



Nutrition Guide

ITEM	Portion Size	Wt. (g)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)			Peanuts	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	MSG (Monosodium Glutamate)
Mild Chicken																							
Wing	1	63	210	14	4	0	60	610	8	1	0	13					*	*	*				*
Leg	1	67	160	9	4	0	40	460	5	1	0	14					*	*	*				*
Thigh	1	80	280	21	8	0	50	640	7	1	0	14					*	*	*				*
Breast	1	157	440	27	11	1	110	1330	16	2	0	35					*	*	*				*
Spicy Chicken																							
Wing	1	63	210	14	6	0	55	410	8	1	0	13					*	*	*				*
Leg	1	67	170	10	4	0	65	360	5	1	0	13					*	*	*				*
Thigh	1	80	260	18	6	0	70	460	8	1	0	14					*	*	*				*
Breast	1	157	420	27	9	1	110	830	13	3	0	33					*	*	*				*
Louisiana Travelers																							
Nuggets (4 pcs)	1	50	150	9	4	0.5	25	230	10	1	0	7					*	*	*	*			*
Nuggets (6 pcs)	1	75	230	14	6	1	40	350	14	1	0	11					*	*	*	*			*
Mild Tenders (3pcs)	1	126	340	14	6	1	70	1350	26	1	0	27					*	*	*				*
Spicy Tenders (3 pcs)	1	126	310	15	6	1	80	1240	16	2	0	28					*	*	*				*
Naked Tenders (3 pcs)	1	113	170	2	0	0	25	550	2	0	0	26					*	*	*				*
Big Easys																							
Loaded Chicken Wrap	1	130	310	13	6	0	30	890	33	3	0	14					*	*	*	*			*
Naked Chicken Wrap	1	97	200	6	4	0	25	580	22	1	0	12					*	*	*				*
Chicken Po' Boy	1	635	660	34	9	1	75	2120	61	3	3	31					*	*	*	*			*
Shrimp Po' Boy	1	271	690	42	13	1	75	2165	66	5	3	42					*	*	*	*	*	*	*
Catfish Po' Boy	1	319	800	50	16	2	75	2015	65	3	3	27					*	*	*		*		*
Naked BBQ Chicken Po' Boy	1	210	340	7	1.5	0	50	1030	49	2	11	24						*					*
Chicken & Sausage Jambalaya	1	151	220	11	3	0	32	760	20	1	0	10					*	*	*	*			*
Chicken Livers	10	284	1190	80	34	4.5	765	2070	65	6	3	54					*	*	*				*
Seafood																							
Popcorn Shrimp	1	99	330	9	9	1	65	1290	28	3	0	11					*	*	*	*		*	*
Butterfly Shrimp (8 Shrimp)	1	100	290	17	8	1	90	820	21	3	0	12					*	*	*	*		*	*
Catfish Fillet	2	147	460	29	12	2	65	1140	27	1	0	21					*	*	*	*	*		*
Louisiana Leaux																							
Naked Tenders (3 pcs)	1	113	170	2	0	0	25	550	2	0	0	26					*	*	*				*
Naked Chicken Wrap	1	97	200	6	4	0	25	580	22	1	0	12					*	*	*				*
Naked BBQ Chicken P' Boy	1	210	340	7	1.5	0	50	1030	49	2	11	24						*					*
Baguette	1	36	90	2	0	0	0	80	18	1	1	3						*	*	*			*
Green Beans Reg	100	40	1.5	0	0	5	420	6	2	1	2						*	*	*				*
Green Beans Lg	300	120	4.5	0	0	15	1260	18	3	3	6						*	*	*				*
Get Up & Geaux Kids Meal	1	224	260	5	0.5	0	45	680	32	3	10	21						*	*				*

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Beverages																								
Coke	22 oz		230	0	0	0	0	22	59	0	59	0												
Diet Coke	22 oz		0	0	0	0	0	38	0	0	0	0												
Sprite	22 oz		210	0	0	0	0	77	56	0	56	0												
Fanta Strawberry	22 oz		300	0	0	0	0	75	80	0	80	0												
Fanta Orange	22 oz		300	0	0	0	0	25	80	0	80	0												
Hawaiian Punch	22 oz		175	0	0	0	0	265	43	0	43	0												
Mountain Dew	22 oz		290	0	0	0	0	120	77	0	77	0												
Pepsi	22 oz		200	0	0	0	0	50	70	0	70	0												
Diet Pepsi	22 oz		0	0	0	0	0	50	0	0	0	0												
Dr Pepper	22 oz		250	0	0	0	0	87.5	68	0	68	0												
Unsweetened Tea	22 oz		0	0	0	0	0	10	0	0	0	0												
Sweet Tea	22 oz		180	0	0	0	0	10	45	0	45	0												
Sauces																								
Spicy BBQ	1	28	45	0	0	0	0	320	10	0	8	0												
Ranch	1	28	150	15	2.5	0	10	230	3	0	1	0					*	*						*
Spicy Honey Mustard	1	28	100	8	1	0	10	170	7	0	5	0					*							
Cocktail	1	28	30	0	0	0	0	320	6	0	6	0												
Tartar Sauce	1	28	140	15	2.5	0	15	280	1	0	1	0												
Confetti Sauce	1	28	65	0	0	0	0	90	16	0	10	0												

The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes® website or in its restaurants is comprised of data provided by an independent testing company commissioned by Popeyes (ABC Research, Inc.) and is current as of May 2011. The data is based on standard product formulations and portion sizes, which can vary due to sampling differences, seasonal differences, ingredient substitutions, supplier variations, slight differences in product assemble on a restaurant-by-restaurant basis, and other factors.

All standard domestic Popeyes menu items are listed in the "Nutrition Guide". Some products may not be listed at all restaurants. Products currently being tested and other limited time offerings and other regional menu alternatives may not be listed. Serving sizes may also vary slightly.

We encourage anyone with food sensitivities, allergies or other special dietary needs or concerns to consult with your personal physician or dietitian prior to eating at any Popeyes restaurant.