

ALLERGENS

◊ Item MAY contain allergen.
 • Item DOES contain allergen.

	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	Gluten	
PROTEINS	Coffish	◊	•	◊		◊		•	•	
	Chicken-Grilled									
	Chicken-Fried	◊		•		◊		•	•	
	Chicken Salad	•					•	•	•	
	Wicked Wings	◊		•		◊		•		
	Wings									
	Buffalo Wings									
	BBQ Wings									
	Garlic Parmesan Wings			•		•				
	Tenders	◊		•		◊		•	•	
	Livers			•		•		•	•	
	Gizzards			•		•		•	•	
SIDES	Mashed Potatoes		•							
	Green Beans					•				
	Battered Fries							•	•	
	Potato Salad									
	Fried Okra	•	•					•	•	
	Fruit Salad									
	Mac & Cheese	•		•		•		•	•	
	Cole Slaw	•								
	Dirty Rice					•				
	Side Salad									
	Garden Salad			•						
	Tender Salad	◊		•		◊		•	•	
SALADS	Chicken Salad Salad						•	•	•	
	Ranch Dressing	•	•			◊				
	Thousand Island	•				◊				
	Fat-Free Italian									
	Croutons			•				•	•	
	Chicken Salad						•	•	•	
	EXTRAS	Yeast Roll	•						•	•
		Jalapeños								
		Corn Nuggets	•		•		•		•	•
		Jalapeño Poppers			•		•		•	•
		Chocolate Chip Cookie								
		Gravy			•				•	•
Lotta Zing Sauce		•								
Lotta Zing Spice										
BBQ Sauce										
Honey Mustard		•								
Homestyle Ranch		•		•		◊				
Wild Rice Soup				•		•		•	•	

NUTRITIONAL INFORMATION



A 2,000 calorie daily diet is used as a basis for general nutrition advice; however, individual calorie needs may vary. Additional nutritional information available upon request.

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—Grilled	1pc	35	40	0.7	0.2	0.0	23	220	0.0	0.0	0.0	8.4
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	27	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	334	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	33.0
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
Livers	1pc	49	164	13	4.1	0.4	225	466	5.7	0.8	0.0	11.1
Gizzards	1pc	31	55	3.5	1.2	0.2	37	96	3.0	0.1	0.0	3.1
CHICKEN WINGS												
Wicked Wings*	1pc	20	44	4.8	1.7	0.2	29	147	3.2	0.3	0.0	3.5
Wings*	1pc	20	53	3.5	1.2	0.1	32	181	1.3	0.2	0.0	4.3
Xtra Hot Buffalo Wings*	1pc	31.8	56	3.5	1.2	0.0	32	569	1.7	0.2	0.0	4.3
Traditional Buffalo Wings*	1pc	31.8	56	3.5	1.2	0.0	32	750	1.7	0.2	0.2	4.3
BBQ Wings*	1pc	31.8	75	3.5	1.2	0.0	32	932	7	0.2	5.2	4.3
Garlic Parmesan Wings*	1pc	31.8	144	13.3	3.3	0.3	33.7	257	1.5	0.3	0.0	5.2

*Not available in all locations

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)
Fresh Salad	1	5.1	81	4.8	2.6	0.0	15	112	5.9	2.2	2.7	5.0
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
Battered Fries	1	3.1	272	13.8	1.0	0.0	0	372	34.3	2.1	0.0	2.9
Corn Nuggets	1	3.2	277	12.8	1.1	0.0	0	465	36	2.2	2.2	3.7
Potato Salad*	1	5.3	288	183	3.3	0	19.6	536	26.1	2.6	5.2	1.3
Fruit Salad*	1	4.5	87	0.1	0.0	0.0	0	3	21	1.7	18.4	0.6

*Not available in all locations

SALADS

	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)
SALADS												
Side Salad	1	144	81	4.8	2.6	0.0	15	112	5.9	2.2	2.7	5.0
Garden Salad	1	303	165	9.7	5	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												
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
Croutons	1pk	7	30	1.0	0.0	0.0	0	100	5.0	0.0	0.0	1.0

EXTRAS

	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)
Yeast Roll	1	N/A	160	4.5	1.0	1.0	0	180	26.0	1.0	5.0	5.0
Chicken Salad	1	47	119	5.9	2.6	0.4	36	293	6.7	0.5	0.0	9.8
Jalapeños	1	N/A	6									
Corn Nuggets	1	3.2	277	12.8	1.1	0.0	0	465	36.7	2.2	2.2	3.7
Jalapeño Poppers	1	N/A	310	15.8	4.0	0.0	16	887	34.8	1.6	4.8	7.1
Chocolate Chip Cookie	1	1.75	213	10.4	5.5	0	22.3	198	28.8	0	15.5	2.5
Country Gravy	1	3.5	76	4.2	0.8	1.7	0	422	8.4	0.0	1.7	0.0
Lotta Zing Sauce	1	2	229	22.5	3.1	0.0	10	625	0.6	0.2	0.1	0.5
Lotta Zing Spice	1	N/A	3.7	0.1	0.0	0.0	0.0	349	0.5	0.2	0.1	0.4
BBQ Sauce	1	1.5	80	0.0	0.0	0.0	0	340	21	0	19	0.0
Honey Mustard	1	2	166	13.3	2	0.0	26	485	12.2	0.1	11.5	0.2
Buttermilk Ranch	1	1.5	150	15	2.5	0.0	15	380	2	0	1	1
Wild Rice Soup (Roasted Chicken)	1	8	306	19.7	9.3	0.3	73	1379	20.4	0.1	1.9	8.5
Wild Rice Soup (Fried Chicken)	1	8	306	19.7	9.3	0.3	73	1379	20.4	0.1	1.9	8.5

DRINKS

	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)
Sodas	please see individual manufacture labels											
Unsweet Tea	1	1	0	0	0	0	0	2	0	0	0	0
Sweet Tea	1	1	12	0	0	0	0	2	3	0	3	0
Raspberry Lemonade	1	20	195	0	0	0	0	0	0	0	0	0
Apple Juice	1	8	100	0	0	0	0	0	0	0	0	0



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.