

Blue Ribbon Fried Chicken

2018 Nutritional Information



Vegetarian Options

Corn (without the bacon)
Cole slaw
Spicy slaw
Pickled cucumbers
Pickled peppers
House salad
Kale Salad
French fries

Gluten Free Options

Corn and bacon
Cole slaw
Spicy slaw
Pickled Cucumbers
Pickled Peppers
House Salad
House salad with Natural
Kale Salad
Kale salad with Natural
Natural (without bread)

What Are Major Food Allergens?

While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

The eight foods identified by the law are:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as "major food allergens" by FALCPA.

Food at Blue Ribbon Fried Chicken may contain the following:

1. Milk (milkshakes, hush puppies, mac & cheese)
2. Eggs (egg white dredge, hush puppies)
3. Wheat (flour breading)
4. Soybeans (fryer oil)