



Information for customers who have intolerance to gluten (wheat, barley, rye, triticale, oats, and spelt)

Chick-fil-A menu items listed below may fit your gluten diet. This information was obtained from the suppliers of each of the items. We have bolded the grain source on items where customers have had questions. Some ingredients such as spices and natural flavors may be proprietary; therefore, we may not have the source listed for those items. We recommend you review this list with your physician before consuming any of the products listed below, or any other item on our menu.

Entrée

Chick-fil-A® Chargrilled Chicken Filet: (no bun)

Ingredients: 100% natural whole breast filet, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin (**corn based**), autolyzed yeast extract, spice, disodium inosinate, disodium guanylate flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate.

Chick-fil-A® Chargrilled Chicken Garden Salad:

Ingredients: 100% natural whole breast filet, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin (**corn based**), autolyzed yeast extract, spice, disodium inosinate, disodium guanylate flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, romaine lettuce, iceberg lettuce, carrots, grape tomatoes, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

Chick-fil-A® Chargrilled Chicken & Fruit Salad:

INGREDIENTS: Romaine lettuce, Iceberg lettuce, Chargrilled chicken (100% natural whole breast filet, water, seasoning [sugar, salt, dextrose, garlic powder, onion powder, maltodextrin (**corn based**), autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika {color}], seasoning [salt, sugar, spices, and paprika], butter flavored vegetable oil [soybean oil, palm kernel oil, soy lecithin, natural and artificial flavor, TBHQ and citric acid added as preservatives, and artificial color], rice starch and potassium phosphate), mandarin oranges (water, sugar, citric acid), strawberries, red cabbage, carrots, Monterey Jack/Cheddar cheese blend (cultured milk, salt, enzymes, annatto [color], powdered cellulose added to prevent caking), red and green apples, (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), red seedless grapes.

Tortilla Strips:

Ingredients: Stone Ground Yellow Corn, Corn Oil or Safflower Oil, Tomato Powder, Onion, Smoked Yeast, Whey Solids, Natural Spices, Sea Salt, Trace of Lime.

Side Items

Side Salad:

Ingredients: Romaine lettuce, iceberg lettuce, grape tomatoes, carrots, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

Fruit cup

Ingredients: Red and green apples (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), red seedless grapes, strawberries, Mandarin oranges (water, sugar, citric acid).

Cole Slaw:

Ingredients: Cabbage, coleslaw dressing (soybean oil, sugar, water, distilled vinegar (**grain source varies**), egg yolk, salt, cider vinegar, lemon juice concentrate, spices, dehydrated garlic, calcium disodium EDTA added to protect natural flavor (**from mustard oil**), carrots.

Carrot & Raisin Salad:

Ingredients: Carrots, raisins (natural seedless), pineapple (pineapple, clarified pineapple juice), mayonnaise (soybean oil, water, egg yolk, distilled vinegar (**grain source varies**), high fructose corn syrup, salt, spice, calcium disodium EDTA to protect flavor), freshly squeezed lemon juice, sugar.

Chick-fil-A Waffle Potato Fries®: (cooked in separate fryers from the chicken)

Ingredients: Potatoes, vegetable oil (canola oil, palm oil), disodium dihydrogen pyrophosphate (to promote color retention), dextrose, peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane, an anti-foaming agent added).

Yogurt Parfait:

Ingredients: Yogurt (cultured pasteurized grade A reduced fat milk, sugar, modified corn starch, gelatin, pectin and natural flavors. Contains streptococcus thermophilus and lactobacillus bulgaricus cultures), Strawberries.

Breakfast

Hashbrowns (available for breakfast only) (cooked in separate fryers from the chicken)

Ingredients: Potatoes, vegetable oil (soybean and/or canola oil), and/or palm oil, dehydrated potato, salt, disodium dihydrogen pyrophosphate, (to promote color retention), dextrose, peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethylpolysiloxane an anti-foaming agent added).

American cheese:

Ingredients: Cultured pasteurized milk and skim milk, cream, salt, sodium citrate, contains less than 2% milk fat, sodium phosphate, sorbic acid (preservative), lactic acid, artificial color, enzymes, soy lecithin and soybean oil blend

Bacon:

Ingredients: Applewood bacon (cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite).

Sausage:

Ingredients: Sausage (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color).

Egg:

Ingredients: whole egg, citric acid

Desserts**Ice Dream® Cup:**

Ingredients: Whole milk, sugar, nonfat milk, eggs, cream, nonfat dry milk, (may contain whole egg solids, and/or eggs), corn syrup, artificial flavor [**artificial compounds, vanilla flavoring**], dried whole eggs, disodium phosphate, corn starch, cellulose gum, carrageenan, monoglycerides and diglycerides [**from soybean oil**], sodium phosphate, guar gum, sodium citrate, annatto and caramel colors (**dextrose**), cooked milk flavor, Yellow #5 and yellow #6, vitamin A palmitate.

Chocolate syrup ingredients:

Ingredients: High fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate (a preservative), salt, mono- and diglycerides, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (**an artificial flavoring**).

Blueberry Topping Ingredients:

Ingredients: Blueberries, water, sugar, sugar syrup, high fructose corn syrup, modified food starch [**from corn**], salt, potassium sorbate as preservative, lemon juice powder.

Beverages

All beverages are gluten free

Dipping Sauces and Dressings**Barbecue Sauce:**

Ingredients: Water, high fructose corn syrup, tomato paste, brown sugar, distilled vinegar (**grain source varies**), corn syrup, pineapple juice concentrate, salt, modified food starch (**from corn**), spices, natural and artificial flavors (**from spice extractives [oils and oleoresins] and smoke flavor**), caramel color (**from corn syrup**), potassium sorbates and sodium benzoate added as preservative, onion, garlic*.

*dehydrated

Honey Mustard Sauce:

Ingredients: Water, high fructose corn syrup, honey, spices, distilled vinegar (**grain source varies**), modified food starch (**from corn**), salt, soybean oil, molasses, sodium benzoate added as preservative, xanthan gum, onion*, caramel color (**corn syrup derived**), garlic*, natural flavors (**natural flavor from essential oil of fruit and mustard oil**), oleoresin, turmeric, anchovies, tamarind.

*dehydrated

Honey Roasted BBQ Sauce:

Ingredients: Soybean oil, high fructose corn syrup, water, distilled vinegar [**grain source varies**], honey, mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spice, garlic), tomato paste, egg yolk, sugar, salt, potassium sorbate and sodium benzoate added as preservatives, annatto color, spices, natural smoke flavor, xanthan gum, lemon juice concentrate, dehydrated garlic and onion, caramel color (**from corn**), olive oil, propylene glycol alginate, calcium disodium EDTA added to protect flavor.

Polynesian Sauce:

Ingredients: High fructose corn syrup, soybean oil, corn-cider vinegar, distilled vinegar (**grain source varies**), tomato paste, salt, paprika, modified food starch (**from corn**), spices, honey, beet juice concentrate, natural flavors, xanthan gum, onion*, garlic*, propylene glycol alginate.

*dehydrated

Chick-fil-A Buffalo Sauce:

Ingredients: Hot sauce [peppers, vinegar, salt, xanthan gum, benzoate of soda (to preserve freshness)], water, distilled vinegar (**grain source varies**), corn syrup, modified food starch (**from corn**), soybean oil, natural flavors (including milk derived flavors), salt, sweet cream solids (cream, skim milk solids, sodium caseinate, soy lecithin), xanthan gum, mono and diglycerides, oleoresin paprika, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor.

Chick-fil-A Sauce

Ingredients: Soybean oil, sugar, BBQ sauce (tomato puree [water, tomato paste], high fructose corn syrup, vinegar, corn syrup, salt, modified food starch (**from corn**), soybean oil, hydrolyzed soy protein, natural hickory smoke flavor, mustard flour, onion*, spice (**no gluten containing spice**), garlic*, natural flavor (**no gluten containing ingredients**)), water, mustard (distilled vinegar (**grain source varies**), water, mustard seed, salt, turmeric, paprika, spice, garlic*), distilled vinegar (**grain source varies**), egg yolk, salt, cider vinegar (**from apple cider**), lemon juice concentrate, mustard flour, natural flavor (**no gluten containing ingredients**), xanthan gum, garlic*, calcium disodium EDTA added to protect flavor. *dehydrated.

Buttermilk Ranch Sauce:

Ingredients: Soybean oil, water, buttermilk, distilled vinegar (**grain source varies**), high fructose corn syrup, salt, egg yolk, whey protein concentrate, garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

Spicy Dressing:

Ingredients: Soybean oil, green and red chile peppers, water, distilled vinegar (**grain source varies**), cultured buttermilk, garlic (including dehydrated), sugar, egg yolk, whey protein concentrate, salt, natural flavors (**from dairy products and essential oils of fruit**), spices, chipotle peppers (including dehydrated), potassium sorbate and sodium benzoate added as preservatives, polysorbate 60, mustard seed, xanthan gum, molasses, corn syrup, caramel color (**from corn syrup**), calcium disodium EDTA added to protect flavor, anchovies, tamarind.

Blue Cheese Dressing:

Ingredients: Soybean oil, water, blue cheese (milk, cheese cultures, salt, enzymes, calcium chloride), distilled vinegar (**grain source varies**), egg yolk, sugar, salt, high fructose corn syrup, xanthan gum, sour cream powder, sodium benzoate, and potassium sorbate added as preservatives, natural flavor (**from mustard oil**), dehydrated

Buttermilk Ranch Dressing:

Ingredients: Soybean oil, water, buttermilk, distilled vinegar (**grain source varies**), high fructose corn syrup, salt, egg yolk, whey protein concentrate, garlic juice, monosodium glutamate, sugar, natural flavor (**from botanical source (sage) and flavor starters**), xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

Thousand Island Dressing:

Ingredients: Soybean oil, water, high fructose corn syrup, pickles, distilled vinegar (**grain source varies**), egg yolk, sugar, tomato paste, salt, spice, propylene glycol alginate, paprika, dehydrated onion, red bell peppers, xanthan gum, natural flavors (**from spice extractives**), oleoresin paprika, beet juice concentrate, calcium disodium EDTA added to protect flavor, sodium benzoate added as a preservative, polysorbate 80.

Light Italian Dressing:

Ingredients: Water, distilled vinegar (**grain source varies**), sugar, salt, soybean oil, garlic*, xanthan gum, sodium benzoate added as a preservative, spices, onion*, red bell pepper*, calcium disodium EDTA added to protect flavor, Yellow #5, yellow #6. *dehydrated

Fat Free Dijon Honey Mustard Dressing:

Ingredients: High fructose corn syrup, water, honey, distilled vinegar (**grain source varies**), mustard seed*, modified food starch (**from corn**), salt, white wine vinegar, sugar, microcrystalline cellulose, cellulose gum, artificial colors including Yellow #5, spices, sodium benzoate and potassium sorbate added as preservatives, dehydrated onion, lemon juice concentrate, white wine, molasses, caramel color (**from corn syrup**), natural flavors (**from essential oil of fruit and starter distillates**), xanthan gum, dehydrated garlic, anchovies, tamarind, citric acid, tartaric acid.

*adds a trivial amount of fat

Caesar Dressing:

Ingredients: Soybean oil, water, egg yolk, lemon juice concentrate, white wine and distilled vinegars (**grain source varies**), spices (**including mustard seed**), salt, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), garlic*, onion*, olive oil, sodium benzoate and potassium sorbate added as preservatives, molasses, xanthan gum, molasses, corn syrup, natural flavor (**natural flavor from essential oil of fruit and rosemary oleoresin**), propylene glycol alginate, caramel color (**from corn syrup**), sugar, calcium disodium EDTA added to protect flavor, anchovies, tamarind.

*dehydrated

Reduced Fat Berry Balsamic Vinaigrette Dressing:

Ingredients: Water, balsamic vinegar, sugar, corn syrup, distilled vinegar (**grain source varies**), honey, soybean oil, strawberry juice concentrate, maltodextrin (**derived from corn**), raspberry juice concentrate, may contain 2% or less of: extra virgin olive oil, garlic juice, salt, xanthan gum, spices (**no gluten containing spices**), propylene glycol alginate, sodium benzoate (preservative), garlic*, onion*, calcium disodium EDTA added to protect flavor, red #40.

Condiments

Ketchup:

Ingredients: Tomato concentrate (tomato paste, water), corn syrup, distilled vinegar (**distilled from ethanol**), high fructose corn syrup, salt, natural flavors.

Mustard:

Ingredients: Water, distilled vinegar (**distilled from ethanol**), ground mustard seed, salt, turmeric, spices.

Mayonnaise:

Ingredients: Soybean oil, water, egg yolk, distilled vinegar (**distilled from ethanol**), corn syrup, high fructose corn syrup, salt, spices (**gluten free**), calcium disodium EDTA to protect flavor, natural flavors (**gluten free**).

Light Mayonnaise:

Ingredients: Water, soybean oil, modified food starch, egg yolks, vinegar, contains less than 2% of salt, eggs, mustard flour, phosphoric acid, DL-alpha tocopheryl acetate (vitamin E), with potassium sorbate and calcium disodium EDTA added as preservatives, artificial flavor, oleoresin paprika, phyloquinone (vitamin K).

Apple Jelly:

Ingredients: Apple juice (apple juice concentrate, water), corn syrup, high fructose corn syrup, pectin, citric acid.

Grape Jelly:

Ingredients: Concord grapes (concord grape juice concentrate, water), corn syrup, high fructose corn syrup, pectin, citric acid.

Mixed Fruit Jelly:

Corn syrup, apple and grape juices (apple and concord grape juices, water), high fructose corn syrup, pectin, citric acid.