

# FAMILY MEALS

|                               | FRIED CHICKEN                   | CHICKEN TENDERS                 | FISH FILLETS                    |
|-------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>8 PIECE [SERVES 4]</b>     |                                 |                                 |                                 |
| w/ 2 Large Sides & 4 Biscuits | <b>\$29.99</b><br>4750-6390 cal | <b>\$29.99</b><br>3420-5060 cal | <b>\$37.99</b><br>4030-5660 cal |
| 8 piece only                  | <b>\$15.99</b><br>3500 cal      | <b>\$15.99</b><br>2170 cal      | <b>\$24.99</b><br>2770 cal      |
| <b>12 PIECE [SERVES 6]</b>    |                                 |                                 |                                 |
| w/ 3 Large Sides & 6 Biscuits | <b>\$42.99</b><br>7130-9580 cal | <b>\$42.99</b><br>5130-7580 cal | <b>\$55.99</b><br>6040-8490 cal |
| 12 piece only                 | <b>\$22.99</b><br>5250 cal      | <b>\$22.99</b><br>3250 cal      | <b>\$36.99</b><br>4160 cal      |

# TAKEOUT

## Mehu



**ARE YOU 100% SATISFIED?**



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

[www.ChampsChicken.com/connect](http://www.ChampsChicken.com/connect)

**Olsen's BP**

110 LOCUST ST  
Atlantic, IA 50022  
**(712) 243-1916**

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



**1 CHICKEN SANDWICH**  
w/Wedges **\$8.29** 770-960 cal  
Sandwich Only \$5.79 690 cal



**2 2 PC. TENDERS**  
Meal **\$9.99** 710-1450 cal  
Chicken Only \$4.49 540 cal



**3 8 PC. DIPPERS**  
Meal **\$10.29** 790-1520 cal  
Chicken Only \$6.19 620 cal



**4 DIPPER BOWL**  
Entrée **\$7.99** 850-860 cal  
Includes Biscuit



**5 2 PC. CHICKEN MEAL**  
Meal **\$9.29** 1430-2420 cal  
Chicken Only \$4.49 1120-1370 cal

WHITE, DARK, OR MIXED  
(1 BREAST MAXIMUM)



**6 1 PC. FISH**  
Meal **\$8.99** 630-1360 cal  
Fish Only \$3.79 460 cal

INDIVIDUAL | FAMILY  
**\$2.49** | **\$5.29**

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

INDIVIDUAL | FAMILY  
**\$2.79** | **\$5.89**

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

## SIDE ITEMS

## BY THE PIECE

Chicken Tender **\$2.39** 160 cal  
Shrimp **\$1.29** 120-310 cal  
Fish Fillet **\$3.79** 280-470 cal  
Buttermilk Biscuit **\$0.99** 220 cal  
Chicken Breast **\$3.49** 810 cal  
Chicken Thigh **\$2.29** 480 cal

Chicken Leg **\$1.89** 230 cal  
Chicken Wing **\$1.69** 230 cal  
Fish Sandwich **\$5.29** 670 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

how the **BEST** is done!

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, Ham, or Sausage + Egg & Cheese

**\$3.49** 410-540 cal

Bacon, Ham, or Sausage Biscuit Only

**\$2.29** 270-400 cal



**2** breakfast  
**MEGA BISCUIT**

Bacon, Ham, & Sausage + Egg & Cheese

**\$4.99** 750 cal



**3** biscuit  
& **GRAVY**

1 Biscuit & Sausage Gravy

**\$2.99** 310 cal

2 Biscuits & Sausage Gravy

**\$4.49** 610 cal



**4** breakfast  
**BURRITO**

Bacon, Sausage, Egg, Cheese & Sausage Gravy

**\$5.49** 650 cal



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

|                                  |  | NUTRITIONAL INFORMATION |           |             |               |               |               |           |          |               |               |           | ALLERGEN INFORMATION |      |      |        |           |     |          |       |     |        |        |   |
|----------------------------------|--|-------------------------|-----------|-------------|---------------|---------------|---------------|-----------|----------|---------------|---------------|-----------|----------------------|------|------|--------|-----------|-----|----------|-------|-----|--------|--------|---|
| Item Description                 |  | Calcs (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 MEALS                      | Premium Chicken Sandwich & Wedges Only | 770 - 960               | 21 - 46   | 3 - 7       | 0             | 85 - 100      | 2890 - 3680   | 96 - 113  | 2        | 11 - 28       | 8 - 22        | 38 - 39   | x                    | x    |      |        | x         |     | x        | x     |     |        |        |   |
|                                  | 2 Chicken Tenders Meal                 | 710 - 1450              | 32 - 93   | 9 - 26      | 0 - 0.5       | 80 - 150      | 2400 - 4990   | 58 - 147  | 2 - 7    | 2 - 38        | 0 - 23        | 34 - 48   | x                    | x    |      |        | x         |     | x        | x     |     |        |        |   |
|                                  | 8 pc. Chicken Dipper Meal              | 790 - 1520              | 33 - 95   | 9 - 26      | 0 - 0.5       | 120 - 190     | 2670 - 5260   | 60 - 149  | 2 - 7    | 2 - 38        | 0 - 23        | 48 - 62   | x                    | x    |      |        | x         |     | x        | x     |     |        |        |   |
|                                  | Dipper Bowl                            | 850 - 860               | 40        | 19          | 0             | 85 - 90       | 2160 - 2420   | 73 - 76   | 5        | 13            | 5             | 34        |                      |      | x    |        |           | x   |          | x     | x   |        |        |   |
|                                  | 2 pc. Chicken Meal (Breast/Wing Image) | 1430 - 2420             | 87 - 165  | 25 - 47     | 0 - 0.5       | 245 - 380     | 3460 - 6390   | 69 - 158  | 2 - 8    | 2 - 38        | 0 - 23        | 73 - 103  | x                    | x    |      |        | x         |     | x        | x     |     |        |        |   |
| PROTEIN ONLY                     | 1 pc. Fish Fillet Meal                 | 630 - 1360              | 31 - 93   | 10 - 27     | 0 - 0.5       | 40 - 115      | 2210 - 4790   | 51 - 140  | 1 - 7    | 2 - 38        | 0 - 23        | 22 - 36   | x                    | x    | x    |        |           | x   |          | x     | x   |        |        |   |
|                                  | Premium Chicken Sandwich Original      | 690                     | 35        | 6           | 0             | 90            | 2050          | 57        | 2        | 12            | 10            | 34        | x                    | x    |      |        |           |     |          | x     | x   |        |        |   |
|                                  | 2 pc. Chicken Tenders                  | 540                     | 38        | 6           | 0             | 85            | 1670          | 24        | <1       | 3             | 2             | 28        | 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 (Breast/Wing Image)      | 1120 - 1370             | 70 - 87   | 18 - 23     | 0             | 245 - 310     | 2790 - 3130   | 46        | 1        | 1             | 0             | 69 - 86   |                      |      | x    |        |           |     |          | x     | x   |        |        |   |
| SMALL SIDES                      | 1 pc. Fish Fillet                      | 460                     | 37        | 7           | 0             | 50            | 1470          | 17        | <1       | 3             | 2             | 17        | x                    | x    | x    |        |           | x   |          |       |     |        |        |   |
|                                  | French Fries                           | 330                     | 22        | 4.5         | 0             | 0             | 620           | 33        | 0        | 0             | 0             | 3         |                      |      |      |        |           |     |          | 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     |     |        |        |   |
|                                  | Mashed Potatoes & Gravy                | 170 - 180               | 8         | 7 - 8       | 0             | 15 - 20       | 540 - 800     | 6 - 9     | 1        | 2             | 0 - <1        | 3         |                      |      |      |        |           |     |          | x     |     |        |        |   |
| LARGE SIDES                      | 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        |       |     |        |        |   |
|                                  | French Fries                           | 1000                    | 65        | 14          | 0             | 0             | 1840          | 99        | 0        | < 1           | 0             | 8         |                      |      |      |        |           |     |          | 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     |     |        |        |   |
| BY THE PIECE                     | 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     |     |        |        |   |
|                                  | 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        |       |     |        |        |   |
|                                  | 1 pc. Chicken Tender                   | 160                     | 7         | 1           | 0             | 40            | 590           | 10        | 0        | 0             | 0             | 14        |                      |      | x    |        |           |     |          | x     |     |        |        |   |
|                                  | 1 pc. Shrimp                           | 120 - 310               | 4 - 29    | 1 - 4.5     | 0             | 0 - 20        | 430 - 1220    | 8 - 25    | 0 - <1   | 1 - 18        | 0 - 13        | 2 - 3     | x                    |      | x    |        | x         | x   | x        | x     |     |        |        |   |
| FAMILY MEALS                     | 1 pc. Fish Fillet                      | 280 - 470               | 14 - 39   | 3 - 7       | 0             | 40 - 60       | 1240 - 2030   | 14 - 32   | 0 - 1    | 0 - 17        | 0 - 13        | 16 - 17   | x                    | x    | x    |        |           | 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     |     |        |        |   |
|                                  | Fish Fillet Sandwich                   | 670                     | 40        | 7           | 0             | 50            | 1900          | 57        | 2        | 12            | 10            | 23        | x                    | x    | x    |        |           | x   |          | x     |     |        |        |   |
|                                  | 8 pc. Tenders Family Meal              | 3420 - 5060             | 213 - 322 | 50 - 86     | 0.5 - 2       | 350 - 510     | 10200 - 15590 | 219 - 446 | 7 - 22   | 18 - 76       | 8 - 36        | 133 - 174 | 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     |     |        |        |   |
|                                  | 12 pc. Tenders Family Meal             | 5130 - 7580             | 320 - 483 | 74 - 129    | 1 - 3         | 520 - 760     | 15300 - 23390 | 329 - 669 | 11 - 33  | 27 - 113      | 13 - 54       | 200 - 261 | 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 - 6390             | 298 - 407 | 88 - 124    | 0 - 1.5       | 840 - 1000    | 11870 - 17260 | 246 - 474 | 8 - 22   | 9 - 66        | 0 - 28        | 253 - 294 | x                    | x    |      |        |           | x   |          | x     |     |        |        |   |
| 8 pc. Mixed Chicken Only         | 3500                                   | 236                     | 62        | 0           | 840           | 8360          | 122           | 4         | 3        | 0             | 232           |           |                      | x    |      |        |           |     | x        |       |     |        |        |   |
| 12 pc. Mixed Chicken Family Meal | 7130 - 9580                            | 447 - 610               | 132 - 187 | 0 - 2       | 1260 - 1500   | 17800 - 25900 | 370 - 711     | 12 - 33   | 13 - 99  | 0 - 42        | 380 - 441     | x         | x                    |      |      |        | x         |     | x        |       |     |        |        |   |
| 12 pc. Mixed Chicken Only        | 5250                                   | 354                     | 94        | 0           | 1260          | 12540         | 182           | 6         | 5        | 0             | 349           |           |                      | x    |      |        |           |     | x        |       |     |        |        |   |
| 8 pc. Fish Family Meal           | 4030 - 5660                            | 266 - 375               | 63 - 100  | 0.5 - 2     | 370 - 530     | 13330 - 18730 | 243 - 471     | 8 - 22    | 18 - 75  | 8 - 36        | 152 - 193     | x         | x                    | x    |      |        | x         |     | x        |       |     |        |        |   |
| 8 pc. Fish Fillets Only          | 2770                                   | 205                     | 38        | 0.5         | 370           | 9820          | 119           | 4         | 12       | 8             | 131           | x         | x                    | x    |      |        | x         |     |          |       |     |        |        |   |
| 12 pc. Fish Family Meal          | 6040 - 8490                            | 399 - 563               | 95 - 149  | 1 - 3       | 555 - 795     | 19990 - 28090 | 365 - 706     | 12 - 33   | 27 - 113 | 13 - 54       | 228 - 289     | x         | x                    | x    |      |        | x         |     | x        |       |     |        |        |   |
| 12 pc. Fish Fillets Only         | 4160                                   | 307                     | 56        | 1           | 555           | 14730         | 178           | 6         | 18       | 13            | 197           | x         | x                    | x    |      |        | x         |     |          |       |     |        |        |   |
| DIPPING CUPS                     | 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    |        |           |     |          |       |     |        |        |   |
|                                  | 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         |                      |      |      |        |           |     |          |       |     |        |        |   |

|                  |                                    | NUTRITIONAL INFORMATION |         |             |               |           |             |          |         |               |               |          | ALLERGEN INFORMATION |      |      |        |           |     |          |       |     |        |        |  |
|------------------|------------------------------------|-------------------------|---------|-------------|---------------|-----------|-------------|----------|---------|---------------|---------------|----------|----------------------|------|------|--------|-----------|-----|----------|-------|-----|--------|--------|--|
| Item Description |                                    | Calcs (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     | 410 - 540               | 23 - 38 | 12 - 17     | 0             | 155 - 170 | 1390 - 1690 | 28 - 29  | 1       | 2             | 0             | 17 - 24  | x                    |      | x    |        |           | x   |          | x     |     |        |        |  |
|                  | 3-Meat, Egg, & Cheese Sandwich     | 750                     | 55      | 23          | 0             | 215       | 2220        | 30       | 1       | 2             | 0             | 34       | x                    |      | x    |        |           | x   |          | x     |     |        |        |  |
|                  | Biscuits & Gravy Half Order        | 310                     | 15      | 7           | 0             | < 5       | 1130        | 36       | 1       | 3             | <1            | 5        |                      |      | x    |        |           |     | x        |       |     |        |        |  |
|                  | Breakfast Burrito w/ Sausage Gravy | 650                     | 41      | 16          | 0             | 180       | 1710        | 43       | 2       | 1             | 0             | 28       | x                    |      | x    |        |           | x   |          | x     |     |        |        |  |
| BREAKFAST LINE 2 | 1-Meat Sandwich (No Egg/Cheese)    | 270 - 400               | 13 - 27 | 6 - 11      | 0             | 15 - 30   | 880 - 1190  | 27 - 28  | <1      | <1 - 2        | 0             | 8 - 15   |                      |      | x    |        |           |     |          | x     |     |        |        |  |
|                  | Biscuits & Gravy Full Order        | 610                     | 29      | 14          | 0             | 10        | 2260        | 72       | 2       | 5             | 2             | 9        |                      |      | x    |        |           |     | 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.