

feed **A CROWD**

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS

2 LARGE SIDES & 4 BISCUITS

\$28.99 3700-7460 CAL

CHICKEN ONLY **\$15.99** 2170 CAL

8 PC FISH FILLETS

2 LARGE SIDES & 4 BISCUITS

\$34.99 4310-8070 CAL

FISH ONLY **\$23.99** 2780 CAL

12 PC TENDERS

3 LARGE SIDES & 6 BISCUITS

\$40.99 5550-11200 CAL

CHICKEN ONLY **\$22.99** 3250 CAL

12 PC FISH FILLETS

3 LARGE SIDES & 6 BISCUITS

\$53.99 6470-12110 CAL

FISH ONLY **\$35.99** 4160 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

Cocktail Sauce 60 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*



Friendly Express 5

655 US Rt 250

Ashland, OH 44805

419-903-0288



box
includes
Potato Wedges
& **Sassy Sauce**

*side substitution, add \$.30

SIDES

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

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

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

*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
350-980 cal

CHICKEN boxes

THE REAL CHAMP

1
Box **\$7.79** 960 cal
Sandwich Only **\$5.79** 700 cal



2 PC Tenders

Box **\$6.49** 800 cal
Chicken Only **\$4.49** 540 cal

3 PC Tenders

Box **\$8.29** 960 cal
Chicken Only **\$6.29** 700 cal

8 PC Dippers

Box **\$6.99** 880 cal
Chicken Only **\$4.99** 620 cal



SEAFOOD boxes

5 1 pc FISH

Box **\$5.79** 720 cal
Fish Only **\$3.79** 460 cal

6 2 pc FISH

Box **\$8.69** 950 cal
Fish Only **\$6.69** 690 cal

local FAVORITES

7 LIVERS

Box **\$5.99** 1000 cal
Chicken Only **\$3.99** 740 cal

8 GIZZARDS

Box **\$5.99** 1000 cal
Chicken Only **\$3.99** 740 cal

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

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



**CHAMPS
CHICKEN**

1

breakfast **BISCUIT**

Bacon or Ham or Sausage w/Egg & Cheese

\$3.69 470-610 cal

Bacon or Ham or Sausage Biscuit Only

\$2.69 330-470 cal



2

breakfast **MEGA BISCUIT**

Bacon, Ham, & Sausage w/Egg & Cheese

\$5.99 700 cal



3

biscuit & GRAVY

1 Biscuit & Sausage Gravy

\$3.29 380 cal

2 Biscuits & Sausage Gravy

\$4.69 750 cal



4

breakfast **BURRITO**

Bacon, Sausage, Egg, Cheese & Sausage Gravy

\$4.29 580 cal



5

breakfast **BOWL**

Bacon, Sausage, Egg, Wedges & Sausage Gravy

\$5.49 470 cal



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

VALUE BOX+LUNCH/DINNER MENU

		NUTRITIONAL INFORMATION											ALLERGEN INFORMATION											
		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	Sesame	
		Item Description																						
VALUE BOXES	Chicken Sandwich Box	960	44	7	0	90	3110	100	2	12	9	40	x	x						x	x			
	2 pc Chicken Tender Box	800	47	7	0	85	2740	64	< 1	5	2	33	x	x						x	x			
	3 pc Chicken Tender Box	960	54	8	0	125	3330	74	1	5	2	47	x	x						x	x			
	8 pc Dipper Box	880	49	7	0	130	3010	66	< 1	5	2	47	x	x						x	x			
	1 pc. Fish Fillet Box	720	47	7	0	50	2530	57	< 1	5	2	21	x	x	x								x	
	2 pc. Fish Fillet Box	950	60	10	0	95	3500	70	1	5	2	38	x	x	x								x	
	Livers Box	1000	58	11	0	835	2820	70	< 1	5	2	50	x	x							x	x		
	Gizzards Box	1000	56	9	0	510	3850	77	1	5	2	48	x	x							x	x		
	Dipper Bowl	630 - 640	30	14	0	85 - 90	1540 - 1800	46 - 49	4	12	5	31			x				x	x	x			
VALUE BOX INCLUDES	6-10 pc. Seasoned Potato Wedges	260	9	1	0	0	1070	41	0	2	0	5												
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	
	2 pc. Fish Fillet	690	51	9	0	95	2430	30	1	3	2	33	x	x	x								x	
	Livers	740	49	10	0	835	1750	29	< 1	3	2	45	x	x							x	x		
	Gizzards	740	47	8	0	510	2780	37	1	3	2	43	x	x							x	x		
ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	350 - 980	18 - 64	9 - 17	0	0 - 25	1090 - 2050	40 - 94	< 1 - 3	3 - 30	< 1 - 19	4 - 12	x	x	x			x	x	x	x			
	Reg Side Item Substitution	0	0	0	0	0	0	0	0	0	0	0												
OMS ONLY	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14		x						x	x			
	1 pc. Buttermilk Biscuit	290	14	8	0	0	980	35	< 1	3	< 1	4		x				x	x	x				
	1 pc. Shrimp	70	4	1	0	0	170	6	0	1	0	2					x			x	x			
	Fish Fillet Sandwich	680	40	7	0	50	1870	59	2	10	9	24	x	x	x						x	x		
	Small Livers or Gizzards	740	47 - 49	8 - 10	0	510 - 635	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		
SMALL SIDES	6-10 pc. Seasoned Potato Wedges	260	9	1	0	0	1070	41	0	2	0	5												
	French Fries	330	22	4.5	0	0	620	33	0	0	0	3									x	x		
	Macaroni & Cheese	190	9	6	0	25	640	19	< 1	2	0	6	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			
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3							x	x	x			
	Green Beans	60	3.5	1.5	0	< 5	530	5	1	2	0	2												
	Cinnamon Apples	220	10	3.5	0	< 5	110	33	< 1	27	18	0								x				
	8 pc. Hushpuppies	690	50	9	0	< 5	830	59	0	16	13	5	x	x	x				x	x	x			
LARGE SIDES	18 pc. Seasoned Potato Wedges	780	28	3	0	0	3210	122	0	6	0	14												
	French Fries	1000	65	14	0	0	1840	99	0	< 1	0	8									x	x		
	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		
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10								x	x	x		
	Green Beans	190	11	4	0	10	1600	15	4	6	0	5												
	Cinnamon Apples	650	31	11	0	15	330	100	3	80	53	1									x			
	24 pc. Hushpuppies	2070	150	26	0.5	10	2500	176	0	48	39	15	x	x	x					x	x	x		
FAMILY MEALS	8 pc. Tenders Family Meal	3700 - 7460	229 - 507	62 - 108	0.5 - 2	350 - 510	11280 - 17030	251 - 586	7 - 22	26 - 185	12 - 119	131 - 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	5350 - 11200	344 - 761	92 - 162	1 - 3	520 - 760	16920 - 25550	377 - 879	11 - 33	39 - 277	19 - 178	197 - 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. Fish Family Meal	4310 - 8070	262 - 561	75 - 121	0.5 - 2	370 - 530	14320 - 20070	275 - 610	6 - 23	26 - 185	12 - 119	150 - 197	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	6470 - 12110	424 - 841	113 - 182	1 - 3	555 - 795	21470 - 30100	413 - 916	12 - 34	39 - 277	19 - 178	225 - 296	x	x	x				x	x	x			
	12 pc. Fish Fillets Only	4160	307	56	1	555	14590	178	6	19	13	197	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												
	Tartar Sauce Dipping Cup	160	15	2.5	0	20	280	7	0	6	6	0	x											
	Cocktail Dipping Cup	60	0.5	0	0	0	410	13	< 1	8	7	< 1								x	x			

NEW BREAKFAST

		NUTRITIONAL INFORMATION											ALLERGEN INFORMATION										
		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	Sesame
		Item Description																					
BREAKFAST LINE 1	1-Meat, Egg, & Cheese Sandwich	470 - 610	27 - 42	15 - 20	0	145 - 170	1630 - 1750	36 - 37	1	4	< 1	16 - 18	x	x				x	x	x			
	3-Meat, Egg, & Cheese Sandwich	700	48	22	0	190	2150	38	1	4	< 1	26	x	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	580	32	12	0	155	1380	51	0	1	0	20	x	x							x	x	x
	Breakfast Bowl	470	32	12	0	225	1540	27	0	2	< 1	19	x	x							x	x	x
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