232-2040**.

Chick-fil-A Entrées Nutrition Information

Menu Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chick-fil-A® Chicken Sandwich	185g	440	17	3.5	1500	43	29
Chick-fil-A® Deluxe Sandwich	256g	530	24	8	1670	45	35
Spicy Chicken Sandwich	190g	460	18	4	1770	47	28
Spicy Deluxe Sandwich	261g	540	24	8	1930	49	34
Grilled Chicken Sandwich	205g	380	11	2.5	755	44	28.1
Grilled Chicken Club Sandwich	236g	520	22	8	1065	44	37.1
Chick-fil-A® Nuggets (113g)	113g	250	11	2.5	1210	11	27
Grilled Nuggets	95g	130	3	0.5	440	1	25
Spicy Chick-n-Strips®	129g	270	12	2	1550	16	27

Chick-fil-A Salad Nutrition Information

Salad Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Cobb Salad (with toppings & dressing)	438g	840	60	12	2100	34	42
Spicy Southwest Salad	448g	650	47	9.5	1500	28	32

Chick-fil-A Sides Nutrition Information

Side Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Waffle Potato Fries®	125g	420	24	4	240	45	5
Chicken Noodle Soup	249g	185	5.5	1.6	1190	26	10
Mac & Cheese	210g	310	15	9	1110	30	16
Side Salad	166g	460	42	8	640	14	6
Original Flavor Waffle Potato Chips	43g	220	14	3.5	250	25	3
Buddy Fruits® Multi fruit	100g	60	0	0	5	14	1
Chicken Tortilla Soup	265g	320	11	2.9	1115	39	25

Chick-fil-A Breakfast Nutrition Information

Breakfast Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chicken Biscuit	153g	460	23	9	1510	45	19
Spicy Chicken Biscuit	153g	450	21	8	1480	46	19
Egg & Cheese Biscuit	127g	380	19	8	1030	39	12
Sausage, Egg & Cheese Biscuit	165g	570	41	15	1370	40	18

Chick-fil-A Nutrition Guide

Chicken Egg & Cheese Biscuit	196g	520	26	10	1680	46	27
Chicken Muffin	160g	410	14	4	1070	44	27
Egg White Grill	157g	300	7	3	970	30	26
Hash Browns	70g	270	14	2.5	440	28	2
Greek Yogurt Parfait	170g	270	9	5	85	39	14

Chick-fil-A Kids Meal Nutrition Information

Kids Entrées

Kids Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Kids Nuggets (4 ct)	57g	130	6	1.5	610	5	14
Kids Grilled Nuggets (4 ct)	48g	65	1.5	0	220	1	12
Kids Chick-n-Strips (2 ct)	86g	200	9	1.5	1030	10	18

Kids Sides

Kids Side	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Waffle Fries (Kids)	78g	300	17	180	32	4
Fruit Cup	100g	60	0	5	14	1
Applesauce	90g	45	0	0	11	0

Kids Drinks

Kids Drink	Serving Size	Calories	Sugar (g)	Sodium (mg)
Honest Kids Apple Juice	192g	40	9	15

Chick-fil-A Nutrition Guide

2% Milk	192g	100	9	90
Chocolate Milk	192g	160	23	150
Water	0	0	0	0

Chick-fil-A Treats & Desserts Nutrition Information

Treat Item	Serving Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Frosted Coffee	383g	260	7	4.5	75	44	40	6
Frosted Lemonade	375g	340	7	4.5	80	65	63	5
Vanilla Milkshake	409g	600	23	15	320	87	84	12
Chocolate Milkshake	409g	620	21	14	290	97	93	12
Strawberry Milkshake	409g	580	18	12	310	96	90	10
Cookies & Cream Milkshake	409g	650	25	15	350	95	87	12
Chocolate Chunk Cookie	74g	350	16	9	220	47	25	5
Icedream® Cone	135g	190	4.5	3	65	33	26	4
Small Icedream® Cup	122g	150	4	2.5	45	25	25	3
Cherry Berry Frosted Lemonade	390g	380	7	4.5	75	73	65	5
Peppermint Chip Milkshake	411g	690	22	15	280	113	98	11
Peppermint Chip Frosted Coffee	383g	430	9	6	110	80	64	6

Chick-fil-A Beverage Nutrition Information

Drink Item	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Freshly-Brewed Iced Tea (Sweetened)	604g	120	0	10	30	30	0
Freshly-Brewed Iced Tea (Unsweetened)	604g	0	0	0	0	0	0
Chick-fil-A® Lemonade	612g	270	0	0	66	60	0.4
Chick-fil-A® Diet Lemonade	612g	60	0.2	10	15	11	0.3
Sunjoy® (1/2 Sweet Tea & 1/2 Lemonade)	641g	240	0	5	60	57	0.3
Sunjoy® (1/2 Unsweet Tea & 1/2 Diet Lemonade)	641g	40	0.1	5	10	7	0.2
Fresh Sunjoy® (1/2 Unsweet Tea & 1/2 Lemonade)	641g	170	0	0	41	38	0.3
Sunjoy® (1/2 Sweet Tea & 1/2 Diet Lemonade)	641g	120	0.1	15	29	26	0.2
Iced Coffee	437g	140	2.5	60	25	23	5
Coca-Cola®	584g	180	0	45	46	46	0
Diet Coke®	584g	0	0	60	0	0	0
Coke® Zero Sugar	850g	0	0	60	0	0	0.1
Sprite®	584g	180	0	75	44	44	0
Simply Orange®	326g	160	0.2	3	37	33	2
Honest Kids® Apple Juice	192g	40	0	15	10	9	0.2
Canada Dry® Ginger Ale	584g	170	0	65	43	43	0
Strawberry Passion Fruitopia®	584g	160	0	50	40	37	0
Fruitopia® Orange Groove	584g	160	0	50	40	39	0
2% Milk	192g	100	3.5	90	9	9	7
Smartwater®	567g	0	0	0	0	0	0

Chick-fil-A Dipping Sauces Nutrition Information

Sauce	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Barbeque Sauce	28g	45	0	200	11	0.3
Chick-fil-A® Sauce	28g	140	13	170	6	0.2
Garden Herb Ranch Sauce	28g	140	15	220	1	0.5
Honey Mustard Sauce	28g	45	0.4	160	11	0.2
Polynesian Sauce	28g	110	6	210	14	0.1
Sweet & Spicy Sriracha	28g	45	0.1	380	11	0.2
Zesty Buffalo Sauce	21g	25	2.5	580	1	0.2
Honey Roasted BBQ Sauce	12g	60	5	75	3	0.1

Chick-fil-A Salad Dressing Nutrition Information

Dressing	Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Avocado Lime Ranch	57g	310	32	520	3	1
Creamy Salsa Dressing	57g	290	31	630	2	1
Balsamic Vinaigrette	57g	80	4	360	10	0.3