

FAMILY MEALS

8 PIECE TENDER serves 4

w/ 2 Large Sides & 4 Biscuits **\$28.99** 4180-4600 cal

Chicken Only **\$14.99** 2170 cal

8 PIECE CHICKEN serves 4

w/ 2 Large Sides & 4 Biscuits **\$26.99** 5500-5930 cal

Chicken Only **\$13.99** 3500 cal

TAKEOUT

Mehu



ARE YOU 100% SATISFIED?



GIVE US YOUR FEEDBACK!
CONNECT WITH US!
GET GREAT DEALS!

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JOIN CHAMPS CHICKEN
TO SUPPORT



TEXT HERO TO 28748

Green Hills

7014 King Hill Ave
St. Joseph, MO, 64504
(816) 238-2007

Each Champs Chicken location is independently owned & operated.
For more information on owning your own Champs Chicken franchise location, call (888) 581-9188.

A MEAL INCLUDES

2 SIDES, BISCUIT & SAUCE

A SNACK INCLUDES 1 SIDE & SAUCE



SIDE ITEMS

PER POUND

Mac & Cheese	\$4.99	570 cal
Mashed Potatoes	\$4.99	490 cal
Sweet Corn	\$4.79	640 cal
Potato Wedges	\$4.99	780 cal

BY THE PIECE

Fish Fillets	\$3.29	240 cal
Biscuit	\$.89	220 cal
Chicken Breast	\$2.79	810 cal

Chicken Thigh	\$1.79	480 cal
Chicken Leg	\$1.49	230 cal
Chicken Wing	\$1.49	230 cal
Fish Sandwich	\$4.99	680 cal

BY THE POUND

Chicken Tenders	\$9.99	1030 cal
Chicken Dippers	\$8.99	890 cal

DIPPING SAUCE

\$.69 /ea.

Buffalo Sauce	50 cal
Cocktail Sauce	60 cal
Honey Mustard	190 cal
Ranch Dressing	240 cal

Sassy Sauce	220 cal
Sweet & Sour	60 cal
Sweet N' Smokey BBQ	70 cal
Tartar Sauce	160 cal

1 CHICKEN SANDWICH

w/Wedges \$7.79 780-970 cal

Sandwich Only \$4.99 700 cal

2 2 PC. TENDERS

Snack \$6.99 550-820 cal

Meal \$7.99 950-1290 cal

3 3 PC. TENDERS

Snack \$7.99 710-970 cal

Meal \$8.99 1110-1450 cal

4 8 PC. DIPPERS

Snack \$7.99 630-890 cal

Meal \$8.99 1030-1370 cal

5 DIPPER BOWL

Entrée \$8.49 860 cal

Includes Biscuit

6 1 PC. FISH

Snack \$7.99 460-730 cal

Meal \$8.99 870-1210 cal

7 2 PC. CHICKEN

Snack \$7.99 1270-1790 cal

Meal \$8.99 1670-2270 cal

8 TENDER N' FISH

Snack \$7.99 620-890 cal

Meal \$8.99 1030-1370 cal

9 LIVERS OR GIZZARDS

Snack \$7.99 230-500 cal

Meal \$8.99 630-980 cal

10 TENDER N' SHRIMP

Snack \$7.99 590-860 cal

Meal \$8.99 990-1340 cal

MEAL + SNACK LUNCH/DINNER + FAMILY MEALS + PER POUND

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

	Item Description	Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Tot Sugar (g)	Add Sugar (g)	Prot (g)	ALLERGEN INFORMATION						
													Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut
VALUE MEALS	Premium Chicken Sandwich & Wedges Only	780 - 970	21 - 46	3 - 7	0	85 - 100	2880 - 3660	98 - 115	2	10 - 26	7 - 21	39 - 40	x	x		x	x	x	
	2 Chicken Tenders Meal	950 - 1290	41 - 70	9 - 26	0 - 0.5	80 - 150	2290 - 4990	66 - 147	2 - 7	5 - 72	0 - 49	32 - 48	x	x		x	x	x	
	3 Chicken Tenders Meal	1110 - 1450	48 - 77	10 - 27	0 - 0.5	115 - 190	2880 - 5580	76 - 157	2 - 8	5 - 72	0 - 49	45 - 62	x	x		x	x	x	
	8 pc. Chicken Dipper Meal	1030 - 1370	43 - 72	9 - 26	0 - 0.5	120 - 190	2550 - 5260	68 - 149	2 - 7	5 - 72	0 - 49	46 - 62	x	x		x	x	x	
	Dippers Bowl	860	40	19	0	85	2420	76	5	13	5	34		x		x	x	x	
	1 pc. Fish Fillet Meal	870 - 1210	41 - 70	10 - 27	0 - 0.5	40 - 115	2070 - 4780	59 - 140	1 - 7	5 - 71	0 - 49	20 - 36	x	x	x		x	x	x
	2 pc. Chicken Meal (Breast/Wing Image)	1670 - 2270	96 - 142	25 - 47	0 - 0.5	245 - 380	3340 - 6390	77 - 158	2 - 8	5 - 72	0 - 49	71 - 103	x	x		x	x	x	
	Tender 'N Fish Meal	1030 - 1370	48 - 77	11 - 28	0 - 0.5	80 - 150	2670 - 5370	69 - 150	2 - 7	5 - 72	0 - 49	34 - 50	x	x	x		x	x	x
	Livers or Gizzards Meal	630 - 980	27 - 56	7 - 24	0 - 0.5	0 - 70	1100 - 3810	46 - 127	1 - 7	4 - 71	0 - 49	4 - 20	x	x		x	x	x	
	Tender 'N Shrimp Meal	990 - 1340	46 - 75	10 - 27	0 - 0.5	45 - 115	2200 - 4910	74 - 155	2 - 8	9 - 75	0 - 49	24 - 41	x	x		x	x	x	
VALUE SNACKS	Premium Chicken Sandwich Original	700	35	6	0	90	2040	59	2	10	9	35	x	x			x	x	
	2 Chicken Tenders Meal	550 - 820	23 - 50	3.5 - 14	0	80 - 125	1550 - 3300	30 - 79	< 1 - 4	2 - 44	0 - 31	28 - 36	x	x		x	x	x	
	3 Chicken Tenders Meal	710 - 970	30 - 57	4.5 - 15	0	115 - 160	2140 - 3890	40 - 89	< 1 - 4	2 - 44	0 - 31	42 - 50	x	x		x	x	x	
	8 pc. Chicken Dipper Meal	630 - 890	25 - 52	3 - 14	0	120 - 165	1820 - 3570	32 - 81	< 1 - 4	2 - 44	0 - 31	42 - 51	x	x		x	x	x	
	1 pc. Fish Fillet Meal	460 - 730	22 - 49	4 - 14	0	40 - 85	1340 - 3090	23 - 72	0 - 4	2 - 44	0 - 31	17 - 25	x	x	x		x	x	
	2 pc. Chicken Meal (Breast/Wing Image)	1270 - 1790	78 - 122	19 - 34	0	245 - 355	2610 - 4700	41 - 90	1 - 4	2 - 44	0 - 31	67 - 92	x	x		x	x	x	
	Tender 'N Fish Meal	620 - 890	29 - 56	5 - 15	0	80 - 125	1930 - 3680	33 - 82	< 1 - 4	2 - 44	0 - 31	30 - 39	x	x	x		x	x	
	Livers or Gizzards Meal	230 - 500	8 - 35	1 - 11	0	0 - 45	370 - 2120	10 - 59	0 - 3	2 - 43	0 - 31	< 1 - 9	x	x		x	x	x	
Tender 'N Shrimp Meal	590 - 860	28 - 55	4.5 - 15	0	45 - 90	1470 - 3220	39 - 88	< 1 - 4	6 - 48	0 - 31	21 - 29	x	x		x	x	x		
SIDES - PER POUND	Macaroni & Cheese, pound	570	28	17	0	80	2490	57	2	5	0	25	x	x			x	x	
	Mashed Potatoes & Gravy, pound	490	22	20	0	35	2820	27	4	7	0	8		x		x	x	x	
	Sweet Corn, pound	640	30	11	0	0	520	87	7	30	14	10				x	x	x	
	Seasoned Potato Wedges, pound	780	28	3	0	0	3220	122	0	6	0	14							
PER POUND	Chicken Tender, pound	1030	47	8	0	260	3800	63	2	2	0	91		x			x	x	
	Chicken Dipper, pound	890	38	5	0	240	3360	55	2	1	0	85		x			x	x	
BY THE PIECE	1 pc. Fish Fillet Import	240	14	3	0	40	970	13	0	0	0	16	x						
	1 pc. Buttermilk Biscuit	220	10	5	0	0	620	27	< 1	< 1	0	3		x			x	x	
	1 pc. Chicken Breast	810	54	14	0	190	1950	31	< 1	< 1	0	53		x			x	x	
	1 pc. Chicken Thigh	480	33	9	0	120	1150	15	0	0	0	33		x			x	x	
	1 pc. Chicken Leg	230	16	4	0	60	510	7	0	0	0	16		x			x	x	
	1 pc. Chicken Wing	230	15	4	0	55	560	8	0	0	0	15		x			x	x	
	Fish Fillet Sandwich	680	40	7	0	50	1870	59	2	10	9	24	x	x	x		x	x	
FAMILY MEALS	Premium Chicken Sandwich Original	700	35	6	0	90	2040	59	2	10	9	35	x	x			x	x	
	8 pc. Tenders Family Meal	4180 - 4600	235 - 253	50 - 86	0.5 - 2	350 - 510	9840 - 15590	225 - 446	7 - 22	23 - 177	8 - 115	127 - 174	x	x		x	x	x	
	8 pc. Chicken Tenders Only	2170	152	24	0.5	350	6690	94	3	12	8	112	x	x			x	x	
	8 pc. Mixed Chicken Family Meal	5500 - 5930	319 - 338	88 - 124	0 - 1	840 - 1000	11510 - 17260	253 - 474	8 - 22	14 - 167	0 - 106	247 - 294	x	x		x	x	x	
DIPPING CUPS	8 pc. Mixed Chicken Only	3500	236	62	0	840	8360	122	4	3	0	232		x			x	x	
	Buffalo Dipping Cup	50	4.5	0.5	0	0	1050	1	0	0	0	0							
	Cocktail Dipping Cup	60	0.5	0	0	0	410	13	< 1	8	7	< 1				x	x		
	Honey Mustard Dipping Cup	190	17	2.5	0	10	330	12	0	11	11	0	x						
	Ranch Dressing Dipping Cup	240	25	4	0	10	260	3	0	3	2	< 1	x	x					
	Sassy Sauce Dipping Cup	220	24	3.5	0	10	490	3	0	3	2	< 1	x	x				x	
	Sweet & Sour Dipping Cup	60	0	0	0	0	310	14	0	11	11	0							
	Sweet N' Smokey BBQ Dipping Cup	70	0	0	0	0	330	18	< 1	17	13	0							
Tartar Sauce Dipping Cup	160	15	2.5	0	20	280	7	0	6	6	0	x							

***PLEASE NOTE:** While we implement procedures to minimize cross-contact between Champs Chicken items, please be aware that we utilize the same shortening to fry products that contain the following major allergens as defined by the FDA: eggs, fish, dairy, shellfish, soy, tree nuts, and wheat. Menu items containing a combination of product offerings or multiple flavor options show all potential allergens. Please check individual products for item specific allergen information.

All data is based upon standard portion sizing and cooking methods. Actual reported values have been calculated using the Genesis R&D Food software and assume average portions as outlined in product specifications. Because of allowed variances in products and actual minor variations in product preparation at each location, portion sizes and subsequent nutritional information may vary slightly.

Effective Date: 8/1/2025