

ALLERGEN INFORMATION

Last Updated 8/9/26

CRISPY CHICKEN			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
#1 Chicken Sandwich [†]	1 Sandwich	680 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#2 Chicken Tenders (1 piece) [†]	2 oz	160 cal.								Contains Wheat		Contains Gluten		
#2 Chicken Tenders (2 pieces) [†]	4 oz	320 cal.								Contains Wheat		Contains Gluten		
#3 Chicken & Waffles [†]	1 Serving	670 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#4 Popcorn Chicken [†]	8 Pieces	150 cal.								Contains Wheat		Contains Gluten		
#5 Best Wrap Ever [†]	1 Wrap	980 cal.					Contains Egg	Contains Milk	Contains Sesame	Contains Wheat	Contain Soy	Contains Gluten		

GRILLED CHICKEN			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
#6 Best Grilled Chicken Wrap Ever [†]	1 Wrap	960 cal.					Contains Egg	Contains Milk	Contains Sesame	Contains Wheat	Contain Soy	Contains Gluten		
#7 Grilled Popcorn Chicken [†]	10 Pieces	130 cal.												
#8 Grilled Chicken Sandwich [†]	1 Sandwich	680 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		

CLUCK IT			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
#9 Clucking Amazing Bowl [†]	1 Bowl (24 oz)	1040 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#10 Jamal's Mac & Cheese	1 Portion (24 oz)	710 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#11 Jamal's Fries [†]	1 Portion (24 oz)	690 cal.						Contains Milk		Contains Wheat		Contains Gluten		
#12 Cheesesteak Bowl	1 Bowl	980 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#13 Orange Chicken Bowl [†]	1 Bowl	670 cal.						Contains Milk	Contains Sesame	Contains Wheat	Contain Soy	Contains Gluten		
#14 Philly Cheese Steak	1 Sandwich	850 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#15 Grilled Clucking Cheese Sandwich	1 Sandwich	500 cal.					Contains Egg	Contains Milk		Contains Wheat	Contain Soy	Contains Gluten		
#16 Mozzarella Sticks	3 Sticks + 2 oz Marinara	480 cal.						Contains Milk		Contains Wheat		Contains Gluten		Vegetarian

SIDES			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Vegan Chicken Tenders	3 Pieces	470 cal.								Contains Wheat	Contain Soy	Contains Gluten	Vegan	Vegetarian
Crispy Cauliflower [†]	2.7 oz	120 cal.					Contains Egg	Contains Milk		Contains Wheat	Contains Soy	Contains Gluten		Vegetarian
Mac & Cheese	8 oz	420 cal.					Contains Egg	Contains Milk		Contains Wheat		Contains Gluten		Vegetarian
Fried Pickles [†]	18 Pieces	240 cal.								Contains Wheat		Contains Gluten	Vegan	Vegetarian
Cheese Fries [†]	1 Serving	400 cal.						Contains Milk						Vegetarian
Fries [†]	4 oz	280 cal.											Vegan	Vegetarian
Hot Fries [†]	4 oz	280 cal.											Vegan	Vegetarian
Lemon Pepper Fries [†]	4 oz	280 cal.											Vegan	Vegetarian
Tomato Soup	8 oz	160 cal.						Contains Milk						Vegetarian

SAUCES			PEANUT	TREE NUT	FISH	SHELLFISH	EGG	MILK	SESAME	WHEAT	SOY	GLUTEN	VEGAN	VEGETARIAN
Ketchup	1 oz	35 cal.											Vegan	Vegetarian
BBQ	1 oz	55 cal.											Vegan	Vegetarian
Best Sauce Ever	1 oz	120 cal.					Contains Egg							Vegetarian
Buffalo	1 oz	18 cal.						Contains Milk			Contain Soy			Vegetarian
Ranch	1 oz	140 cal.					Contains Egg	Contains Milk						Vegetarian
Hot Sauce	1 oz	0 cal.											Vegan	Vegetarian
Chipotle Mayo	1 oz	180 cal.					Contains Egg							Vegetarian
Honey Mustard	1 oz	140 cal.					Contains Egg							Vegetarian
Maple Syrup	1 oz	77 cal.											Vegan	Vegetarian
Cheese Cup	1 oz	30 cal.						Contains Milk						Vegetarian

[†] Item may contain soy from soybean oil or soy lecithin.

FOOD ALLERGEN WARNING: Food prepared here may come into contact with wheat, gluten, egg, milk, soy, sesame, peanuts, tree nuts, fish, and shellfish. Please ask a manager for assistance if you have specific dietary needs.



NUTRITIONAL INFORMATION

Last Updated 8/9/26

CRISPY CHICKEN			TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTER-OL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	VITAMIN D (mcg)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
#1 Chicken Sandwich	1 Sandwich	680 cal.	37	11	0	95	1480	66	0	18	18	20	0.1	180	2.7	280
#2 Chicken Tenders (1 piece)	2 oz	160 cal.	9	1.5	0	25	380	9	0	1	0	9	0	10	0.5	20
#2 Chicken Tenders (2 pieces)	4 oz	320 cal.	19	3	0	45	750	18	0	1	0	17	0	20	1	50
#3 Chicken & Waffles	1 Serving	670 cal.	31	13	0	55	740	80	2	42	42	14	0	20	1.5	120
#4 Popcorn Chicken	8 Pieces	150 cal.	8	1.5	0	20	350	8	0	0	0	8	0	10	0.5	20
#5 Best Wrap Ever	1 Wrap	980 cal.	60	17	0.5	85	1320	76	3	9	2	37	0.3	500	4.4	490

GRILLED CHICKEN			TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTER-OL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	VITAMIN D (mcg)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
#6 Best Grilled Chicken Wrap Ever	1 Wrap	960 cal.	56	16	0.5	165	1510	69	4	9	9	50	0.3	500	5	490
#7 Grilled Popcorn Chicken	10 Pieces	130 cal.	4	1	0	100	540	1	0	0	0	21	0	0	1.1	20
#8 Grilled Chicken Sandwich	1 Sandwich	680 cal.	28	15	0	100	1260	46	1	13	13	17	0.3	360	3.9	410

CLUCK IT			TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTER-OL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	VITAMIN D (mcg)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
#9 Clucking Amazing Bowl	1 Bowl (24 oz)	1040 cal.	61	13	0	60	1310	99	1	1	0	24	0	230	3.8	680
#10 Jamal's Mac & Cheese	1 Portion (24 oz)	710 cal.	43	14	0	80	1560	51	0	0	0	27	0	410	1.7	1000
#11 Jamal's Fries	1 Portion (24 oz)	690 cal.	44	7	0	30	1670	58	0	0	0	13	0	30	1.2	570
#12 Cheesesteak Bowl	1 Bowl	980 cal.	65	20	0	125	1540	73	3	4	1	33	0.2	250	5.8	340
#13 Orange Chicken Bowl [†]	1 Bowl	670 cal.	25	6	0	35	1500	93	2	16	15	20	0	160	1.9	370
#14 Philly Cheese Steak	1 Sandwich	850 cal.	57	19	0	125	2050	57	2	4	1	35	0.2	270	6.2	340
#15 Grilled Clucking Cheese Sandwich	1 Sandwich	500 cal.	28	15	0	100	1260	46	1	13	13	17	0.3	360	3.9	410
#16 Mozzarella Sticks	3 Sticks + 2 oz Marinara	480 cal.	34	15	0	90	1230	26	0	6	0	22	0	560	0.4	100

SIDES			TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTER-OL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	VITAMIN D (mcg)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
Vegan Chicken Tenders	3 Pieces	470 cal.	23	3	0	0	1350	39	6	0	0	33	0	150	3.6	150
Crispy Cauliflower	2.7 oz	120 cal.	45	6	0	0	2400	59	3	5	5	5	0	50	1.6	240
Mac & Cheese	8 oz	420 cal.	27	11	0	55	1010	29	1	0	0	18	0	390	1	790
Fried Pickles	18 Pieces	240 cal.	11	1.5	0	0	1150	31	1	0	0	4	0	40	1	100
Cheese Fries	1 Serving	400 cal.	27	4.5	0	10	1120	36	0	0	0	4	0	10	0.5	370
Fries	4 oz	280 cal.	16	2.5	0	0	400	27	0	0	0	2	0	10	0.5	370
Hot Fries	4 oz	280 cal.	16	2.5	0	0	400	27	0	0	0	3	0	10	.6	380
Lemon Pepper Fries	4 oz	280 cal.	16	2.5	0	0	410	27	0	0	0	2	0	10	0.5	370
Tomato Soup	8 oz	160 cal.	10	6	0	30	610	15	3	0	0	4	0.6	80	1.5	360

SAUCES			TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTER-OL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	VITAMIN D (mcg)	CALCIUM (mg)	IRON (mg)	POTASSIUM (mg)
Ketchup	1 oz	35 cal.	0	0	0	0	300	8	0	7	7	0	0	0	0	0
BBQ	1 oz	55 cal.	0	0	0	0	225	14	0	12	12	0	0	0	0	0
Best Sauce Ever	1 oz	120 cal.	11	1.5	0	10	280	6	0	5	5	1	0	0	0	0
Buffalo	1 oz	18 cal.	1.75	0	0	0	822	1.75	0	0	0	0	0	0	0	0
Ranch	1 oz	140 cal.	15	2.5	0	5	290	2	0	1	1	0	0	0	0	0
Hot Sauce	1 oz	0 cal.	0	0	0	0	1060	0	0	0	0	0	0	0	0	56
Chipotle Mayo	1 oz	180 cal.	20	3	0	10	230	2	0	0	0	0	0	0	0	0
Honey Mustard	1 oz	140 cal.	13	2	0	10	220	4	0	4	4	0	0	0	0	0
Maple Syrup	1 oz	77 cal.	0	0	0	0	70	20	0	10	10	0	0	0	0	0
Cheese Cup	1 oz	30 cal.	2.5	0	0	0	180	2	0	0	0	0	0	0	0	0

