

feed **A CROWD**

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS

2 LARGE SIDES & 4 BISCUITS

\$28.99 4360-5340 CAL

CHICKEN ONLY **\$15.99** 2170 CAL

8 PC MIXED CHICKEN

2 LARGE SIDES & 4 BISCUITS

\$28.99 5700-6680 CAL

CHICKEN ONLY **\$15.99** 3510 CAL

12 PC TENDERS

3 LARGE SIDES & 6 BISCUITS

\$40.99 6540-8000 CAL

CHICKEN ONLY **\$22.99** 3250 CAL

12 PC MIXED CHICKEN

3 LARGE SIDES & 6 BISCUITS

\$40.99 8550-10020 CAL

CHICKEN ONLY **\$22.99** 5260 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

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*



Ralphie's Elk River

13374 Highway 10 W
Elk River, MN 55330
763-441-7077



box
includes
Battered Fries
& **Sassy Sauce**

*side substitution, add \$.30

SIDES

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

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

Premium Regular **\$2.79** | Large **\$5.79**

*Mac & Cheese 190//580 cal
*Mashed Potatoes 170-180//510-560 cal
*Sweet Corn 210//630 cal

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

Add 1 Reg. Side Item & Biscuit
460-620 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 **\$6.99** 950 cal
Chicken Only **\$4.99** 620 cal



dipper **BOWL** **\$6.99**
630-640 cal



DIPPERS • MASHED POTATOES • CORN • GRAVY • CHEESE



Local FAVORITES

WHITE, DARK, OR MIXED (1 BREAST MAXIMUM);

2 pc CHICKEN

Box **\$6.49** 1390-1630 cal
Chicken Only **\$4.49** 700 cal

WHITE, DARK, OR MIXED (1 BREAST MAXIMUM);

3 pc CHICKEN

Box **\$8.49** 1730-2210 cal
Chicken Only **\$6.49** 1400-1880 cal

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

Additional nutrition information available upon request.

your morning **BREAKFAST** Never Looked **SO GOOD**



make it a **combo** add **\$2**
Add Potato Wedges 260 cal



1 **breakfast BISCUIT**

Bacon or Ham or Sausage w/Egg & Cheese

\$3.49 580-720 cal

Bacon or Ham or Sausage Biscuit Only

\$2.49 330-470 cal



2 **breakfast MEGA BISCUIT**

Bacon, Ham, & Sausage w/Egg & Cheese

\$5.69 810 cal



3 **biscuit & GRAVY**

1 Biscuit & Sausage Gravy

\$2.99 380 cal

2 Biscuits & Sausage Gravy

\$4.49 750 cal



4 **breakfast BURRITO**

Bacon, Sausage, Egg, Cheese & Sausage Gravy

\$3.99 790 cal



2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.
ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.



NUTRITION GUIDE

Ralphie's Elk River
13374 US-10 E | Elk River, MN
763-441-7077

LUNCH3																							
	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)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame
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			
	2 pc. Chicken Box Mixed (Breast/Wing Image)	1390 - 1630	92 - 108	23 - 27	0	245 - 310	2880 - 3210	64	1	1	0	70 - 86			x					x	x		
	3 pc. Chicken Box Mixed (Breast/Leg/Wing Image)	1730 - 2210	108 - 140	27 - 36	0	300 - 420	4010 - 4690	89	2	2	0	88 - 119			x					x	x		
Dipper Bowl	630 - 640	29 - 30	14	0	85	1800 - 1940	46 - 49	4	12 - 13	5	31			x				x	x	x		x	
VALUE BOX INCLUDES	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	
	2 pc. Chicken Dark (Thigh/Leg Image)	700	48	13	0	175	1670	22	< 1	< 1	0	48			x					x		x	
	3 pc. Chicken Mixed	1400 - 1880	86 - 119	23 - 31	0	300 - 420	3400 - 4070	56	2	1	0	85 - 116			x					x		x	
ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	460 - 620	21 - 36	9 - 16	0	0 - 25	1150 - 2050	41 - 76	< 1 - 3	3 - 13	< 1 - 6	7 - 12	x	x				x	x	x		x	
	Reg Side Item Substitution	0	0	0	0	0	0	0	0	0	0	0											

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OMS ONLY	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14			x					x		x	
	1 pc. Shrimp	70	4	1	0	0	170	6	0	1	0	2					x			x		x	
	1 pc. Buttermilk Biscuit	290	14	8	0	0	980	35	< 1	3	< 1	4			x			x		x			
	Fish Fillet Sandwich	450	26	4	0	10	900	46	1	10	9	8	x		x					x		x	
	Pulled Pork Sandwich	670	39	12	0	75	1250	46	1	10	9	30	x		x					x		x	
	Small Livers or Gizzards	220	24	3.5	0	10	490	3	0	3	2	< 1	x		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	7 - 8	7 - 8	0	15	800 - 940	6 - 9	1	2 - 3	0	3			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	510 - 560	23 - 26	23	0.5	40 - 45	2460 - 2890	19 - 26	4 - 5	5 - 8	0	9 - 10			x				x	x	x		x
Sweet Corn	630	29	10	0	0	510	85	7	30	14	10								x		x		

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FAMILY MEALS	8 pc Tenders Family Meal	4360 - 5340	249 - 338	62 - 98	0.5 - 2	350 - 510	11640 - 17030	253 - 478	7 - 22	26 - 84	12 - 40	145 - 178	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	6540 - 8000	373 - 507	92 - 147	1 - 3	520 - 760	17460 - 25550	379 - 717	11 - 33	39 - 125	19 - 60	217 - 267	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	5700 - 6680	334 - 424	100 - 137	0 - 1	845 - 1005	13370 - 18770	280 - 506	8 - 22	17 - 74	4 - 32	266 - 299	x		x			x	x	x		x	
	8 pc. Mixed Chicken Only	3510	237	63	0	845	8420	122	4	3	0	233			x					x		x	
	12 pc Mixed Chicken Family Meal	8550 - 10020	501 - 635	150 - 205	0 - 2	1265 - 1505	20060 - 28150	420 - 759	12 - 33	25 - 111	6 - 48	399 - 449	x		x			x	x	x		x	
DIPPING CUPS	Buffalo Dipping Cup	50	4.5	0.5	0	0	1050	1	0	0	0	0											
	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											

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BREAKFAST BREAKFAST LINE 1	1-Meat, Egg, & Cheese Sandwich	580 - 720	36 - 50	16 - 21	0	420 - 445	1550 - 1680	36 - 37	< 1	4	< 1	23 - 25	x		x			x		x			
	3-Meat, Egg, & Cheese Sandwich	810	56	23	0	465	2080	38	< 1	4	< 1	33	x		x			x		x			
	Biscuits & Gravy Half Order	380	19	10	0	< 5	1490	44	1	5	2	6			x			x		x		x	
	Breakfast Burrito w/ Sausage Gravy	790	47	16	0	630	1380	54	2	2	0	35	x		x			x		x		x	
BREAKFAST BREAKFAST LINE 2	1-Meat Sandwich (No Egg/Cheese)	330 - 470	17 - 31	9 - 14	0	10 - 30	1120 - 1250	35 - 36	< 1	3 - 4	< 1	7 - 9			x			x		x			
	Biscuits & Gravy Full Order	750	37	20	0	10	2980	88	2	9	4	11			x			x		x		x	
BREAKFAST - ADD ON	6-10 pc. Seasoned Potato Wedges	260	9	1	0	0	1070	41	0	2	0	5											

***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: 6/17/2024