

TAKEOUT

Mehu

ARE YOU 100% SATISFIED?



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

www.ChampsChicken.com/connect



JOIN CHAMPS CHICKEN TO SUPPORT

SUPER SAM
FOUNDATION
FIGHTING CHILDHOOD CANCER
TEXT HERO TO 28748

CHARLIE BOBS DELI

13711 DUMFRIES ROAD
MANASSAS, VA 20112
703-794-7522

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

FAVORITES

A MEAL INCLUDES

2 SIDES, BISCUIT & SAUCE

A SNACK INCLUDES 1 SIDE & SAUCE



1 3 PC. TENDERS

Meal \$11.49 870-2310 cal

Snack \$9.49 780-970 cal



2 8 PC. DIPPERS

Meal \$9.99 790-2230 cal

Snack \$7.99 510-1320 cal



3 2 PC. FISH

Meal \$11.49 860-2310 cal

Snack \$9.49 580-1400 cal



4 6 PC. SHRIMP MEAL

Meal \$11.49 800-2240 cal

Snack \$9.49 520-1330 cal



5 DIPPER BOWL

Entrée \$8.99 630-640 cal



6 2 PC. CHICKEN MEAL

Meal \$10.49 1430-3130 cal

Snack \$8.49 1150-2220 cal

SIDE ITEMS

INDIVIDUAL | FAMILY

\$2.89 | \$6.49

French Fries	330/1000 cal
Potato Wedges	260/780 cal
Mac & Cheese	190/580 cal
Mashed Potatoes	170-180/530-560 cal

Green Beans	60/190 cal
Sweet Corn	210/630 cal
Hushpuppies	690/2070 cal
Cinnamon Apples	220/650 cal

DIPPING SAUCE

\$.69 /ea.

Buffalo Sauce	50 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

BY THE PIECE

Chicken Tenders	\$2.69	160 cal
Fish Fillet	\$4.29	240 cal
Shrimp	1.39	70 cal
Biscuit	1.09	220 cal
Chicken Breast	3.59	810 cal
Chicken Thigh	2.49	480 cal
Chicken Leg	2.19	230 cal
Chicken Wing	1.99	230 cal

SANDWICHES

	W/FRIES	SANDWICH ONLY
Fish Sandwich	\$8.49 950cal	\$6.49 680 cal
Chicken Sandwich	\$8.49 860-1050 cal	\$6.49 700 cal

AND MORE

Livers or Gizzards	Small \$5.49 740 cal	Large \$7.99 990/1000 cal
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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

		MEAL + SNACK LUNCH/DINNER + FAMILY MEALS																					
		NUTRITIONAL INFORMATION											ALLERGEN INFORMATION										
		Item Description	Cal (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)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten
VALUE MEALS	3 Chicken Tenders Meal	870 - 2310	39 - 157	10 - 30	0 - 0.5	115 - 190	2880 - 5580	68 - 193	2 - 7	2 - 72	0 - 49	45 - 61	x	x	x	x	x	x	x	x			
	8 pc. Chicken Dipper Meal	790 - 2230	33 - 151	9 - 28	0 - 0.5	120 - 190	2550 - 5260	60 - 185	2 - 7	2 - 72	0 - 49	46 - 62	x	x	x	x	x	x	x	x			
	2 pc. Fish Fillet Meal	860 - 2310	45 - 163	13 - 32	0 - 0.5	85 - 155	3040 - 5750	64 - 189	2 - 7	2 - 72	0 - 49	36 - 52	x	x	x	x	x	x	x	x			
	6 pc. Shrimp Meal	800 - 2240	41 - 159	11 - 31	0 - 1	10 - 85	2120 - 4820	75 - 200	2 - 8	10 - 79	< 1 - 50	17 - 33	x	x	x	x	x	x	x	x			
	Dipper Bowl	630 - 640	30	14	0	85 - 90	1540 - 1800	46 - 49	4	12	5	31			x			x		x			
2 pc. Chicken Meal (Breast/Wing Image)	1430 - 3130	87 - 222	25 - 49	0 - 0.5	245 - 380	3340 - 6390	69 - 194	2 - 7	2 - 72	0 - 49	71 - 103	x	x	x	x	x	x	x	x				
VALUE SNACKS	3 pc Chicken Tender Snack	780 - 970	31 - 56	4.5 - 8	0	115 - 135	3100 - 3890	72 - 89	< 1 - 2	3 - 20	0 - 13	46 - 47	x	x						x		x	
	8 pc. Chicken Dipper Meal	510 - 1320	20 - 91	3 - 15	0	120 - 165	1820 - 3570	28 - 99	< 1 - 4	< 1 - 44	0 - 31	42 - 50	x	x	x	x	x	x	x	x			
	2 pc. Fish Fillet Meal	580 - 1400	31 - 103	7 - 18	0	85 - 130	2310 - 4060	32 - 103	< 1 - 4	< 1 - 44	0 - 31	33 - 41	x	x	x	x	x	x	x	x			
	6 pc. Shrimp Meal	520 - 1330	28 - 99	6 - 17	0 - 0.5	10 - 55	1390 - 3130	43 - 114	1 - 4	9 - 52	< 1 - 32	14 - 22	x	x	x	x	x	x	x	x			
	2 pc. Chicken Meal (Breast/Wing Image)	1150 - 2220	73 - 162	19 - 35	0	245 - 355	2610 - 4700	37 - 108	1 - 4	1 - 44	0 - 31	67 - 92	x	x	x	x	x	x	x	x			
SMALL SIDES	French Fries	330	22	4.5	0	0	620	33	0	0	0	3								x		x	
	6 pc. Seasoned Potato Wedges	260	9	1	0	0	1070	41	0	2	0	5											
	Macaroni & Cheese	190	9	6	0	25	840	19	< 1	2	0	8	x	x						x		x	
	Mashed Potatoes & Gravy	170 - 180	8	7 - 8	0	15 - 20	540 - 800	6 - 9	1	2	0 - < 1	3		x					x		x		x
	Green Beans	60	3.5	1.5	0	< 5	530	5	1	2	0	2											
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3								x		x	x
	8 pc. Hushpuppies	690	50	9	0	< 5	830	59	0	16	13	5	x	x	x	x	x	x	x	x			
	Cinnamon Apples	220	10	3.5	0	< 5	110	33	< 1	27	18	0							x				
LARGE SIDES	French Fries	1000	65	14	0	0	1840	99	0	< 1	0	8								x		x	
	18 pc. Seasoned Potato Wedges	780	28	3	0	0	3210	122	0	6	0	14											
	Macaroni & Cheese	580	28	17	0	80	2520	57	2	5	0	25	x	x						x		x	
	Mashed Potatoes & Gravy	530 - 560	26	23	0.5 - 1	40 - 60	1680 - 2460	17 - 26	4 - 5	5	0 - 2	9 - 10		x					x		x		x
	Green Beans	190	11	4	0	10	1600	15	4	6	0	5											
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10								x		x	x
	24 pc. Hushpuppies	2070	150	26	0.5	10	2500	176	0	48	39	15	x	x	x	x	x	x	x	x			
	Cinnamon Apples	650	31	11	0	15	330	100	3	80	53	1							x				
BY THE PIECE	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14		x						x		x	
	1 pc. Fish Fillet	240	14	3	0	40	970	13	0	0	0	16	x										
	1 pc. Shrimp	70	4	1	0	0	170	6	0	1	0	2					x			x		x	
	1 pc. Butter milk 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	
	Fish Fillet Sandwich & Fries	950	53	10	0	60	2280	96	2	14	13	26	x	x						x		x	
	Premium Chicken Sandwich Original	700	35	6	0	90	2040	59	2	10	9	35	x	x						x		x	
	Premium Chicken Sandwich & French Fries	860 - 1050	33 - 59	7 - 11	0	85 - 100	2420 - 3210	90 - 108	2	8 - 25	7 - 20	38	x	x						x		x	
	Small Livers or Gizzards	740	47 - 49	8 - 10	0	510 - 835	1750 - 2780	29 - 37	< 1 - 1	3	2	43 - 45	x	x						x		x	
	Large Livers or Gizzards	990 - 1000	59 - 62	10 - 13	0	760 - 1250	2380 - 3920	42 - 53	1 - 2	3 - 4	2	64 - 67	x	x						x		x	
	FAMILY MEALS	8 pc Tenders Family Meal	3420 - 7180	213 - 491	50 - 96	0.5 - 2	350 - 510	9840 - 15590	219 - 554	7 - 22	18 - 177	8 - 115	127 - 174	x	x	x	x	x	x	x	x		
8 pc Tenders Family Meal		3420 - 7180	213 - 491	50 - 96	0.5 - 2	350 - 510	9840 - 15590	219 - 554	7 - 22	18 - 177	8 - 115	127 - 174	x	x	x	x	x	x	x	x			
8 pc Tenders Family Meal		3420 - 7180	213 - 491	50 - 96	0.5 - 2	350 - 510	9840 - 15590	219 - 554	7 - 22	18 - 177	8 - 115	127 - 174	x	x	x	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	
12 pc Tenders Family Meal		5130 - 10780	320 - 737	74 - 144	1 - 3	520 - 760	14760 - 23390	329 - 831	11 - 33	27 - 265	13 - 172	191 - 261	x	x	x	x	x	x	x	x	x		
12 pc Tenders Family Meal		5130 - 10780	320 - 737	74 - 144	1 - 3	520 - 760	14760 - 23390	329 - 831	11 - 33	27 - 265	13 - 172	191 - 261	x	x	x	x	x	x	x	x	x		
12 pc Tenders Family Meal		5130 - 10780	320 - 737	74 - 144	1 - 3	520 - 760	14760 - 23390	329 - 831	11 - 33	27 - 265	13 - 172	191 - 261	x	x	x	x	x	x	x	x	x		
12 pc. Chicken Tenders Only		3250	227	36	1	520	10040	141	5	19	13	168	x	x						x		x	
8 pc Mixed Chicken Family Meal		4560 - 6450	287 - 426	85 - 108	0 - 0.5	840 - 920	11170 - 14050	238 - 406	8 - 15	8 - 87	0 - 53	246 - 269	x	x	x	x	x	x	x	x	x		
8 pc Mixed Chicken Family Meal		4750 - 8510	298 - 576	88 - 134	0 - 1.5	840 - 1000	11510 - 17260	246 - 581	8 - 22	9 - 167	0 - 106	247 - 294	x	x	x	x	x	x	x	x	x		
8 pc Mixed Chicken Family Meal		4940 - 10580	309 - 726	91 - 160	0 - 2	840 - 1080	11840 - 20480	255 - 757	8 - 29	9 - 247	0 - 159	249 - 319	x	x	x	x	x	x	x	x	x		
8 pc. Mixed Chicken Only		3500	236	62	0	840	8360	122	4	3	0	232		x						x		x	
12 pc. Mixed Chicken Family Meal		6750 - 8630	425 - 564	126 - 150	0 - 1	1260 - 1340	16590 - 19470	353 - 520	12 - 19	11 - 91	0 - 53	368 - 391	x	x	x	x	x	x	x	x	x		
12 pc. Mixed Chicken Family Meal		6940 - 10700	436 - 714	129 - 175	0 - 1.5	1260 - 1420	16930 - 22680	361 - 696	12 - 26	12 - 171	0 - 106	370 - 416	x	x	x	x	x	x	x	x	x		
12 pc. Mixed Chicken Family Meal		7130 - 12770	447 - 864	132 - 201	0 - 2	1260 - 1500	17260 - 25900	370 - 872	12 - 33	13 - 251	0 - 159	371 - 441	x	x	x	x	x	x	x	x	x		
12 pc. Mixed Chicken Only		5250	354	94	0	1260	12540	182	6	5	0	349		x						x		x	
8 pc Fish Family Meal		3840 - 5720	256 - 395	60 - 83	0.5 - 1.5	370 - 450	12540 - 15420	235 - 403	8 - 15	17 - 96	8 - 62	145 - 168	x	x	x	x	x	x	x	x	x		
8 pc Fish Family Meal		4030 - 7790	266 - 545	63 - 109	0.5 - 2	370 - 530	12880 - 18630	243 - 578	8 - 23	18 - 177	8 - 115	146 - 193	x	x	x	x	x	x	x	x	x		
8 pc Fish Family Meal	4220 - 9860	277 - 695	66 - 135	0.5 - 3	370 - 610	13210 - 21840	252 - 754	8 - 30	19 - 257	8 - 168	148 - 218	x	x	x	x	x	x	x	x	x			
8 pc. Fish Fillets Only	2780	205	38	0.5	370	9730	119	4	12	8	131	x	x	x								x	
12 pc Fish Family Meal	5670 - 7550	378 - 517	89 - 112	1 - 1.5	555 - 635	18640 - 21520	348 - 516	12 - 19	25 - 105	13 - 6													