

feed **A CROWD**

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS

2 LARGE SIDES & 4 BISCUITS

\$32.99 3150-7180 CAL

CHICKEN ONLY **\$18.99** 2170 CAL

8 PC FISH FILLETS

2 LARGE SIDES & 4 BISCUITS

\$40.99 3760-7790 CAL

FISH ONLY **\$27.99** 2780 CAL

12 PC TENDERS

3 LARGE SIDES & 6 BISCUITS

\$47.99 4730-10780 CAL

CHICKEN ONLY **\$26.99** 3250 CAL

12 PC FISH FILLETS

3 LARGE SIDES & 6 BISCUITS

\$60.99 5640-11690 CAL

FISH ONLY **\$40.99** 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*



Fast Gas #7-SF

1351 East Center Street
Spanish Fork, UT 84660
(801) 798-7232



box
includes
French Fries
& **Sassy Sauce**

*side substitution, add \$.99

SIDES

Classic Regular **\$2.99** | Large **\$5.79**

French Fries 330//1000 cal

Premium Regular **\$3.29** | Large **\$6.29**

*Potato Wedges 310//930 cal

*Mac & Cheese 190//580 cal

*Mashed Potatoes 170//530 cal

*Sweet Corn 210//630 cal

*Hushpuppies 690//2070 cal

make it a **big box** add **\$3.50**

Add 1 Reg. Side Item & Biscuit
270-910 cal

CHICKEN boxes

THE REAL CHAMP

1

Box \$8.49 1030 cal
Sandwich Only \$6.49 700 cal



2

2 PC Tenders

Box \$7.49 880 cal
Chicken Only \$5.49 540 cal

3

3 PC Tenders

Box \$9.29 1040 cal
Chicken Only \$7.29 700 cal

4

8 PC Dippers

Box \$9.19 950 cal
Chicken Only \$7.19 620 cal



dipper **BOWL** **\$7.99**
630 cal

DIPPERS • MASHED POTATOES • CORN • GRAVY • CHEESE



SEAFOOD boxes

5

1 pc FISH

Box \$6.49 790 cal
Fish Only \$4.49 460 cal

6

6 pc SHRIMP

Box \$9.49 970 cal
Shrimp Only \$7.49 630 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 **\$2.49**
Add Potato Wedges 260 cal



1

breakfast **BISCUIT**

Bacon or Sausage with Egg & Cheese

\$3.59 510-650 cal

Bacon or Sausage Biscuit Only

\$2.89 260-400 cal



2

biscuit & **GRAVY**

1 Biscuit & Sausage Gravy

\$3.59 310 cal

2 Biscuits & Sausage Gravy

\$4.99 610 cal



3

breakfast **BURRITO**

Bacon, Sausage, Egg, Cheese & Sausage Gravy

\$5.19 690 cal



4

breakfast **BOWL**

Bacon, Sausage, Potato Wedges & Sausage Gravy

\$6.59 640 cal



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

available until **10 AM** everyday

FAST GAS 7 BOX MENU

		NUTRITIONAL INFORMATION											ALLERGEN INFORMATION											
Item Description		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	
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			
	6 pc. Shrimp Box	970	70	13	0	20	2120	73	2	11	3	16	x	x			x			x	x			
	Dipper Bowl	630	30	14	0	90	1540	46	4	12	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	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			
	ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	270 - 910	18 - 60	7 - 14	0	0 - 25	790 - 2050	33 - 86	<1 - 3	1 - 17	0 - 13	6 - 11	x	x	x			x	x	x			x
	Reg Side Item Substitution	0	0	0	0	0	0	0	0	0	0	0												
SMALL SIDES	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	8	7	0	20	540	6	1	2	<1	3		x						x	x			
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3							x	x	x			
	8 pc. Hushpuppies	690	50	9	0	<5	830	59	0	16	13	5	x	x	x			x	x	x				
	French Fries	1000	65	14	0	0	1840	99	0	<1	0	8								x	x			
LARGE SIDES	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	530	26	23	1	60	1680	17	4	5	2	10		x						x	x			
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10							x	x	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	3150 - 7180	235 - 491	55 - 96	0.5 - 2	350 - 510	10200 - 17720	219 - 554	7 - 22	18 - 112	8 - 87	141 - 174	x	x	x			x	x	x			x	
	8 pc. Chicken Tenders Only	2170	152	24	0.5	350	6990	94	3	12	8	112	x	x						x	x			
	12 pc. Tenders Family Meal	4730 - 10780	352 - 737	83 - 144	1 - 3	520 - 760	15300 - 26580	329 - 831	11 - 33	27 - 168	13 - 130	211 - 261	x	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	3760 - 7790	288 - 545	69 - 109	0.5 - 2	370 - 530	13230 - 20760	243 - 578	8 - 23	18 - 112	8 - 87	160 - 193	x	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	5640 - 11690	432 - 817	103 - 164	1 - 3	555 - 795	19850 - 31140	365 - 868	12 - 34	27 - 168	13 - 130	240 - 290	x	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			
OMS ONLY	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14		x						x	x			
	1 pc. Chicken Breast Fillet	250	9	2	0	85	1130	13	0	0	0	28		x						x	x			
	1 pc. Fish Fillet	240	14	3	0	40	970	13	0	0	0	16		x										
	1 pc. Shrimp	70	4	1	0	0	170	6	0	1	0	2					x			x	x			
	Small Gizzards	740	47	8	0	510	2780	37	1	3	2	43	x	x						x	x			
	Large Gizzards	1000	59	10	0	760	3920	53	2	4	2	64	x	x						x	x			
		Buffalo Dipping Cup	50	4.5	0.5	0	0	1050	1	0	0	0	0											
DIPPING CUPS	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	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										

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BREAKFAST LINE 1	1-Meat, Egg, & Cheese Sandwich	510 - 650	33 - 46	13 - 18	0	420 - 445	1190 - 1310	28 - 29	<1	2	0	22 - 24	x	x					x	x	x		
	Biscuits & Gravy Half Order	310	15	7	0	<5	1130	36	1	3	<1	5		x					x	x	x		
	Breakfast Burrito w/ Sausage Gravy	690	41	13	0	430	1310	51	0	1	0	28	x	x					x	x	x		
	Breakfast Bowl	640	45	14	0	645	1420	27	0	2	<1	31	x	x					x	x	x		
BREAKFAST LINE 2	1-Meat Sandwich (No Egg/Cheese)	260 - 400	14 - 27	6 - 11	0	10 - 30	760 - 880	27 - 28	<1	<1	0	6 - 8		x						x	x	x	
	Biscuits & Gravy Full Order	610	29	14	0	10	2260	72	2	5	2	9		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 Oenosis 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: 4/22/2025