

The Noble Chicken Menu Analysis Book

Noble Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
The BBP Sandwich with Fried Chicken (1 serving)	802	266	30	7	0	90	2037	81	3	15	49	240	17	232	5
The BBP Sandwich with Fried Chicken (1 serving) with Bacon	882	320	36	10	0	105	2297	81	3	15	54	244	17	239	5
The BBP Sandwich with Grilled Chicken (1 serving)	686	241	27	7	0	90	1415	60	2	15	46	249	17	221	4
The BBP Sandwich with Grilled Chicken (1 serving) with Bacon	766	295	33	9	0	105	1675	60	2	15	51	253	17	228	4
The Fiery Southwest Sandwich with Fried Chicken (1 serving)	846	310	34	12	0	126	2167	73	3	9	55	548	25	449	5
The Fiery Southwest Sandwich with Fried Chicken (1 serving) with Bacon	926	364	40	14	0	141	2427	73	3	9	60	552	25	456	5
The Fiery Southwest Sandwich with Grilled Chicken (1 serving)	730	286	32	11	0	126	1545	53	2	8	52	557	25	438	4
The Fiery Southwest Sandwich with Grilled Chicken (1 serving) with Bacon	810	340	38	14	0	141	1805	53	2	8	57	561	25	445	4
The Noble Sandwich with Fried Chicken (1 serving)	680	202	22	4	0	89	1849	69	3	8	46	227	16	202	5
The Noble Sandwich with Fried Chicken (1 serving) with Bacon	760	256	28	6	0	104	2109	69	3	8	51	231	16	209	5
The Noble Sandwich with Grilled Chicken (1 serving)	564	177	20	3	0	89	1227	49	3	8	43	236	16	191	4
The Noble Sandwich with Grilled Chicken (1 serving) with Bacon	644	231	26	6	0	104	1487	49	3	8	48	240	16	198	4
Tenders and Wings	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Jumbo Tenders, 2 Piece (1 serving)	319	56	6	1	0	99	1052	21	1	0	42	84	3	32	2
Jumbo Tenders, 3 Piece (1 serving)	479	84	9	2	0	148	1579	32	1	1	63	127	5	49	4
Jumbo Tenders, 5 Piece (1 serving)	798	140	16	3	0	247	2631	53	2	1	105	211	8	81	6
Sauces for Wings and Tenders, 1.5 fl oz (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	90	0	0	0	0	0	495	23	0	21	0	0	0	0	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	139	127	14	5	0	21	171	11	0	2	150	0	0	35	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	30	14	2	0	0	0	1620	3	0	0	0	0	0	0	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	150	149	17	3	0	8	1050	0	0	0	0	0	0	0	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	151	149	17	2	0	15	405	2	0	2	0	90	0	30	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	200	180	20	3	0	15	160	6	0	6	0	0	0	0	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	105	14	2	0	0	0	525	24	0	21	0	0	0	8	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	153	146	16	2	0	15	449	3	0	3	0	0	0	30	0
Sauces for Wings and Tenders, 1.5 fl oz (1 serving) with Sauce Choice	159	153	17	3	0	16	435	1	0	1	1	0	0	68	0
Traditional Wings, 5 Piece (1 serving)	368	187	21	5	0	78	1015	23	2	1	22	411	3	44	2
Traditional Wings, 5 Piece (1 serving) with Dipping Sauce Choice	507	315	35	10	0	100	1187	23	2	1	23	561	3	79	2
Traditional Wings, 5 Piece (1 serving) with Dipping Sauce Choice	527	340	38	8	0	95	1451	24	2	3	23	411	3	112	2
Noble Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Caesar Salad, Large (1 serving)	933	611	68	18	0	172	2138	16	4	2	63	11067	49	744	3
Not So Basic Chicken Salad, Large (1 serving)	777	623	69	15	0	84	1861	22	5	10	20	13596	49	504	5
Not So Basic Chicken Salad, Large (1 serving) with Fried Chicken	1096	679	75	17	0	183	2913	44	6	10	62	13680	52	537	7
Not So Basic Chicken Salad, Large (1 serving) with Grilled Chicken	988	658	73	16	0	183	2572	23	6	10	59	13747	53	529	6
Not So Basic Side Salad (1 serving)	366	296	33	7	0	38	858	11	3	5	8	6797	25	250	2
The Malibu Salad, Large (1 serving)	1027	628	70	18	0	189	1104	38	7	28	55	14031	68	165	6
Sides and Shareables all items are not available at all locations	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Beer Cheese Fries, Large (1 serving)	1178	634	70	29	0	128	4305	85	4	2	37	992	1	668	2
Beer Cheese Fries, Side (1 serving)	589	317	35	15	0	64	2152	43	2	1	19	496	0	334	1
Fruit Cup (1 serving)	77	5	1	0	0	0	1	17	3	11	1	46	58	19	1
Ghost Stix, 3 (1 serving)	708	494	55	22	0	109	1955	27	1	5	28	112	2	768	1
Ghost Stix, 5 (1 serving)	1038	687	76	34	0	167	2872	43	1	7	46	186	3	1220	1
Hatch Queso Mac and Cheese (1 serving)	510	261	29	15	0	85	1714	41	1	7	22	0	0	525	1
Hushpuppies (1 serving)	552	314	35	5	0	22	1720	50	2	14	6	0	0	136	2
Large Fire Fries (1 serving)	1017	642	71	10	0	40	3447	87	4	4	4	240	0	81	2
Large Fries (1 serving)	570	219	24	4	0	0	2300	78	4	0	4	0	0	0	1
Large Parmesan Fries (1 serving)	1242	785	87	22	0	79	4240	82	4	4	28	0	0	889	1
Pretzel Bites with Beer Cheese Sauce (1 serving)	922	324	36	17	1	72	2197	106	3	6	35	575	3	592	5
Side Garden Salad (1 serving)	314	253	28	6	0	34	780	10	2	3	7	6796	25	246	2
Side of Fire Fries (1 serving)	516	325	36	5	0	20	1734	44	2	2	2	120	0	40	1
Side of Fries (1 serving)	285	109	12	2	0	0	1150	39	2	0	2	0	0	0	1
Side of Parmesan Fries (1 serving)	596	377	42	10	0	36	2042	41	2	2	12	0	0	374	1
Sweet Heat Slaw (1 serving)	343	184	20	3	0	0	518	39	5	34	2	0	0	69	1
Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kid Mac and Cheese (1 serving)	442	136	15	3	0	10	1225	64	3	8	11	0	0	150	2
Kid Tender (1 serving)	302	83	9	2	0	49	1101	30	1	0	22	42	2	16	2
Kid Tender (1 serving) with Sauce Choice BBQ	422	83	9	2	0	49	1761	60	1	28	22	42	2	16	2
Kid Tender (1 serving) with Sauce Choice Bleu Cheese Dip	487	253	28	8	0	78	1330	31	1	0	24	242	2	62	2
Kid Tender (1 serving) with Sauce Choice Buffalo Hot	342	101	11	2	0	49	3261	34	1	0	22	42	2	16	2
Kid Tender (1 serving) with Sauce Choice Buffalo Medium	502	281	31	6	0	59	2501	30	1	0	22	42	2	16	2
Kid Tender (1 serving) with Sauce Choice Ghost Pepper Ranch	603	281	31	5	0	69	1641	32	1	2	22	162	2	57	2
Kid Tender (1 serving) with Sauce Choice Honey Mustard	589	323	36	6	0	69	1315	38	1	8	22	42	2	16	2
Kid Tender (1 serving) with Sauce Choice Korean	442	101	11	2	0	49	1801	62	1	28	22	42	2	27	2
Kid Tender (1 serving) with Sauce Choice Noble	506	278	31	4	0	69	1700	34	1	4	22	42	2	56	2
Kid Tender (1 serving) with Sauce Choice Parmesan Ranch	514	286	32	5	0	71	1682	32	1	2	23	42	2	107	2
Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Carnival Cookie Bites (1 serving)	888	365	41	19	0	35	796	168	3	115	7	0	0	70	9
Chocolate Chip Cookie (1 cookie)	320	126	14	6	0	0	220	46	0	24	2	0	0	20	2
Cinnamon Roll Pretzel Bites (1 serving)	894	112	12	3	0	9	1174	175	4	79	18	4	2	71	5
Individually Wrapped Desserts (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Individually Wrapped Desserts (1 serving) with Brown Butter and	230	45	5	3	0	15	240	45	0	24	2	0	0	6	0
Individually Wrapped Desserts (1 serving) with Chocolate M and	360	144	16	8	0	35	480	52	0	29	5	0	0	75	1
Individually Wrapped Desserts (1 serving) with Peanut Butter Co	390	162	18	11	0	30	470	47	0	25	8	0	0	58	0

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Noble Sandwiches	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
The BBP Sandwich with Fried Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
The BBP Sandwich with Grilled Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
The Fiery Southwest Sandwich with Fried Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
The Fiery Southwest Sandwich with Grilled Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
The Noble Sandwich with Fried Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
The Noble Sandwich with Grilled Chicken with Bacon	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
Tenders and Wings	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Jumbo Tenders, 2 Piece	N	N	N	Y	N	N	N	N	N	N	Y	N
Jumbo Tenders, 3 Piece	N	N	N	Y	N	N	N	N	N	N	Y	N
Jumbo Tenders, 5 Piece	N	N	N	Y	N	N	N	N	N	N	Y	N
Sauces for Wings and Tenders, 1.5 fl oz	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice BBQ	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Bleu Cheese Dip	Y	N	Y	N	N	N	N	N	Y	N	N	N
with Sauce Choice Buffalo Hot	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Buffalo Medium	Y	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Ghost Pepper Ranch	Y	N	Y	Y	N	N	N	N	N	N	N	N
with Sauce Choice Honey Mustard	Y	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Korean	N	N	N	N	N	N	N	Y	N	N	Y	Y
with Sauce Choice Noble	Y	N	Y	Y	N	N	N	N	N	N	N	N
with Sauce Choice Parmesan Ranch	Y	N	Y	Y	N	N	N	N	N	N	N	N
Traditional Wings, 5 Piece	N	N	N	N	N	N	N	N	N	N	Y	N
with Dipping Sauce Choice Bleu Cheese Dip	Y	N	Y	N	N	N	N	N	Y	N	Y	N
with Dipping Sauce Choice Parmesan Ranch	Y	N	Y	Y	N	N	N	N	N	N	Y	N
Noble Salads	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Chicken Caesar Salad, Large	Y	Y	Y	Y	Y	N	N	Y	N	N	Y	N
Not So Basic Chicken Salad, Large	Y	N	Y	Y	Y	N	N	N	N	Y	Y	N
with Fried Chicken Tenders	Y	N	Y	Y	Y	N	N	N	N	Y	Y	N
with Grilled Chicken Tenders	Y	N	Y	Y	Y	N	N	Y	N	Y	Y	N
Not So Basic Side Salad	Y	N	Y	Y	Y	N	N	N	N	Y	Y	N
The Malibu Salad, Large	Y	N	Y	Y	N	N	N	Y	N	Y	N	N
Sides and Shareables	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Beer Cheese Fries, Large	N	N	Y	N	Y	N	N	N	N	N	N	N
Beer Cheese Fries, Side	N	N	Y	N	Y	N	N	N	N	N	N	N
Fruit Cup	N	N	N	N	N	N	N	N	N	N	N	N
Ghost Stix, 3	Y	N	Y	Y	N	N	N	N	N	N	Y	N
Ghost Stix, 5	Y	N	Y	Y	N	N	N	N	N	N	Y	N
Hatch Queso Mac and Cheese	Y	N	Y	Y	N	N	N	N	N	N	Y	N
Hushpuppies	Y	N	Y	Y	N	N	N	N	N	N	Y	N
Large Fire Fries	Y	N	Y	Y	N	N	N	N	N	N	N	N
Large Fries	N	N	N	N	N	N	N	N	N	N	N	N
Large Parmesan Fries	Y	N	Y	Y	N	N	N	N	N	N	N	N
Pretzel Bites with Beer Cheese Sauce	N	N	Y	N	Y	N	N	Y	N	N	Y	N
Side Garden Salad	Y	N	Y	Y	Y	N	N	N	N	N	Y	N
Side of Fire Fries	Y	N	Y	Y	N	N	N	N	N	N	N	N
Side of Fries	N	N	N	N	N	N	N	N	N	N	N	N
Side of Parmesan Fries	Y	N	Y	Y	N	N	N	N	N	N	N	N
Sweet Heat Slaw	Y	N	N	N	N	N	N	N	N	N	N	N
Kids Menu Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds

Kid Mac and Cheese	N	N	Y	N	N	N	N	N	N	N	Y	N
Kid Tender	N	N	N	Y	N	N	N	N	N	N	Y	N
with Sauce Choice BBQ	N	N	N	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Bleu Cheese Dip	Y	N	Y	Y	N	N	N	N	Y	N	Y	N
with Sauce Choice Buffalo Hot	N	N	N	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Buffalo Medium	Y	N	N	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Ghost Pepper Ranch	Y	N	Y	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Honey Mustard	Y	N	N	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Korean	N	N	N	Y	N	N	N	Y	N	N	Y	Y
with Sauce Choice Noble	Y	N	Y	Y	N	N	N	N	N	N	Y	N
with Sauce Choice Parmesan Ranch	Y	N	Y	Y	N	N	N	N	N	N	Y	N
<b>Desserts</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
Carnival Cookie Bites	Y	N	Y	N	Y	N	N	Y	N	N	Y	N
Chocolate Chip Cookie	Y	N	Y	N	N	N	N	Y	N	N	Y	N
Cinnamon Roll Pretzel Bites	N	N	Y	N	Y	N	N	Y	N	N	Y	N
Individually Wrapped Desserts	N	N	N	N	N	N	N	N	N	N	N	N
with Brown Butter and Sea Salt Rice Crispy Treat	N	N	Y	N	N	N	N	N	N	N	N	N
with Chocolate M and M Cookie	Y	N	Y	N	Y	N	N	Y	N	N	Y	N
with Peanut Butter Cookie	Y	N	Y	N	Y	Y	N	Y	N	N	Y	N