

The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis.

An effort to provide complete and current nutrition information, however, due to the handcrafted nature of our menu items, differences due to ingredients, ingredient substitutions and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.



Nutritional Values									
Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)

Allergens								
Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat

**Big Bite Sandwiches (750 - 1000 Cals)**

The CG Classic	750	38	10	0	95	1830	67	3	12	37
Bourbon Brown Sugar BBQ	790	39	13	0	110	2710	68	3	10	41
B.L.A.T.	780	41	11	0	100	1500	63	3	10	40
Hot Honey	760	31	9	0	90	2430	85	3	23	37
Buffalo Mac 'N' Cheese	1000	53	17	0	130	2290	85	3	10	47
Buffalo Ranch	750	40	11	0	100	1870	63	3	9	37

X	X	X				X		X
X	X	X				X		X
X	X	X				X		X
X		X				X		X
X	X	X				X		X
X	X	X				X		X

**Stricken By Chicken (200 - 890 Cals)**

3 Fried Tenders	530	26	4.5	0	105	1350	32	2	3	44
4 Fried Tenders	710	34	6	0	135	1800	42	3	4	59
5 Fried Tenders	890	43	8	0	170	2250	53	3	5	74
3 Grilled Tenders	200	1.5	0.5	0	125	1360	4	1	2	43
4 Grilled Tenders	270	2	0.5	0	165	1820	6	1	3	58
5 Grilled Tenders	340	2.5	1	0	205	2270	7	2	4	72
3 Hot Tenders	540	26	4.5	0	105	1430	32	2	3	44
4 Hot Tenders	720	34	6	0	135	1910	43	3	4	59
5 Hot Tenders	890	43	8	0	170	2380	54	4	5	74

X		X								X
X		X								X
X		X								X
		X								
		X								
X		X						X		X
X		X						X		X
X		X						X		X

**Salad (1280 - 1280 Cals)**

Guy's Chopped Salad	1280	90	19	0.5	125	3010	63	14	15	54
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X		X		X						X
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**Kids' Meal (130 - 380 Cals)**

2 Fried Tenders	360	17	3	0	70	900	21	1	2	30
2 Grilled Tenders	130	1	0	0	80	910	3	1	1	29
Grilled Cheese	380	19	11	0	45	610	40	0	6	16

X		X								X
		X								
		X								X

**Sides (70 - 640 Cals)**

Chicken Guy! Fries	240	9	2.5	0	0	640	36	3	1	4
American Slaw	180	13	2.5	0	15	410	15	4	7	2
Fried Pickle Chips	640	49	8	0	30	1400	44	2	1	5
Mac 'N' Cheese	520	26	16	0	75	1120	51	3	6	21
Load It Up	450	31	14	0	95	1520	15	1	4	29
Fruit Cup	70	0	0	0	0	0	15	1	13	1
Applesauce	90	0	0	0	0	0	24	1	22	0

X		X								
X	X	X						X		X
		X								X
X		X								X

**The Boss of Sauce (35 - 370 Cals)**

Special Sauce	250	25	3.5	0	25	410	5	0	3	0
Donkey Sauce	370	39	5	0	35	390	2	0	0	0
Garlic Parmesan	290	30	4.5	0	30	530	4	0	0	3
Avocado Crema	210	21	3	0	10	200	4	2	1	1
Bourbon Brown Sugar BBQ	35	3.5	0	0	0	1660	4	0	0	0
Buffalo	40	4	0	0	0	1660	4	0	0	0
Buttermilk Ranch	280	29	4.5	0	30	260	2	0	1	1
Honey Mustard	230	16	2	0	15	210	23	0	21	0
Sweet 'N' Sour	120	0	0	0	0	540	31	0	27	0
Chipotle Ranch	260	27	4	0	25	290	2	0	1	1
Nashville Hot Honey	90	0	0	0	0	780	23	0	16	1
Italian Dressing	240	26	3	0	0	320	2	0	2	0
SMC	160	13	8	0	40	540	3	1	2	7

X	X	X						X		X
X	X							X		
X	X	X						X		
X	X	X						X		
		X						X		
		X						X		
X	X	X						X		
X	X							X		
X	X	X						X		
		X								



Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
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Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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**Add (45 - 180 Cals)**

Fried Chicken Tender	180	9	1.5	0	35	450	11	1	1	15
Grilled Chicken Tender	70	0.5	0	0	40	450	1	0	1	14
Hot Chicken Tender	180	9	1.5	0	35	480	11	1	1	15
Bacon	45	3.5	1.5	0	10	125	0	0	0	3
Cheddar Cheese	80	7	4	0	20	135	1	0	0	5
PepperJack Cheese	80	6	4	0	20	135	0	0	0	5

X		X							X
		X							
X		X				X			X
		X							

**Flavortown Shakes (680 - 900 Cals)**

Triple Double Mint Shake	890	37	21	0	100	450	144	2	115	11
Cinnamon Apple Cereal Shake	900	34	18	0	105	760	135	4	83	13
Vanilla Shake	750	34	21	0	115	480	97	0	75	11
Chocolate Shake	790	30	18	0	100	390	129	0	103	9
Strawberry Shake	680	30	18	0	105	410	89	1	67	10
Oreo Shake	830	37	20	0	105	520	110	1	79	11

X		X				X			X
		X				X			X
		X							
		X				X			
		X							
		X				X			X