



Popeyes® USA Nutrition Guide
JANUARY 2026

Nutrition Facts	Portion Size	Calories	Calories from Fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
SIGNATURE CHICKEN - CLASSIC OR SPICY												
WING (EACH)	1	220	140	15	6	0.5	60	630	11	1	0	14
LEG (EACH)	1	200	110	12	6	0.5	70	540	9	1	0	15
THIGH (EACH)	1	490	310	34	15	1	110	1120	18	1	0	25
BREAST (EACH)	1	620	270	30	16	1.5	180	178	17	2	1	52
TENDERS												
TENDERS - CLASSIC OR SPICY	3 Pieces	390	170	19	9	1	100	1700	25	1	0	35
TENDERS - CLASSIC OR SPICY	5 Pieces	650	300	32	15	2	170	2840	41	2	1	58
TENDERS - BLACKENED	3 Pieces	170	50	6	2	0	80	860	2	1	0	28
TENDERS - BLACKENED	5 Pieces	280	80	9	4	0	140	1430	4	1	0	47
WINGS - BONELESS OR BONE-IN												
CLASSIC BONELESS WINGS	6 Pieces	480	310	34	16	2	90	990	23	2	1	27
BUFFALO RUB BONELESS WINGS	6 Pieces	520	310	34	16	2	90	1730	27	2	1	26
GARLIC PARMESAN RUB BONELESS WINGS	6 Pieces	520	310	34	17	2	90	1230	25	2	1	27
GHOST PEPPER RUB BONELESS WINGS	6 Pieces	520	310	34	16	2	90	1490	25	2	1	27
HONEY BBQ BONELESS WINGS	6 Pieces	660	310	34	16	2	90	1800	72	2	46	27
LEMON PEPPER RUB BONELESS WINGS	6 Pieces	520	310	34	16	2	90	1510	26	2	3	26
SIGNATURE HOT BONELESS WINGS	6 Pieces	1020	740	82	25	2	90	1910	46	2	12	28
SWEET & SPICY BONELESS WINGS	6 Pieces	720	310	34	16	2	90	2360	79	2	50	27
CLASSIC BONE-IN WINGS	6 Pieces	650	400	44	18	1	180	1780	27	2	1	38
BUFFALO RUB BONE-IN WINGS	6 Pieces	670	400	44	18	1	180	2520	31	3	1	38
GARLIC PARMESAN RUB BONE-IN WINGS	6 Pieces	670	400	44	18	1	180	2020	29	3	1	38
GHOST PEPPER BONE-IN WINGS	6 Pieces	670	400	44	18	1	180	2280	29	3	1	38
HONEY BBQ BONE-IN WINGS	6 Pieces	860	400	44	18	1	180	2850	77	3	48	38
LEMON PEPPER RUB BONE-IN WINGS	6 Pieces	670	400	44	18	1	180	2300	30	2	3	38
SIGNATURE HOT BONE-IN WINGS	6 Pieces	1150	800	89	30	2	180	2610	48	4	11	39
SWEET & SPICY BONE-IN WINGS	6 Pieces	880	400	44	18	1	180	3140	83	3	49	38
SEAFOOD												
BUTTERFLY SHRIMP	8 Pieces	360	190	21	9	1	80	1140	30	2	1	14
SANDWICHES												
CHICKEN SANDWICH-CLASSIC	1	700	380	42	14	1.5	90	1440	50	2	8	28
CHICKEN SANDWICH-SPICY	1	700	380	42	14	1.5	90	1470	50	2	8	28

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SIGNATURE SIDES												
BISCUIT	1	230	130	14	6	0	0	520	24	1	2	3
CAJUN FRIES	Reg	270	140	15	7	1	10	620	31	3	0	3
CAJUN FRIES	Lg	740	370	41	18	2	35	1720	86	8	1	9
HOMESTYLE MAC & CHEESE	Reg	280	180	21	21	0.5	60	510	16	0	3	11
HOMESTYLE MAC & CHEESE	Lg	850	550	63	36	1.5	180	1540	48	1	9	33
MASHED POTATOES WITH CAJUN GRAVY	Reg	110	50	6	0	0	5	750	13	0	0	3
MASHED POTATOES WITH CAJUN GRAVY	Lg	310	130	14	4	0	10	2190	39	4	2	7
RED BEANS & RICE	Reg	260	140	16	4	0	10	580	29	6	1	7
RED BEANS & RICE	Lg	640	360	40	9	0	25	1420	73	13	2	18
COLESLAW	Reg	160	110	12	2	0	10	210	12	2	10	1
COLESLAW	Lg	480	330	37	6	0	25	620	37	6	30	3
JALAPEÑO	1	5	0	0	0	0	0	370	1	1	1	0
SIGNATURE DIPPING SAUCES												
BAYOU BUFFALO™	1	50	50	5	1	0	0	400	2	0	0	0
BOLDBQ™	1	60	0	0	0	0	0	400	14	0	11	0
BLACKENED RANCH	1	110	100	11	2	0	5	230	2	0	1	0
BUTTERMILK RANCH	1	130	130	14	2	0	10	200	2	0	1	0
MARDI GRAS MUSTARD™	1	90	80	8	1	0	5	210	4	1	3	1
SWEET HEAT®	1	70	0	0	0	0	0	290	19	0	16	0
SIGNATURE SAUCE	1	110	100	11	2	1	15	330	3	0	2	0
WILD HONEY MUSTARD	1	110	100	11	1.5	0	5	140	5	0	4	0
COCKTAIL SAUCE	1	35	0	0	0	0	0	370	9	1	6	1
BREAKFAST*												
CHICKEN BISCUIT	1	490	230	26	14	0.5	30	1280	47	1	2	17
SAUSAGE BISCUIT	1	540	320	36	18	0	30	1100	41	1	2	13
EGG BISCUIT	1	510	260	29	15	0	130	1160	41	1	2	13
EGG & SAUSAGE BISCUIT	1	690	410	45	22	0	160	1520	43	1	2	20
BACON BISCUIT	1	400	230	25	12	0	5	780	37	3	2	8
SAUSAGE & GRAVY BISCUIT	1	510	300	33	14	0.5	15	1090	42	3	3	10
GRITS	1	370	50	5	0.5	0	0	30	80	7	0	5
HASH ROUNDS	1	360	180	20	9	1	10	450	41	4	0	3
COFFEE	1	0	0	0	0	0	0	0	0	0	0	0
ORANGE JUICE	1	140	0	0	0	0	0	20	33	0	30	2

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BEVERAGES												
COKE	Small	240	0	0	0	0	0	60	66	0	66	0
DIET COKE	Small	0	0	0	0	0	0	65	0	0	0	0
SPRITE	Small	230	0	0	0	0	0	60	61	0	61	0
FANTA STRAWBERRY	Small	270	0	0	0	0	0	60	70	0	70	0
FANTA ORANGE	Small	260	0	0	0	0	0	60	70	0	70	0
MOUNTAIN DEW	Small	280	0	0	0	0	0	85	73	0	73	0
PEPSI	Small	250	0	0	0	0	0	55	69	0	69	0
DIET PEPSI	Small	0	0	0	0	0	0	95	0	0	0	0
DR PEPPER	Small	240	0	0	0	0	0	75	65	0	64	0
BEVERAGES												
UNSWEETENED TEA	Small	0	0	0	0	0	0	10	0	0	0	0
SWEET TEA	Small	180	0	0	0	0	0	10	16	0	45	0
MINUTE MAID LEMONADE	Small	270	0	0	0	0	0	190	71	0	68	0
DESSERTS												
CINNAMON APPLE PIE	1	280	130	14	7	0	0	260	35	2	14	3
STRAWBERRY & CREAM CHEESE PIE	1	300	150	17	9	0.5	10	290	34	1	11	4
KIDS MEALS (SEE REG SIDES, KIDS BEVERAGES AND SAUCES AS LISTED)												
TENDER - CLASSIC	1	130	50	6	3	0	35	570	8	0	0	12
LEG - CLASSIC	1	190	100	11	4	0.5	55	350	9	0	0	12
* Not available at all locations												
▲ Please note: The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes website or in its restaurants is comprised from data provided by an independent testing company commissioned by Popeyes and our suppliers and is current as of January 2026. 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 assembly 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 available 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 local physician or dietitian prior to eating at any Popeyes restaurant. Please periodically review the "Nutrition Guide" at Popeyes.com as information may be updated.												