

BOJANGLES MENU NUTRITION

	Nutrition Facts													Allergens									
	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat	Sesame		
BISCUITS																							
Bacon, Egg & Cheese Biscuit	1	510	240	27	11	.5	215	40	1750	5	28	0	x		x			x		x			
Cajun Filet Biscuit®	1	570	240	27	9	0	50	57	1720	4	23	1			x			x		x			
Bo's Chicken Biscuit	1	570	240	27	9	0	50	57	1720	4	23	1			x			x		x			
Cheddar Bo® Biscuit *	1	490	270	30	9	0	45	39	970	3	15	0			x			x		x			
Country Ham & Egg Biscuit	1	460	230	25	9	0	205	38	1730	4	20	1	x		x			x		x			
Country Ham Biscuit	1	380	180	20	8	0	35	38	1570	4	14	1			x			x		x			
Egg & Cheese Biscuit	1	430	220	25	10	.5	185	39	1150	4	13	0	x		x			x		x			
Gravy Biscuit *	1	430	180	21	8	0	15	49	1480	8	11	1			x			x		x			
Old Fashioned Gravy Biscuit *	1	410	200	22	10	0	5	47	1200	5	7	1			x			x		x			
Plain Biscuit	1	310	140	15	6	0	0	37	780	4	6	1			x			x		x			
Sausage & Egg Biscuit	1	550	300	34	13	0	215	38	1320	4	21	1	x		x			x		x			
Sausage Biscuit	1	470	250	28	11	0	40	38	1160	4	15	1			x			x		x			
Southern Filet Biscuit *	1	550	240	27	9	0	55	54	1390	4	23	1			x			x		x			
Steak Biscuit	1	620	360	40	17	1.5	55	48	1400	4	16	1			x			x		x			
Add American Cheese	1	40	30	3.5	2	0	10	1	190	0	2	0			x			x					
Add Egg	1	80	50	6	1.5	0	175	0	160	0	6	0	x		x								
SANDWICHES																							
Bo's Chicken Sandwich	1	670	320	36	8	1	95	95	1730	8	31	0	x		x			x		x			
Grilled Chicken Club Sandwich	1	690	350	39	9	.5	125	39	2130	8	46	1	x		x			x		x			
Grilled Chicken Sandwich	1	570	300	33	6	0	85	36	1350	6	29	1	x							x			
SALADS																							
Not included: 1 pack of dressing & 1 pack of croutons																							
Garden Salad	1	170	90	10	6	0	0	6	70	2	14	2			x								
Grilled Chicken Salad	1	360	160	17	8	0	76	9	1180	2	40	2			x								
Chicken Supremes™ Salad	1	420	210	22	10	1	50	23	530	2	29	2			x								
Bo Bites™ Salad	1	430	230	24	14	3	70	21	700	3	33	3			x								
Bo's House Salad	1	780	490	54	17	1	120	27	1790	6	49	1	x		x					x			
Garden Salad	1	260	170	19	7	0	0	11	430	5	13	1	x	x	x	x	x	x	x	x	x	x	
SWEETS																							
Bo-Berry Biscuit®	1	370	160	17	8	0	0	49	720	18	5	1	x		x			x		x			
Cinnamon Biscuit *	1	490	240	27	8	0	0	57	910	21	6	1			x			x		x			
Cinnamon Twist *	1	380	220	24	7	0	0	38	300	15	3	1			x			x		x			
Sweet Potato Pie	1	350	180	20	9	0	10	41	100	18	3	1	x		x			x		x			
KIDS' MEAL																							
w/water, green beans, biscuit																							
2 Piece Supremes	1	580	250	28	10	0	50	59	1740	6	23	2			x			x		x			
Bo's Chicken Tenders	2 pc	720	260	29	11	4	82	76	2390	7	36	1			x			x		x			
Chicken Leg	1	520	260	29	11	0	55	50	1650	6	16	3			x			x		x			
Mac 'N Cheese	1	610	300	33	14	0	20	63	2120	9	15	3			x			x		x			
Bo Bites™	4 pc	550	260	27	12	2	56	54	1790	7	23	4											
CHICKEN																							
Breast	1 pc	540	260	29	10	1	130	24	580	0	41	1									x		
Leg	1 pc	190	120	13	4.5	0	55	8	370	0	10	0									x		
Thigh	1 pc	240	90	10	3.5	0	100	14	600	0	21	1									x		
Wing	1 pc	150	70	8	3.5	.5	30	8	300	0	10	0									x		
Supremes	4 pc	500	230	25	7	1	100	33	920	0	32	0									x		
Bo's Chicken Tenders	3 pc	310	90	10	4	.5	105	17	1220	1	36	0			X						x		
Bo's Chicken Tenders	4 pc	410	120	14	5	1	145	23	1630	2	48	1			X						x		
Bo's Chicken Tenders	5 pc	510	150	17	7	1	180	29	2040	2	60	1			X						x		
Bo Bites™ 4pc Ala Carte	4 pc	220	120	12	6	2	56	12	510	1	16	0			x			x		x	x		
Bo Bites™ 6pc Ala Carte	6 pc	320	170	18	9	3	84	18	760	1	24	1			x			x		x	x		
Bo Bites™ 9pc Ala Carte	9 pc	480	260	27	13.5	4.5	126	27	1140	1	36	1			x			x		x	x		
Bo Bites™ 12pc Ala Carte	12 pc	640	340	36	18	6	168	36	1520	2	48	1			x			x		x	x		
Bo Bites™ 20pc Ala Carte	20 pc	1060	560	60	30	10	280	60	2520	2	80	2			x			x		x	x		

*Only at participating stores.

The above information is for company-owned stores. Please contact franchised locations directly for nutritional information. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Some products may contain allergens including but not limited to milk, eggs, wheat, soy, tree nuts, peanuts, fish, shellfish and sesame. As a result, we are unable to guarantee that any menu item can be completely free of allergens.

	Nutrition Facts													Allergens									
	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat	Sesame		
FRIED ITEMS																							
Bo-Tato Rounds®	Sm	260	140	16	5	.5	10	27	590	0	2	2											
Bo-Tato Rounds®	Medium	390	220	24	7	1	15	40	880	0	3	3											
Bo-Tato Rounds®	Picnic	650	360	40	12	2	25	67	1470	0	5	4											
Bojangles Cajun Pintos®	Ind.	130	5	.5	0	0	0	24	850	5	7	7											
Bojangles Cajun Pintos®	Picnic	420	20	2	0	0	0	81	2810	16	22	23											
Bojangles' Dirty Rice®	Ind.	170	50	6	1.5	0	10	23	680	1	5	0						x		x			
Bojangles' Dirty Rice®	Picnic	530	160	18	5	0	30	74	2130	2	15	0						x		x			
Cole Slaw	Ind.	170	100	11	1.5	0	5	20	240	17	1	2	x										
Cole Slaw	Picnic	580	320	35	6	0	15	65	810	55	4	6	x										
Green Beans *	Ind.	20	0	0	0	0	0	5	500	2	1	2						x		x			
Green Beans *	Picnic	70	5	.5	0	0	0	15	1580	7	4	5						x		x			
Macaroni 'N Cheese	Ind.	280	160	18	8	0	20	21	830	3	8	1			x			x		x			
Macaroni 'N Cheese	Picnic	870	480	54	23	1	60	64	2550	9	24	3			x			x		x			
Baked Macaroni 'N Cheese	Ind.	260	140	16	8	0	20	21	830	3	8	1			x			x		x			
Baked Macaroni 'N Cheese	Picnic	790	430	48	22	1	60	64	2550	9	24	3			x			x		x			
Mashed Potatoes 'N Gravy *	Ind.	120	30	3	1	0	5	18	630	2	4	1			x			x		x			
Mashed Potatoes 'N Gravy *	Picnic	410	90	9	2.5	0	15	69	2190	7	13	4			x			x		x			
Mashed Potatoes 'N Old Fashioned Gravy *	Ind.	110	35	4	1.5	0	5	17	510	1	2	1			x			x		x			
Mashed Potatoes 'N Old Fashioned Gravy *	Picnic	400	100	11	4.5	0	5	66	1850	3	9	5			x			x		x			
Mashed Potatoes 'N Brown Gravy*	Ind.	100	20	2.5	1	0	0	18	800	1	2	1			x			x		x			
Mashed Potatoes 'N Brown Gravy*	Picnic	370	70	7	3	0	0	69	2560	3	7	5			x			x		x			
Grits	Ind.	90	5	0	0	0	0	21	5	0	2	1											
Grits	Picnic	280	10	1	0	0	0	62	15	0	6	4											
Seasoned Fries	Sm	360	180	21	7	1	15	39	320	0	3	3											
Seasoned Fries	Medium	450	230	26	9	1.5	15	49	400	0	4	4											
Seasoned Fries	Picnic	670	340	38	13	2	25	73	590	1	6	5											
BOWLS																							
Chicken Rice Bowl (w/o biscuit)	1 Bowl	780	240	27	10	0	140	86	3550	11	48	12			x			x		x			
DIPPING SAUCES																							
BBQ Sauce	2 oz	100	0	0	0	0	0	25	450	21	0	1											
Peach Honey Pepper Sauce	2 oz	110	5	0	0	0	0	27	480	25	0	0											
Creamy Buffalo Sauce	2 oz	170	160	18	3	0	15	2	0	0	0	0	x										
Honey Mustard Sauce	2 oz	280	230	25	4	0	15	13	410	12	1	0	x										
Housemade Ranch Sauce	2 oz	270	250	28	4.5	0	25	4	450	3	1	0	x		x								
Jalapeño Ranch Sauce	2oz	220	200	23	3.5	0	20	3	0	2	1	0	x		x								
SALAD DRESSING																							
Housemade Ranch Dressing	1.5 oz	200	180	20	3	0	15	2	280	1	1	0	x		x								
Ken's Blue Cheese Dressing	1.5 oz	230	220	24	4.5	0	20	2	320	2	1	0	x		x								
Ken's Fat Free Italian Dressing	1.5 oz	15	0	0	0	0	0	5	700	3	0	1											
Ken's Honey Dijon Dressing	1.5 oz	120	60	7	1	0	15	14	390	14	0	0	x										
Ken's Thousand Island	1.5 oz	190	160	18	3	0	20	6	350	6	0	0	x										
Ken's Fat Free Ranch	1.5 oz	40	0	0	0	0	0	11	540	4	0	1			x								
Homestyle Cheese Garlic Croutons	1/2 oz	60	20	2	0	0	0	9	170	1	1	0			x					x			
SWEET TREATS																							
Vanilla Milkshake	Regular	620	240	26	16	1	100	86	560	85	12	0	x	x	x	x	x	x	x	x			
Chocolate Milkshake	Regular	680	240	26	16	1	100	101	650	97	14	2	x	x	x	x	x	x	x	x			
Bo-Berry Milkshake	Regular	610	240	26	16	1	100	83	610	82	12	0	x	x	x	x	x	x	x	x			