

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 September 29, 2025



Menu Name	Menu Section	Serving Weight (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergen
Big Breakfast Box with an Extra Egg	BEST DANG BOXES	254 gr	660	56	12	0	580	840	4	0	4	0	28	6	10	1	140	MILK, EGGS
Big Breakfast Box with Grits	BEST DANG BOXES	286 gr	640	53	14	0	425	960	12	1	5	0	25	4	10	1	150	MILK, EGGS
Big Breakfast Box with Tots	BEST DANG BOXES	286 gr	730	60	14	0	445	1150	16	1	4	0	28	4	125	1	260	MILK, EGGS
Biscuit and Gravy Box with Buttermilk Biscuit	BEST DANG BOXES	318 gr	610	32	18	1	105	1530	18	2	3	0	16	1	25	3	140	MILK, EGGS, WHEAT
Biscuit and Gravy Box with Cheddar Biscuit	BEST DANG BOXES	330 gr	710	40	23	1	125	1650	19	2	4	0	24	1	30	3	150	MILK, EGGS, WHEAT
Cheesy Mac Chicken Box	BEST DANG BOXES	413 gr	1060	56	27	0	200	2590	63	2	10	0	73	1	1320	3	90	MILK, WHEAT
Chicken Box with Buttermilk Biscuit	BEST DANG BOXES	264 gr	950	49	15	1	125	2030	47	5	5	0	31	1	10	3	95	MILK, EGGS, WHEAT
Chicken Box with Cheddar Biscuit	BEST DANG BOXES	269 gr	1070	58	20	1	150	2190	49	5	5	0	39	1	15	3	110	MILK, EGGS, WHEAT
Chix & Grits	BEST DANG BOXES	440 gr	760	52	16	0	145	1630	35	2	7	0	40	1	10	1	130	MILK, EGGS, WHEAT
Old School with Buttermilk Biscuit	BEST DANG BOXES	391 gr	870	56	26	1	145	2080	19	2	3	0	22	1	20	4	230	MILK, EGGS, WHEAT
Old School with Cheddar Biscuit	BEST DANG BOXES	400 gr	950	64	30	1	165	2180	20	2	3	0	29	1	25	4	240	MILK, EGGS, WHEAT
Old School with Veggie "Sausage" and Buttermilk Biscuit	BEST DANG BOXES	358 gr	630	31	16	1	90	1780	22	3	3	0	18	1	15	3	115	MILK, EGGS, WHEAT, SOYBEANS
Old School with Veggie "Sausage" and Cheddar Biscuit	BEST DANG BOXES	368 gr	720	39	20	1	110	1900	24	3	4	0	25	1	25	3	130	MILK, EGGS, WHEAT, SOYBEANS
Which Came First with Buttermilk Biscuit	BEST DANG BOXES	447 gr	800	42	18	1	295	1910	23	2	3	0	30	3	20	3	115	MILK, EGGS, WHEAT
Which Came First with Cheddar Biscuit	BEST DANG BOXES	458 gr	890	50	22	1	315	2010	25	2	4	0	37	3	25	3	125	MILK, EGGS, WHEAT
Coffee Traveler	BEVERAGES	2842 gr	30	1	0	0	0	55	0	0	0	0	3	0	55	1	1390	
Counter Culture Coffee	BEVERAGES	474 gr	5	0	0	0	0	10	0	0	0	0	1	0	10	0	230	
Sweet Tea	BEVERAGES	355 ml	5	0	0	0	0	5	2	0	1	1	0	0	0	0	90	
Buttermilk Biscuit	BISCUITS / BUNS	125 gr	400	18	11	1	80	800	2	2	2	0	9	1	10	3	95	MILK, EGGS, WHEAT
Cheddar Biscuit	BISCUITS / BUNS	135 gr	490	26	15	1	100	900	4	2	3	0	16	1	15	3	105	MILK, EGGS, WHEAT
Mini Biscuit (1)	BISCUITS / BUNS	74 gr	240	11	6	0	45	470	1	1	1	0	5	1	5	2	55	MILK, EGGS, WHEAT
Potato Bun	BISCUITS / BUNS	53 gr	130	2	0	0	0	160	22	1	4	2	6	0	80	2	90	MILK, WHEAT, SESAME SEEDS
Bacon	PROTEINS	71 gr	100	9	3	0	30	320	0	0	2	0	6	0	0	0	100	
Bacon Crumbles	PROTEINS	34 gr	120	11	3.5	0	35	390	0	0	2	0	7	0	0	0	120	
Chicken Strips	PROTEINS	171 gr	290	14	1	0	75	770	11	0	2	0	30	1	0	0	0	MILK, WHEAT
Country Ham	PROTEINS	71 gr	120	7	2	0	55	1290	0	0	0	0	14	0	0	0	0	
Fried / Runny Egg	PROTEINS	57 gr	120	9	1.5	0	175	60	0	0	0	0	6	2	0	0	0	EGGS

Fried Chicken	PROTEINS	138 gr	250	13	1	0	70	650	8	0	1	0	23	1	0	0	320	MILK, WHEAT
Pork Sausage Patty	PROTEINS	71 gr	300	29	10	0	55	550	0	0	0	0	10	0	0	1	110	
Scrambled Egg	PROTEINS	82 gr	120	9	1.5	0	175	60	0	0	0	0	6	2	0	0	0	EGGS
Vegetarian "Chicken"	PROTEINS	137 gr	280	15	1	0	0	1090	16	5	0	0	19	0	0	0	0	MILK, WHEAT, SOYBEANS
Vegetarian "Sausage"	PROTEINS	164 gr	300	11	0	0	0	1080	17	4	4	0	39	0	0	0	0	MILK, EGGS, WHEAT, SOYBEANS
Bacon Egg and Cheese on Buttermilk Biscuit	SANDWICHES	231 gr	690	44	20	1	305	1560	3	2	4	0	26	3	10	3	210	MILK, EGGS, WHEAT, SOYBEANS
Bacon Egg and Cheese On Cheddar Biscuit	SANDWICHES	240 gr	780	51	24	1	320	1640	5	2	4	0	32	3	15	3	210	MILK, EGGS, WHEAT, SOYBEANS
Bacon Egg and Cheese on Potato Roll	SANDWICHES	163 gr	440	28	9	0	225	950	23	1	7	2	23	2	80	2	210	MILK, EGGS, WHEAT, SOYBEANS, SESAME SEEDS
Boom Boom BLT on a Roll	SANDWICHES	268 gr	440	31	7	0	60	890	26	2	11	2	16	0	85	2	350	MILK, EGGS, WHEAT, SESAME SEEDS
Boom Boom BLT on Buttermilk Biscuit	SANDWICHES	268 gr	700	48	18	1	140	1530	6	2	8	0	18	1	20	3	360	MILK, EGGS, WHEAT
Boom Boom BLT on Cheddar Biscuit	SANDWICHES	268 gr	800	56	22	1	160	1650	8	3	9	0	26	1	25	3	370	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Buttermilk Biscuit	SANDWICHES	331 gr	870	42	19	1	185	1980	27	2	5	0	44	1	420	4	410	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Cheddar Biscuit	SANDWICHES	336 gr	950	50	23	1	200	2080	28	2	5	0	51	1	430	4	420	MILK, EGGS, WHEAT
Chicken Mac and Cheese on Potato Roll	SANDWICHES	263 gr	600	25	8	0	105	1340	47	1	7	2	42	1	490	3	410	MILK, WHEAT, SESAME SEEDS
Club on Buttermilk Biscuit	SANDWICHES	268 gr	930	59	17	1	185	1980	15	2	8	0	35	1	20	3	570	MILK, EGGS, WHEAT
Club on Cheddar Biscuit	SANDWICHES	268 gr	1020	67	22	1	205	2110	17	3	8	0	42	1	25	3	590	MILK, EGGS, WHEAT
Club on Potato Roll	SANDWICHES	268 gr	660	42	7	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	SANDWICHES	191 gr	690	40	18	1	315	2440	3	2	2	0	32	3	10	3	95	MILK, EGGS, WHEAT, SOYBEANS
Country Ham on Buttermilk Biscuit	SANDWICHES	191 gr	510	25	13	1	130	2050	2	2	2	0	22	1	10	3	95	MILK, EGGS, WHEAT
Country Ham on Cheddar Biscuit	SANDWICHES	202 gr	550	30	16	1	130	1650	4	2	2	0	24	1	15	3	105	MILK, EGGS, WHEAT
Country Ham on Potato Roll	SANDWICHES	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	SANDWICHES	202 gr	720	44	21	1	310	2020	5	2	2	0	33	2	15	3	100	MILK, EGGS, WHEAT, SOYBEANS
Fried Green Tomato on a Buttermilk Biscuit	SANDWICHES	233 gr	660	36	16	1	150	1060	16	3	6	0	17	1	85	4	250	MILK, EGGS, WHEAT
Fried Green Tomato on Cheese Biscuit	SANDWICHES	242 gr	740	43	20	1	165	1160	17	3	6	0	24	1	90	4	260	MILK, EGGS, WHEAT
Fried Green Tomato on Potato Roll	SANDWICHES	164 gr	400	20	6	0	70	440	35	2	8	2	14	1	150	3	240	MILK, EGGS, WHEAT, SESAME SEEDS
Guacamole Smash on a Buttermilk Biscuit	SANDWICHES	268 gr	750	52	18	1	280	1210	8	4	5	0	16	3	15	3	170	MILK, EGGS, WHEAT
Guacamole Smash on a Cheddar Biscuit	SANDWICHES	281 gr	850	60	23	1	300	1340	10	4	5	0	23	3	20	3	180	MILK, EGGS, WHEAT
Guacamole Smash on a Potato Roll	SANDWICHES	204 gr	490	35	8	0	200	570	28	3	7	2	14	2	80	2	160	MILK, EGGS, WHEAT, SESAME SEEDS
Hot Honey Butter Chicken on Buttermilk Biscuit	SANDWICHES	260 gr	800	45	21	1	190	1650	17	2	9	6	31	1	10	3	410	MILK, EGGS, WHEAT
Hot Honey Butter Chicken on Cheddar Biscuit	SANDWICHES	260 gr	880	53	25	1	205	1750	18	2	9	6	38	1	15	3	420	MILK, EGGS, WHEAT
Hot Honey Butter Chicken on Potato Bun	SANDWICHES	191 gr	530	28	11	0	110	1010	37	1	11	8	29	1	80	2	410	MILK, WHEAT, SESAME SEEDS
Mac and Cheese w/ Bacon on Buttermilk Biscuit	SANDWICHES	222 gr	720	38	21	1	145	1650	18	2	6	0	28	1	420	4	200	MILK, EGGS, WHEAT
Mac and Cheese w/ Bacon on Cheddar Biscuit	SANDWICHES	227 gr	800	46	25	1	160	1750	20	2	7	0	35	1	430	4	210	MILK, EGGS, WHEAT

Mac and Cheese w/ Bacon on Potato Roll	SANDWICHES	150 gr	450	22	10	0	65	1010	38	1	9	2	25	0	490	3	190	MILK, WHEAT, SESAME SEEDS
Nashville Hot Chicken Biscuit On Cheddar Biscuit	SANDWICHES	318 gr	780	43	16	1	165	2000	17	2	7	0	38	1	30	3	440	MILK, EGGS, WHEAT
Nashville Hot Chicken on a Potato Roll	SANDWICHES	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	SANDWICHES	307 gr	690	35	12	1	145	1880	15	2	7	0	31	1	20	3	430	MILK, EGGS, WHEAT
Righteous Chicken on Buttermilk Biscuit	SANDWICHES	260 gr	650	31	12	1	150	1450	11	2	3	0	31	1	10	3	410	MILK, EGGS, WHEAT
Righteous Chicken on Cheddar Biscuit	SANDWICHES	268 gr	740	39	17	1	170	1580	12	2	3	0	39	1	15	3	430	MILK, EGGS, WHEAT
Righteous Chicken on Potato Bun	SANDWICHES	191 gr	380	14	1.5	0	70	810	31	1	5	2	29	1	80	2	410	MILK, WHEAT, SESAME SEEDS
Sausage Egg and Cheese on Buttermilk Biscuit	SANDWICHES	193 gr	870	61	26	1	320	1720	3	2	2	0	28	3	10	4	200	MILK, EGGS, WHEAT, SOYBEANS
Sausage Egg and Cheese on Cheddar Biscuit	SANDWICHES	202 gr	960	69	30	1	340	1840	5	2	2	0	35	2	15	4	220	MILK, EGGS, WHEAT, SOYBEANS
Sausage Egg and Cheese on Potato Roll	SANDWICHES	124 gr	620	46	16	0	245	1110	23	1	4	2	26	2	80	3	200	MILK, EGGS, WHEAT, SOYBEANS, SESAME SEEDS
Sausage on Buttermilk Biscuit	SANDWICHES	193 gr	690	46	21	1	135	1320	2	2	2	0	18	1	10	4	200	MILK, EGGS, WHEAT
Sausage on Cheddar Biscuit	SANDWICHES	202 gr	770	54	25	1	150	1420	4	2	2	0	25	1	15	4	210	MILK, EGGS, WHEAT
Sausage on Potato Roll	SANDWICHES	124 gr	430	31	10	0	55	710	22	1	4	2	16	0	80	3	200	MILK, WHEAT, SESAME SEEDS
Southern Chicken On Buttermilk Biscuit	SANDWICHES	306 gr	790	44	18	1	180	1710	11	2	4	0	38	1	65	3	470	MILK, EGGS, WHEAT
Southern Chicken on Cheddar Biscuit	SANDWICHES	317 gr	890	53	22	1	205	1850	13	2	5	0	45	1	75	3	490	MILK, EGGS, WHEAT
Southern Chicken on Potato Roll	SANDWICHES	239 gr	540	28	8	0	105	1110	32	1	7	2	36	1	135	2	480	MILK, EGGS, WHEAT, SESAME SEEDS
Sweet Country Blues	SANDWICHES	212 gr	690	44	19	1	125	1220	15	2	14	11	17	1	10	4	190	MILK, EGGS, WHEAT
Cheddar Tots	SIDES	156 gr	360	26	7	0	65	650	22	2	0	0	12	0	200	0	220	MILK, EGGS
Cheese Grits	SIDES	170 gr	190	12	7	0	35	370	17	1	1	0	6	0	0	0	30	MILK
Country Gravy	SIDES	170 gr	120	5	2.5	0	0	650	16	0	0	0	0	0	0	0	0	MILK, WHEAT
Fried Green Tomato	SIDES	80 gr	160	8	1	0	50	150	13	1	3	0	4	1	15	1	140	EGGS, WHEAT
Fried Okra	SIDES	193 gr	250	15	1	0	0	1220	25	7	2	0	5	0	0	0	0	MILK, WHEAT
Mac & Cheese topped with Bacon	SIDES	170 gr	580	31	18	0	95	1430	39	1	6	0	34	0	980	2	50	MILK, WHEAT
Mac and Cheese	SIDES	170 gr	530	26	16	0	80	1270	39	1	5	0	31	0	980	2	0	MILK, WHEAT
Pimento Cheese 8 oz	SIDES	227 gr	840	74	36	0	170	1070	8	1	6	2	32	1	460	1	135	MILK, EGGS
Seasoned Fries	SIDES	170 gr	380	23	3.5	0	0	760	38	4	2	0	4	0	0	0	0	
Seasoned Tots	SIDES	156 gr	380	27	4.5	0	0	550	30	3	2	0	3	0	20	1	650	
Add Caramel Syrup (1 pump)	SPREADS & SAUCES	7 ml	25	0	0	0	0	0	6	0	6	0	0	0	0	0	0	
Add Sugar Free Caramel Syrup (1 pump)	SPREADS & SAUCES	7 ml	5	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
Add Sugar Free Vanilla Syrup (1 pump)	SPREADS & SAUCES	7 ml	5	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
Add Vanilla Syrup (1 pump)	SPREADS & SAUCES	7 ml	25	0	0	0	0	0	6	0	6	0	0	0	0	0	0	
BBQ Sauce	SPREADS & SAUCES	51 gr	90	0	0	0	0	540	21	0	18	14	0	0	0	0	160	
Boom Boom Sauce	SPREADS & SAUCES	31 gr	160	17	2.5	0	15	270	2	0	2	0	0	0	0	0	0	EGGS
Chocolate Dipping Sauce	SPREADS & SAUCES	43 gr	160	3	1	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	105	3	2	0	0	1	0	0	0	0	

Honey	SPREADS & SAUCES	28 gr	80	0	0	0	0	0	23	0	23	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	EGGS	
Hot Honey Butter Sauce	SPREADS & SAUCES	28 gr	150	14	9	0	40	200	6	0	6	6	0	0	0	0	MILK	
Nashville Sauce	SPREADS & SAUCES	28 gr	60	4.5	0	0	0	290	5	0	4	0	0	0	0	0		
Ranch Dressing	SPREADS & SAUCES	51 gr	190	20	3.5	0	10	320	2	0	0	0	0	0	0	0	MILK, EGGS	
Strawberry Jam	SPREADS & SAUCES	57 gr	140	0	0	0	0	0	37	0	34	0	0	0	0	0		
Biscuit Beignets	SWEET STUFF	132 gr	450	22	11	1	80	800	6	2	6	4	9	1	10	3	95	MILK, EGGS, WHEAT
Biscuit Beignets with Cinnamon Sugar	SWEET STUFF	132 gr	470	22	11	1	80	800	11	2	11	9	9	1	10	3	95	MILK, EGGS, WHEAT
Biscuit Beignets with Powdered Sugar	SWEET STUFF	132 gr	470	22	11	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	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	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	1	75	640	42	2	41	39	7	1	20	3	80	MILK, EGGS, WHEAT
Mini Glazed Blueberry Biscuit	SWEET STUFF	127 gr	370	13	7	0	55	550	26	1	25	22	6	1	10	2	75	MILK, EGGS, WHEAT
Apple Fritter w/ White Glaze	SWEET STUFF	137 gr	560	29	14	0	0	350	68	2	33	22	6	0	0	0	0	MILK, EGGS, WHEAT, SOYBEANS
American Cheese	TOPPINGS	19 gr	70	6	4	0	15	340	1	0	0	0	4	0	0	0	0	MILK, SOYBEANS
Cheddar Cheese	TOPPINGS	21 gr	90	7	4.5	0	20	140	0	0	0	0	5	0	0	0	0	MILK
Lettuce	TOPPINGS	10 gr	0	0	0	0	0	0	0	0	0	0	0	0	0	1	20	
Pickled Jalapenos	TOPPINGS	21 gr	5	0	0	0	0	210	0	1	0	0	0	0	0	0	0	
Pickles	TOPPINGS	21 gr	5	0	0	0	0	290	1	0	0	0	0	0	0	0	0	
Pimento Cheese	TOPPINGS	28 gr	100	9	4.5	0	20	135	1	0	1	0	4	0	55	1	15	MILK, EGGS
Tomato	TOPPINGS	30 gr	5	0	0	0	0	0	1	0	1	0	0	0	0	1	70	

