



How to Eat **CHICK-FIL-A**



DAIRY FREE

Dairy free means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



ASK EMPLOYEES TO CHANGE THEIR GLOVES

ASK FOR LETTUCE WRAPPED SANDWICHES

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

MEALS

GRILLED NUGGETS
GRILLED CHICKEN SANDWICH
(LETTUCE WRAPPED)

SALADS

GRILLED MARKET SALAD
SPICY SOUTHWEST SALAD

SIDES

WAFFLE POTATO FRIES
FRUIT CUP

BEVERAGES

LEMONADE
ICED TEA

DESSERTS

STRAWBERRY MILKSHAKE
VANILLA MILKSHAKE



How to Eat **CHICK-FIL-A**

NGA

NO GLUTEN ADDED

No Gluten Added means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



**ASK EMPLOYEES TO CHANGE THEIR GLOVES
ASK QUESTIONS OR FOR
CLARIFICATIONS**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

MEALS

GRILLED NUGGETS
GRILLED CHICKEN
SANDWICH
(LETTUCE WRAPPED)

SALADS

GRILLED MARKET SALAD
SPICY SOUTHWEST SALAD

SIDES

WAFFLE POTATO FRIES
FRUIT CUP

BEVERAGES

LEMONADE
ICED TEA

DESSERTS

STRAWBERRY MILKSHAKE
VANILLA MILKSHAKE



How to Eat **CHICK-FIL-A** NUT ALLERGIES



Nut allergies include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



READ MENU ITEMS CAREFULLY
ASK EMPLOYEES TO CHANGE GLOVES (IF SEVERE)

DO



CONSUME ANY BAKED GOODS

DON'T

FOOD ITEMS TO CHOOSE FROM

MEALS

CFA SANDWICH
GRILLED CHICKEN SANDWICH
CFA DELUXE SANDWICH
SPICY CHICKEN SANDWICH
SPICY CHICKEN DELUXE SANDWICH
CFA NUGGETS
GRILLED NUGGETS
CHICK-N-STRIPS

BEVERAGES

LEMONADE
DIET LEMONADE
ICED TEA
SWEET ICE TEA

SALADS

COBB SALAD
SPICY SOUTHWEST SALAD

SIDES

WAFFLE POTATO FRIES
FRUIT CUP

DESSERTS

STRAWBERRY MILKSHAKE
VANILLA MILKSHAKE
COOKIES AND CREAM MILKSHAKE
CHOCOLATE MILKSHAKE



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SHELLFISH ALLERGIES

Shellfish allergy is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



KNOW THE DIFFERENCE BETWEEN FISH AND SHELLFISH

DO



FORGET EPIPEN (IF APPLICABLE)

DON'T

FOOD ITEMS TO CHOOSE FROM

MEALS

- CFA SANDWICH
- GRILLED CHICKEN SANDWICH
- CFA DELUXE SANDWICH
- SPICY CHICKEN SANDWICH
- SPICY CHICKEN DELUXE SANDWICH
- CFA NUGGETS
- GRILLED NUGGETS
- CHICK-N-STRIPS

BEVERAGES

- LEMONADE
- DIET LEMONADE
- ICED TEA
- SWEET ICE TEA

SALADS

- COBB SALAD
- GRILLED MARKET SALAD
- SPICY SOUTHWEST SALAD

SIDES

- WAFFLE POTATO FRIES
- FRUIT CUP

DESSERTS

- STRAWBERRY MILKSHAKE
- VANILLA MILKSHAKE
- COOKIES AND CREAM MILKSHAKE
- CHOCOLATE MILKSHAKE



How to Eat **CHICK-FIL-A** VEGETARIAN



Vegetarian means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

MEALS

NONE

SALADS

NONE

SIDES

WAFFLE POTATO FRIES
FRUIT CUP

BEVERAGES

LEMONADE
ICED TEA

DESSERTS

STRAWBERRY MILKSHAKE
VANILLA MILKSHAKE
COOKIES AND CREAM MILKSHAKE
CHOCOLATE MILKSHAKE
ICEDREAM CONE
CHOCOLATE CHUNK COOKIE