



MENU CALORIE LABELS

ITEM	DESCRIPTION	TOTAL CALORIES	SERVES
Family Orders			
Combo 1	8 PC Mixed - 2 Lg Sides, 4 Rolls	610-1225	4
	Chicken Only	350-745	4
Combo 2	12 PC Mixed - 3 Lg Sides, 6 Rolls	610-1225	6
	Chicken Only	350-745	6
Combo 3	16 Pc Mixed - 4 Lg Sides, 8 Rolls	610-1225	8
	Chicken Only	350-745	8
Combo 4	20 Piece Mixed - 4 Lg Sides, 12 Rolls	634-1205	10
	Chicken Only	350-745	10
Individual Orders			
Combo 5	2 PC Dark - L&T 1 Side, Reg Drink, 1 Roll	570-1400	
Combo 6	2 PC White - B&W, 1 Side, Reg Drink, 1 Roll	610-1610	
Combo 7	3 PC Dark - 1L&2T, 1 Side, Reg Drink, 1 Roll	810-1860	
Combo 8	3 Pc White - 2B&1W, 1 Side, Reg Drink, 1 Roll	870-2240	
Substitute a Breast			
Krispy Tender Combos			
Combo 9	4 Tenders - Reg Side, Gravy, Roll & Reg Drink	830-1430	
	Tenders Only	590-670	
Combo 10	7 Tenders - Reg Side, Gravy, Roll & Reg Drink	1190-1790	
	Tenders Only	950-1030	
Combo 11	16 Tenders - 2 Lg Sides, 8 Rolls, Gravy	1001-1277	4
	Tenders Only	551-607	4
Combo 12	24 Tenders - 3 Lg Sides, 12 Rolls, Gravy	979-1235	6
	Tenders Only	530-565	6
Buffet	Regular		
	Senior (60+)		
	Kids (9 & Under)		

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ITEM	DESCRIPTION	TOTAL CALORIES	SERVES
Combo 13	12 Livers or Gizzards - Reg Side Roll, Reg Drink	1080-1840	
Dozen Liver or Gizzards		840-1080	
Half Dozen		420-540	
Combo 14	8 Tejas Wings Combo - Reg, Side, Roll, Reg Drink	1680-2220	
Combo 15	Kid's Chicken Combo - Leg, Reg Fries, Roll, Kid's Drink	506-836	
Combo 16	Kid's Tender Combo - 2 Tenders, Reg Fries, Roll, Kid's Drink	656-896	
Fish Combos			
Combo 17	2 Pc Krispy Fish - Reg Side, Roll, Reg Drink	940-1480	
Combo 18	3 Pc Krispy Fish - Reg Side, Roll, Reg Drink	1290-1810	
Combo 19	6 Pc Krispy Fish - 3 rolls	890	3
Combo 20	12 Pc Krispy Fish - 6 Rolls	890	6
Hotwings	8 Tejas Wings Combo - Reg, Side, Roll, Reg Drink	1680-2220	
	12 Pc Tejas Wings - 1 Roll	2350	
	20 Pc Tejas Wings - 2 rolls	1990	2
Oven Fresh Yeast Rolls	Each	190	
	Half Dozen	1140	
	Dozen	2280	
Vegetables	Mash Potatoes/gravy - Reg	100	
	Mash Potatoes/gravy - Large	450-530	
	Cole Slaw - Reg	160	
	Cole Slaw - Large	430	
	Pinto Beans & Rice - Reg	230	
	Pinto Beans & Rice - Large	580	
Fries	Individual	226	
	Large	565	
	Family	866	
Okra	Individual	113	
	Large	282	
	Family	433	
Jalapeños	Individual	19	
	4 for	76	
Corn	each	80	
	3 for	240	
Dessert			
Cobbler & Bread Pudding	Individual	440-460	
	Family	1150-1270	
Beverages	Small	0-215	
	Regular	0-360	
	Large	0-460	
	Gallon Tea	0-1707	



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NUTRITIONAL INFORMATION





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	DESCRIPTION	SERVING SIZE	GRAMS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	
Main Courses	Fried Chicken Leg		1	64	180	12	3.5	2	70	350	5	1	0	13
	Fried Chicken Thigh		1	158	460	26	8	4	125	880	31	1	2	24
	Fried Chicken Wing		1	63	220	15	4.5	2.5	65	440	7	0	0	15
	Fried Chicken Breast		1	249	630	34	9	7	185	1040	34	1	0	47
	Baked Chicken Leg		1	50	90	5	1.5	0	70	400	0	0	0	11
	Baked Chicken Thigh		1	105	240	18	6	0	125	760	1	0	0	19
	Baked Chicken Wing		1	51	110	7	2.5	0	70	380	0	0	0	11
	Baked Chicken Breast		1	153	260	11	3.5	0	190	890	3	1	0	38
	Hotwings		2	143	360	26	7	4	120	1450	11	1	0	22
	Tenders		2	92	240	13	3.5	3.5	55	310	13	0	0	19
	Fish		1	115	350	21	5	9	45	980	26	3	0	14
	Livers (6)		6	149	540	35	10	13	525	130	23	0	0	33
	Gizzards (6)		6	141	420	25	7	10	200	530	27	1	0	21
Sides	Mash Potatoes	Individual	6 oz	155	100	0	0	0	530	24	2	0	0	
		Large	16oz	465	340	3.5	1	1.5	0	1380	75	7	0	2
	Coleslaw	Individual	1	129	160	12	2	0	10	190	13	4	9	2
		Large	1	340	430	32	5	0	25	510	33	10	24	4
	Pinto Beans & Rice	Individual	1	189	230	2.5	1	0	5	480	42	8	0	10
		Large	1	478	580	6	2	0	10	1220	105	21	0	25
	Green Beans	Individual	1	157	50	1	0	0	5	490	7	3	3	3
		Large	1	454	140	2.5	1	0	10	1420	21	10	8	8
	Corn on the Cobb		1	80	70	1	0	0	0	40	14	3	5	1
			3	240	210	3	0	0	0	120	42	9	15	3
	Cut Corn	Individual	1	190	150	1.5	0	0	0	250	30	4	2	4
		Large	1	486	380	4	1	0	0	640	78	11	5	9
	Fries	Individual		120	226	5	0	0	0	42	25	3	0	3
		Large		300	565	12	0	0	0	106	64	7	0	7
		Family		460	866	19	0	0	0	162	97	11	0	11
Okra	Individual		120	113	0	0	0	0	409	24	3	3	3	
	Large		300	282	0	0	0	0	1445	85	10	10	10	
	Family		460	433	0	0	0	0	7820	458	54	54	54	
Desserts	Peach Cobbler	Individual	1	180	460	6	1.5	0	5	560	96	3	50	5
		Large	1	499	1270	18	4	0	5	1560	265	7	138	13
	Bread Pudding	Individual	1	140	440	15	4	1.5	20	360	71	4	40	6
	Large	1	362	1150	39	10	4.5	50	930	182	10	103	16	
Other	White Gravy	Individual	1	247	190	12	4	6	0	910	20	1	0	0
		Large	1	659	507	32	11	16	0	2427	53	3	0	0
	Brown Gravy	Individual	1	253	110	2.5	1	1	0	1470	22	0	0	0
		Large	1	675	293	7	3	0	0	3920	59	0	0	0
	Roll	1	1	54	190	4.5	1	0	0	180	33	2	1	5
	Jalapeños	1	1	19	5	0	0	0	0	325	<1	<1	0	0
	4	4	76	20	0	0	0	0	1300	2	2	0	0	

The nutritional information provided herein or otherwise on the Hartz-Chicken.com website or in its restaurants is derived from testing conducted in accredited laboratories, from published resources and from information provided by Hartz-Chicken suppliers. The data is based on standard product formulations and serving sizes. However, variation in serving sizes, preparation techniques, product testing, sources of supply, seasonal differences, ingredient substitutions and other factors may affect the nutritional values for each product.

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