

Chick-fil-A Allergen Menu Matrix | 2026

Independent reference for chick-fil-a-menu.net | Checked: October 19, 2026

How to read: **Y** = allergen declared by Chick-fil-A for the specified standard item. **-** = not listed among allergens in that item's official declaration; this does **NOT** mean allergy-safe. **?** = full official declaration has not been independently verified for this PDF. Never treat **?** as no allergen.

Safety: Chick-fil-A uses shared cooking/preparation areas and cannot ensure food is allergen-free. Recipes, toppings, customizations and locations may differ. The Peanut column refers to **declared allergen information**, not whether fully refined peanut oil is used. Chick-fil-A states that highly refined peanut oil is excluded from major allergen labeling. If you have an allergy, verify the latest item ingredients with the restaurant before ordering.

Official primary source: chick-fil-a.com/nutrition-allergens

Breakfast

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Chick-fil-A Chicken Biscuit	Y	Y	Y	Y	-	-	-	-	-
Spicy Chicken Biscuit	Y	Y	Y	Y	-	-	-	-	-
Chicken, Egg & Cheese Biscuit	Y	Y	Y	Y	-	-	-	-	-
Chick-n-Minis	?	?	?	?	?	?	?	?	?
Egg White Grill	?	?	?	?	?	?	?	?	?
Hash Brown Scramble Burrito	?	?	?	?	?	?	?	?	?
Hash Brown Scramble Bowl	?	?	?	?	?	?	?	?	?
Bacon, Egg & Cheese Biscuit	?	?	?	?	?	?	?	?	?
Sausage, Egg & Cheese Biscuit	?	?	?	?	?	?	?	?	?
Bacon, Egg & Cheese Muffin	?	?	?	?	?	?	?	?	?
Sausage, Egg & Cheese Muffin	?	?	?	?	?	?	?	?	?
Hash Browns	?	?	?	?	?	?	?	?	?

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Greek Yogurt Parfait	?	?	?	?	?	?	?	?	?
Fruit Cup (breakfast)	?	?	?	?	?	?	?	?	?

Entrees

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Chick-fil-A Chicken Sandwich	Y	Y	Y	Y	Y	-	-	-	-
Spicy Chicken Sandwich	Y	Y	Y	Y	Y	-	-	-	-
Chick-fil-A Deluxe Sandwich (American cheese)	Y	Y	Y	Y	Y	-	-	-	-
Spicy Deluxe Sandwich (Pepper Jack)	Y	Y	Y	Y	Y	-	-	-	-
Chick-fil-A Nuggets	Y	Y	Y	-	-	-	-	-	-
Grilled Chicken Sandwich	-	Y	Y	-	-	-	-	-	-
Grilled Chicken Club Sandwich (Colby Jack)	Y	Y	Y	-	-	-	-	-	-
Grilled Nuggets	?	?	?	?	?	?	?	?	?
Chick-n-Strips	?	?	?	?	?	?	?	?	?
Chick-fil-A Cool Wrap	?	?	?	?	?	?	?	?	?
Chicken & Waffles Sandwich (seasonal)	?	?	?	?	?	?	?	?	?
Chicken & Waffles Breakfast Sandwich (seasonal)	?	?	?	?	?	?	?	?	?

Salads

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Cobb Salad	?	?	?	?	?	?	?	?	?
Spicy Southwest Salad	?	?	?	?	?	?	?	?	?

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Market Salad	?	?	?	?	?	?	?	?	?

Sides

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Mac & Cheese	Y	Y	Y	Y	-	-	-	-	-
Side Salad (standard configuration)	Y	Y	Y	-	-	-	-	-	-
Waffle Potato Fries	?	?	?	?	?	?	?	?	?
Chicken Noodle Soup	?	?	?	?	?	?	?	?	?
Fruit Cup	?	?	?	?	?	?	?	?	?
Kale Crunch Side	?	?	?	?	?	?	?	?	?
Waffle Potato Chips	?	?	?	?	?	?	?	?	?
Buddy Fruits Apple Sauce	?	?	?	?	?	?	?	?	?

Kids Meals

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
5-count Nuggets Kid's Meal	?	?	?	?	?	?	?	?	?
2-count Chick-n-Strips Kid's Meal	?	?	?	?	?	?	?	?	?
5-count Grilled Nuggets Kid's Meal	?	?	?	?	?	?	?	?	?

Treats

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Vanilla Milkshake	Y	-	-	-	-	-	-	-	-
Cookies & Cream Milkshake	Y	-	Y	Y	-	-	-	-	-

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Chocolate Milkshake	?	?	?	?	?	?	?	?	?
Strawberry Milkshake	?	?	?	?	?	?	?	?	?
Icedream Cup	?	?	?	?	?	?	?	?	?
Icedream Cone	?	?	?	?	?	?	?	?	?
Frosted Lemonade	?	?	?	?	?	?	?	?	?
Frosted Coffee	?	?	?	?	?	?	?	?	?
Chocolate Chunk Cookie	?	?	?	?	?	?	?	?	?
Chocolate Fudge Brownie	?	?	?	?	?	?	?	?	?
S'mores Milkshake (seasonal)	?	?	?	?	?	?	?	?	?
S'mores Frosted Coffee (seasonal)	?	?	?	?	?	?	?	?	?

Drinks and Coffee

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Chick-fil-A Lemonade	?	?	?	?	?	?	?	?	?
Diet Lemonade	?	?	?	?	?	?	?	?	?
Sweetened Iced Tea	?	?	?	?	?	?	?	?	?
Unsweetened Iced Tea	?	?	?	?	?	?	?	?	?
Sunjoy	?	?	?	?	?	?	?	?	?
Coca-Cola	?	?	?	?	?	?	?	?	?
Sprite	?	?	?	?	?	?	?	?	?
Dr Pepper	?	?	?	?	?	?	?	?	?
Bottled Water	?	?	?	?	?	?	?	?	?

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
1% White Milk	?	?	?	?	?	?	?	?	?
Chocolate Milk	?	?	?	?	?	?	?	?	?
Simply Orange Juice	?	?	?	?	?	?	?	?	?
Hot Coffee	?	?	?	?	?	?	?	?	?
Iced Coffee	?	?	?	?	?	?	?	?	?

Dipping Sauces

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Chick-fil-A Sauce	?	?	?	?	?	?	?	?	?
Polynesian Sauce	?	?	?	?	?	?	?	?	?
Barbeque Sauce	?	?	?	?	?	?	?	?	?
Honey Mustard Sauce	?	?	?	?	?	?	?	?	?
Garden Herb Ranch Sauce	?	?	?	?	?	?	?	?	?
Zesty Buffalo Sauce	?	?	?	?	?	?	?	?	?
Sweet & Spicy Sriracha Sauce	?	?	?	?	?	?	?	?	?
Honey Roasted BBQ Sauce	?	?	?	?	?	?	?	?	?

Dressings

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Avocado Lime Ranch	?	?	?	?	?	?	?	?	?
Garden Herb Ranch	?	?	?	?	?	?	?	?	?
Zesty Apple Cider Vinaigrette	?	?	?	?	?	?	?	?	?

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Creamy Salsa	?	?	?	?	?	?	?	?	?
Light Italian	?	?	?	?	?	?	?	?	?

Buns and Wraps

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
White Sandwich Bun	?	?	?	?	?	?	?	?	?
Multigrain Brioche Bun	?	?	?	?	?	?	?	?	?
Gluten-Free Bun (packaged)	?	?	?	?	?	?	?	?	?
Cool Wrap Flatbread	?	?	?	?	?	?	?	?	?

Proteins and Sandwich Toppings

Menu item	Milk	Egg	Wheat	Soy	Sesame	Peanuts	Tree nuts	Fish	Shellfish
Original Breaded Chicken Filet	?	?	?	?	?	?	?	?	?
Spicy Breaded Chicken Filet	?	?	?	?	?	?	?	?	?
Grilled Chicken Filet	?	?	?	?	?	?	?	?	?
Bacon	?	?	?	?	?	?	?	?	?
American Cheese	?	?	?	?	?	?	?	?	?
Colby Jack Cheese	?	?	?	?	?	?	?	?	?
Pepper Jack Cheese	?	?	?	?	?	?	?	?	?
Pickles	?	?	?	?	?	?	?	?	?
Lettuce	?	?	?	?	?	?	?	?	?
Tomato	?	?	?	?	?	?	?	?	?

Verification sources for confirmed rows

Chick-fil-A Chicken Biscuit: <https://www.chick-fil-a.com/menu/breakfast/chick-fil-a-chicken-biscuit>
Spicy Chicken Biscuit: <https://www.chick-fil-a.com/menu/breakfast/spicy-chicken-biscuit>
Chicken, Egg & Cheese Biscuit: <https://www.chick-fil-a.com/menu/breakfast/chicken-egg-cheese-biscuit>
Chick-fil-A Chicken Sandwich: <https://www.chick-fil-a.com/menu/entrees/chick-fil-a-chicken-sandwich>
Spicy Chicken Sandwich: <https://www.chick-fil-a.com/menu/entrees/spicy-chicken-sandwich>
Chick-fil-A Deluxe Sandwich (American cheese): <https://www.chick-fil-a.com/menu/entrees/chick-fil-a-deluxe-sandwich>
Spicy Deluxe Sandwich (Pepper Jack): <https://www.chick-fil-a.com/menu/entrees/spicy-deluxe-sandwich>
Chick-fil-A Nuggets: <https://www.chick-fil-a.com/menu/entrees/chick-fil-a-nuggets>
Grilled Chicken Sandwich: <https://www.chick-fil-a.com/menu/entrees/grilled-chicken-sandwich>
Grilled Chicken Club Sandwich (Colby Jack): <https://www.chick-fil-a.com/menu/entrees/chick-fil-a-grilled-chicken-club-sandwich>
Mac & Cheese: <https://www.chick-fil-a.com/locations/ga/thomasville/menu/mac-cheese>
Side Salad (standard configuration): <https://www.chick-fil-a.com/menu/sides/side-salad>
Vanilla Milkshake: <https://www.chick-fil-a.com/menu/treats/vanilla-milkshake>
Cookies & Cream Milkshake: <https://www.chick-fil-a.com/menu/treats/cookies-cream-milkshake>

This document is an independent, partially verified reference. It is NOT an official Chick-fil-A document and should not be used as the sole basis for allergy-related decisions.