

Allergen and Nutrition Information

Allergen information

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies.



Allergen



Gluten Barley



Gluten Wheat



Gluten Rye

These symbols indicates that an allergen is, or may be, contained in the ingredient.



May Contain

This symbol indicates the allergen is present at the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient.

Mains

[illegible]

Salads

Salads

menu item	Serving Size (g)	Energy (kcal)	Total Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Milk Products	Eggs	Fish	Molluscs	Crustaceans	Peanuts	Tree Nuts	Soya	Mustard	Sesame	Celery	Lupin	Gluten	Sulphur Dioxide
	Per 100g																					
Cobb Salad (base only, no protein)	224	74	4.5	2	2.9	0.7	5.5	0.33	✓	✓									MC			MC
Spicy Fiesta Salad (base only, no protein)	236	53	2	1.1	5.6	0	3.2	0.95	✓								✓	MC	MC			MC
Grilled Nuggets (protein only, default for Cobb)	88	138	2.7	0.6	3.3	1.1	25	1														
Spicy Filet (protein only, default for Spicy Fiesta)	106	201	9.2	1.7	8.6	1.5	21	2.4	✓	✓				✓			✓				✓ ^W	
Grilled Filet (protein only)	89	129	2.1	0.4	2.5	0.9	25	1														
Chick-fil-A® Filet (protein only)	108	208	10	1.8	9.4	1.6	20	2.3	✓	✓				✓			✓				✓ ^W	
Chick-fil-A® Nuggets (protein only)	120	204	10	1.9	7.5	1.1	21	2.2	✓	✓				✓			✓				✓ ^W	

Dipping Sauces, Dressings & Toppings

[illegible]

Sides

[illegible]

Kid's Meals

[illegible]

Drinks

[illegible]

Treats

[illegible]