



PRESS RELEASE

## Chick-fil-A Product Fact Sheet

### OVERALL PRODUCT STATEMENT:

Chick-fil-A boasts a menu based on chicken products and fresh ingredients, tasty side dishes, enjoyable desserts and “hand-made” preparation techniques for many products such as our hand-breaded chicken and freshly squeezed Chick-fil-A<sup>®</sup> Lemonade. Its menu offers a variety of choices of delicious products that can fit into a balanced, healthy diet.

### PREMIER PRODUCTS:

Chick-fil-A<sup>®</sup> Chicken Sandwich: A boneless breast of chicken seasoned to perfection, hand-breaded, pressure cooked in peanut oil and served on a toasted, buttered bun with dill pickle chips. Also available as a Chick-fil-A<sup>®</sup> Deluxe Sandwich, served with lettuce and tomato. *Contains 17 grams of fat, 430 calories and zero grams of trans fat.*

Chick-fil-A<sup>®</sup> Spicy Chicken Sandwich: A boneless breast of chicken seasoned with a spicy blend of peppers, hand-breaded, pressure cooked in 100 percent refined peanut oil and served on a toasted, buttered bun with dill pickle chips. Also available on a Golden Wheat bun. *Contains 20 grams of fat, 490 calories and zero grams of trans fat.*

Chick-fil-A<sup>®</sup> Chargrilled Chicken Sandwich: A boneless breast of chicken, marinated in special seasonings, grilled to perfection and served on a toasted, Golden Wheat bun designed exclusively for Chick-fil-A. The sandwich also is served with dill pickle slices, green leaf lettuce, two tomato slices and a side package of Honey Roasted Barbeque sauce. *Contains 3.5 grams of fat, 300 calories and zero grams of trans fat.*

Chick-fil-A Chick-n-Strips<sup>®</sup>: Chicken tenderloins – the most tender part of the chicken breast – freshly marinated and hand-breaded, then pressure cooked in peanut oil. Available in 3- or 4-count entrees and 1- or 2-count Kid’s Meal with choice of dipping sauce. *Contains 18 grams of fat, 370 calories and zero grams of trans fat (3-count).*

Chick-fil-A<sup>®</sup> Nuggets: Bite-sized pieces of tender, all-breast-meat chicken seasoned to perfection, hand-breaded and pressure cooked in peanut oil. Available in 8- or 12-count, and 4- or 6-count Kid’s Meal with choice of dipping sauce. *Contains 12 grams of fat, 270 calories and zero grams of trans fat (8-count).*

Chick-fil-A Spicy Chicken Cool Wrap<sup>®</sup>: Slices of spicy grilled chicken breast on a bed of whole green leaf lettuce, whole tomato slices, red cabbage and a subtle blend of Monterey Jack and Cheddar cheeses tightly rolled in a multi-grain flat bread and served with spicy dressing on the side. *Contains 12 grams of fat, 410 calories and zero grams of trans fat (without dressing).*

Chicken Caesar Cool Wrap<sup>®</sup>: Slices of grilled chicken breast in a fresh mix of Romaine lettuce and Parmesan cheese tightly rolled in a multi-grain flat bread and served with Caesar dressing. *Contains 15 fat grams and 460 calories and zero grams of trans fat (without dressing).*

Chargrilled Chicken Cool Wrap<sup>®</sup>: Slices of grilled chicken breast with chopped Romaine lettuce, shredded carrots, tomato slices and a subtle blend of Monterey Jack and Cheddar cheeses tightly rolled in multi-grain flat bread and served with customer’s choice of dressing on the side. *Contains 12 fat grams, 410 calories and zero grams of trans fat (without dressing).*

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Chick-fil-A® Chicken Salad Sandwich: Large chunks of chicken mixed with chopped eggs, celery, sweet pickle relish and mayonnaise and served with whole green leaf lettuce on premium Wheatberry bread. *Contains 20 fat grams and 500 calories and zero grams of trans fat.*

#### **SALADS:**

Chick-fil-A® Southwest Chargrilled Salad: Slices of spicy grilled chicken breast on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, a roasted corn and black bean relish and a subtle blend of Monterey Jack and Cheddar cheeses. Served with individual packs of tortilla strips and spicy dressing. *Contains 9 grams of fat, 240 calories and zero grams of trans fat (without dressing or toppings).*

Chick-fil-A® Chargrilled Chicken Garden Salad: Slices of grilled chicken breast on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets and a subtle blend of Monterey Jack and Cheddar cheeses. Served with individual packs of butter-garlic croutons, honey roasted sunflower kernels, and customer's choice of dressing. *Contains 6 grams of fat, 180 calories and zero grams of trans fat (without dressing or toppings).*

Chick-fil-A Chick-n-Strips® Salad: Hot Chick-fil-A Chick-n-Strips® served on a fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets, and a subtle blend of Monterey Jack and Cheddar cheeses. Served with individual packs of trans-fat free butter-garlic croutons, honey roasted sunflower kernels and customer's choice of dressing. *Contains 23 grams of fat, 470 calories, and zero grams of trans fat (without dressing or toppings).*

Chick-fil-A® Chargrilled and Fruit Salad: Slices of grilled chicken breast on a bed of Romaine and Iceberg lettuce, with fresh apples, grapes, strawberries, mandarin oranges and Harvest Nut Granola mix, served with the customer's choice of dressing. *Contains 6 grams of fat, 230 calories and zero grams of trans fat (without dressing or additional toppings).*

Side Salad: A fresh blend of Romaine and Iceberg lettuce, with shredded red cabbage and carrots, vine-ripened grape tomatoes, bite-sized broccoli florets and a subtle blend of Monterey Jack and Cheddar cheeses. Served with individual packs of butter-garlic croutons and customer's choice of dressing. *Contains 4.5 grams of fat, 70 calories, and zero grams of trans fat (without dressing or toppings).*

#### **ADDITIONAL ENTRÉE SELECTIONS:**

Chick-fil-A® Chargrilled Chicken Club Sandwich  
*(12 grams of fat and 410 calories)*

Hearty Breast of Chicken Soup: Chunks of chicken breast, chopped carrots and celery with egg noodles in a hearty broth  
*(4 grams of fat and 140 calories, small).*

#### **BREAKFAST**

Chick-fil-A® Chicken Biscuit: A breakfast portion of our famous boneless breast of chicken, seasoned to perfection, hand-breaded, pressure cooked in peanut oil and served on a freshly baked buttermilk biscuit. *Contains 20 grams of fat, 450 calories and zero grams of trans fat.*

Chick-fil-A® Spicy Chicken Biscuit: A breakfast portion of boneless breast of chicken, seasoned with a spicy blend of peppers, hand-breaded, pressure cooked in 100 percent peanut oil and served on a freshly baked buttermilk biscuit. *Contains 20 grams of fat, 450 calories and zero grams of trans fat.*

**Chick-fil-A Chick-n-Minis™:** Bite-sized Chick-fil-A® Nuggets nestled in warm, mouth-watering mini yeast rolls that are lightly coated with honey butter spread. *Contains 10 grams of fat, 260 calories and zero grams of trans fat (three-or four-count).*

**Breakfast Burrito:** Chunks of Chick-fil-A chicken or pork sausage gently mixed with scrambled eggs, fire-roasted onions and peppers and a subtle blend of Monterey Jack and Cheddar cheeses – all wrapped in a soft flour tortilla and served with our spicy salsa. *Chicken burrito contains 17 grams of fat, 420 calories and zero grams of trans fat. Sausage burrito contains 27 grams of fat, 480 calories and zero grams of trans fat.*

**Chicken, Egg, & Cheese on Sunflower Multigrain Bagel:** A breakfast portion of our famous boneless breast chicken, served between a slice of American cheese and a folded egg on a toasted sunflower multi-grain bagel. *Contains 20 grams of fat, 500 calories and zero grams of trans fat.*

**Cinnamon Cluster:** A mouth-watering cinnamon pastry, made into easy-to-eat mini clusters, served warm and topped with creamy vanilla icing. *Contains 15 grams of fat, 400 calories and zero grams of trans fat.*

**Yogurt Parfait:** Features creamy vanilla yogurt with fresh strawberries and topped with your choice of our own Harvest Nut Granola or Chocolate Cookie Crumbs. *Contains 3 grams of fat, 180 calories and zero grams of trans fat without toppings.*

**Café Blends Coffee:** Our medium-roast coffee and decaf coffee contain only hand-picked, certified 100% Colombian beans, and have a sweet, rich, flavorful taste with a smooth finish. Café Blends Coffee contains 100% Colombian Coffee & 100% Colombian Decaf Coffee. *Contains zero grams of fat, 5 calories and zero grams of trans fat.*

#### **SIDE DISHES:**

Carrot & Raisin Salad (6-ounce serving)  
*(12 grams of fat and 260 calories)*

Chick-fil-A Waffle Potato Fries® (small/salted)  
*(16 grams of fat and 290 calories)*

Cole Slaw (6.5-ounce serving)  
*(31 grams of fat and 360 calories)*

Fruit Cup (4.37-ounce serving)  
*(Zero grams of fat and 70 calories)*

#### **DESSERTS/ REFRESHMENTS:**

Chick-fil-A® Lemon Pie  
*(13 grams of fat and 360 calories per slice)*

Icedream® (small cone), Chick-fil-A's soft-served ice milk  
*(4 grams of fat and 170 calories)*

Fudge Nut Brownie  
*(19 grams of fat and 370 calories)*

Chick-fil-A® Cheesecake  
*(23 grams of fat and 310 calories per slice)*

Chick-fil-A® Lemonade (Kid's size: 9-ounce serving)  
*(Zero grams of fat and 150 calories)*

Chick-fil-A® Diet Lemonade with Splenda® (Kid's size: 9-ounce serving)  
*(Zero grams of fat and 15 calories)*

Hand-Spun Milkshakes (20 oz.), in four flavors: cookies & cream, strawberry, chocolate and vanilla  
*(27-33 grams of fat and 660-770 calories, depending on flavor)*

Complete Chick-fil-A product and nutritional information, as well as a nutritional meal calculator, can be found on the company's Web site at [www.chick-fil-a.com/Food/Menu](http://www.chick-fil-a.com/Food/Menu).

#### **CONSUMER RANKINGS:**

Of the 52 brands included in a 2009 Brand Performance Monitor conducted by Decision Analyst in Dallas, the Chick-fil-A Sandwich, Nuggets and Chick-n-Strips topped the ratings in the study.