

feed **A CROWD**

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS

2 LARGE SIDES & 4 BISCUITS

\$29.99 3420-7180 CAL

CHICKEN ONLY **\$15.99** 2170 CAL

8 PC MIXED CHICKEN

2 LARGE SIDES & 4 BISCUITS

\$28.99 4750-8510 CAL

CHICKEN ONLY **\$15.99** 3500 CAL

8 PC FISH FILLETS

2 LARGE SIDES & 4 BISCUITS

\$37.99 4030-7790 CAL

FISH ONLY **\$24.99** 2780 CAL

12 PC TENDERS

3 LARGE SIDES & 6 BISCUITS

\$42.99 5130-10780 CAL

CHICKEN ONLY **\$22.99** 3250 CAL

12 PC MIXED CHICKEN

3 LARGE SIDES & 6 BISCUITS

\$40.99 7130-12770 CAL

CHICKEN ONLY **\$22.99** 5250 CAL

12 PC FISH FILLETS

3 LARGE SIDES & 6 BISCUITS

\$55.99 6050-11690 CAL

FISH ONLY **\$36.99** 4160 CAL

DIPPING SAUCE

\$.80 /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

ARE YOU 100% SATISFIED?



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

www.ChampsChicken.com/connect

Each Champs Chicken location is independently owned & operated.

For more information on owning your own Champs Chicken franchise location, call (888) 581-9188.

TAKEOUT *Mehu*



Total Express at Rockwell

16401 N Rockwell Ave
Edmond, OK 73013
405-348-3835



box
includes
French Fries
& **Sassy Sauce**

*side substitution, add \$.99

SIDES

Classic Regular **\$2.49** | Large **\$5.29**

French Fries 330//1000 cal
Potato Wedges 260//780 cal

Premium Regular **\$2.79** | Large **\$5.89**

*Mac & Cheese 190//580 cal
*Mashed Potatoes 170-180//530-560 cal
*Sweet Corn 210//630 cal
*Green Beans 60//190 cal

make it a **big box** add **\$3.00**

Add 1 Reg. Side Item & Biscuit
280-910 cal

CHICKEN boxes

THE REAL CHAMP

1
Box **\$7.79** 1030 cal
Sandwich Only **\$5.79** 700 cal



2 PC Tenders

Box **\$6.49** 880 cal
Chicken Only **\$4.49** 540 cal

3 PC Tenders

Box **\$8.29** 1040 cal
Chicken Only **\$6.29** 700 cal

8 PC Dippers

Box **\$8.19** 950 cal
Chicken Only **\$6.19** 620 cal



SEAFOOD boxes

5 1 pc FISH

Box **\$5.79** 790 cal
Fish Only **\$3.79** 460 cal

6 6 pc SHRIMP

Box **\$8.69** 970 cal
Shrimp Only **\$6.69** 630 cal

bone-in CHICKEN boxes

7 2 pc CHICKEN

Box **\$6.49** 1380-1630 cal
Chicken Only **\$4.49** 1120-1370 cal

BREAST, THIGH & LEG

8 3 pc CHICKEN

Box **\$8.49** 1860 cal
Chicken Only **\$6.49** 1520 cal



DIPPERS • MASHED POTATOES • CORN • GRAVY • CHEESE

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.



1 Sausage Biscuit

w/ Egg & Cheese **\$3.49** 540 cal
No Egg & Cheese **\$2.49** 400 cal



2 Bacon Biscuit

w/ Egg & Cheese **\$3.49** 400 cal
No Egg & Cheese **\$2.49** 260 cal



3 Ham Biscuit

w/ Egg & Cheese **\$3.49** 410 cal
No Egg & Cheese **\$2.49** 270 cal



4 Biscuits & Gravy

Full Order **\$4.49** 610 cal
Half Order **\$2.99** 310 cal



5 Breakfast Burrito

Bacon, Sausage, **\$4.69** 580 cal
Sausage Gravy & Egg



**BREAKFAST
SERVED UNTIL 10 A.M.**

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

		VALUE BOX																							
		NUTRITIONAL INFORMATION										ALLERGEN INFORMATION													
		Cal (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Total Sugar (g)	Add Sugar (g)	Prote (g)	Egg	Fish	MBK	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame		
		Item Description																							
VALUE BOXES	Chicken Sandwich Box	1030	57	10	0	90	2650	93	2	10	9	38	x	x						x	x				
	2 pc Chicken Tender Box	880	60	11	0	85	2290	57	< 1	3	2	31	x	x						x	x				
	3 pc Chicken Tender Box	1040	67	12	0	125	2880	67	1	4	2	45	x	x						x	x				
	8 pc Dipper Box	950	61	10	0	130	2550	59	< 1	3	2	45	x	x						x	x				
	1 pc Fish Fillet Box	790	59	11	0	50	2080	50	< 1	3	2	19	x	x	x					x	x				
	6 pc Shrimp Box	970	70	13	0	20	2120	73	2	11	3	16	x	x	x					x	x				
	2 pc Chicken Box Mixed (Breast/Wing Image)	1380 - 1630	91 - 108	23 - 27	0	245 - 310	2850 - 3200	64	1	1	0	69 - 86									x	x			
	3 pc Chicken Box (Breast/Thigh/Leg Only)	1850	125	32	0	365	4240	86	2	2	0	104	x								x	x			
	Dipper Bowl	630 - 640	30	14	0	85 - 90	1540 - 1800	46 - 49	4	12	5	31									x	x			
	French Fries	330	22	4.5	0	0	620	33	0	0	0	3											x	x	
PROTEIN ONLY	Premium Chicken Sandwich Original	700	35	6	0	90	2040	59	2	10	9	35	x	x							x	x			
	2 pc Chicken Tenders	540	38	6	0	85	1670	24	< 1	3	2	28	x	x							x	x			
	3 pc Chicken Tenders	700	45	7	0	125	2260	34	1	3	2	42	x	x							x	x			
	8 pc Chicken Dippers	620	40	6	0	130	1940	25	< 1	3	2	42	x	x							x	x			
	1 pc Fish Fillet	460	37	7	0	50	1460	17	< 1	3	2	17	x	x							x	x			
	6 pc Shrimp	630	48	8	0	20	1510	40	2	11	3	14	x	x	x						x	x			
	2 pc Chicken Mixed (Breast/Wing Image)	1120 - 1370	70 - 87	18 - 23	0	245 - 310	2790 - 3130	46	1	1	0	69 - 86										x	x		
	3 pc Chicken (Breast, Thigh, Leg Only)	1520	103	27	0	365	3620	52	2	1	0	101										x	x		
	Make it a Big Box (+ Reg Side & Biscuit)	280 - 910	14 - 60	6 - 14	0	0 - 25	790 - 1690	32 - 86	< 1 - 3	1 - 17	0 - 13	5 - 11	x	x	x						x	x	x		
	Reg Side Item Substitution	0	0	0	0	0	0	0	0	0	0	0													
ADD-ON ITEMS	1 pc Chicken Tender	160	7	1	0	40	590	10	0	0	0	14									x	x			
	1 pc Shrimp	70	4	1	0	0	170	6	0	1	0	2										x	x		
	1 pc Buttermilk Biscuit	220	10	5	0	0	620	27	< 1	< 1	0	3										x	x		
	1 pc Chicken Breast	810	54	14	0	190	1950	31	< 1	< 1	0	53										x	x		
	1 pc Chicken Thigh	480	33	9	0	120	1150	15	0	0	0	33										x	x		
	1 pc Chicken Leg	230	16	4	0	60	510	7	0	0	0	16										x	x		
	1 pc Chicken Wing	230	15	4	0	55	560	8	0	0	0	15										x	x		
SMALL SIDES	French Fries	330	22	4.5	0	0	620	33	0	0	0	3											x	x	
	6-10 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		
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3										x	x		
	Green Beans	60	3.5	1.5	0	< 5	530	5	1	2	0	2											x	x	
	8 pc Hushpuppies	690	50	9	0	< 5	830	50	0	16	13	5	x	x	x							x	x		
LARGE SIDES	French Fries	1000	65	14	0	0	1840	99	0	< 1	0	8											x	x	
	18-20 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	930 - 560	26	23	0.5 - 1	40 - 60	1680 - 2460	17 - 26	4 - 5	5	0 - 2	9 - 10											x	x	
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10											x	x	
	Green Beans	190	11	4	0	10	1600	15	4	6	0	5												x	
	24 pc Hushpuppies	2070	150	26	0.5	10	2500	176	0	48	39	15	x	x	x								x	x	
FAMILY MEALS	8 pc Tenders Family Meal	3420 - 1780	213 - 491	50 - 96	0.5 - 2	350 - 510	10200 - 15590	219 - 554	7 - 22	18 - 112	8 - 87	133 - 174	x	x	x							x	x	x	
	8 pc Chicken Tenders Only	2170	152	24	0.5	350	6660	94	3	12	8	112	x	x									x	x	
	12 pc Tenders Family Meal	5130 - 10780	320 - 737	74 - 144	1 - 3	520 - 760	15300 - 23390	329 - 831	11 - 33	27 - 168	13 - 130	200 - 261	x	x	x								x	x	
	12 pc Chicken Tenders Only	3250	227	36	1	520	10040	141	5	19	13	168	x	x										x	
	8 pc Mixed Chicken Family Meal	4750 - 8510	298 - 576	88 - 134	0 - 1.5	840 - 1000	11870 - 17260	246 - 581	8 - 22	9 - 103	0 - 78	253 - 294	x	x	x								x	x	
	8 pc Mixed Chicken Only	3500	236	62	0	840	8360	122	4	3	0	232												x	
	12 pc Mixed Chicken Family Meal	7130 - 12770	447 - 864	132 - 201	0 - 2	1260 - 1500	17800 - 25900	370 - 872	12 - 33	13 - 154	0 - 117	380 - 441	x	x	x								x	x	
	12 pc Mixed Chicken Only	5290	354	94	0	1260	12540	182	6	5	0	349													x
	8 pc Fish Family Meal	4030 - 7790	266 - 545	63 - 109	0.5 - 2	370 - 530	13230 - 18630	243 - 578	8 - 23	18 - 112	8 - 87	152 - 193	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	
12 pc Fish Family Meal	6050 - 11690	400 - 817	95 - 164	1 - 3	555 - 795	19850 - 27940	365 - 868	12 - 34	27 - 168	13 - 130	229 - 290	x	x	x								x	x		
12 pc Fish Fillets Only	4160	307	56	1	555	14590	178	6	19	13	197	x	x											x	
DIPPING CLIPS	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	
	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											
	Savory Sauce Dipping Cup	220	24	3.5	0	10	490	3	0	3	2	< 1	x	x										x	
	Sweet & Sour Dipping Cup	70	0	0	0	0	310	14	0	11	11	0													
	Sweet N' Smokey BBQ Dipping Cup	60	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													

		NUTRITIONAL INFORMATION										ALLERGEN INFORMATION											
		Cal (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Total Sugar (g)	Add Sugar (g)	Prote (g)	Egg	Fish	MBK	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame
		Item Description																					
BREAKFAST LINE 1	Sausage, Egg, & Cheese Sandwich	540	38	17	0	170	1390	29	1	2	0	17	x	x								x	x
	Bacon, Egg, & Cheese Sandwich	400	24	12	0	145	1270	28	1	2	0	15	x	x								x	x
	Ham, Egg, & Cheese Sandwich	410	23	12	0	155	1390	29	1	2	0	17	x	x								x	x
	Biscuits & Gravy Full Order	610	29	14	0	10	2260	72	2</														