



Nutritional INFORMATION

Proteins

| | Serving Size | Grams | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
|------------------|--------------|-------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|-----------|-------------|
| Catfish | | | | | | | | | | | | |
| Fried Catfish | 1pc | 47 | 119 | 5.9 | 2.6 | 0.4 | 36 | 293 | 6.7 | 0.5 | 0.0 | 9.8 |
| Chicken | | | | | | | | | | | | |
| Tenders - Fried | 1pc | 34 | 87 | 4.1 | 0.8 | 0.1 | 21 | 108 | 5.5 | 0.2 | 0.0 | 7.2 |
| Legs - Fried | 1pc | 54 | 128 | 6.8 | 2.7 | 0.3 | 46 | 376 | 5.4 | 0.0 | 0.0 | 11.3 |
| Legs - Roasted | 1pc | 57 | 88 | 4.0 | 1.3 | 0.0 | 48 | 521 | 1.2 | 0.3 | 0.0 | 11.7 |
| Wings - Fried | 1pc | 57 | 210 | 15.1 | 6.1 | 0.7 | 46 | 335 | 8.7 | 0.2 | 0.0 | 10.0 |
| Wings - Roasted | 1pc | 49 | 118 | 8.3 | 2.6 | 0.0 | 41 | 447 | 1.6 | 0.2 | 0.0 | 9.1 |
| Thighs - Fried | 1pc | 109 | 344 | 24.9 | 10.0 | 1.0 | 128 | 779 | 11.5 | 0.2 | 0.0 | 18.2 |
| Thighs - Roasted | 1pc | 116 | 225 | 14.5 | 4.6 | 0.1 | 97 | 1059 | 3.4 | 0.5 | 0.0 | 20.2 |
| Breast - Fried | 1pc | 185 | 476 | 32.7 | 13.7 | 1.5 | 171 | 992 | 12.3 | 0.4 | 0.0 | 33.1 |
| Breast - Roasted | 1pc | 160 | 257 | 11.5 | 3.9 | 0.1 | 133 | 1461 | 1.9 | 0.7 | 0.0 | 36.4 |
| Chicken Salad | 100g | 100 | 286 | 21.3 | 6.5 | 0.6 | 71 | 539 | 11.0 | 0.4 | 1.9 | 13.3 |

Salads

| | | | | | | | | | | | | |
|----------------|---|-----|-----|------|------|-----|-----|-----|------|-----|-----|------|
| Side | 1 | 144 | 81 | 4.8 | 2.6 | 0.0 | 15 | 112 | 5.9 | 2.2 | 2.7 | 5.0 |
| Garden | 1 | 303 | 165 | 9.7 | 5.1 | 0.0 | 30 | 226 | 12.3 | 4.5 | 5.7 | 10.2 |
| Chicken Salad | 1 | 402 | 448 | 30.9 | 11.6 | 0.6 | 101 | 761 | 23.2 | 5.0 | 7.6 | 23.4 |
| Chicken Tender | 1 | 371 | 340 | 17.9 | 6.7 | 0.2 | 72 | 441 | 23.3 | 4.8 | 5.7 | 24.6 |

Dressing

| | | | | | | | | | | | | |
|------------------|------|-----|-----|------|-----|-----|----|------|------|-----|------|-----|
| Village Ranch | 1pk | 42 | 225 | 24.0 | 3.8 | N/A | 15 | 390 | 1.5 | 0.0 | 0.0 | 0.0 |
| Thousand Island | 1pk | 42 | 195 | 19.5 | 3.0 | N/A | 15 | 345 | 7.5 | 0.0 | 6.0 | 0.0 |
| Fat Free Italian | 1pk | 43 | 25 | 0.0 | 0.0 | 0.0 | 0 | 360 | 7.0 | 0.0 | 5.0 | 0.0 |
| Honey Mustard | 100g | 100 | 338 | 23.8 | 3.6 | 0.0 | 48 | 1202 | 32.1 | 0.1 | 28.6 | 0.0 |
| CROUTONS | 1pk | 7 | 30 | 1.0 | 0.0 | 0.0 | 0 | 100 | 5.0 | 0.0 | 0.0 | 1.0 |

Sides

| | Single Serving | Ounces | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
|-----------------|----------------|--------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|-----------|-------------|
| Fruit Salad | 1 | 4.5 | 87 | 0.1 | 0.0 | 0.0 | 0 | 3 | 21 | 1.7 | 18.4 | 0.6 |
| Green Beans | 1 | 3.8 | 47 | 0.6 | 0.2 | 0.2 | 0 | 570 | 8.5 | 2.8 | 1.3 | 2.2 |
| Mac & Cheese | 1 | 5.0 | 160 | 8.0 | 1.5 | 0.0 | 7 | 523 | 18.2 | 1.5 | 0.7 | 3.6 |
| Mashed Potatoes | 1 | 4.5 | 79 | 1.2 | 0.1 | 0.0 | 0 | 368 | 15.7 | 1.3 | 0.6 | 1.5 |
| Cole Slaw | 1 | 4.0 | 134 | 9.0 | 1.4 | 0.0 | 18 | 356 | 12.4 | 1.7 | 10.6 | 0.9 |
| Fried Okra | 1 | 3.6 | 317 | 14.4 | 0.0 | 0.0 | N/A | 357 | 33.5 | 2.0 | 2.0 | 4.3 |
| Dirty Rice | 1 | 4.0 | 200 | 12.6 | 3.7 | 0.0 | 50 | 782 | 15.2 | 0.5 | 1.1 | 5.3 |
| Corn on the Cob | 1 | N/A | 101 | 4.1 | 0.8 | 0.5 | 0.0 | 26 | 16.3 | 2.0 | 2.6 | 2.2 |
| French Fries | 1 | 3.1 | 272 | 13.8 | 1.0 | 0.0 | 0 | 372 | 34.3 | 2.1 | 0.0 | 2.9 |

Extras

| | | | | | | | | | | | | |
|------------------|---|-----|-----|------|-----|-----|----|-----|------|-----|-----|-----|
| Yeast Roll | 1 | N/A | 160 | 4.5 | 1.0 | 1.0 | 0 | 180 | 26.0 | 1.0 | 5.0 | 5.0 |
| Gravy | 1 | 3.5 | 76 | 4.2 | 0.8 | 1.7 | 0 | 422 | 8.4 | 0.0 | 1.7 | 0.0 |
| Jalapeno Poppers | 1 | N/A | 310 | 15.8 | 4.0 | 0.0 | 16 | 887 | 34.8 | 1.6 | 4.8 | 7.1 |
| Corn Nuggets | 1 | 3.2 | 277 | 12.8 | 1.1 | 0.0 | 0 | 465 | 36.7 | 2.2 | 2.2 | 3.7 |

Allergens

• Allergens marked in white, items MAY contain. • Allergens marked in yellow, items DO contain.

| | Egg | Fish | Milk | Peanut | Shellfish | Soy | Tree Nut | Wheat | Gluten | | Egg | Fish | Milk | Peanut | Shellfish | Soy | Tree Nut | Wheat | Gluten |
|---------------------|-----|------|------|--------|-----------|-----|----------|-------|--------|------------------|-----|------|------|--------|-----------|-----|----------|-------|--------|
| French Fries | | | | | | | | | | Gravy | | | | | | | | | |
| Catfish | | | | | | | | | | Green Beans | | | | | | | | | |
| Chicken Salad | | | | | | | | | | Jalapeno Poppers | | | | | | | | | |
| Chicken Salad Salad | | | | | | | | | | Lettuce Salad | | | | | | | | | |
| Chicken Tenders | | | | | | | | | | Mac & Cheese | | | | | | | | | |
| Cole Slaw | | | | | | | | | | Mashed Potatoes | | | | | | | | | |
| Corn Nuggets | | | | | | | | | | Roll | | | | | | | | | |
| Corn On The Cob | | | | | | | | | | Tender Salad | | | | | | | | | |
| Dirty Rice | | | | | | | | | | Ranch Dressing | | | | | | | | | |
| Fried Chicken | | | | | | | | | | Honey Mustard | | | | | | | | | |
| Fried Okra | | | | | | | | | | 1000 Island | | | | | | | | | |
| Fruit Salad | | | | | | | | | | Fat Free Italian | | | | | | | | | |
| Garden Salad | | | | | | | | | | CROUTONS | | | | | | | | | |

The nutritional and allergen information herein is provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Golden Franchising Corp), combined with the ingredient and allergen data from our suppliers. Golden Chick and AFL assume no responsibility for its use and information which has not been verified by Golden Chick. Caloric information, nutritional data, and ingredients may vary and should only be viewed as an approximation. Due to many of our offerings being individually prepared, and use of differing serving containers, serving sizes as described in the nutritional information may vary from order to order. Every effort is made to keep this information current, however, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, supply issues and/or season of the year. Due to the nature of our business, hand breaded chicken, Tenders, catfish etc... as well as the compact building design/layout, Golden Chick cannot guarantee that trace amounts of gluten or allergens will not exist in any of our product offerings.