



# NUTRITIONAL & ALLERGEN INFORMATION

## CALORIES

BREAKFAST	
Biscuit .....	310
Egg Biscuit .....	380
Egg & Cheese Biscuit .....	450
Sausage Biscuit .....	490
Sausage & Egg Biscuit .....	560
Sausage, Egg & Cheese Biscuit .....	630
Bacon & Egg Biscuit.....	490
Bacon, Egg & Cheese Biscuit .....	490
Classic Chicken Biscuit .....	490
Spicy Chicken Biscuit .....	550

LUNCH	
3-Count Tender .....	330
4-Count Tender .....	440
Chicken 'N Waffle .....	260
Classic Chicken Sandwich .....	345
Spicy Chicken Sandwich .....	405
Tater Bites .....	262

SAUCES	
Nashville Hot .....	25
Tennessee Whiskey BBQ.....	25
Waffle Syrup.....	25
Honey Mustard .....	25

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## ALLERGENS



WHEAT



SOY



DAIRY



EGG



FISH



CRUSTACEAN



PEANUT/TREE

BREAKFAST							
Bacon Egg Biscuit	✓	✓	✓	✓			
Bacon Egg Cheese Biscuit	✓	✓	✓	✓			
Biscuit	✓	✓	✓				
Chicken Biscuit	✓	✓	✓				
Chicken 'N Waffle	✓	✓	✓	✓			
Egg Biscuit	✓	✓	✓	✓			
Sausage Biscuit	✓	✓	✓				
Sausage Egg Cheese Biscuit	✓	✓	✓	✓			
Spicy Chicken Biscuit	✓	✓	✓				

LUNCH							
3-Count Tender	✓	✓					
4-Count Tender	✓	✓					
Chicken 'N Waffle	✓	✓	✓				
Classic Chicken Sandwich	✓	✓	✓	✓			
Spicy Chicken Sandwich	✓	✓	✓	✓			
Tater Bites	✓	✓	✓	✓			

SAUCES							
Nashville Hot	✓	✓			✓	✓	✓
Buffalo Bleu Cheese	✓	✓	✓		✓	✓	✓
Tennessee Whiskey BBQ	✓	✓					
Waffle Syrup	✓	✓	✓				
Chipotle Waffle Syrup	✓	✓	✓				
Honey Mustard	✓	✓					
J. Walken Sauce	✓	✓	✓		✓	✓	✓

**Nutritional Information:** The nutritional information contained on our menus or on our website (www.jwalkenchicken.com) was prepared by Genesis SQF (GSQF). The information listed on our menus and websites is meant to provide a general estimate of the nutritional values associated with our menu items. The estimated nutritional values for a menu item may vary from the testing results due to variations in: serving sizes, preparation techniques, ingredient recipes supplied by our vendors; both seasonal and regional differences in products supplied to us, supplier substitutions, and supplier testing methods. Nutritional values for some menu items, such as those that are limited time only or are regional in nature, are not available at this time.

**Allergen Information:** We understand the challenges facing the community of people who struggle with food allergies or have to manage food sensitivities in their lives. We know how difficult it is to eat safely, especially when eating outside the comfort of your home. It is important that you are aware that milk, eggs, tree nuts, soy, wheat, sesame products, crustacean shellfish, fish, sulfites, and other allergens may be present in our food products. You should also be aware that our food products are prepared on site at the store or facility where you are purchasing our products and may come into contact with surfaces, fryers, grills, utensils or other equipment that may have previously contacted an allergen.

**Supplier Disclosures:** The nutritional and allergen information provided here is based entirely on the information provided by our ingredient manufacturers and suppliers. We have limited this disclosure to the “Big 8” (**wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish**) as those are the products required to be disclosed and account for over 90% of food allergens and sensitives. Suppliers may change the ingredients in their products or the way they prepare their products without informing us. From time to time, we or our suppliers may substitute products due to inventory shortages and we can't be sure that the substitute products will be free of the allergen you wish to avoid. If there are changes we are made aware of, we will update our website, so please check our website each time you purchase one of our products.

**Supplier Facilities:** The labeling practices and terminology relating to our manufacturer's handling of other potential allergens in their facilities varies greatly and can be vague. Although our manufactures are all appropriately certified and in compliance with good manufacturing practices, we have not included additional allergens that may be present in the manufacturer's plants or may come in contact with their manufacturing equipment.

**Confer with Your Health Care Provider:** The range of tolerance or reactions to the presence of food and beverage allergens varies greatly from person to person. Decisions on the amount of precautions you should take or allergens you may expose yourself to are always best made by you in consultation with your health care provider.

**Notice:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

**No allergen or nutritional information in our menu or on our website should ever be considered a guarantee, but simply our effort to better serve our customers. Lumina Foods, LLC, and its affiliates, are not liable for the accuracy of information provided by our suppliers, manufacturers, and distributors of products used in kitchens.**