

Chick-fil-A® Chicken Sandwich

Chicken (whole breast filet, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour {with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], milk wash [water, nonfat milk, egg], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane as an anti-foaming agent]), bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate {Vitamin B1}, riboflavin {Vitamin B2}, folic acid], water, high fructose corn syrup, yeast, contains 2% or less of each of the following: liquid yeast, soybean oil, nonfat milk, salt, wheat gluten, soy flour, dough conditioners [may contain one or more of the following: mono- and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide], soy flour, amylase, yeast nutrients [monocalcium phosphate, calcium sulfate, ammonium sulfate], calcium propionate added to retard spoilage, soy lecithin, cornstarch, butter oil [soybean oil, palm kernel oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color]), pickles (cucumbers, water, vinegar, salt, calcium chloride, alum, potassium sorbate [preservative], natural flavors, polysorbate 80, yellow 5, blue 1).

Chick-fil-A® Nuggets

nuggets (whole chicken breast, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour {with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], milk wash [water, nonfat milk, egg], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane as an anti-foaming agent]).

Vegetarian Wrap

Flatbread (water, flax flour, oat fiber, wheat gluten, corn starch, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], soy protein isolate, contains less than 2% of: whole wheat flour, defatted soy flour, canola oil, soybean oil, monoglycerides, yeast, sea salt, cultured wheat starch, raw sugar, fumaric acid, enzymes, vitamin D3), Monterey/Jack cheddar cheese blend (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto {color}], Monterey Jack cheese [milk, cheese culture, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), green leaf lettuce, red cabbage, carrots.

Grilled Chicken Cool Wrap®

Flatbread (water, flax flour, oat fiber, wheat gluten, corn starch, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], soy protein isolate, contains less than 2% of: whole wheat flour, defatted soy flour, canola oil, soybean oil, monoglycerides, yeast, sea salt, cultured wheat starch, raw sugar, fumaric acid, enzymes, vitamin D3), whole chicken breast (seasoning [salt, monosodium glutamate, sugar, spices, paprika]), Monterey/Jack cheddar cheese blend (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto {color}], Monterey Jack cheese [milk, cheese culture, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), green leaf lettuce, red cabbage, carrots.

Fruit Cup

Red and green apples, (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), red seedless grapes, Mandarin oranges (water, sugar, citric acid), fresh strawberries.

Side Salad

Romaine lettuce, grape tomatoes, Monterey/Jack cheddar cheese blend (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto {color}], Monterey Jack cheese [milk, cheese culture, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), red cabbage, carrots.

Minute Maid® Apple Juice

Contains pure filtered water, concentrated apple juice, calcium citrate (calcium source), vitamin C (ascorbic acid)..

Cinnamon Apple Sauce (Buddy Fruits®)

Apples, concentrated apple juice, cinnamon.

Milk

Lowfat milk with vitamin A and D.

Chocolate Milk

Low fat milk, sugar, cocoa (processed with alkali), corn starch, salt, carrageenan, vanillin, vitamins A & D.

Chocolate Chunk Cookie

Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), sugar, semisweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, vanilla, milk), vegetable shortening (palm oil), milk chocolate chunks (sugar, chocolate liquor, cocoa butter, milk, soy lecithin, salt, vanilla), oats, butter (milk), eggs, invert sugar, contains 2% or less of: molasses, water, salt, baking soda, sodium acid pyrophosphate, natural and artificial flavor

Barbecue Sauce

Water, high fructose corn syrup, tomato paste, brown sugar, distilled vinegar, corn syrup, pineapple juice concentrate, salt, modified food starch, spices, natural and artificial flavors, caramel color, potassium sorbate and sodium benzoate added as preservative, onion*, garlic* *dehydrated.

Chick-fil-A® Buffalo Sauce

Hot sauce, [peppers, vinegar, salt, xanthan gum, benzoate of soda [to preserve freshness]], water, distilled vinegar, corn syrup, modified corn starch, soybean oil, natural flavors (including milk derived flavors), salt, sweet cream solids, xanthan gum, mono- & diglycerides, oleoresin paprika, sodium benzoate as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor.

Buttermilk Ranch Sauce

Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, xanthan gum, natural flavor, dehydrated onion, potassium sorbate and sodium benzoate added as preservative, polysorbate 60, phosphoric acid, spice, lactic acid, calcium disodium EDTA added to protect flavor.

Chick-fil-A® Sauce

Soybean oil, sugar, BBQ sauce (tomato puree [water, tomato paste], high fructose corn syrup, vinegar, corn syrup, salt, modified food starch, soybean oil, hydrolyzed soy protein, natural hickory smoke flavor, mustard flour, onion*, spice, garlic*, natural flavor), water, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic*), distilled vinegar, egg yolk, salt, cider vinegar, lemon juice concentrate, mustard flour, natural flavor, xanthan gum, garlic*, calcium disodium EDTA added to protect flavor. *dehydrated.

Honey Mustard Sauce

Honey Mustard Sauce (water, honey, sugar, distilled vinegar, modified corn starch, mustard seed, salt, garlic*, spices, soybean oil, turmeric, natural flavors, onion*, sodium benzoate added as preservative, xanthan gum, guar gum, molasses, corn syrup, caramel color, tamarind) *dehydrated.

Polynesian Sauce

High fructose corn syrup, soybean oil, corn-cider vinegar, distilled vinegar, tomato paste, salt, paprika, modified food starch, spices, honey, beet juice concentrate, natural flavors, xanthan gum, onion*, garlic*, propylene glycol alginate. *dehydrated.

Ketchup (packet)

Tomato concentrate, distilled vinegar, high fructose corn syrup, corn syrup, salt, onion powder, spices, natural flavoring.

Mayonnaise (packet)

Soybean oil, water, egg yolk, distilled vinegar, corn syrup, high fructose corn syrup, salt, spices, calcium disodium EDTA to protect flavor, natural flavors.

Avocado Lime Ranch Dressing

Soybean oil, buttermilk, water, distilled vinegar, avocado, egg yolk, salt, sugar, spice, garlic*, onion*, corn starch, lactic acid, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, lime juice concentrate, natural flavor, propylene glycol alginate, disodium guanylate, disodium inosinate, sodium acid pyrophosphate, sodium alginate, ascorbic acid, citric acid, calcium disodium EDTA added to protect flavor, soy lecithin, oleoresin turmeric, blue #1. * dehydrated.

Buttermilk Ranch Dressing

Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

Fat Free Honey Mustard Dressing

Water, sugar, honey, distilled vinegar, modified corn starch, mustard seed*, white wine vinegar, salt, microcrystalline cellulose, spices, artificial colors including yellow #5, sodium benzoate and potassium sorbate added as preservatives, white wine, cellulose gum, citric acid, tartaric acid, lemon juice concentrate, dehydrated onion, natural flavors, xanthan gum, molasses, corn syrup, caramel color, dehydrated garlic, tamarind *adds a trivial amount of fat.

Honey Sesame Dressing

Water, soy sauce (water, wheat, soybeans, salt) soybean oil, sugar, rice vinegar, honey, sesame seed oil, orange juice concentrate, ginger, chili garlic sauce [salted chili pepper (chili peppers, salt), garlic, sugar, rice vinegar, water, modified corn starch, acetic acid], salt, sesame seeds, mustard seed, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, dehydrated garlic, spice, propylene glycol alginate, citric acid, calcium disodium EDTA added to protect flavor.

Light Italian Dressing

Water, white wine vinegar, sugar, distilled vinegar, salt, soybean oil, garlic (including dehydrated), xanthan gum, spice, dehydrated onion, potassium sorbate and sodium benzoate as preservatives, natural flavor, annatto color, caramel color, calcium disodium EDTA added to protect flavor.

Reduced Fat Berry Balsamic Vinaigrette

Water, balsamic vinegar, sugar, corn syrup, distilled vinegar, honey, soybean oil, strawberry juice concentrate, maltodextrin, raspberry juice concentrate, may contain 2% or less of: extra virgin olive oil, garlic juice, salt, xanthan gum, spices, propylene glycol alginate, sodium benzoate (preservative), garlic*, onion*, calcium disodium EDTA added to protect flavor, red #40. * dehydrated.

Salads for Staff Only

Chick-fil-A® Asian Salad

Romaine lettuce, nuggets (whole chicken breast, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour {malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], milk wash [water, egg, nonfat milk], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane as an anti-foaming agent]), Mandarin oranges (water, sugar, citric acid), baby field greens, green cabbage, red cabbage, carrots.

Chick-fil-A® Cobb Salad

Romaine lettuce, nuggets (whole chicken breast, seasoning [salt, monosodium glutamate, sugar, spices, paprika], seasoned coater [enriched bleached wheat flour {malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], milk wash [water, egg, nonfat milk], peanut oil [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane as an anti-foaming agent]), grape tomatoes, Monterey/Jack cheddar cheese blend (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto {color}], Monterey Jack cheese [milk, cheese culture, salt, enzymes], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), roasted corn, egg, baby field greens, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite. may also contain, potassium chloride, dextrose, smoke flavoring, sodium phosphate, honey, potassium lactate, sodium diacetate, flavoring), carrots, red cabbage.

Chick-fil-A® Grilled Market Salad [Add to Meal Calculator](#)

Romaine lettuce, whole chicken breast (seasoning [salt, monosodium glutamate, sugar, spices, paprika]), strawberries, baby field greens, red apples & green apples (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), blueberries, blue cheese (pasteurized milk, cheese cultures, salt, enzymes, Penicillium roquefortii), red cabbage, carrots.