

Drinks

| Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protien (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Coca-Cola Classic | 8oz | 99 | 0 | 0 | 0 | 0 | 6 | 27 | 0 | 27 | 0 |
| Diet Coke | 8oz | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Barq's Root Beer | 8oz | 111 | 0 | 0 | 0 | 0 | 24 | 30 | 0 | 30 | 0 |
| Sprite | 8oz | 97 | 0 | 0 | 0 | 0 | 22 | 26 | 0 | 26 | 0 |
| Red Flash | 8oz | 105 | 0 | 0 | 0 | 0 | 21 | 28 | 0 | 28 | 0 |
| Hi-C Flashin' Fruit Punch | 8oz | 104 | 0 | 0 | 0 | 0 | 9 | 28 | 0 | 27 | 0 |
| Minute Maid Lemonade | 8oz | 97 | 0 | 0 | 0 | 0 | 41 | 26 | 0 | 26 | 0 |
| Minute Maid Mango Smoothie | 8oz | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 35 | 0 |
| Minute Maid Strawberry Smoothie | 8oz | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 35 | 0 |
| Minute Maid Peach Smoothie | 8oz | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 34 | 0 |
| Minute Maid Strawberry/Banana Smoothie | 8oz | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 31 | 0 |
| Chicken Express Sweet Tea | 20oz | 190 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 12 | 0 |

Studies show most individuals allergic to soy may safely eat soybean oil and soy lecithin.

Mashed Potatoes, Biscuits, Yeast Rolls And Gravy are listed with Soy Allergens due to them containing ingredients using Soybean Oils.

The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.
 ** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from Chicken Express suppliers. The nutrition information is based on standard product formulations and serving sizes.
 All nutrition information is based on average values for ingredients from Chicken Express suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply as well as regional and seasonal differences may affect the nutrition values for each product.
 In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products are certified as vegetarian. This information is correct as of March 2009.