your morning BREAKFAST Never Looked SO GOOD



make it a **combo** add $1.99
Add 6 pc. Hashstix 270 cal

1 breakfast BISCUIT

Bacon or Ham or Sausage w/Egg & Cheese
$3.49 400-540 cal

Bacon or Ham or Sausage Biscuit Only
$2.79 260-400 cal



biscuit or croissant

2 breakfast MEGA BISCUIT

Bacon, Ham, & Sausage w/Egg & Cheese
$5.99 740-750 cal



3 THE breakfast CHAMP

Chicken Tender Biscuit
$2.79 380 cal



4 biscuit & GRAVY

1 Biscuit & Sausage Gravy
$3.29 310 cal

2 Biscuits & Sausage Gravy
$4.69 620 cal



5 breakfast BURRITO

Bacon, Sausage, Egg, Cheese & Sausage Gravy
$4.99 700 cal



breakfast BOWL 6

Bacon, Sausage, Potato Wedges & Sausage Gravy
$6.29 560 cal

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

TLC One Stop

7 Honey Springs Loop
Iberia, MO 65017
573-793-3000

feed A CROWD

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS
2 LARGE SIDES & 4 BISCUITS

$29.99 3140-7170 CAL

CHICKEN ONLY **$16.99** 2160 CAL

12 PC TENDERS
3 LARGE SIDES & 6 BISCUITS

$44.99 4710-10760 CAL

CHICKEN ONLY **$23.99** 3240 CAL

8 PC MIXED CHICKEN
2 LARGE SIDES & 4 BISCUITS

$29.99 4680-8710 CAL

CHICKEN ONLY **$16.99** 3700 CAL

12 PC MIXED CHICKEN
3 LARGE SIDES & 6 BISCUITS

$42.99 7020-13070 CAL

CHICKEN ONLY **$23.99** 5550 CAL

8 PC FISH FILLETS
2 LARGE SIDES & 4 BISCUITS

$38.99 3750-7780 CAL

FISH ONLY **$25.99** 2760 CAL

12 PC FISH FILLETS
3 LARGE SIDES & 6 BISCUITS

$57.99 5620-11670 CAL

FISH ONLY **$37.99** 4140 CAL

DIPPING SAUCE

$.80 /ea.

Buffalo Sauce	50 cal	**Sassy Sauce**	220 cal
Cocktail Sauce	60 cal	**Sweet & Sour**	60 cal
Honey Mustard	190 cal	**Sweet N' Smokey BBQ**	70 cal
Ranch Dressing	240 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 *menu*



TLC One Stop

7 Honey Springs Loop
Iberia, MO 65017
573-793-3000

box
includes
Battered Fries
& **Sassy Sauce**
*side substitution, add $.99

SIDES

Classic Regular **$2.69** | Large **$5.49**
French Fries 330/1000 cal

Premium Regular **$2.99** | Large **$5.99**
*Potato Wedges 310/930 cal
*Mac & Cheese 190/580 cal
*Mashed Potatoes 170-180/510-560 cal
*Sweet Corn 210/630 cal
*Green Beans 60/190 cal
*Hushpuppies 690/2070 cal
*Cinnamon Apples 220/650 cal

make it a **big** box add **$3.00**
Add 1 Reg. Side Item & Biscuit
270-910 cal

CHICKEN boxes

1 THE REAL CHAMP
Box $7.99 1030 cal
Sandwich Only $5.99 700 cal



2 2 PC Tenders
Box $6.99 870 cal
Chicken Only $4.99 540 cal

3 3 PC Tenders
Box $8.79 1030 cal
Chicken Only $6.79 700 cal

4 8 PC Dippers
Box $8.69 950 cal
Chicken Only $6.69 620 cal



SEAFOOD boxes

5 1 pc FISH
Box $5.99 790 cal
Fish Only $3.99 460 cal

6 6 pc SHRIMP
Box $8.99 960 cal
Shrimp Only $6.99 630 cal

bone-in CHICKEN boxes

WHITE, DARK, OR MIXED (1 BREAST MAXIMUM)

7 2 pc CHICKEN
Box $6.79 1510-1800 cal
Chicken Only $4.79 1170-1460 cal

BREAST, THIGH & LEG

8 3 pc CHICKEN
Box $8.79 1860 cal
Chicken Only $6.79 1520 cal

dipper BOWL $7.49 630-640 cal



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

Additional nutrition information available upon request.

NUTRITIONAL REPORT

TLC One Stop
7 Honey Springs Loop
Iberia, MO 65017

CHAMPS BREAKFAST

	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
BREAKFAST LINE 1	1-Meat, Egg, & Cheese Sandwich	400 - 540	23 - 38	11 - 17	0	155 - 170	960 - 1690	28 - 29	0 - 1	2 - 5	0 - 3	17 - 25	x		x			x		x		x	
	3-Meat, Egg, & Cheese Sandwich	740 - 750	54 - 55	22 - 23	0	215	1790 - 2220	30	0 - 1	2 - 5	0 - 3	34 - 35	x		x			x		x		x	
	Chicken Tender Biscuit	380	17	6	0	40	1210	37	1	1	0	17			x					x		x	
	Biscuits & Gravy Half Order	310	15	7	0	< 5	1150	36	1	3	1	5			x			x		x		x	
	Breakfast Burrito w/ Sausage Gravy	700	44	17	0	245	1850	44	2	1	0	32	x		x			x		x		x	
	Breakfast Bowl	560	42	15	0	265	1840	22	0	2	0	28	x		x			x		x		x	
BREAKFAST LINE 2	1-Meat Sandwich (No Egg/Cheese)	260 - 400	12 - 27	5 - 11	0	15 - 30	450 - 1190	27 - 28	0 - < 1	< 1 - 4	0 - 3	8 - 16	x		x			x		x		x	
	Biscuits & Gravy Full Order	620	30	14	0	10	2290	73	2	6	2	9			x			x		x		x	
BREAKFAST - ADD ON	Hashstix, 6 ct	270	18	4	0	0	390	25	2	0	0	3											

CHAMPS LUNCH/DINNER

	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	92	2	10	9	38	x		x					x		x	
	2 pc Chicken Tender Box	870	59	11	0	85	2280	57	< 1	3	2	31	x		x					x		x	
	3 pc Chicken Tender Box	1030	67	12	0	125	2870	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		x	
	6 pc. Shrimp Box	960	69	13	0	20	2120	73	2	11	3	16	x		x					x		x	
	2 pc. Chicken Box Mixed (Breast/Wing Image)	1510 - 1800	92 - 109	23 - 28	0	245 - 310	3830 - 4170	91	2	2	0	74 - 90			x					x		x	
	3 pc. Chicken Box (Breast/Thigh/Leg Only)	1860	125	32	0	365	4240	86	2	2	0	104			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	
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	2030	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	39	6	0	130	1930	25	< 1	3	2	42	x		x					x		x	
	1 pc. Fish Fillet	460	37	6	0	50	1470	17	< 1	3	2	17	x	x	x			x				x	
	6 pc. Shrimp	630	47	8	0	20	1500	40	2	11	3	14	x		x					x		x	
	2 pc. Chicken Mixed (Breast/Wing Image)	1170 - 1460	70 - 88	18 - 23	0	245 - 310	3210 - 3550	58	2	1	0	71 - 87			x					x		x	
	3 pc. Chicken (Breast, Thigh, Leg Only)	1520	103	27	0	365	3620	52	2	1	0	101			x					x		x	

	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
ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	270 - 910	14 - 60	6 - 14	0	0 - 25	730 - 2050	32 - 86	< 1 - 3	1 - 28	0 - 18	3 - 11	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. 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		x	
	1 pc. Chicken Breast	830	55	14	0	190	2090	34	1	< 1	0	54			x					x		x	
	1 pc. Chicken Thigh	520	33	9	0	120	1440	23	< 1	< 1	0	34			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	250	15	4	0	55	740	13	0	0	0	16			x					x		x	
	Fish Fillet Sandwich	680	39	7	0	50	1880	59	2	10	9	24	x	x	x			x		x		x	
	Pulled Pork Sandwich	890	58	16	0	115	3050	50	1	11	9	40	x		x					x		x	
	Small Livers or Gizzards	630 - 650	46 - 49	8 - 10	0	430 - 865	2000 - 2880	35 - 43	1	3 - 4	2	38 - 47	x		x					x		x	
	Large Livers or Gizzards	830 - 870	58 - 62	10 - 13	0	640 - 1295	2760 - 4080	50 - 62	2	4	2	56 - 71	x		x					x		x	

CHAMPS LUNCH/DINNER

SMALL SIDES

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
French Fries	330	22	4.5	0	0	620	33	0	0	0	3								x		x	
Potato Wedges *Premium*	310	12	2	0	0	1430	45	2	2	0	6											
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	
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											
8 pc. Hushpuppies	690	50	9	0	< 5	830	59	0	16	13	5	x		x	x		x	x	x			
Cinnamon Apples	220	10	3.5	0	< 5	110	33	< 1	27	18	0						x					

LARGE SIDES / FAMILY MEALS

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
French Fries	1000	65	14	0	0	1840	99	0	< 1	0	8								x		x	
Potato Wedges *Premium*	930	37	6	0	0	4280	134	7	5	0	19											
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	
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											
24 pc. Hushpuppies	2070	150	26	0.5	10	2500	176	0	48	39	15	x		x	x		x	x	x			
Cinnamon Apples	650	31	11	0	15	330	100	3	80	53	1						x					
8 pc Tenders Family Meal	3140 - 7170	212 - 490	52 - 96	0.5 - 2	350 - 510	9820 - 17700	220 - 554	7 - 22	18 - 176	8 - 115	127 - 174	x		x	x		x	x	x		x	
8 pc. Chicken Tenders Only	2160	151	24	0.5	350	6670	94	3	12	8	112	x		x					x		x	
12 pc Tenders Family Meal	4710 - 10760	318 - 736	78 - 144	1 - 3	520 - 760	14730 - 26550	331 - 831	11 - 33	27 - 265	13 - 172	191 - 261	x		x	x		x	x	x		x	
12 pc. Chicken Tenders Only	3240	226	36	1	520	10000	141	5	18	13	168	x		x					x		x	
8 pc Mixed Chicken Family Meal	4680 - 8710	299 - 577	91 - 134	0 - 1.5	840 - 1000	12980 - 20860	288 - 622	9 - 24	10 - 168	0 - 106	254 - 301	x		x	x		x	x	x		x	
8 pc. Mixed Chicken Only	3700	238	63	0	840	9830	162	5	4	0	239			x					x		x	
12 pc Mixed Chicken Family Meal	7020 - 13070	449 - 866	136 - 202	0 - 2	1260 - 1500	19470 - 31290	433 - 933	14 - 35	14 - 252	0 - 159	381 - 451	x		x	x		x	x	x		x	
12 pc. Mixed Chicken Only	5550	356	94	0	1260	14740	243	8	6	0	359			x					x		x	
8 pc Fish Family Meal	3750 - 7780	265 - 543	65 - 109	0.5 - 2	370 - 530	12950 - 20830	245 - 578	8 - 22	18 - 176	8 - 115	146 - 193	x	x	x	x		x	x	x		x	
8 pc. Fish Fillets Only	2760	204	37	0.5	370	9800	118	4	12	8	131	x	x	x			x				x	
12 pc Fish Family Meal	5620 - 11670	398 - 815	98 - 164	1 - 3	555 - 795	19420 - 31250	367 - 867	12 - 33	27 - 264	13 - 172	219 - 289	x	x	x	x		x	x	x		x	
12 pc. Fish Fillets Only	4140	305	56	1	555	14700	178	6	18	13	197	x	x	x			x				x	

DIPPING CUPS

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
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	23	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: 10/2/2026