

Tender Shack

The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. 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 April 2021

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tenders and Sandwiches											
Chicken Tender 20 Each Catering	3450	1500	167	69	8	575	314	14390	15	17	196
Chicken Tender 20 Each Nashville Hot Catering	3650	1530	170	69	8	575	345	19130	24	24	205
Chicken Tender Combo (Tenders & Fries)	1240	550	62	26	3	160	137	4620	4	4	56
Chicken Tender Combo Nashville Hot (Tenders & Fries)	1220	560	62	26	3	160	112	5190	6	6	55
Chicken Tender Platter (Tenders & Fries)	1240	550	62	26	3	160	107	4850	4	4	54
Chicken Tender Platter Nashville Hot (Tenders & Fries)	1220	560	62	26	3	160	112	5950	6	6	55
Chicken Tender Sandwich	1350	650	72	29	2.5	125	146	4160	5	12	43
Chicken Tender Sandwich Nashville Hot	1360	650	73	29	2.5	125	135	4890	6	17	44
Chicken Tender Sandwich Combo (Sandwich & Fries)	1350	650	72	29	2.5	125	146	3410	5	17	44
Chicken Tender Sandwich Nashville Hot Combo (Sandwich & Fries)	1360	650	73	29	2.5	125	150	4890	6	17	44
Sides											
Fries	410	180	20	9	1	17	57	755	0	0	6
Oatmeal Raisin Cookie	350	135	15	6	0.3	35	52	200	2	28	5
Sauces											
Tender Shack Sauce	130	115	13	2	0.1	8	3	184	<1	3	3
Ranch Sauce	270	220	24	3.5	0	20	1	260	0	0	6
Bold BBQ Sauce	90	0	0	0	0	0	23	390	1	20	<1
Buffalo Sauce	10	0	0	0	0	0	2	1430	<1	<1	0
Honey Mustard Sauce	230	180	20	3	0	10	11	290	<1	10	1
Beverages											
Dr Pepper 32 Oz Cup- Obs	230	0	0	0	0	0	62	55	0	62	0
Coke Diet 32 Oz Cup- Obs	0	0	0	0	0	0	0	25	0	0	0
Sprite 32 Oz Cup - Obs	240	0	0	0	0	0	65	55	0	65	0
Iced Tea Unsweet 32 Oz Cup - Obs	0	0	0	0	0	0	0	25	0	0	0
Iced Tea Sweet 32 Oz Cup - Obs	150	0	0	0	0	0	38	25	0	38	0