

## Nutritional Statement

		Weight		RANCH ONE CHICKEN MADE FRESH													
				Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)
<b>Sandwiches</b>																	
Chicken & Cheese	311	g	390	110	12	4.0	0	85	1190	40	2	5	33	15	10	25	15
Chicken Philly	260	g	410	120	13	4.5	0	80	780	40	2	4	36	6	50	20	15
Original Crispy Chicken	324	g	640	280	31	5.0	0	105	950	60	3	4	33	10	10	4	20
Original Spicy Crispy Chicken	324	g	470	80	9	2.0	0	85	1070	68	3	7	34	15	15	4	25
Grilled Spicy Chicken	292	g	360	70	7	1.5	0	70	950	46	2	7	31	15	15	4	15
Ranch 1 Grilled Classic	266	g	680	430	47	8.0	0	80	750	37	2	3	29	15	8	6	15
Ranch 1 Grilled Classic w/o sauce	223	oz	330	80	9	2.0	0	70	640	37	2	3	29	10	6	4	15
<b>Other Favorites</b>																	
Chicken Teriyaki Bowl	547	g	530	60	7	0.5	0	70	2,160	86	1	16	34	15	35	6	25
Chicken Fajitas	285	g	540	220	24	9.0	0	75	970	53	3	4	30	60	15	30	4
Chicken Platter with Rice	308	g	270	60	6	0.5	0	70	660	28	3	4	28	230	60	4	15
Popcorn Chicken - Large	222	g	420	120	14	0.5	0	75	1720	40	1	0	36	4	4	4	20
Popcorn Chicken - Small	163	g	310	90	10	0.5	0	55	1260	30	1	0	27	4	4	4	15
Popcorn Chicken - Kids	60	g	120	35	4	0.2	0	20	460	11	0	0	10	2	2	2	6
Chicken Tenders	179	g	360	130	14	1.5	0	90	430	28	1	1	31	0	0	2	10
Chicken Tenders - Kids	60	g	120	40	4	0.5	0	30	140	9	0	0	10	0	0	0	4
Grilled Chicken Caesar Wrap	375	g	750	370	41	9.0	0	105	1460	55	4	2	44	100	35	40	8
<b>Fries</b>																	
Cheese Fries, Large	309	g	760	400	44	16.0	0	60	1860	66	8	8	17	10	15	30	10
Cheese Fries, Medium	207	g	490	250	27	9.0	0	30	1050	46	6	5	11	6	10	15	8
Fries, Large	227	g	530	240	27	5.0	0	0	510	58	8	3	8	0	15	0	10
Fries, Medium	165	g	380	170	19	3.5	0	0	480	43	6	2	6	0	10	0	8
Fries, Kids	120	g	280	120	14	2.5	0	0	350	31	4	1	4	0	8	0	6
<b>Salads - Completed</b>																	
Grilled Chicken Caesar	376	g	430	270	30	4.0	0	85	580	14	5	2	29	230	80	10	15
Mandarin Chicken	580	g	820	390	43	7.0	0	70	840	78	14	30	39	180	90	15	20
Southwest Chicken	498	g	680	390	43	6.0	0	105	1170	44	7	8	33	120	50	8	15
Mixed Greens w/ Chicken no dressing	468	oz	320	160	18	1.5	0	70	410	15	9	5	31	120	60	10	20
<b>Individual Items</b>																	
Crispy Chicken	140	g	320	130	15	1.5	0	85	350	22	1	1	27	0	0	0	10
Grilled Chicken	112	g	150	50	6	0.5	0	70	240	0	0	0	24	0	0	0	4
Steamed Vegetables	85	g	25	0	0	0.0	0	0	30	6	2	2	2	40	100	4	2
Vegetable Fajita Mix	90	g	20	0	0	0.0	0	0	10	4	1	3	1	50	15	2	2
Tortilla Strips Salad Topper	28	g	90	35	4	0.5	0	0	150	12	1	0	2	0	0	2	0
Green Mix for Sandwiches	75	g	35	25	2.5	0.0	0	0	20	2	1	1	1	20	8	2	2
Peppers & Onions	55	g	35	15	2	0.0	--	0	20	4	1	2	1	4	45	0	0
Rice	113	g	100	5	0	0.0	0	0	400	21	0	0	3	0	0	2	6
Roll	71	g	170	15	1.5	0.0	0	0	390	35	1	2	5	0	0	2	10
<b>Dressings/Sauces</b>																	
Ancho Chile Pepper Sauce	28	g	130	130	14	2.0	0	15	180	1	0	0	0	0	0	0	0
Balsamic Vinaigrette	28	g	70	70	8	1.5	0	0	40	1	0	0	0	0	0	0	0
BBQ Sauce	28	g	80	35	4	1.0	0	0	135	12	0	8	0	2	0	0	0
Classic Caesar	28	g	100	100	11	1.5	0	5	115	1	0	0	1	0	0	0	0
Chipotle Ranch	28	g	170	160	18	2.5	0	5	160	1	0	1	1	0	0	2	0
Honey Mustard	28	oz	110	70	8	1.0	0	0	95	9	0	6	0	0	0	0	0
Pepper & Onion Sauce	28	g	140	140	16	2.0	0	0	190	1	0	0	0	0	0	0	0
Roasted Red Pepper Sauce	28	g	230	230	26	4.0	0	5	75	0	--	--	0	2	2	2	2
Sesame Ginger	28	g	60	20	2	0.0	0	0	480	12	0	12	0	0	0	0	0
Signature Dressing	28	g	200	200	22	3.0	0	6	160	0	0	0	0	0	0	0	0
Spicy Sauce	28	g	35	0	0	0.0	0	0	320	8	0	3	1	2	6	0	0
Teriyaki Sauce	28	g	25	0	0	0.0	0	0	970	5	0	5	1	0	0	0	2

The Nutritional Information Ranch One has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

Allergen Statement



Ranch One® has listed the top eight food allergens recommended by the FDA.

Item	Allergens							
	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
<b>Sandwiches</b>								
Chicken & Cheese	X		X			X		
Chicken Philly	X		X			X		
Crispy Chicken	X	X	X (NY)			X		
Crispy Spicy Chicken	X	X	X (NY)			X		
Grilled Spicy Chicken	X	X	X (NY)			X		
Ranch One Classic	X	X	X (NY)		X	X		
Ranch One Classic w/o sauce	X	X	X (NY)		X	X		
Teriyaki Chicken	X		X (NY)			X		
Wrap, Grilled Chicken Caesar	X	X	X			X	X	
<b>Other Favorites</b>								
Chicken Teriyaki Rice Bowl	X		X			X		
Chicken Fajitas	X		X			X		
Chicken Platter with Rice	X		X			X		
Chicken, Popcorn - Kids Meal	X	X				X		
Chicken, Popcorn - Large	X	X				X		
Chicken, Popcorn - Small	X	X				X		
Chicken, Tenders - Kids Meal	X	X				X		
Chicken, Tenders	X	X				X		
Chicken on Mixed Greens	X		X		X			
<b>Fries</b>								
Large	X							
Medium	X							
Kid's	X							
Cheese Fries, Large	X		X					
Cheese Fries, Medium	X		X					
<b>Salads</b>								
Grilled Chicken Caesar w/ dressing	X	X	X				X	
Mandarin Chicken w/ dressing	X				X			
Southwest Chicken w/ dressing	X	X	X					
Mixed Greens w/ Chicken, no dressing	X				X			
<b>Individual Items</b>								
Chicken, Crispy	X	X				X		
Chicken, Grilled	X							
Chicken, Popcorn	X	X				X		
Chicken, Tenders	X	X				X		
Steamed Vegetables								
Tomato, Onion & Carrot Fajita Mix	X							
Tortilla Strips	X							
Mixed Greens for Classic Sandwiches	X	X	X		X			
Peppers & Onions	X							
Rice	X		X			X		
Roll, 6"						X		
Roll, 6" (NY Stores only)			X			X		
<b>Dressings/Sauces</b>								
Balsamic Vinaigrette	X							
Classic Caesar	X	X	X				X	
Sesame Ginger	X							
Chipotle Ranch	X	X	X					
Signature	X	X						
Ancho Chile Pepper	X	X	X					
BBQ	X							
Honey Mustard	X							
Pepper & Onion Saute	X							
Roasted Red Pepper	X	X						
Spicy								
Teriyaki	X					X		

Your health is of utmost concern to us. Please be aware that Ranch One products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from a manufacturing facility and preparation on site. The allergen information provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.