

RISE BISCUITS AND RIGHTEOUS CHICKEN

NUTRITION AND ALLERGEN 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 marked as containing allergens indicate the presence of those allergens in recipe ingredients. Due to supply chain changes, product changes, and the potential for cross contact, items not marked with specific allergens are not guaranteed to be free from those allergens. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings.

Updated June 27, 2025



Menu Name	Menu Section	Serving Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohy- drate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Avocado Toast on a Buttermilk Biscuit	BISCUITS	268 gr	750	52	18.0	1	280	1210	8	4	5	0	16	3	15	3	170	MILK, EGGS, WHEAT
Avocado Toast on a Cheddar Biscuit	BISCUITS	281 gr	850	60	23.0	1	300	1340	10	4	5	0	23	3	20	3	180	MILK, EGGS, WHEAT
Avocado Toast on a Potato Roll	BISCUITS	204 gr	490	35	8.0	0	200	570	28	3	7	2	14	2	80	2	160	MILK, EGGS, WHEAT, SESAME SEEDS
Bacon Egg and Cheese on Potato Roll	BISCUITS	163 gr	440	28	9.0	0	225	950	23	1	7	2	23	2	80	2	210	MILK, EGGS, WHEAT, SOYBEANS, SESAME SEEDS
Bacon Egg and Cheese on Buttermilk Biscuit	BISCUITS	231 gr	690	44	20.0	1	305	1560	3	2	4	0	26	3	10	3	210	MILK, EGGS, WHEAT, SOYBEANS
Bacon Egg and Cheese On Cheddar Biscuit	BISCUITS	240 gr	780	51	24.0	1	320	1640	5	2	4	0	32	3	15	3	210	MILK, EGGS, WHEAT, SOYBEANS
Boom Boom BLT on a Roll	BISCUITS	268 gr	440	31	7.0	0	60	890	26	2	11	2	16	0	85	2	350	MILK, EGGS, WHEAT, SESAME SEEDS
Boom Boom BLT on Buttermilk Biscuit	BISCUITS	268 gr	700	48	18.0	1	140	1530	6	2	8	0	18	1	20	3	360	MILK, EGGS, WHEAT
Boom Boom BLT on Cheddar Biscuit	BISCUITS	268 gr	800	56	22.0	1	160	1650	8	3	9	0	26	1	25	3	370	MILK, EGGS, WHEAT
Buffalo Chicken on Buttermilk Biscuit	BISCUITS	318 gr	810	48	15.0	1	160	1970	12	2	4	0	32	1	15	3	450	MILK, EGGS, WHEAT, SOYBEANS
Buffalo Chicken on Cheddar Biscuit	BISCUITS	327 gr	900	56	20.0	1	180	2090	14	2	4	0	40	1	25	3	460	MILK, EGGS, WHEAT, SOYBEANS
Buffalo Chicken on Potato Roll	BISCUITS	249 gr	540	31	4.5	0	80	1330	33	1	6	2	30	1	85	2	450	MILK, EGGS, WHEAT, SOYBEANS, SESAME SEEDS
Buttermilk Biscuit	BISCUITS	125 gr	400	18	11.0	1	80	800	2	2	2	0	9	1	10	3	95	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Buttermilk Biscuit	BISCUITS	331 gr	870	42	19.0	1	185	1980	27	2	5	0	44	1	420	4	410	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Cheddar Biscuit	BISCUITS	336 gr	950	50	23.0	1	200	2080	28	2	5	0	51	1	430	4	420	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Potato Roll	BISCUITS	263 gr	600	25	8.0	0	105	1340	47	1	7	2	42	1	490	3	410	MILK, WHEAT, SESAME SEEDS
Club on Buttermilk Biscuit	BISCUITS	268 gr	930	59	17.0	1	185	1980	15	2	8	0	35	1	20	3	570	MILK, EGGS, WHEAT
Club on Cheddar Biscuit	BISCUITS	268 gr	1020	67	22.0	1	205	2110	17	3	8	0	42	1	25	3	590	MILK, EGGS, WHEAT
Club on Potato Roll	BISCUITS	268 gr	660	42	7.0	0	105	1340	36	2	10	2	32	1	85	2	570	MILK, EGGS, WHEAT, SESAME SEEDS
Country Ham Egg and Cheese on Buttermilk Biscuit	BISCUITS	191 gr	690	40	18.0	1	315	2440	3	2	2	0	32	3	10	3	95	MILK, EGGS, WHEAT, SOYBEANS
Country Ham on Buttermilk Biscuit	BISCUITS	191 gr	510	25	13.0	1	130	2050	2	2	2	0	22	1	10	3	95	MILK, EGGS, WHEAT
Country Ham on Cheddar Biscuit	BISCUITS	202 gr	550	30	16.0	1	130	1650	4	2	2	0	24	1	15	3	105	MILK, EGGS, WHEAT
Country Ham on Potato Roll	BISCUITS	124 gr	250	9	2.5	0	55	1450	22	1	4	2	20	0	80	2	90	MILK, WHEAT, SESAME SEEDS
Country Ham, Egg and Cheese on a Cheddar Biscuit	BISCUITS	202 gr	720	44	21.0	1	310	2020	5	2	2	0	33	2	15	3	100	MILK, EGGS, WHEAT, SOYBEANS
Fried Green Tomato on a Buttermilk Biscuit	BISCUITS	233 gr	660	36	16.0	1	150	1060	16	3	6	0	17	1	85	4	250	MILK, EGGS, WHEAT

Fried Green Tomato on Cheese Biscuit	BISCUITS	242 gr	740	43	20.0	1	165	1160	17	3	6	0	24	1	90	4	260	MILK, EGGS, WHEAT
Fried Green Tomato on Potato Roll	BISCUITS	164 gr	400	20	6.0	0	70	440	35	2	8	2	14	1	150	3	240	MILK, EGGS, WHEAT, SESAME SEEDS
Hot Honey Butter Chicken on Buttermilk Biscuit	BISCUITS	260 gr	800	45	21.0	1	190	1650	17	2	9	6	31	1	10	3	410	MILK, EGGS, WHEAT
Hot Honey Butter Chicken on Cheddar Biscuit	BISCUITS	260 gr	880	53	25.0	1	205	1750	18	2	9	6	38	1	15	3	420	MILK, EGGS, WHEAT
Hot Honey Butter Chicken on Potato Bun	BISCUITS	191 gr	530	28	11.0	0	110	1010	37	1	11	8	29	1	80	2	410	MILK, WHEAT, SESAME SEEDS
Mac and Cheese w/ Bacon on Buttermilk Biscuit	BISCUITS	222 gr	720	38	21.0	1	145	1650	18	2	6	0	28	1	420	4	200	MILK, EGGS, WHEAT
Mac and Cheese w/ Bacon on Cheddar Biscuit	BISCUITS	227 gr	800	46	25.0	1	160	1750	20	2	7	0	35	1	430	4	210	MILK, EGGS, WHEAT
Mac and Cheese w/ Bacon on Potato Roll	BISCUITS	150 gr	450	22	10.0	0	65	1010	38	1	9	2	25	0	490	3	190	MILK, WHEAT, SESAME SEEDS
Mini Biscuit (1)	BISCUITS	74 gr	240	11	6.0	0	45	470	1	1	1	0	5	1	5	2	55	MILK, EGGS, WHEAT
Nashville Hot Chicken Biscuit On Cheddar Biscuit	BISCUITS	318 gr	780	43	16.0	1	165	2000	17	2	7	0	38	1	30	3	440	MILK, EGGS, WHEAT
Nashville Hot Chicken on a Potato Roll	BISCUITS	240 gr	440	19	1.5	0	70	1270	36	1	9	2	29	1	90	2	430	MILK, WHEAT, SESAME SEEDS
Nashville Hot Chicken on Buttermilk Biscuit	BISCUITS	307 gr	690	35	12.0	1	145	1880	15	2	7	0	31	1	20	3	430	MILK, EGGS, WHEAT
Biscuit and Gravy Box with Buttermilk Biscuit	BISCUITS AND GRAVY	318 gr	610	32	18.0	1	105	1530	18	2	3	0	16	1	25	3	140	MILK, EGGS, WHEAT
Biscuit and Gravy Box with Cheddar Biscuit	BISCUITS AND GRAVY	330 gr	710	40	23.0	1	125	1650	19	2	4	0	24	1	30	3	150	MILK, EGGS, WHEAT
Old School on Buttermilk Biscuit	BISCUITS AND GRAVY	391 gr	870	56	26.0	1	145	2080	19	2	3	0	22	1	20	4	230	MILK, EGGS, WHEAT
Add American Cheese	CHEESES	19 gr	70	6	4.0	0	15	340	1	0	0	0	4	0	0	0	0	MILK, SOYBEANS
Add Cheddar Cheese	CHEESES	21 gr	90	7	4.5	0	20	140	0	0	0	0	5	0	0	0	0	MILK
Add Pimento Cheese	CHEESES	28 gr	100	9	4.5	0	20	135	1	0	1	0	4	0	55	1	15	MILK, EGGS
Apple Fritter w/ White Glaze	DONUTS	137 gr	560	29	14.0	0	0	350	68	2	33	22	6	0	0	0	0	MILK, EGGS, WHEAT, SOYBEANS
Bacon	MEATS & MORE	71 gr	100	9	3.0	0	30	320	0	0	2	0	6	0	0	0	100	
Country Ham	MEATS & MORE	71 gr	120	7	2.0	0	55	1290	0	0	0	0	14	0	0	0	0	
Fried Chicken Breast	MEATS & MORE	138 gr	250	13	1.0	0	70	650	9	0	1	0	23	1	0	0	320	MILK, WHEAT
Fried Chicken Tenders	MEATS & MORE	171 gr	290	14	1.0	0	75	770	11	0	2	0	30	1	0	0	0	MILK, WHEAT
Fried / Runny Egg	OTHER TOPPINGS	57 gr	120	9	1.5	0	175	60	0	0	0	0	6	2	0	0	0	EGGS
Lettuce	OTHER TOPPINGS	10 gr	0	0	0.0	0	0	0	0	0	0	0	0	0	0	1	20	
Chicken and Grits Box	RIGHTEOUS BOXES	440 gr	760	52	16.0	0	145	1630	35	2	7	0	40	1	10	1	130	MILK, EGGS, WHEAT
Loaded Egg Protein Box	RIGHTEOUS BOXES	254 gr	660	56	12.0	0	580	840	4	0	4	0	28	6	10	1	140	MILK, EGGS
Loaded Egg Protein Grit Box	RIGHTEOUS BOXES	286 gr	640	53	14.0	0	425	960	12	1	5	0	25	4	10	1	150	MILK, EGGS
Loaded Egg Protein Tot Box	RIGHTEOUS BOXES	286 gr	730	60	14.0	0	445	1150	16	1	4	0	28	4	125	1	260	MILK, EGGS
Loaded Mac N Cheese Box	RIGHTEOUS BOXES	413 gr	1060	56	27.0	0	200	2590	63	2	10	0	73	1	1320	3	90	MILK, WHEAT
Chicken and Apple Fritter Box	RIGHTEOUS CHICKEN BOXES	308 gr	850	43	15.0	0	75	1120	80	2	35	22	36	1	0	0	0	MILK, EGGS, WHEAT, SOYBEANS
Kids Chicken Box	RIGHTEOUS CHICKEN BOXES	287 gr	470	25	3.5	0	30	950	45	4	9	0	16	1	20	1	130	MILK, WHEAT
Bacon Topped Mac and Cheese	SIDES AND MORE	170 gr	580	31	18.0	0	95	1430	39	1	6	0	34	0	980	2	50	MILK, WHEAT
Cheddar Tots	SIDES AND MORE	156 gr	360	26	7.0	0	65	650	22	2	0	0	12	0	200	0	220	MILK, EGGS
Cheese and Green Chili Grits	SIDES AND MORE	170 gr	190	11	7.0	0	30	390	17	1	1	0	6	0	0	0	30	MILK

Cheese Grits	SIDES AND MORE	1 ea	190	12	7.0	0	35	370	17	1	1	0	6	0	0	0	30	MILK
Country Gravy	SIDES AND MORE	170 gr	120	5	2.5	0	0	650	16	0	0	0	0	0	0	0	0	MILK, WHEAT
Fried Green Tomato	SIDES AND MORE	80 gr	160	8	1.0	0	50	150	13	1	3	0	4	1	15	1	140	EGGS, WHEAT
Fried Okra	SIDES AND MORE	193 gr	250	15	1.0	0	0	1220	25	7	2	0	5	0	0	0	0	MILK, WHEAT
Mac and Cheese	SIDES AND MORE	170 gr	530	26	16.0	0	80	1270	39	1	5	0	31	0	980	2	0	MILK, WHEAT
BBQ Sauce	SPREADS & SAUCES	51 gr	90	0	0.0	0	0	540	21	0	18	14	0	0	0	0	160	
Blue Cheese Sauce	SPREADS & SAUCES	51 gr	240	26	5.0	0	15	410	2	0	2	0	2	0	0	0	0	MILK, EGGS, SOYBEANS
Boom Boom Sauce	SPREADS & SAUCES	31 gr	160	17	2.5	0	15	270	2	0	2	0	0	0	0	0	0	EGGS
Buffalo Sauce	SPREADS & SAUCES	51 gr	90	9	1.0	0	0	1000	2	0	0	0	0	0	0	0	0	SOYBEANS
Chocolate Dipping Sauce	SPREADS & SAUCES	43 gr	160	3	1.0	0	0	20	33	0	32	0	0	0	0	0	0	SOYBEANS
Country Gravy	SPREADS & SAUCES	170 gr	120	5	2.5	0	0	650	16	0	0	0	0	0	0	0	0	MILK, WHEAT
Guacamole	SPREADS & SAUCES	28 gr	45	4	1.0	0	0	105	3	2	0	0	1	0	0	0	0	
Honey	SPREADS & SAUCES	28 gr	80	0	0.0	0	0	0	23	0	23	0	0	0	0	0	0	
Honey Mustard	SPREADS & SAUCES	51 gr	240	24	3.5	0	15	270	10	0	8	0	0	0	0	0	0	EGGS
Hot Honey Butter Sauce	SPREADS & SAUCES	28 gr	150	14	9.0	0	40	200	6	0	6	6	0	0	0	0	0	MILK
Nashville Sauce	SPREADS & SAUCES	28 gr	60	4.5	0.0	0	0	290	5	0	4	0	0	0	0	0	0	
Biscuit Beignets	SWEET STUFF	132 gr	450	22	11.0	1	80	800	6	2	6	4	9	1	10	3	95	MILK, EGGS, WHEAT
Biscuit Beignets w/ Sugar	SWEET STUFF	132 gr	470	22	11.0	1	80	800	11	2	11	9	9	1	10	3	95	MILK, EGGS, WHEAT
Blueberry Biscuit Beignets	SWEET STUFF	5.3 oz	500	21	11.0	1	75	760	23	2	23	19	9	1	10	3	90	MILK, EGGS, WHEAT
Blueberry Biscuit with White Glaze	SWEET STUFF	142 gr	420	17	10.0	1	70	720	15	2	15	11	8	1	10	3	85	MILK, EGGS, WHEAT
Cinnamon Biscuit Roll	SWEET STUFF	150 gr	530	20	12.0	1	75	640	42	2	41	39	7	1	20	3	80	MILK, EGGS, WHEAT
Hot Chocolate Biscuit Beignets	SWEET STUFF	132 gr	500	24	12.0	1	80	800	18	5	11	9	11	1	20	5	360	MILK, EGGS, WHEAT
Lemon Biscuit Beignets	SWEET STUFF	132 gr	490	22	11.0	1	80	800	17	2	16	14	9	1	10	3	95	MILK, EGGS, WHEAT
Mini Glazed Blueberry Biscuit (1)	SWEET STUFF	127 gr	370	13	7.0	0	55	550	26	1	25	22	6	1	10	2	75	MILK, EGGS, WHEAT
Coffee Traveler	THE DRINKS	2842 gr	30	1	0.0	0	0	55	0	0	0	0	3	0	55	1	1390	
Counter Culture Coffee	THE DRINKS	474 gr	5	0	0.0	0	0	10	0	0	0	0	1	0	10	0	230	