

LAYNE'S Chicken Fingers NUTRITION AND ALLERGEN INFORMATION as of 11.11.2024v1

At Layne's Chicken Fingers, we strive to provide accurate nutrition and allergen information from vendors, the United States Department of Agriculture, and database analysis.

While we aim to keep this information current, variations may occur due to customized orders, ingredient changes, and season differences.

Our restaurants prepare and serve food that may contain allergens, including, but not limited to, eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, and wheat.

Please be aware that cross-contact with allergens may occur during normal kitchen operations, including shared fryers, preparation, and cooking areas.

For these reasons, we cannot guarantee that any menu item will be completely free of allergens.

ALLERGEN KEY: E.....Egg F.....Fish M.....Milk P.....Peanut SS.....Sesame Seed SF.....Shellfish S.....Soy T.....Tree Nut W.....Wheat

*Cooked in a Shared Fryer	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	ALLERGENS	
CHICKEN FINGERS*													
<i>Original*</i>													
	3 fingers	290	15	1	0	75	460	13	0	0	27	W	
	4 fingers	390	20	1.5	0	100	610	18	0	0	36	W	
	5 fingers	490	25	2	0	125	770	22	1	0	45	W	
<i>Spicy*</i>													
	3 fingers	290	15	1	0	75	790	12	0	0	27	W	
	4 fingers	390	21	1.5	0	100	1050	16	0	0	36	W	
	5 fingers	480	26	2	0	125	1310	20	0	0	45	W	
MEALS													
<i>Add Crinkle-Cut, Texas Toast, Choice of Sauce, and Drink</i>													
CRINKLE CUT FRIES*	5 oz.	290	17	2.5	0	0	840	34	2	0	2		
TEXAS TOAST	1 slice	180	9	3	0	0	370	20	1	2	3	M, S, W	
ADD CHOICE OF SAUCE													
	BBO	2 fl. oz.	140	0	0	0	580	36	0	34	0		
	Buttermilk Ranch	2 fl. oz.	220	22	3	0	20	600	2	0	2	E, M, S	
	Gravy	2 fl. oz.	50	2	1	0	270	6	0	0	0	M, W	
	Honey Mustard	2 fl. oz.	300	29	4	0	340	11	0	11	0	E	
	Jalapeño Ranch	2 fl. oz.	200	20	3	0	20	500	2	0	2	E, M	
	Layne's Sauce	2 fl. oz.	270	28	3.5	0	25	590	6	0	4	E, F, S	
ADD CHOICE OF DRINK													
	Barq's Root Beer	22 fl. oz.	300	0	0	0	140	81	0	80	0		
	Coca-Cola	22 fl. oz.	290	0	0	0	75	80	0	80	0		
	Coke Zero	22 fl. oz.	0	0	0	0	80	0	0	0	0		
	Diet Coke	22 fl. oz.	0	0	0	0	95	0	0	0	0		
	Dr. Pepper	22 fl. oz.	260	0	0	0	80	72	0	70	0		
	Lemonade	22 fl. oz.	350	0	0	0	15	94	0	94	0		
	Powerade Mountain Blast	22 fl. oz.	170	0	0	0	220	44	0	44	0		
	Sprite	22 fl. oz.	270	0	0	0	135	73	0	73	0		
	Tea - Sweet	22 fl. oz.	250	0	0	0	15	66	0	66	0		
	Tea - Unsweet	22 fl. oz.	0	0	0	0	15	0	0	0	0		
	Vitamin Water XX Glaceau	22 fl. oz.	140	0	0	0	80	37	0	37	0		
SANDWICH & WRAPS													
<i>Listed As Served Unless Otherwise Noted</i>													
CHICKEN WRAP <i>Listed Without Dressing</i>													
	<i>Original*</i> - Fried	1 wrap	500	24	8	0	80	860	43	2	3	29	M, W
	<i>Original</i> - Grilled	1 wrap	410	15	8	0	105	610	34	2	2	35	M, W
	<i>Spicy*</i> - Fried	1 wrap	500	25	8	0	80	1080	42	2	3	29	M, W
ADD CHOICE OF DRESSING													
	Buttermilk Ranch	2 fl. oz.	220	22	3	0	20	600	2	0	2	1	E, M, S
	Honey Mustard	2 fl. oz.	300	29	4	0	25	340	11	0	11	0	E
	Jalapeño Ranch	2 fl. oz.	200	20	3	0	20	500	2	0	2	2	E, M
	Layne's Sauce	2 fl. oz.	270	28	3.5	0	25	590	6	0	4	0	E, F, S
CHICKEN SANDWICH													
	<i>Original*</i>	1 sandwich	780	47	9	0	85	1490	56	3	6	33	E, F, M, S, W
	<i>Spicy*</i>	1 sandwich	780	47	9	0	85	1810	55	3	6	33	E, F, M, S, W
CLUB SANDWICH													
	<i>Original*</i>	1 sandwich	910	57	14	0	125	1990	57	3	7	40	E, F, M, S, W
	<i>Spicy*</i>	1 sandwich	910	58	14	0	125	2310	56	3	7	40	E, F, M, S, W
GRILLED CHEESE SANDWICH													
		1 sandwich	490	30	13	0	40	1410	42	2	6	12	M, S, W

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SIDES												
CHICKEN FINGERS*												
Original*	1 fingers	100	5	0	0	25	150	4	0	0	9	W
Spicy*	1 fingers	100	5	0	0	25	260	4	0	0	9	W
CREAM GRAVY	4 fl. oz.	110	5	2.5	0	0	610	15	0	0	0	M, W
CRINKLE CUT FRIES*	5 oz.	290	17	2.5	0	0	840	34	2	0	2	
POTATO SALAD	4 oz.	160	8	1	0	10	430	22	2	7	0	E
TEXAS TOAST	1 slice	180	9	3	0	0	370	20	1	2	3	M, S, W
SAUCE HEAVEN												
BBO	2 fl. oz.	140	0	0	0	0	580	36	0	34	0	
BUTTERMILK RANCH	2 fl. oz.	220	22	3	0	20	600	2	0	2	1	E, M, S
GRAVY	2 fl. oz.	50	2	1	0	0	270	6	0	0	0	M, W
HONEY MUSTARD	2 fl. oz.	300	29	4	0	25	340	11	0	11	0	E
JALAPEÑO RANCH	2 fl. oz.	200	20	3	0	20	500	2	0	2	2	E, M
LAYNE'S SAUCE	2 fl. oz.	270	28	3.5	0	25	590	6	0	4	0	E, F, S
KIDS MEALS Options Listed Individually												
KIDS CHICKEN FINGERS*	2 fingers	190	10	1	0	50	520	8	0	0	18	W
KIDS GRILLED CHEESE SANDWICH	1 sandwich	490	30	13	0	40	1410	42	2	6	12	M, S, W
ADD												
Crinkle Cut Fries*	3 oz. wt.	180	10	1.5	0	0	660	20	1	0	1	
ADD CHOICE OF DRINK												
Barq's Root Beer	12 fl. oz.	160	0	0	0	0	75	44	0	44	0	
Coca-Cola	12 fl. oz.	160	0	0	0	0	40	44	0	44	0	
Coke Zero	12 fl. oz.	0	0	0	0	0	45	0	0	0	0	
Diet Coke	12 fl. oz.	0	0	0	0	0	50	0	0	0	0	
Dr. Pepper	12 fl. oz.	140	0	0	0	0	45	39	0	38	0	
Lemonade	12 fl. oz.	190	0	0	0	0	10	51	0	51	0	
Powerade Mountain Blast	12 fl. oz.	90	0	0	0	0	120	24	0	24	0	
Sprite	12 fl. oz.	150	0	0	0	0	75	40	0	40	0	
Tea - Sweet	12 fl. oz.	140	0	0	0	0	10	36	0	36	0	
Tea - Unsweet	12 fl. oz.	0	0	0	0	0	5	0	0	0	0	
Vitamin Water XX Glaceau	12 fl. oz.	80	0	0	0	0	40	20	0	20	0	
COOKIES & SHAKES												
COOKIES												
Chocolate Chip	1 cookie	380	19	11	0	45	430	50	2	28	5	E, M, S, W
Salted Caramel	1 cookie	390	17	10	50	50	620	57	1	31	4	E, M, S, T, W
SHAKES												
CHOCOLATE												
Regular	12 fl. oz.	560	17	11	0	70	320	93	2	81	11	M
Large	22 fl. oz.	1030	30	20	0	125	590	173	4	150	20	M
Extra Large	32 fl. oz.	1500	44	29	0	180	860	253	6	220	29	M
OREO												
Regular	12 fl. oz.	530	19	12	0	70	350	79	0	66	12	M, S, W
Large	22 fl. oz.	980	35	22	0	125	640	145	1	121	21	M, S, W
Extra Large	32 fl. oz.	1430	51	31	0	180	930	211	2	176	31	M, S, W
SALTED CARAMEL												
Regular	12 fl. oz.	570	17	11	0	70	440	94	0	85	11	M
Large	22 fl. oz.	1050	30	20	0	125	830	175	0	158	20	M
Extra Large	32 fl. oz.	1530	44	29	0	180	1220	256	0	232	29	M
STRAWBERRY												
Regular	12 fl. oz.	570	17	11	0	70	300	95	0	85	11	M
Large	22 fl. oz.	1050	30	20	0	125	550	177	0	158	20	M
Extra Large	32 fl. oz.	1530	44	29	0	180	800	259	0	232	29	M

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SHAKES												
VANILLA												
Regular	12 fl. oz.	510	18	12	0	75	330	75	0	66	12	M
Large	22 fl. oz.	940	33	22	0	140	610	138	0	121	22	M
Extra Large	32 fl. oz.	1360	48	32	0	200	880	200	0	176	32	M
<i>DRINKS Listed Without Ice</i>												
BARO'S ROOT BEER												
Kids	12 fl. oz.	160	0	0	0	0	75	44	0	44	0	
Regular	22 fl. oz.	300	0	0	0	0	140	81	0	80	0	
Large	32 fl. oz.	430	0	0	0	0	200	117	0	117	0	
COCA-COLA												
Kids	12 fl. oz.	160	0	0	0	0	40	44	0	44	0	
Regular	22 fl. oz.	290	0	0	0	0	75	80	0	80	0	
Large	32 fl. oz.	430	0	0	0	0	110	116	0	116	0	
COKE ZERO												
Kids	12 fl. oz.	0	0	0	0	0	45	0	0	0	0	
Regular	22 fl. oz.	0	0	0	0	0	80	0	0	0	0	
Large	32 fl. oz.	0	0	0	0	0	115	0	0	0	0	
DIET COKE												
Kids	12 fl. oz.	0	0	0	0	0	50	0	0	0	0	
Regular	22 fl. oz.	0	0	0	0	0	95	0	0	0	0	
Large	32 fl. oz.	0	0	0	0	0	140	0	0	0	0	
DR. PEPPER												
Kids	12 fl. oz.	140	0	0	0	0	45	39	0	38	0	
Regular	22 fl. oz.	260	0	0	0	0	80	72	0	70	0	
Large	32 fl. oz.	380	0	0	0	0	115	104	0	102	0	
POWERADE MOUNTAIN BLAST												
Kids	12 fl. oz.	90	0	0	0	0	120	24	0	24	0	
Regular	22 fl. oz.	170	0	0	0	0	220	44	0	44	0	
Large	32 fl. oz.	240	0	0	0	0	330	64	0	64	0	
SPRITE												
Kids	12 fl. oz.	150	0	0	0	0	75	40	0	40	0	
Regular	22 fl. oz.	270	0	0	0	0	135	73	0	73	0	
Large	32 fl. oz.	400	0	0	0	0	200	106	0	106	0	
VITAMIN WATER XX GLACEAU												
Kids	12 fl. oz.	80	0	0	0	0	40	20	0	20	0	
Regular	22 fl. oz.	140	0	0	0	0	80	37	0	37	0	
Large	32 fl. oz.	200	0	0	0	0	115	54	0	54	0	
BOTTLED WATER												
	16.9 fl. oz.	0	0	0	0	0	0	0	0	0	0	
TEA - SWEET												
Kids	12 fl. oz.	140	0	0	0	0	10	36	0	36	0	
Regular	22 fl. oz.	250	0	0	0	0	15	66	0	66	0	
Large	32 fl. oz.	360	0	0	0	0	20	96	0	96	0	
Gallon	128 fl. oz.	1440	0	0	0	0	90	384	0	384	0	
TEA - UNSWEET												
Kids	12 fl. oz.	0	0	0	0	0	5	0	0	0	0	
Regular	22 fl. oz.	0	0	0	0	0	15	0	0	0	0	
Large	32 fl. oz.	0	0	0	0	0	20	0	0	0	0	
Gallon	128 fl. oz.	0	0	0	0	0	75	0	0	0	0	
LEMONADE												
Kids	12 fl. oz.	190	0	0	0	0	10	51	0	51	0	
Regular	22 fl. oz.	350	0	0	0	0	15	94	0	94	0	
Large	32 fl. oz.	510	0	0	0	0	20	136	0	136	0	
Gallon	128 fl. oz.	2040	0	0	0	0	80	546	0	544	0	