



NUTRITION SURVIVAL GUIDE TO

CHICK-FIL-A

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DINNER

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Spicy Deluxe	540	34	43	-	6	25	4.4
Chicken Deluxe	500	31	42	-	6	23	4
Chick-n-Strips (4)	470	37	29	-	4	23	3.1
Spicy Chicken Sandwich	450	29	41	-	5	19	4.1
Chicken Sandwich	440	28	40	-	5	19	3.4
Chargrilled Chicken Club Sandwich	430	37	37	-	7	16	2.8
Chicken Nuggets (12)	390	41	14	-	1	18	3.7
Chargrilled Chicken Cool Wrap	350	37	29	-	3	14	2.6
Chick-n-Strips (3)	350	28	22	-	3	17	2.4
Chargrilled Chicken Sandwich	310	29	36	-	7	6	2.1
Chicken Nuggets (8)	260	28	9	-	1	12	2.5
Chick-n-Strips (2)	230	22	13	-	1	12	1.6
Grilled Chicken Nuggets (12)	210	38	3	-	1	5	1.7
Chicken Nuggets (6)	190	21	7	-	0	9	1.8
Grilled Chicken Nuggets (8)	140	25	2	-	0	4	1.1
Chicken Nuggets (4)	130	14	5	-	0	6	1.2
Chick-n-Strips (1)	120	11	6	-	1	6	0.8
Grilled Chicken Nuggets (6)	110	19	2	-	0	3	0.8
Grilled Chicken Nuggets (4)	70	13	1	-	0	2	0.6

SALADS

Cobb Salad	510	40	28	-	6	28	3.4
Spicy Southwest Salad	450	34	37	-	8	19	2.7
Market Salad	330	27	27	-	13	14	1.7

SALAD DRESSING

Avocado Lime Ranch Dressing	310	1	3	-	2	32	1.3
Creamy Salsa	290	1	3	-	1	31	1.6
Garlic & Herb Ranch Dressing	280	1	2	-	1	29	1.2
Zesty Apple Cider Vinaigrette	230	0	16	-	15	19	1.2
Fat Free Honey Mustard Dressing	90	0	22	-	20	0	0.8
Light Balsamic Vinaigrette	80	0	16	-	10	4	0.9
Chili Lime Vinaigrette	60	0	9	-	7	3	1
Light Italian Dressing	25	0	3	-	2	2	1.2

BREAKFAST

Sausage Egg and Cheese Biscuit	670	23	44	-	5	44	3.8
Bacon, Egg & Cheese Biscuit	500	21	44	-	6	27	3.1

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Chicken, Egg & Cheese Bagel	490	29	49	-	8	20	3.3
Hash Brown Scramble Bowl	450	21	21	-	1	29	3.1
Chicken Biscuit	440	17	47	-	6	20	3.3
Chick-n-Minis 4 Piece	370	21	41	-	7	14	2.2
Hot Buttered Biscuit	310	5	41	-	5	14	1.8
Egg & Cheese English Muffin Bacon	300	16	32	-	1	12	1.8
Egg White Grill	300	25	31	-	1	7	2.4
Sunflower Multigrain Bagel	290	7	43	-	7	10	1.2
Hash Browns	240	3	22	-	0	16	0.9
Greek Yoghurt Parfait	240	12	29	-	22	8	0.2
Fruit Cup	50	0	12	-	9	0	0

SIDES

Waffle Fries (L)	460	6	56	-	0	24	0.9
Waffle Fries (M)	360	5	43	-	0	18	0.7
Waffle Fries (S)	270	3	32	-	0	14	0.6
Greek Yoghurt Parfait	240	12	29	-	22	8	0
Superfood Side	150	3	18	-	12	9	0.5
Chicken Noodle Soup	140	9	15	-	1	4	2.5
Fruit Cup	50	0	12	-	9	0	0

SAUCES

Chick-fil-A Sauce	140	0	6	-	6	13	0.4
Garlic & Herb Ranch Sauce	140	0	1	-	1	14	0.6
Polynesian Sauce	110	0	14	-	5	6	0.5
Zesty Buffalo Sauce	50	0	1	-	0	5	1.4
Barbecue Sauce	45	0	11	-	9	0	0.5
Honey Mustard Sauce	45	0	11	-	10	0	0.4
Sriracha Sauce	45	0	10	-	10	0	1

TREATS

Strawberry Milkshake (L)	760	16	118	-	106	28	1.2
Chocolate Milkshake (L)	750	16	113	-	108	28	1.2
Cookies & Cream Milkshake (L)	750	16	107	-	97	31	1.5
Vanilla Milkshake (L)	620	16	86	-	85	25	1.2
Strawberry Milkshake (S)	610	13	93	-	85	23	1
Chocolate Milkshake (S)	600	13	90	-	86	23	1
Cookies & Cream Milkshake (S)	570	14	81	-	77	26	1.1
Vanilla Milkshake (S)	500	11	67	-	66	21	0.9
Chocolate Chunk Cookie	330	4	45	-	27	14	0.6
Icedream Ice Cream Cone (L)	260	7	45	-	38	6	0.4
Icedream Ice Cream Cone	170	5	31	-	25	4	0.3

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Sprite Large	260	0	65	-	57	0	-
Frosted Lemonade Diet	240	6	41	-	39	6	-
Watermelon Mint Lemonade	210	0	0	-	0	0	-
Vanilla Iced Coffee Large	200	6	38	-	35	3	-
Iced Coffee Large	180	6	33	-	31	3	-
Lemonade (small)	170	0	46	-	43	0	-
Sprite Medium	170	0	44	-	39	0	-
Simply Orange Juice	160	3	38	-	35	0	-
Vanilla Iced Coffee Small	160	5	30	-	28	3	-
Iced Coffee Small	150	5	26	-	25	3	-
Dr Pepper Large	130	0	35	-	35	0	-
Dr Pepper Medium	130	0	35	-	35	0	-
Dr Pepper Small	130	0	35	-	35	0	-
Sprite Small	130	0	32	-	29	0	-
Coca-Cola Classic (small)	120	0	35	-	35	0	-
Minute Maid Apple Juice Box	90	0	20	-	19	0	-
Sweet Tea (small)	90	0	24	-	24	0	-
Watermelon Mint Tea	90	0	0	-	0	0	-
Diet Lemonade (small)	15	0	6	-	2	0	-
Coffee	5	1	0	-	0	0	-
Diet Coke	0	0	0	-	0	0	-
Unsweetened Iced Tea	0	0	0	-	0	0	-