

RISE SOUTHERN BISCUITS AND RIGHTEOUS CHICKEN NUTRITION INFORMATION



The nutritional values provided herein are based on standard company recipes. The nutritional analysis which produced the nutritional values of these recipes were derived from supplier nutrition information and the USDA database. Menu items are hand-prepared and nutritional values may vary from the stated amount. Menu items marked as containing allergens indicate the presence of those allergens in recipe ingredients. Items not marked with specific allergens are not guaranteed to not contain those allergens. This information is updated periodically to reflect our current product offerings. Updated August 9, 2021

Menu Name	Menu Section	Serving Size Weight	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Dietary Fiber (2016) (g)	Cholesterol (mg)	Sodium (mg)	Allergen Statement (English)
Buttermilk Biscuit	BISCUIT OR BUN	120g	380	17	10	0.5	48	4	8	2	75	750	Contains Egg, Gluten, Milk, Wheat.
Cheddar Biscuit	BISCUIT OR BUN	131g	420	22	13	0.5	45	4	12	1	85	810	Contains Egg, Gluten, Milk, Wheat.
Potato Bun	BISCUIT OR BUN	53g	130	2	0.5	0	23	5	6	1	0	170	Contains Gluten, Milk, Wheat.
Avocado Toast on a Buttermilk Biscuit	BISCUITS	270g	750	53	18	1	53	7	18	3	285	1150	Contains Egg, Gluten, Milk, Wheat.
Avocado Toast on a Cheddar Biscuit	BISCUITS	281g	790	57	20	1	50	7	22	3	300	1220	Contains Egg, Gluten, Milk, Wheat.
Avocado Toast on a Potato Roll	BISCUITS	202g	500	38	8	0	28	8	16	2	215	580	Contains Egg, Gluten, Milk, Wheat.
Bacon Egg and Cheese on Potato Roll	BISCUITS	163g	500	34	12	0	26	7	24	1	230	1280	Contains Egg, Gluten, Milk, Soy, Wheat.
Bacon Egg and Cheese on Buttermilk Biscuit	BISCUITS	230g	750	49	21	0.5	51	6	26	2	305	1860	Contains Egg, Gluten, Milk, Soy, Wheat.
Bacon Egg and Cheese On Cheddar Biscuit	BISCUITS	241g	790	54	24	0.5	48	6	30	1	315	1920	Contains Egg, Gluten, Milk, Soy, Wheat.
Buffalo Chicken on Buttermilk Biscuit	BISCUITS	316g	800	47	15	0.5	59	6	34	2	160	1950	Contains Egg, Gluten, Milk, Soy, Wheat.
Buffalo Chicken on Cheddar Biscuit	BISCUITS	325g	840	51	17	0.5	56	5	38	2	170	2000	Contains Egg, Gluten, Milk, Soy, Wheat.
Buffalo Chicken on Potato Roll	BISCUITS	247g	550	31	5	0	34	7	32	1	85	1360	Contains Egg, Gluten, Milk, Soy, Wheat.
Country Ham on Buttermilk Biscuit	BISCUITS	191g	500	24	12	0.5	48	4	22	2	130	2040	Contains Egg, Gluten, Milk, Wheat.
Country Ham on Cheddar Biscuit	BISCUITS	202g	540	29	15	0.5	45	4	26	1	140	2100	Contains Egg, Gluten, Milk, Wheat.
Country Ham on Potato Roll	BISCUITS	124g	250	9	2.5	0	23	5	20	1	55	1460	Contains Gluten, Milk, Wheat.
Fried Green Tomato on a Buttermilk Biscuit	BISCUITS	233g	650	36	16	0.5	64	7	16	3	140	1030	Contains Egg, Gluten, Milk, Wheat.
Fried Green Tomato on Cheese Biscuit	BISCUITS	242g	690	40	18	0.5	60	7	20	3	150	1080	Contains Egg, Gluten, Milk, Wheat.
Fried Green Tomato on Potato Roll	BISCUITS	164g	390	20	6	0	39	8	14	2	65	440	Contains Egg, Gluten, Milk, Wheat.
Nashville Hot Chicken Biscuit On Cheddar Biscuit	BISCUITS	318g	740	38	14	0.5	59	8	37	2	160	1970	Contains Egg, Gluten, Milk, Wheat.
Nashville Hot Chicken on a Potato Roll	BISCUITS	240g	440	19	1.5	0	37	9	31	1	75	1330	Contains Gluten, Milk, Wheat.
Nashville Hot Chicken on Buttermilk Biscuit	BISCUITS	307g	690	34	11	0.5	62	8	33	2	150	1900	Contains Egg, Gluten, Milk, Wheat.
Righteous Chicken on Buttermilk Biscuit	BISCUITS	260g	650	30	12	0.5	58	5	33	2	150	1490	Contains Egg, Gluten, Milk, Wheat.
Righteous Chicken on Cheddar Biscuit	BISCUITS	269g	680	34	14	0.5	54	4	37	1	160	1540	Contains Egg, Gluten, Milk, Wheat.
Righteous Chicken on Potato Bun	BISCUITS	191g	390	15	1.5	0	32	6	31	1	75	900	Contains Gluten, Milk, Wheat.
Sausage on Butermilk Biscuit	BISCUITS	193g	570	30	14	1	49	4	26	2	135	1660	Contains Egg, Gluten, Milk, Wheat.
Sausage on Cheddar Biscuit	BISCUITS	202g	610	34	17	0.5	45	4	30	1	145	1710	Contains Egg, Gluten, Milk, Wheat.

Sausage on Potato Roll	BISCUITS	124g	320	14	4.5	0	24	5	24	1	60	1070	Contains Gluten, Milk, Wheat.
Southern Chicken On Buttermilk Biscuit	BISCUITS	306g	830	47	19	0.5	59	6	42	2	185	1970	Contains Egg, Gluten, Milk, Wheat.
Southern Chicken on Cheddar Biscuit	BISCUITS	317g	880	52	21	0.5	57	6	45	2	195	2030	Contains Egg, Gluten, Milk, Wheat.
Southern Chicken on Potato Roll	BISCUITS	239g	580	32	9	0	35	7	39	1	110	1400	Contains Egg, Gluten, Milk, Wheat.
Sweet Country Blues	BISCUITS	212g	580	28	13	0.5	57	16	25	2	125	1580	Contains Egg, Gluten, Milk, Wheat.
Biscuit and Gravy Box with Buttermilk Biscuit	BISCUITS AND GRAVY	319g	560	27	15	0.5	64	5	12	2	85	1490	Contains Egg, Gluten, Milk, Wheat.
Biscuit and Gravy Box with Cheddar Biscuit	BISCUITS AND GRAVY	330g	600	32	18	0.5	62	4	16	2	100	1550	Contains Egg, Gluten, Milk, Wheat.
Old School on Buttermilk Biscuit	BISCUITS AND GRAVY	391g	750	39	19	1	66	5	30	2	150	2410	Contains Egg, Gluten, Milk, Wheat.
Old School on Cheddar Biscuit	BISCUITS AND GRAVY	400g	790	44	22	0.5	62	4	34	2	160	2460	Contains Egg, Gluten, Milk, Wheat.
Tree Hugger with Buttermilk Biscuit	BISCUITS AND GRAVY	358g	430	24	16	0.5	57	3	-9	1	90	1080	Contains Egg, Gluten, Milk, Soy, Wheat.
Tree Hugger with Cheddar Biscuit	BISCUITS AND GRAVY	368g	470	28	18	0.5	54	2	-5	1	100	1130	Contains Egg, Gluten, Milk, Soy, Wheat.
Which Came First with Buttermilk Biscuit	BISCUITS AND GRAVY	447g	820	45	18	0.5	70	5	31	2	305	1920	Contains Egg, Gluten, Milk, Wheat.
Which Came First with Cheddar Biscuit	BISCUITS AND GRAVY	458g	860	49	20	0.5	67	5	35	2	315	1980	Contains Egg, Gluten, Milk, Wheat.
Add American Cheese	CHEESES	19g	70	6	4	0	1	0	4	0	15	340	Contains Milk, Soy.
Add Cheddar Cheese	CHEESES	21g	90	7	4.5	0	0	0	5	0	20	140	Contains Milk.
Add Pimento Cheese	CHEESES	28g	100	9	4	0	1	1	4	0	20	135	Contains Egg, Milk.
Apple Fritter	DONUTS	137g	560	29	14	0	69	33	6	2	0	350	Contains Egg, Gluten, Milk, Soy, Wheat.
Biscuit Beignets	DONUTS	124g	480	26	11	0.5	51	8	8	2	75	750	Contains Egg, Gluten, Milk, Wheat.
Chocolate Iced Donut	DONUTS	85g	320	16	8	0	44	23	4	1	0	270	Contains Egg, Gluten, Milk, Soy, Wheat.
Cinnamon Biscuit Roll	DONUTS	150g	480	14	9	0.5	81	43	7	2	60	630	Contains Egg, Gluten, Milk, Wheat.
Glazed Donut	DONUTS	71g	260	14	7	0	33	13	4	1	0	260	Contains Egg, Gluten, Milk, Soy, Wheat.
Glazed Blueberry Biscuit	DONUTS	141g	400	16	9	0.5	56	16	7	2	65	670	Contains Egg, Gluten, Milk, Wheat.
Sprinkles Donut	DONUTS	85g	320	15	8	0	45	24	4	1	0	260	Contains Egg, Gluten, Milk, Soy, Wheat.
Cheerwine Donut	DONUTS	120g	410	14	7	0	70	49	4	1	0	260	Contains Egg, Gluten, Milk, Soy, Wheat.
Maple Bacon Donut	DONUTS	89g	350	21	9	0	35	15	8	1	15	610	Contains Egg, Gluten, Milk, Soy, Wheat.
Salty Cap'n Donut	DONUTS	120g	460	17	8	0	74	46	5	1	0	730	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Fried / Runny Egg	EGG	57g	140	12	2	0	0	0	6	0	185	70	Contains Egg.
Scrambled Egg	EGG	82g	170	14	3	0	1	0	9	0	280	105	Contains Egg.
Vegetarian Chicken	MAKE IT VEGETARIAN	137g	290	15	1	0	17	0	20	5	0	1160	Contains Gluten, Milk, Soy, Wheat.
Vegetarian Sausage	MAKE IT VEGETARIAN	57g	100	5	0	0	5	1	9	2	0	410	Contains Gluten, Soy, Wheat.
Bacon	MEATS & MORE	34g	160	14	5	0	2	2	8		30	700	
Country Ham	MEATS & MORE	71g	120	7	2	0	0	0	14	0	55	1290	
Fried Chicken Breast	MEATS & MORE	138g	260	13	1	0	9	1	25	0	75	730	Contains Gluten, Milk, Wheat.
Fried Green Tomato	MEATS & MORE	80g	150	8	1	0	14	2	4	1	40	125	Contains Egg, Gluten, Wheat.
Pork Sausage Patty	MEATS & MORE	71g	190	12	4	0	1	0	18	0	60	900	
Righteous Chicken	MEATS & MORE	138g	260	13	1	0	9	1	25	0	75	730	Contains Gluten, Milk, Wheat.
Lettuce	OTHER TOPPINGS	10g	0	0	0	0	0	0	0	0	0	0	
Pickled Jalapenos	OTHER TOPPINGS	21g	5	0	0	0	0	0	0	1	0	210	

Pickles	OTHER TOPPINGS	21g	5	0	0	0	1	0	0	0	0	290	
Tomato	OTHER TOPPINGS	30g	5	0	0	0	1	1	0	0	0	0	
Righteous Chicken Box with Buttermilk Biscuit	RIGHTEOUS CHICKEN BOXES	264g	630	29	11	0.5	59	5	34	2	135	1470	Contains Egg, Gluten, Milk, Wheat.
Righteous Chicken Box with Cheddar Biscuit	RIGHTEOUS CHICKEN BOXES	273g	670	33	13	0.5	55	5	38	1	145	1520	Contains Egg, Gluten, Milk, Wheat.
Cheddar Tots	SIDES AND MORE	156g	360	26	7	0	22	0	12	2	65	650	Contains Egg, Milk.
Cheese Grits	SIDES AND MORE	170g	230	14	8	0	20	2	7	1	40	440	Contains Milk.
Country Gravy	SIDES AND MORE	170g	120	5	2.5	0	16	0	0	0	0	650	Contains Gluten, Milk, Wheat.
Fried Okra	SIDES AND MORE	193g	300	20	1.5	0	25	2	5	7	0	1220	Contains Gluten, Milk, Wheat.
Rise Fries	SIDES AND MORE	170g	380	23	3.5	0	38	2	4	4	0	760	
BBQ Sauce	SPREADS & SAUCES	51g	90	0	0	0	21	18	0		0	540	
Blue Cheese Sauce	SPREADS & SAUCES	51g	240	26	5	0	2	2	2	0	15	410	Contains Egg, Milk, Soy.
Boom Boom Sauce	SPREADS & SAUCES	31g	160	17	2.5	0	2	2	0		15	270	Contains Egg.
Buffalo	SPREADS & SAUCES	51g	80	8	1.5	0	2	0	0	0	0	810	Contains Soy.
Country Gravy	SPREADS & SAUCES	170g	120	5	2.5	0	16	0	0	0	0	650	Contains Gluten, Milk, Wheat.
Guacamole	SPREADS & SAUCES	28g	40	3.5	0	0	2	0	3	1	0	90	
Honey	SPREADS & SAUCES	28g	80	0	0	0	23	23	0		0	0	
Honey Mustard	SPREADS & SAUCES	51g	240	24	3.5	0	10	9	0		15	270	Contains Egg.
Nashville Sauce	SPREADS & SAUCES	28g	50	4	0	0	4	3	0	0	0	260	
Ranch Dressing	SPREADS & SAUCES	51g	190	20	3.5	0	2	0	0		10	320	Contains Egg, Milk.
Strawberry Jam	SPREADS & SAUCES	57g	140	0	0	0	37	34	0		0	0	
Coffee Traveler	THE DRINKS	2842g	30	0.5	0	0	0	0	3	0	0	55	
Counter Culture Coffee	THE DRINKS	474g	5	0	0	0	0	0	1	0	0	10	