Chick-fil-A Nutrition Guide

Complete nutrition facts for 131 menu items · Calories, fat, carbs, sugar, protein, sodium and fibre · Updated October 2026 · chickfilamenuusa.com

Breakfast

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Chicken & Waffles Breakfast Sandwich w/ Chick-fil-A Filet	530	—	—	—	—	—	4g
Chicken & Waffles Breakfast Sandwich w/ Spicy Filet	530	—	—	—	—	—	5g
Chicken & Waffles Breakfast Sandwich w/ Grilled Filet	440	—	—	—	—	—	4g
Chick-fil-A Chicken Biscuit	460	23g	45g	6g	19g	1,510mg	2g
Spicy Chicken Biscuit	450	22g	44g	5g	19g	1,570mg	3g
Chick-fil-A Chick-n-Minis	360	13g	41g	8g	20g	1,060mg	2g
Egg White Grill	300	8g	29g	2g	27g	990mg	1g
Hash Brown Scramble Burrito	700	40g	51g	2g	34g	1,770mg	3g
Hash Brown Scramble Bowl	470	—	—	—	—	—	2g
Chicken, Egg & Cheese Biscuit	550	28g	48g	7g	27g	1,870mg	3g
Bacon, Egg & Cheese Biscuit	420	23g	38g	4g	15g	1,220mg	2g
Sausage, Egg & Cheese Biscuit	620	42g	38g	4g	22g	1,510mg	2g
Chicken, Egg & Cheese Muffin	410	18g	36g	4g	27g	1,320mg	1g
Bacon, Egg & Cheese Muffin	300	13g	28g	2g	16g	780mg	1g
Sausage, Egg & Cheese Muffin	490	32g	29g	1g	23g	1,000mg	1g
Hash Browns	270	18g	23g	0g	3g	440mg	3g
Berry Parfait	270	9g	35g	26g	13g	85mg	1g
Fruit Cup	70	0g	16g	12g	1g	0mg	2g

Entrées

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Chicken & Waffles Sandwich w/ Chick-fil-A Filet	690	34g	66g	29g	32g	1,600mg	5g
Chicken & Waffles Sandwich w/ Spicy Filet	710	35g	70g	29g	31g	1,860mg	6g
Chicken & Waffles Sandwich w/ Grilled Filet	540	24g	55g	28g	29g	850mg	5g
Chick-fil-A Chicken Sandwich	420	16g	41g	6g	29g	1,470mg	1g
Spicy Deluxe Sandwich	540	24g	46g	7g	34g	1,890mg	2g

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Spicy Chicken Sandwich	450	18g	44g	6g	28g	1,740mg	1g
Chick-fil-A Nuggets	250	11g	11g	1g	27g	1,210mg	0g
Grilled Nuggets	130	3g	1g	1g	25g	440mg	0g
Chick-fil-A Deluxe Sandwich	490	21g	43g	7g	32g	1,710mg	1g
Chick-fil-A Cool Wrap	660	45g	32g	5g	43g	1,420mg	14g
Chick-fil-A Chick-n-Strips	310	14g	16g	2g	29g	870mg	0g
Grilled Chicken Sandwich	390	11g	45g	11g	28g	765mg	3g
Grilled Chicken Club Sandwich	520	22g	45g	12g	37g	1,055mg	3g

Family Style Meals

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Chick-fil-A Chick-n-Strips Family Style Meal	430	—	—	—	—	—	—
Chick-fil-A Nuggets Family Style Meal	430	—	—	—	—	—	—
Grilled Nuggets Family Style Meal	430	—	—	—	—	—	—

Salads

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Cobb Salad	830	60g	31g	8g	41g	2,180mg	5g
Spicy Southwest Salad	680	49g	27g	7g	33g	1,570mg	7g
Market Salad	550	31g	42g	26g	28g	1,010mg	5g

Sides

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Chick-fil-A Waffle Potato Fries	420	24g	45g	1g	5g	240mg	5g
Side Salad	470	42g	14g	5g	6g	700mg	4g
Mac & Cheese	450	29g	28g	3g	20g	1,190mg	3g
Chicken Noodle Soup	190	4.5g	27g	2g	11g	1,290mg	2g
Original Flavor Waffle Potato Chips	220	13g	25g	0g	3g	250mg	2g
Chick-fil-A Sauce Flavored Waffle Potato Chips	210	12g	26g	3g	3g	330mg	2g
Buddy Fruits Apple Sauce	45	0g	12g	8g	0g	0mg	1g

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Kale Crunch Side	170	12g	13g	8g	4g	250mg	4g

Kid's Meals

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
5 Ct Nuggets Kid's Meal	160	7g	7g	1g	17g	760mg	0g
5 Ct Grilled Nuggets Kid's Meal	80	2g	1g	0g	16g	270mg	0g
2 Ct Chick-n-Strips Kid's Meal	200	9g	11g	1g	19g	580mg	0g
Mac & Cheese Kid's Meal	450	29g	28g	3g	20g	1,190mg	3g

Treats

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
S'mores Milkshake	650	19g	109g	100g	12g	400mg	1g
S'mores Frosted Coffee	400	8g	77g	69g	7g	220mg	1g
Pineapple Dragonfruit Frosted Lemonade	360	7g	70g	63g	7g	150mg	0g
Cookies & Cream Milkshake	630	25g	91g	84g	13g	430mg	1g
Chick-fil-A Icedream Cup	140	3.5g	24g	24g	4g	75mg	0g
Chick-fil-A Icedream Cone	180	4g	32g	25g	4g	90mg	0g
Chocolate Chunk Cookie	370	17g	49g	26g	5g	230mg	3g
Chocolate Fudge Brownie	370	21g	47g	35g	4g	140mg	2g

Beverages

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Pineapple Dragonfruit & Sprite	190	0g	50g	43g	0g	100mg	0g
Pineapple Dragonfruit Lemonade	290	0g	72g	60g	0g	15mg	0g
Pineapple Dragonfruit Sunjoy	240	0g	59g	50g	0g	15mg	0g
Pineapple Dragonfruit Teas	150	0g	37g	31g	0g	15mg	0g
Chick-fil-A Lemonade	260	0g	66g	60g	0g	0mg	0g
Chick-fil-A Diet Lemonade	60	0g	15g	11g	0g	10mg	0g
Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	240	0g	60g	57g	0g	0mg	0g
Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	110	0g	29g	26g	0g	5mg	0g

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	160	0g	41g	38g	0g	0mg	0g
Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	35	0g	10g	7g	0g	5mg	0g
Freshly-Brewed Sweetened Iced Tea	120	0g	31g	30g	0g	0mg	0g
Freshly-Brewed Unsweetened Iced Tea	0	0g	0g	0g	0g	0mg	0g
DASANI Bottled Water	0	0g	0g	0g	0g	0mg	0g
Honest Kids Apple Juice	35	0g	9g	8g	0g	15mg	0g
Simply Orange	160	0g	34g	30g	2g	10mg	0g
1% Chocolate Milk	140	2g	23g	21g	7g	160mg	0g
1% Milk	90	2g	10g	10g	7g	105mg	0g
Dr Pepper	170	0g	44g	44g	0g	50mg	0g
Seasonal Gallon Beverages	210	0g	53g	44g	0g	10mg	0g
Gallon Beverages	190	0g	49g	45g	0g	0mg	0g
Coca-Cola	170	0g	46g	46g	0g	45mg	0g
Hot Coffee	0	0g	0g	0g	0g	10mg	0g
Iced Coffee	260	9g	38g	34g	8g	190mg	0g
Cream Cold Brew	520	22g	75g	71g	9g	440mg	0g

Catering

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Grilled Chicken Bundle	460	19g	35g	8g	37g	1,030mg	3g
30 ct Chick-fil-A Nuggets Football-Shaped Tray	950	43g	41g	4g	100g	4,550mg	0g
Chick-fil-A Nugget Trays	30	1.5g	1g	0g	3g	150mg	0g
Chilled Chick-fil-A Nugget Trays	30	1.5g	1g	0g	3g	150mg	0g
Chick-n-Strips Trays	110	5g	6g	1g	10g	300mg	0g
Chilled Chick-n-Strips Trays	110	5g	6g	1g	10g	300mg	0g
Chilled Grilled Chicken Sub Sandwich Tray	220	6g	25g	4g	18g	490mg	2g
Spicy Chilled Grilled Chicken Sub Sandwich Tray	220	6g	25g	5g	16g	660mg	2g
Chick-fil-A Cool Wrap Trays	480	39g	18g	3g	22g	970mg	7g
Southwest Veggie Wrap Trays	460	39g	19g	3g	14g	940mg	8g
Spicy Cool Wrap Trays	480	39g	18g	4g	21g	1,150mg	8g
Fruit Tray	780	0g	182g	134g	8g	0mg	29g

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Mac & Cheese Tray	4,930	312g	308g	36g	221g	13,030mg	31g
Garden Salad Tray	310	18g	20g	11g	19g	420mg	9g
Kale Crunch Side Tray	1,160	87g	77g	42g	30g	1,420mg	23g
Chocolate Chunk Cookie Tray	370	17g	49g	26g	5g	230mg	3g
Chocolate Fudge Brownie Tray	190	10g	23g	18g	2g	70mg	1g
Cookie & Brownie Tray	280	14g	36g	22g	3g	150mg	2g
Seasonal Gallon Beverages	210	0g	53g	44g	0g	10mg	0g
Gallon Freshly-Brewed Iced Tea Sweetened	130	0g	33g	33g	0g	0mg	0g
Gallon Freshly-Brewed Iced Tea Unsweetened	0	0g	0g	0g	0g	0mg	0g
Gallon Chick-fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea)	70	0g	18g	18g	0g	0mg	0g
Gallon Chick-fil-A Lemonade	190	0g	49g	45g	0g	0mg	0g
Gallon Chick-fil-A Diet Lemonade	40	0g	12g	8g	0g	10mg	0g
Gallon Chick-fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade)	120	0g	33g	30g	0g	0mg	0g
Gallon Sunjoy (1/2 Sweet Tea, 1/2 Lemonade)	160	0g	41g	39g	0g	0mg	0g
Gallon Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade)	90	0g	23g	21g	0g	0mg	0g
Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade)	20	0g	6g	4g	0g	0mg	0g
Gallon Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade)	100	0g	26g	24g	0g	0mg	0g
DASANI Bottled Water	0	0g	0g	0g	0g	0mg	0g
Simply Orange	160	0g	34g	30g	2g	10mg	0g
Bottled Sweet Tea	190	0g	50g	49g	0g	0mg	0g
Bottled Unsweet Tea	0	0g	0g	0g	0g	0mg	0g
Bottled Lemonade	280	0g	73g	69g	0g	10mg	0g
Bottled Diet Lemonade	60	0g	17g	12g	0g	10mg	0g
Honest Kids Apple Juice	35	0g	9g	8g	0g	15mg	0g
1% Milk	90	2g	10g	10g	7g	105mg	0g
1% Chocolate Milk	140	2g	23g	21g	7g	160mg	0g
Bag of Ice	0	—	—	—	—	—	—
Ice Scoop	0	—	—	—	—	—	—
Ice Bucket and Scoop	0	—	—	—	—	—	—
Catering Coffee	0	0g	0g	0g	0g	80mg	0g
Chick-fil-A Chicken Sandwich Packaged Meal	1,010	—	—	—	—	—	—

Item	Calories	Fat	Carbs	Sugar	Protein	Sodium	Fibre
Spicy Chicken Sandwich Packaged Meal	1,040	—	—	—	—	—	—
8 ct Chick-fil-A Nuggets Packaged Meal	840	—	—	—	—	—	—
Chilled Grilled Chicken Sub Packaged Meal	1,090	—	—	—	—	—	—
Spicy Chilled Grilled Chicken Sub Sandwich Packaged Meal	1,080	—	—	—	—	—	—
Chick-fil-A Cool Wrap Packaged Meal	1,250	—	—	—	—	—	—
Spicy Cool Wrap Packaged Meal	940	—	—	—	—	—	—
Southwest Veggie Wrap Packaged Meal	1,190	—	—	—	—	—	—

Values are Chick-fil-A's published per-serving figures for the standard build of each item and can vary by restaurant, preparation and customization. Catering tray figures are shown as published — many are per serving (for example per nugget, per strip or per half wrap); see the item pages on chickfilamenuusa.com for the basis used. Kids' Meal values cover the entrée as listed in the official guide. A dash means the figure is not published for that item. This is an independent guide, not affiliated with Chick-fil-A, Inc. For allergen information, see the Chick-fil-A Allergen Menu on chickfilamenuusa.com.