



Chicken Express

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken						
Fried Chicken Wing	165	4	573	5	0	12
Fried Chicken Leg	198	4.5	684	7	0	18
Fried Chicken Tender	140	3.5	400	8	1	11
Fish						
Fried Fish Fillet	100	1	40	25	0	17
Hushpuppies	130	0	400	20	1	2
Sides						
Fried Okra	190	0	700	42	3	5
French Fries	60	1	360	22	2	2
Corn on the Cob	80	0	10	18	1	3
Seasoned Italian Green Beans	40	0	600	6	2	0
Biscuits	178	3	390	22	1	3
Corn Nuggets	190	1	420	31	2	3
Mashed Potatoes without Gravy	100	1	380	17	0	1
Yeast Roll	110	0	140	22	1	3
Sauces						
Ketchup	10	0	85	3	0	0
Honey	25	0	0	7	0	0
Cocktail Sauce	35	0	450	8	0	0
BBQ Sauce	45	0	480	11	0	0

Summer 2026