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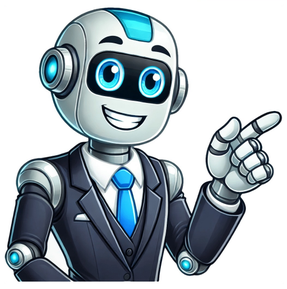

PDQ, which stands for “People Dedicated to Quality,” is a fast-casual restaurant chain that offers a unique dining experience. With its emphasis on fresh ingredients, hand-breaded chicken tenders, and made-to-order meals, PDQ has gained popularity among food lovers across the United States. What is PDQ restaurant? PDQ is a fast-casual restaurant chain known for its commitment to quality and the preparation of delicious made-to-order meals. 1. Where did PDQ restaurant start? PDQ was founded in Tampa, Florida, in 2011. 2. What makes PDQ different from other fast-food restaurants? PDQ stands out by using fresh ingredients and hand-breading their chicken tenders in-house. 3. Does PDQ serve only chicken dishes? No, PDQ offers a diverse menu that includes not only chicken tenders but also sandwiches, salads, bowls, and chicken-based platters. 4. What is PDQ’s signature dish? PDQ’s signature dish is their hand-breaded chicken tenders. They are made from fresh, never-frozen chicken and cooked to crispy perfection. 5. Are there vegetarian or vegan options at PDQ? While PDQ is primarily known for its chicken-based offerings, they do have a vegetarian salad and a crispy tofu bowl available for those seeking plant-based options. 6. Is PDQ restaurant family-friendly? Yes, PDQ is designed to cater to families. They offer a kid’s menu and a family bundle option for large groups. 7. Are PDQ’s ingredients locally sourced? PDQ sources its ingredients from trusted suppliers, with a focus on freshness and quality. While they aim to support local whenever possible, not all ingredients may be locally sourced. 8. Can you customize your order at PDQ? Absolutely! PDQ prides itself on offering customizable options to cater to individual preferences and dietary needs. You can add or remove toppings, sauces, or even create your own bowl or salad. 9. Are there gluten-free options at PDQ? PDQ has a designated gluten-free menu, which includes various gluten-free sauces, salads, bowls, and the grilled chicken tenders. They also take precautions to avoid cross-contamination. 10. Does PDQ offer catering services? Yes, PDQ offers catering services for various events, including office parties, celebrations, and gatherings. They have customizable options to suit different group sizes and preferences. 11. How many locations does PDQ have? As of 2021, PDQ has over 60 locations spread across several states, mainly in the southeastern and Midwestern regions of the United States. 12. Is PDQ actively involved in the community? PDQ takes pride in giving back to the community. They support local schools, organizations, and charitable causes through fundraising initiatives and donations. In conclusion, PDQ restaurant is a fast-casual chain that prioritizes quality, freshness, and delicious made-to-order meals. With its signature hand-breaded chicken tenders and a diverse menu, PDQ offers something for everyone. Whether you are looking for a family-friendly dining experience, vegetarian options, or gluten-free choices, PDQ aims to deliver a satisfying meal that exceeds expectations. Visit your nearest PDQ location and experience their commitment to food excellence firsthand! PDQ, which stands for People Dedicated to Quality, is a fast, casual eat in or drive-thru restaurant with locations mainly in the southeastern part of the United States. The company is committed to its mission and values of high quality food and superior customer service. All restaurants are clean and comfortable.All PDQ restaurants play an active role in their communities with a number of ventures. One of the most notable is the Million Thanks Partnership which is held at each location on the first Monday of each month. On these days, each guest is invited to design and send personalized thank you cards to US troops serving in various parts of the world.FOODSIZEPRICEChoice of Crispy or Grilled Tenders. Meal Includes Homemade Sauce and Fresh-Cut Fries or Blueberry Coleslaw and BeverageTenders - Meal3 Pc.$7.29Tenders - Meal4 Pc.$8.29Tenders - Meal5 Pc.$9.29Tenders Only3 Pc.$4.19Meal Comes with Choice of Homemade Honey BBQ Sauce and Fresh-Cut Fries or Blueberry Coleslaw and BeverageNuggets - Meal8 Pc.$7.19Nuggets - Meal12 Pc$8.99Nuggets Only8 Pc.$4.09Nuggets Only12 Pc.$5.89Cali Club Chicken Sandwich$5.99Cali Club Chicken Sandwich - Meal$8.99Spicy Buffalo Tenders Sandwich$4.39Spicy Buffalo Tenders Sandwich - Meal$7.39Crispy Chicken Sandwich$4.39Crispy Chicken Sandwich - Meal$7.39Grilled Chicken Sandwich$4.39Grilled Chicken Sandwich - Meal$7.39Crispy Turkey Breast Sandwich$4.99Crispy Turkey Breast Sandwich - Meal$7.99Grilled Turkey Breast Sandwich$4.99Grilled Turkey Breast Sandwich - Meal$7.99Salad Meal (Salad and Beverage)$7.65Crispy Chicken Salad$6.49Grilled Chicken Salad$6.49Chicken Caesar Salad$6.49Fresh-Cut Fries$1.99Fresh Blueberry Coleslaw$1.99Fresh Apple Slices with Toffee Dip$2.19Extra Tender$1.39Add Bacon$1.00Add Avocado$1.00Cookie1 Pc.$1.49Cookie with a Combo Meal1 Pc.$0.99Includes Sauce, Fresh-Cut Fries, and Yoo-hoo Juice Box or Soft DrinkTenders2 Pc.$3.99Honey Marinated Nuggets6 Pc.$3.99Traditional Shake14 oz.$2.99Traditional Shake20 oz.$4.29Specialty Shake14 oz.$3.49Specialty Shake20 oz.$4.99Soda20 oz.$1.89Soda32 oz.$1.99Fresh Squeezed Lemonade$2.39Fresh Brewed Tea (Sweet, Unsweet, or Green)$1.89Coffee$1.89Bottled Water$1.89Bottled Cheerwine$1.99HISTORYThe first PDQ restaurant was opened in Tampa, Florida in October 2011. It was conceived by Bob Basham, a co-owner of Outback Steakhouses, and Nick Reader, a former MVP CEO. They worked for two years to take the fast food chicken restaurant to a much higher level by blending quick efficiency with outstanding service.The initial name of the restaurant “Pretty Darn Quick” was changed as soon as the founding team realized that they wanted their restaurant to be so much more. They recommitted to their original founding principles, focusing on stocking only the freshest ingredients, made-to-order items, and the best hospitality. The restaurants were originally compared to In-N-Out Burgers which made the owners happy but a few twists make PDQs stand out from the crowd.Everything on the menu at PDQ is made-to-order and not prepared in advance. Since everything is fresh, there are no freezers. There are no intercoms at the drive thru window but rather a server personally takes your order. As a matter of fact, that service window has been coined the “Hospitality Hut” and has proven to be much more accurate than the typical electronic systems.Another unique feature is the open kitchen. You get a birds eye view of the restaurant’s operation and can watch your food being prepared especially for you. As of March 2016, there are 54 PDQ restaurants in eight states with ten additional restaurants planned to open before 2020. At last report, each store averages about $3 million in annual sales.REVIEWIn 2014 the Restaurant Business Magazine ranked PDQ as the #1 fastest growing small chain in America. That same year the Nation’s Restaurant News made PDQ the Hot Concepts Recipient. PDQs specialize in hand-battered chicken tenders, made-to-order chicken and turkey sandwiches, hand cut fries, fresh salads, and hand spun shakes. Even with growth the company has never waivered from their commitment to the finest and freshest quality ingredients.The chicken tenders are the menu headliner but the sandwiches are a close second. The take outs are wrapped and placed in a box so that they remain warm and in tact until you eat them. One of the most popular sandwiches is the Cali Club which is a grilled chicken breast on a brioche bun, with ranch dressing, bacon, lettuce, and tomato. The fries are hand cut from fresh potatoes and par-baked before frying to make them extra crispy.PDQs also make their own dressings and sauces. These seven special blends are bleu cheese, buffalo bleu, creamy garlic, chipotle barbecue, honey mustard, ranch, and sweet heat. The shakes are hand spun and the lemonade is fresh squeezed. Most menu items are priced under $7 and you can purchase most combos (sandwich or salad with a drink) for under $8. All these menu items are also available on the catering menu.PDQs are now located in Alabama, Florida, Georgia, Texas, South Carolina, North Carolina, and even New Jersey and Nevada. All have the same easy ambience and take pride in making sure all customers leave happy. This franchise continues to grow and the future continues to look bright. Find a PDQ Chicken nearby and enjoy our buttermilk tenders.Use the dropdown menu to find the closest store in your state. PDQ (also known as People Dedicated to Quality) is a must-visit place to enjoy delectable menu items like crispy tenders, nuggets, sandwiches, tender platters, salads, sides, beverages, and hand-spun shakes. The restaurant’s motto is to offer good quality, fresh, affordable food. Therefore, all their menu items are freshly prepared in their kitchen daily without preservatives. That’s why you will find customers singing praises about their food. You can find them across five states: Florida, North Carolina, New Jersey, New York, and South Carolina. 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Cheese$8.59585NoNoNoNo 1/2 Gallon Sweet Tea$4.49820NoYesYesNo 1/2 Gallon Lemonade$5.69850YesYesYesNo 1/2 Gallon Unsweet Tea$4.190NoYesYesYes Family Meal Parmesan Broccoli$6.19450 NoYesNoNo Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Fries$4.49360NoNoNoNo Large Fries$4.99540NoNoNoNo Mac & Cheese$6.19390NoNoNoNo Parmesan Broccoli$4.19300NoYesNoYes Family Meal Fries$6.19720NoNoNoNo Side Garden Salad$6.19420NoYesNoYes Family Meal Parmesan Broccoli$6.19450NoYesNoYes Hand Spun Shakes Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Small Shakes$6.19470 – 850NoYesYesNo Regular Shakes$7.309670 – 1290NoYesYesNo Treats Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Chocolate Chunk Cookie$2.39488NoNoNoNo Cranapple Oatmeal Cookie$2.39280NoNoNoNo More Cookies$8.29279NoNoNoNo Seasonal Cookie$2.39158NoNoNoNo Craft Beverages Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Boba Teas$7.09120NoYesYesNo Refreshers$4,7990YesYesYesNo Boosted Lemonade$5.2925YesYesYesNo Drinks Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Regular Lemonade$4.09240YesYesYesNo Large Lemonade$4.49390YesYesYesNo Bottle Cheerwine$3.79150YesYesYesYes 1/2 Gallon Lemonade$5.49850YesYesYesYes 1/2 Gallon Sweet Tea$4.29820NoYesYesNo 1/2 Gallon Petey’s Punch$4.29100NoYesYesNo 1/2 Gallon Green Tea$4.290YesYesYesYes Regular Coke$3.19139YesYesYesNo Signature Sauces Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 8oz Bleu Cheese$3.591040NoNoNoNo 8oz Buffalo Bleu$3.59630NoNoNoNo 8oz Buffalo Sauce$3.59560NoNoNoNo 8oz Creamy Garlic$3.59980NoNoNoNo 8oz Honey BBQ$3.59560NoNoYesNo 8oz Honey Mustard$3.591050NoNoYesNo 8oz PDQ Sauce$3.591050NoNoYesNo 8oz Ranch$3.59840NoNoNoNo 8oz Sweet Sriracha$3.591120NoNoNoNo Crispy Deluxe Chicken Sandwich The Crispy Deluxe Chicken Sandwich at PDQ is one of the best options to try at the restaurant. It’s famous for two reasons. Firstly, it provides the perfect crunch you would expect out of a “crispy sandwich’. Secondly, it brings together the perfect balance of flavors. Therefore, biting into this sandwich is a joy. But here’s what makes this sandwich even better. It features thick-cut dill pickles that are not too acidic in taste. However, they take the sandwich’s flavor profile to the next level. Their acidity complements the savory flavor of juicy chicken breast and the freshness of crunchy lettuce, tomatoes, and PDQ’s special sauce. Jacked Spicy Chicken Sandwich Another must-try item on the menu is the Jacked Spicy Chicken Sandwich. It provides an explosion of flavors and is loved by customers who enjoy a kick of heat in every bite. Just the thought of this sandwich makes my mouth water. I love that they prepare juicy chicken breasts coated with spicy breading. They are topped with PDQ sauce, pepper jack cheese, and dill pickles, adding tangy and spicy flavors. A crunchy and juicy layer of lettuce and juicy tomato sits underneath to balance out the heat level. The Buffy Bleu Sandwich from PDQ is a culinary masterpiece. Its brilliant combination of spicy, tangy, and savory flavors makes it so you won’t need anything else. The idea of tossing two hand-breaded crispy fried chicken tenders in a delectable buffalo bleu sauce is absolutely genius. The tenders are truly juicy on the inside and crispy on the outside. Moreover, the sauce adds a creamy contrast and enhances their taste with its spicy and tangy flavor. These elements come served with lettuce on a buttery toasted bun to make every bite memorable.   PDQ’s Honey Butter Sandwich is an excellent option for those who love the combination of sweet and savory flavors. As the name suggests, the key ingredient in this sandwich is PDQ’s honey butter sauce. It is made with real honey and butter to provide a natural sweet flavor. However, it doesn’t taste like a dessert, as the butter packs a savory punch. Moreover, tangy butter pickles are hidden underneath the chicken patty and served on a classic buttery bun to keep the sweetness in check. But I also recommend you try this sandwich by asking for add-ons like pepper jack cheese, which complements the sweet flavors. PDQ’s Grilled Chicken Sandwich is a great option for a healthier, low-fat sandwich. It features a perfectly marinated and grilled chicken breast that is served with PDQ sauce, lettuce, tomato, and dill pickles on a toasted bun. Many customers appreciated the fact that the chicken didn’t feel greasy and offered a nice contrast to the crunchy veggies. However, one thing I would recommend you try is swapping PDQ sauce for honey mustard sauce. It adds an earthy and tangy flavor and compliments the taste of grilled chicken. The Crispy Chicken Tenders are PDQ’s flagship item for good reasons. I recommend you try them as they are made with the juiciest chicken tenderloins that are tender on the inside. Moreover, they are breaded with a crispy coating and seasoned to perfection. The best part is that you can also get them in a spicy flavor in packs of 3, 4, 5, and 10 pieces.   Chicken Nuggets have a huge fan following. PDQ offers carefully prepared Chicken Nuggets that are tender and crispy on the outside. They come in three varieties: crispy, spicy, and grilled. While all of them taste great on their own, I recommend you try the spicy ones. They are full of savory goodness and have a kick of heat that makes them taste better. What’s even better is the fact that you can enjoy them with a sauce of your choice. The options include sweet sriracha, creamy garlic, ranch, honey mustard buffalo bleu, honey BBQ, and PDQ sauce. At PDQ, you will also find quite popular salads. You can choose from three varieties. However, customers find the Mediterranean Salad to be the best. It combines a glorious combination of grilled or crispy chicken with mixed greens, red cabbage, carrots, cucumbers, and tomatoes. What makes it even better is that it features briny-flavored kalamata olives, tangy pepperoncini, and savory crumbly feta cheese, signature Mediterranean ingredients. All the components are tossed in a lemon-chili vinaigrette. Lastly, you will also find a creamy dollop of hummus, which brings on board a nutty flavor. A sandwich without fries is an incomplete meal. That’s why you will also find them at PDQ, but they are not your ordinary fries. You are served PDQ’s signature Waffle Fries, which taste amazing and are unique. They are made with potatoes sliced into waffle shapes and deep-fried to golden crispy perfection. Therefore, they give a full mouthfeel and don’t feel empty on the inside. Moreover, they are lightly seasoned with a sea salt blend so that the natural flavor of potatoes shines through. PDQ is famous for serving handspun shakes. They offer four varieties, but I find their Oreo Shake the best. It is made with rich, thick vanilla ice cream and crushed Oreo cookies. Therefore, in each sip, you can taste the soothing flavor of vanilla, and the crunchy and chocolatey Oreos make the shake more delightful.   Yes, you can avail of catering services from PDQ and make your events more special by selecting delectable options from their menu. The options include sandwiches, sides, salads, drinks, and desserts.PDQ uses canola oil to cook its food.Yes, PDQ food is healthy to eat if enjoyed in moderation. You will find PDQ open on most holidays like New Year’s Day, Martin Luther King Day, Good Friday, Easter, Memorial Day, Independence Day, Labour Day, Columbus Day, the Day before Thanksgiving, and Christmas Eve. However, they remain closed on Christmas Day.At PDQ, you can make payments via cash, credit or debit card, and digital payment methods like Apple Pay or Google Pay.Yes, PDQ provides convenient home delivery. You can order from PDQ by placing your order on their official website or app, or via food delivery apps like Doordash, Grubhub, Seamless, Postmates, and UberEats.PDQ restaurants typically open their doors at around 11:00 A.M. and close at around 9:00 P.M. from Monday to Sunday. However, the timings may vary from one location to another.Yes, PDQ offers customers both dine-in and drive-thru facilities. PDQ restaurant chain not only offers good food but also provides a wholesome experience by taking care of each customer’s needs. Therefore, they offer attractive deals. Look at some deals I found on their website last time. (April 7th – April 13th)PDQ loversgreat deal is here for you get half priced shakes from 2-5 pm on april 7th to april 13th. Grab this amazing deal as soom as possible. Note: Rewards cannot be combined with any other offer. One-time use only, no residual value. If a guest receives a $20 reward and only uses $15 of it on an order, the remaining $5 of the reward will be void. We aim to provide the most authentic information to our readers. Therefore, our team updates PDQ’s menu items and their prices by referring to PDQ’s official website. Moreover, we verify the information with affiliated delivery networks. However, we recommend you cross-check the prices with your nearest PDQ restaurant, which may vary. Panera Bread Arby’s Pollo Campero Buffalo Wild Wings Shakes Frozen Custard Wingstop I’m sure you are excited to try out all my recommendations at PDQ soon. Well, you must, if you haven’t tried them yet. To do so, you can visit their restaurant or order your favorite items at home. If you have any other questions related to the restaurants, please feel free to ask me in the comments section below.   Follow Us On Our Social Media Platforms If you try this restaurant, let us know! Leave a comment and tag us in your photos on social media. We would love to share your pictures. Image: Courtesy of PDQ Get your taste buds ready, foodies! Today we are delving into the delicious world of PDQ and all the mouthwatering menu items they offer. As one of the best fried-chicken chains, PDQ has gained popularity for its fresh, made-to-order meals that satisfy even the pickiest eaters. If you are wondering what PDQ means, it stands for “People Dedicated to Quality.” This beloved chain has lived up to its name since the first location opened in Tampa, Florida, in 2011. Their chicken is always fresh, never frozen, and hand-breaded for maximum flavor. PDQ’s menu has something for everyone, from their signature chicken tenders to crispy sandwiches to savory sides and salads. To help you decide what to order on your next visit, I’ve rounded up the 20 best PDQ menu items you should try! View this post on Instagram A post shared by PDQ (@pdqfreshfood) We’re not talking about those measly chocolate chips you find in some other fast-food cookies. The Chocolate Chunk Cookie is baked fresh daily and is filled with chocolate chunks that melt in your mouth with every bite. These warm, gooey have a sweet yet slightly salty flavor, making them the perfect way to end your meal at PDQ. View this post on Instagram A post shared by Laneisha Wilson (@mzswag78) I’m not usually a fast-food salad fan, but I make an exception with PDQ’s salads, especially their Spicy PDQ Salad. This bad boy is packed with flavor, spice, and everything nice. It’s a mixture of spicy crispy chicken, mixed greens, red cabbage, carrots, cheddar & jack cheeses, tomatoes, and cucumbers topped with their honey mustard dressing. The balance between the spicy chicken chunks and the smooth, creamy dressing is delightful. Just when you get bored with one ingredient, the next one is there to surprise you. If you’re looking for a playful twist on your classic salad, the Spicy PDQ Salad will satisfy your cravings. View this post on Instagram A post shared by PDQ (@pdqfreshfood) The Spicy Chicken Deluxe Sandwich has a tender and well-seasoned chicken breast with a little spiciness that won’t be too overwhelming. The crispy chicken filet is complemented by bibb lettuce, tomato, and dill pickles that add a refreshing crunch and tanginess. The combination of flavors makes the sandwich delightful. As someone who likes spicy food, I enjoy the mild heat in this sandwich. View this post on Instagram A post shared by PDQ (@pdqfreshfood) PDQ’s milkshakes are crafted with only the freshest ingredients. The Oreo Cookie Shake is made by blending vanilla ice cream and crushed Oreo cookies, giving your taste buds a rich and creamy experience. The shake is finished with whipped cream, crushed Oreo cookies, and cherry on top, making it delectable. The smooth and velvety texture of the shake is an exquisite delight to the palate. View this post on Instagram A post shared by PDQ (@pdqfreshfood) If you’re looking for a sandwich that will make you do a happy dance, try PDQ’s Crispy Chicken Deluxe Sandwich. This masterpiece is made with a crispy chicken patty cooked to perfection and topped with fresh lettuce, juicy tomato, crunchy dill pickles, and PDQ’s signature sauce. And the best part? It’s made to order, filling every bite with the freshest ingredients. One bite of this sandwich and your taste buds will be transported to flavor heaven. The crispy chicken, tangy sauce, and fresh veggies create a flavor explosion in your mouth that will leave you savoring every bite. Trust me; this is one of the best fast-food chicken sandwiches out there. One of PDQ’s side items, the Mac and Cheese, is the wonderful marriage of creamy macaroni and gooey cheese. Each bite is made with creamy cheddar cheese that’s melted to perfection. The real magic happens when you dunk your chicken tenders or chicken nuggets into the Mac and Cheese and get that extreme comfort food experience. It’s the perfect indulgent side dish at PDQ that will hit the spot. View this post on Instagram A post shared by PDQ (@pdqfreshfood) Imagine a rich and creamy milkshake spun with chunks of Reese’s Peanut Butter Cups, topped with whipped cream, a further sprinkling of Reese’s pieces, and a cherry on top. The result is a smooth chocolate and peanut-infused shake with bits of Reese’s chocolate cups in the mix. It sounds like a dream come true. If you’re not into the chocolate bits and want a velvety shake, go for the peanut butter shake instead. View this post on Instagram A post shared by PDQ (@pdqfreshfood) Picture this: A juicy chicken breast is nicely marinated and grilled until it glistens with a golden hue. It is then topped with lettuce, tomato, and pickles and slathered with the PDQ sauce. And here’s the kicker. The chicken breast retains its savory taste without being too greasy. The nutty flavor of herbs and spices gives it a unique depth that will have your taste buds dancing. So whether you’re a grilled chicken fan or just looking for something healthier on the menu, give this sandwich a try. View this post on Instagram A post shared by PDQ (@pdqfreshfood) I know broccoli may be the last thing you want to order from a fast-food chicken chain, but you’d be surprised by how amazing PDQ’s Parmesan Broccoli is! These crunchy, flavorful broccoli florets are cooked to the right tenderness and seasoned with butter, garlic, and parmesan cheese. The ingredients are simple, yet the flavors are nothing short of delicious. The result? A guilt-free side dish that’s loaded with flavor and nutrition. View this post on Instagram A post shared by PDQ (@pdqfreshfood) Oatmeal cookies can be dry and dull, but PDQ’s Cranapple Oatmeal Cookie is anything but. This cookie is made with oats blended with apples and cranberries for a unique flavor. The combo of sweet and tart elements creates the perfect balance in this chewy treat. It’s a cookie that you won’t be able to resist! So, don’t miss out. View this post on Instagram A post shared by PDQ (@pdqfreshfood) The Strawberry Shake is made with rich, thick vanilla ice cream and real strawberries. With its creamy texture and luscious strawberry flavor, you’ll feel transported to a sunny summer day. If you find the shake too “vanilla,” you can always request other ingredients, such as banana, extra strawberries, fudge, and an assortment of chocolatey goodness. And at some locations, they also have gummy bears as add-ons. View this post on Instagram A post shared by PDQ (@pdqfreshfood) Oh, my tastebuds are dancing just thinking about the PDQ Salad! This salad is the perfect blend of crispy and fresh, with options between deep-fried or grilled chicken, mixed greens, red cabbage, carrots, cucumbers, and tomatoes. And let’s not forget about the cheddar and jack cheeses because who doesn’t love a good cheese blend? But what takes this salad to the next level is the honey mustard dressing. It’s not too overpowering but adds just the right amount of zing. If honey mustard dressing is not your thing, you can always request their other homemade dressings, including blueberry vinaigrette, bleu cheese, lemon chili vinaigrette, or ranch. View this post on Instagram A post shared by PDQ (@pdqfreshfood) If the thought of fried chicken and waffles makes you weak in the knees, PDQ’s Honey Butter Sandwich will be right up your alley. The honey butter sauce is the secret ingredient that sets this sandwich apart – made with real honey and butter for an extra sweet and savory punch. Combined with a crispy fried chicken patty and butter pickles in a classic bun, every bite is heaven on earth. For those brave souls who want to kick it up a notch, the spicy chicken breast and sweet sriracha sauce elevate this sandwich to game-changing levels. View this post on Instagram A post shared by PDQ (@pdqfreshfood) PDQ’s Waffle Fries are made with potatoes sliced into a waffle shape, lightly seasoned with their sea salt blend, and deep-fried to golden crispy goodness. The waffle shape gives them the perfect surface area to get crispy on the outside while remaining soft and fluffy on the inside. Dip them in one (or more) of your favorite PDQ sauces, and you’ll wish you had a bottomless bucket of these fries. View this post on Instagram A post shared by Jules Droolz (@julesdroolz) There’s always something special about the crunchy candy coating that envelops the velvety chocolate. And when you blend that with creamy vanilla ice cream, the result is nothing short of amazing. That’s what you can expect from PDQ’s M&M’s Shake. It features crushed M&M’s blended into a thick shake and topped with whipped cream and a cherry. When I need something to cheer me up, this PDQ milkshake always fits the bill. View this post on Instagram A post shared by PDQ (@pdqfreshfood) If you love juicy chicken tenders more than chicken breast in your sandwich, the Buffy Bleu is your answer. Packed with two crispy chicken tenders smothered with buffalo bleu sauce and nestled on lettuce, the Buffy Bleu Sandwich may look basic, but it will quickly change your mind. The scrumptious blend of spicy buffalo and tangy blue cheese in the sauce transforms the chicken tenders into one of the best fried chicken I’ve ever had. And if you’re feeling a little less adventurous, the Grilled Chicken Sandwich is always a solid choice. But why settle when you can double the flavor with the Buffy Bleu? View this post on Instagram A post shared by @prettyuplifting_ PDQ’s Mediterranean Salad is a glorious combination of grilled or crispy chicken, mixed greens, red cabbage, carrots, cucumbers, and tomatoes. It also has kalamata olives, pepperoncini, crumbly feta cheese, and a creamy dollop of hummus. And let’s not forget the pièce de resistance, the lemon-chili vinaigrette! All flavors in this salad come together beautifully. The tanginess of the olves and pepperoncini balances the creaminess of the hummus and feta, while the lemon-chili vinaigrette ties everything together with a subtle kick. If you can’t take the spicy vinaigrette, try the blueberry vinaigrette for a refreshingly sweet and tangy combination. Either way, you will surely enjoy this flavorful salad on PDQ’s menu. View this post on Instagram A post shared by PDQ (@pdqfreshfood) PDQ’s Chicken Nuggets come in three varieties – crispy, grilled, and spicy. We already know PDQ uses only the best quality chicken breast meat, so unsurprisingly, these little guys are juicy and flavorful. Whether you choose crispy or grilled, each bite of chicken nuggets bursts with savory goodness. And, of course, the spicy option brings a little heat to the plate. View this post on Instagram A post shared by PDQ (@pdqfreshfood) This is the real deal – a juicy, crispy chicken breast sandwich made with PDQ sauce, pepper jack cheese, lettuce, tomato, and dill pickles. Every bite is a flavor explosion in your mouth, and I can’t tell you how much I love the spicy breading that enhances the texture of the chicken breast. And did I mention the pepper jack cheese? The creamy, spicy cheese complements the chicken to give you that lovely peppery aftertaste. It’s the ultimate comfort food and the best sandwich on PDQ’s menu. View this post on Instagram A post shared by PDQ (@pdqfreshfood) The Chicken Tenders are the flagship item on the PDQ menu, and for good reason! They’re made with the juiciest chicken tenderloins, then breaded and seasoned to perfection. And the best part? You get your choice of crispy, grilled, or spicy – each one better than the last. Now, why am I raving about chicken tenders, of all things? I can tell you these are not your average chicken tenders. The breading is crispy and flavorful, and the chicken inside is juicy and tender making you wonder how they achieve this perfection. And if you go for the spicy option, be prepared for a delightful kick! There you have it – the best food to order at PDQ! The Chicken Tenders and Jacked Spicy Sandwich are my favorites but don’t sleep on their salads and milkshakes. From crispy tenders and nuggets to chicken sandwiches – no matter what you order on the PDQ menu, you really can’t go wrong. The quality of ingredients is always top-notch, and each dish is made from scratch to ensure freshness. So next time you’re looking for a delicious meal, try some of the items on this list! For more information about PDQ, check out the articles below. Related Articles: 7 Best PDQ Sauces, Ranked 8 Best PDQ Sandwiches, Ranked Restaurants PDQSaladsPDQ Salad QUICK FACTS Choose a option to see full nutrition facts PDQ PDQ Salads contain between 271-377 calories, depending on your choice of option. The option with the fewest calories is the PDQ Salad With Grilled Chicken (271 calories), while the PDQ Salad With Crispy Chicken contains the most calories (377 calories). Choose from the options below to see the full nutrition facts, ingredients and allergen information. Explore our menu of crispy chicken tenders, juicy nuggets, signature sandwiches, and hand-spun shakes.Whether you’re dining in or grabbing takeout, PDQ is your new go-to for buttermilk fried chicken. Prepared how you like ‘em: Grilled, Crispy, or Spicy3 pc. | 4 pc. | 5 pc. 135-315 cals | 180-420 cals | 225-525 cals Prepared how you like ‘em: Grilled, Crispy, or Spicy8 pc. | 12 pc. 120-180 cals | 280-420 cals Korean BBQ, Garlic Parmesan, Nashville Hot or Garlic Buffalo3 pc. | 4 pc. | 5 pc. | 10 pc. 135-315 cals | 180-420 cals| 225-525 cals Korean BBQ, Garlic Parmesan, Nashville Hot or Garlic Buffalo8 pc. | 12 pc 120-180 cals | 280-420 cals Crispy breast withPDQ Sauce and pickles Crispy breast with PDQ Sauce, lettuce, tomato, and pickles Spicy breast withPDQ Sauce and pickles Spicy breast withPDQ Sauce and pickles Crispy tenders tossed in buffalo bleu, with lettuce Korean BBQ, Garlic Parmesan, or Garlic Buffalo Spicy breast with PDQ Sauce, pepper jack, lettuce, tomato, and pickles Two crispy tenders seasoned with Nashville Hot spices, and pickles Crispy chicken breast with honey butter and pickles Grilled chicken breast with PDQ Sauce, lettuce, and tomato Combos come with Tenders, Nuggets, or Sandwich Soft Drink or Tea Garlic Parmesan Toast* Waffle Fries or ChipsOr upgrade to a premium side Parmesan Broccoli Mac & Cheese Side Salad*Available at select locations Mixed greens, red cabbage, carrots, grape tomatoes, cucumber, and shredded jack and cheddar cheese, topped with chicken Mixed greens, red cabbage, carrots, grape tomatoes, cucumber, pepperoncini, olives, feta, and hummus, topped with chicken Kids’ meals come with 2 Tenders or 5 Nuggets Kids’ Milk, Soda, or Juice Fries, Broccoli, ApplesauceOr upgrade to a premium side Mac & Cheese Freshly baked with large chocolate pieces Freshly baked with dried cranberries and apples Freshly baked with a differentmix-in every season Vanilla, Chocolate, Oreo,Reese’s, or Strawberry Hand-crafted withsimple ingredients Sweetened, Unsweetened,or Green Coca-Cola Freestyleproducts PDQ (also known as People Dedicated to Quality) is a must-visit place to enjoy delectable menu items like crispy tenders, nuggets, sandwiches, tender platters, salads, sides, beverages, and hand-spun shakes. The restaurant’s motto is to offer good quality, fresh, affordable food. Therefore, all their menu items are freshly prepared in their kitchen daily without preservatives. That’s why you will find customers singing praises about their food. You can find them across five states: Florida, North Carolina, New Jersey, New York, and South Carolina. Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Fries$3.79360NoNoNoNo 4 Crispy Tenders$8.99420NoNoNoNo 5 Crispy Tenders Meal$14.79685 – 1395NoNoNoNo 3 Crispy Tenders Meal$12.39594 – 1175NoNoNoNo Sauced Trios Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Sauced Tender Trio$30.79660NoNoNoNo Sauced Boneless Trio$30.791050NoNoNoNo Sauced Tenders And Boneless Wings Item NamePriceCaloriesVeganVegetarianGluten FreeKeto 5 Sauced Tenders Meal$15.89750NoNoNoNo 4 Sauced Tenders Meal$16.59150NoNoNoNo 3 Sauced Tenders Meal$13.39150NoNoNoNo 12 Boneless Wings Meal$17.29610NoNoNoNo 8 Boneless Wings Meal$15.39430NoNoNoNo 5 Sauced Tenders$13.09660NoNoNoNo 4 Sauced Tenders$11.79428NoNoNoNo 3 Sauced Tenders$10.59321NoNoNoNo 12 Boneless Wings$12.49610NoNoNoNo 10 Sauced Tenders$24.299150NoNoNoNo 25 Sauced Tenders$59.092625NoNoNoNo 50 Boneless Wings$59.093030NoNoNoNo Combo Meals Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 5 Crispy Tenders Meal$15.29685 – 1395NoNoNoNo 3 Crispy Tenders Meal$12.89685 – 1395NoNoNoNo 3 Spicy Tenders Meal$12.89594 – 1175NoNoNoNo 4 Spicy Tenders Meal$14.69640 – 1285NoNoNoNo 4 Crispy Tenders Meal$14.09640 – 1285NoNoNoNo 5 Spicy Tenders Meal$15.89685 – 1395NoNoNoNo 5 Grilled Tenders Meal$15.29685 – 1395NoNoNoNo 3 Grilled Tenders Meal$12.89594 – 1175NoNoNoNo 4 Grilled Tenders Meal$14.09640 – 1285NoNoNoNo 12 Crispy Nugget Meal$14.69540 – 1060NoNoNoNo 12 Spicy Nuggets Meal$15.39540 – 1060NoNoNoNo 8 Spicy Nuggets Meal$12.89480 – 920NoNoNoNo 12 Grilled Nugget Meal$14.69540 – 1060NoNoNoNo 8 Grilled Nugget Meal$12.89480 – 920NoNoNoNo Crispy Chicken Deluxe Sandwich Meal$13.291060 – 1340NoNoNoNo Spicy Chicken Deluxe Sandwich Meal$13.791060 – 1340NoNoNoNo Crispy Chicken Classic Sandwich Meal$12.891055 – 1335NoNoNoNo Spicy Chicken Classic Sandwich Meal$13.491055 – 1335NoNoNoNo Jacked Spicy Chicken Sandwich Meal$15.291140 – 1420NoNoNoNo Honey Butter Sandwich Meal$13.391150 – 1430NoNoNoNo Buffy Bleu Sandwich Meal$13.29800 – 1090NoNoNoNo Grilled Chicken Sandwich Meal$13.49955 – 1135NoNoNoNo Big Buffy Bleu Sandwich Meal$15.99905 – 1140NoNoNoNo Tenders Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 3 Crispy Tenders$8.29315NoNoNoNo 4 Crispy Tenders$9.49420NoNoNoNo 10 Crispy Tenders$21.291050NoNoNoNo 5 Spicy Tenders$11.79525NoNoNoNo 3 Spicy Tenders$9.39315NoNoNoNo 4 Spicy Tenders$9.59420NoNoNoNo 5 Grilled Tenders$10.09225NoNoNoNo 3 Grilled Tenders$8.29135NoNoNoNo 4 Grilled Tenders$8.949180NoNoNoNo 10 Spicy Tenders$22.491050NoNoNoNo 10 Grilled Tenders$21.29450NoNoNoNo Nuggets Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 12 Crispy Nuggets$10.19420NoNoNoNo 8 Crispy Nuggets$9.39280NoNoNoNo 12 Spicy Nuggets$12.19420NoNoNoNo 8 Spicy Nuggets$10.59280NoNoNoNo 8 Grilled Nuggets$9.39120NoNoNoNo 12 Grilled Nuggets$11.19180NoNoNoNo Sandwiches Item NamePricesCaloriesVeganVegetarianGluten – FreeKeto Honey Butter Sandwich$10.09690NoNoNoNo Crispy Chicken Classic Sandwich$9.59695NoNoNoNo Crispy Chicken Deluxe Sandwich$9.99700NoNoNoNo Spicy Chicken Classic Sandwich$10.19695NoNoNoNo Salads Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto PDQ Salad$13.89700 – 830NoNoNoNo, but you can avoid cheddar cheese sauce to make it keto friendly Mediterranean Salad$15.19510 – 640NoNoNoNo, but you can avoid cheddar cheese sauce to make it keto friendly Spicy PDQ Salad$15.19700 – 830NoNoNoNo, but you can avoid cheddar cheese sauce to make it keto friendly Platters Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 8oz Honey Mustard$3.691050NoNoNoNo 25 Crispy Tenders$52.892625NoNoNoNo 8oz Ranch$3.69840NoNoNoNo 8oz Creamy Garlic$3.69980NoNoNoNo 50 Crispy Nuggets$52.891750NoNoNoNo 8oz PDQ Sauce$3.691050NoNoNoNo 8oz Buffalo Bleu$3.69630NoNoNoNo 8oz Sweet Sriracha$3.691120NoNoNoNo 8oz Buffalo Sauce$3.69560NoNoNoNo 8oz Honey BBQ$3.69560NoNoNoNo 25 Spicy Tenders$52.892625NoNoNoNo Family Meal Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Family Meal Fries$6.19720NoNoNoNo Family Meal Mac & Cheese$8.59585NoNoNoNo 1/2 Gallon Sweet Tea$4.49820NoYesYesNo 1/2 Gallon Lemonade$5.69850YesYesYesNo 1/2 Gallon Unsweet Tea$4.190NoYesYesYes Family Meal Parmesan Broccoli$6.19450 NoYesNoNo Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Fries$4.49360NoNoNoNo Large Fries$4.99540NoNoNoNo Mac & Cheese$6.19390NoNoNoNo Parmesan Broccoli$4.19300NoYesNoYes Family Meal Fries$6.19720NoNoNoNo Side Garden Salad$6.19420NoYesNoYes Family Meal Parmesan Broccoli$6.19450NoYesNoYes Hand Spun Shakes Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Small Shakes$6.19470 – 850NoYesYesNo Regular Shakes$7.309670 – 1290NoYesYesNo Treats Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Chocolate Chunk Cookie$2.39488NoNoNoNo Cranapple Oatmeal Cookie$2.39280NoNoNoNo More Cookies$8.29279NoNoNoNo Seasonal Cookie$2.39158NoNoNoNo Craft Beverages Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Boba Teas$7.09120NoYesYesNo Refreshers$4,7990YesYesYesNo Boosted Lemonade$5.2925YesYesYesNo Drinks Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto Regular Lemonade$4.09240YesYesYesNo Large Lemonade$4.49390YesYesYesNo Bottle Cheerwine$3.79150YesYesYesYes 1/2 Gallon Lemonade$5.49850YesYesYesYes 1/2 Gallon Sweet Tea$4.29820NoYesYesNo 1/2 Gallon Petey’s Punch$4.29100NoYesYesNo 1/2 Gallon Green Tea$4.290YesYesYesYes Regular Coke$3.19139YesYesYesNo Signature Sauces Item NamePriceCaloriesVeganVegetarianGluten – FreeKeto 8oz Bleu Cheese$3.591040NoNoNoNo 8oz Buffalo Bleu$3.59630NoNoNoNo 8oz Buffalo Sauce$3.59560NoNoNoNo 8oz Creamy Garlic$3.59980NoNoNoNo 8oz Honey BBQ$3.59560NoNoYesNo 8oz Honey Mustard$3.591050NoNoYesNo 8oz PDQ Sauce$3.591050NoNoYesNo 8oz Ranch$3.59840NoNoNoNo 8oz Sweet Sriracha$3.591120NoNoNoNo Crispy Deluxe Chicken Sandwich The Crispy Deluxe Chicken Sandwich at PDQ is one of the best options to try at the restaurant. It’s famous for two reasons. Firstly, it provides the perfect crunch you would expect out of a “crispy sandwich’. Secondly, it brings together the perfect balance of flavors. Therefore, biting into this sandwich is a joy. But here’s what makes this sandwich even better. It features thick-cut dill pickles that are not too acidic in taste. However, they take the sandwich’s flavor profile to the next level. Their acidity complements the savory flavor of juicy chicken breast and the freshness of crunchy lettuce, tomatoes, and PDQ’s special sauce. Jacked Spicy Chicken Sandwich Another must-try item on the menu is the Jacked Spicy Chicken Sandwich. It provides an explosion of flavors and is loved by customers who enjoy a kick of heat in every bite. Just the thought of this sandwich makes my mouth water. I love that they prepare juicy chicken breasts coated with spicy breading. They are topped with PDQ sauce, pepper jack cheese, and dill pickles, adding tangy and spicy flavors. A crunchy and juicy layer of lettuce and juicy tomato sits underneath to balance out the heat level. The Buffy Bleu Sandwich from PDQ is a culinary masterpiece. Its brilliant combination of spicy, tangy, and savory flavors makes it so you won’t need anything else. The idea of tossing two hand-breaded crispy fried chicken tenders in a delectable buffalo bleu sauce is absolutely genius. The tenders are truly juicy on the inside and crispy on the outside. Moreover, the sauce adds a creamy contrast and enhances their taste with its spicy and tangy flavor. These elements come served with lettuce on a buttery toasted bun to make every bite memorable.   PDQ’s Honey Butter Sandwich is an excellent option for those who love the combination of sweet and savory flavors. As the name suggests, the key ingredient in this sandwich is PDQ’s honey butter sauce. It is made with real honey and butter to provide a natural sweet flavor. However, it doesn’t taste like a dessert, as the butter packs a savory punch. Moreover, tangy butter pickles are hidden underneath the chicken patty and served on a classic buttery bun to keep the sweetness in check. But I also recommend you try this sandwich by asking for add-ons like pepper jack cheese, which complements the sweet flavors. PDQ’s Grilled Chicken Sandwich is a great option for a healthier, low-fat sandwich. It features a perfectly marinated and grilled chicken breast that is served with PDQ sauce, lettuce, tomato, and dill pickles on a toasted bun. Many customers appreciated the fact that the chicken didn’t feel greasy and offered a nice contrast to the crunchy veggies. However, one thing I would recommend you try is swapping PDQ sauce for honey mustard sauce. It adds an earthy and tangy flavor and compliments the taste of grilled chicken. The Crispy Chicken Tenders are PDQ’s flagship item for good reasons. I recommend you try them as they are made with the juiciest chicken tenderloins that are tender on the inside. Moreover, they are breaded with a crispy coating and seasoned to perfection. The best part is that you can also get them in a spicy flavor in packs of 3, 4, 5, and 10 pieces.   Chicken Nuggets have a huge fan following. PDQ offers carefully prepared Chicken Nuggets that are tender and crispy on the outside. They come in three varieties: crispy, spicy, and grilled. While all of them taste great on their own, I recommend you try the spicy ones. They are full of savory goodness and have a kick of heat that makes them taste better. What’s even better is the fact that you can enjoy them with a sauce of your choice. The options include sweet sriracha, creamy garlic, ranch, honey mustard buffalo bleu, honey BBQ, and PDQ sauce. At PDQ, you will also find quite popular salads. You can choose from three varieties. However, customers find the Mediterranean Salad to be the best. It combines a glorious combination of grilled or crispy chicken with mixed greens, red cabbage, carrots, cucumbers, and tomatoes. What makes it even better is that it features briny-flavored kalamata olives, tangy pepperoncini, and savory crumbly feta cheese, signature Mediterranean ingredients. All the components are tossed in a lemon-chili vinaigrette. Lastly, you will also find a creamy dollop of hummus, which brings on board a nutty flavor. A sandwich without fries is an incomplete meal. That’s why you will also find them at PDQ, but they are not your ordinary fries. You are served PDQ’s signature Waffle Fries, which taste amazing and are unique. They are made with potatoes sliced into waffle shapes and deep-fried to golden crispy perfection. Therefore, they give a full mouthfeel and don’t feel empty on the inside. Moreover, they are lightly seasoned with a sea salt blend so that the natural flavor of potatoes shines through. PDQ is famous for serving handspun shakes. They offer four varieties, but I find their Oreo Shake the best. It is made with rich, thick vanilla ice cream and crushed Oreo cookies. Therefore, in each sip, you can taste the soothing flavor of vanilla, and the crunchy and chocolatey Oreos make the shake more delightful.   Yes, you can avail of catering services from PDQ and make your events more special by selecting delectable options from their menu. The options include sandwiches, sides, salads, drinks, and desserts.PDQ uses canola oil to cook its food.Yes, PDQ food is healthy to eat if enjoyed in moderation. You will find PDQ open on most holidays like New Year’s Day, Martin Luther King Day, Good Friday, Easter, Memorial Day, Independence Day, Labour Day, Columbus Day, the Day before Thanksgiving, and Christmas Eve. However, they remain closed on Christmas Day.At PDQ, you can make payments via cash, credit or debit card, and digital payment methods like Apple Pay or Google Pay.Yes, PDQ provides convenient home delivery. You can order from PDQ by placing your order on their official website or app, or via food delivery apps like Doordash, Grubhub, Seamless, Postmates, and UberEats.PDQ restaurants typically open their doors at around 11:00 A.M. and close at around 9:00 P.M. from Monday to Sunday. However, the timings may vary from one location to another.Yes, PDQ offers customers both dine-in and drive-thru facilities. PDQ restaurant chain not only offers good food but also provides a wholesome experience by taking care of each customer’s needs. Therefore, they offer attractive deals. Look at some deals I found on their website last time. (April 7th – April 13th)PDQ loversgreat deal is here for you get half priced shakes from 2-5 pm on april 7th to april 13th. Grab this amazing deal as soom as possible. Note: Rewards cannot be combined with any other offer. One-time use only, no residual value. If a guest receives a $20 reward and only uses $15 of it on an order, the remaining $5 of the reward will be void. We aim to provide the most authentic information to our readers. Therefore, our team updates PDQ’s menu items and their prices by referring to PDQ’s official website. Moreover, we verify the information with affiliated delivery networks. However, we recommend you cross-check the prices with your nearest PDQ restaurant, which may vary. Panera Bread Arby’s Pollo Campero Buffalo Wild Wings Shakes Frozen Custard Wingstop I’m sure you are excited to try out all my recommendations at PDQ soon. Well, you must, if you haven’t tried them yet. To do so, you can visit their restaurant or order your favorite items at home. If you have any other questions related to the restaurants, please feel free to ask me in the comments section below.   Follow Us On Our Social Media Platforms If you try this restaurant, let us know! Leave a comment and tag us in your photos on social media. We would love to share your pictures. Photos: PDQ. Design: Eat This, Not That! There’s a block in my hometown coined “the chicken strip,” where there are at least four fast-food fried chicken restaurants within a one-mile radius, and PDQ is one of them. PDQ reminds me a bit of Starbucks, where there’s what seems like one on every corner. When there are so many spots to choose from, PDQ is hands down one of the fast-food chicken champs. The chicken is consistently fresh, crisp, juicy, and delicious. But what is the PDQ menu like? And are there ways to find nutritious offerings when you’re in a pinch? While PDQ is known for tasty chicken, they’re usually not the place you go for a healthy meal. Don’t let that stop you, though; there’s always a chance to find something nutritious on a fast-food menu. For example, at PDQ, you can order a side of parmesan broccoli instead of fries, which provides a dose of fiber and vitamins. And then there’s the salads. Even the crispy chicken is a better-for-you choice than your average fried chicken sandwich with 380 calories, 30 grams of protein, and 4 grams of fiber. Plus, you can always opt for grilled tenders or nuggets instead of fried which is easily the most health-conscious choice on the menu. Whether you’re looking for a lighter meal or just want to indulge your fried chicken cravings, the menu at PDQ has got you covered. And, as a dietitian, I’m always looking for restaurants that offer both. How We Chose The Healthiest PDQ Orders Packed With protein: Since chicken is a protein source, it wouldn’t be easy to find a meal item that’s not rich in this macronutrient (aside from the sides, desserts, and sauces). In fact, all of the entree items contain anywhere from 20 to upwards of 50 grams of protein per serving. Even a 2-count chicken tender provides 20 grams of protein—perfectly sufficient as part of a balanced meal. The more, the merrier, in my book, as protein has so many nutritional benefits. A dietary intake at or above the RDA of 0.8 g/kg is associated with greater muscle mass, reduced body fat, greater feelings of fullness and satiety after a meal, and reduced appetite. High in fiber: Fiber is hard to come by on a fast-food menu, and PDQ is no exception. Dietary fiber is the nondigestible portion of carbohydrates and is found in whole grains, fruits, and vegetables. Including high-fiber foods with a meal helps promote feelings of fullness and satiety so you’re less likely to overeat. A diet rich in fiber is also associated with improved gut health, cardiovascular health, and obesity risk factors. The daily recommended intake of fiber is 25 grams for women and 38 grams for men. Aiming for about 8 grams of fiber at meals and 3-5 grams at snacks will help you reach your daily fiber goals. Low levels of saturated fat: It’s no secret that fast-food menu items often come with a large dose of dietary fat—both the good and bad kind. We definitely need fat in our diet because they’re essential for absorbing fat-soluble vitamins, helping reduce inflammation, and assisting in other cellular functions. However, research suggests swapping saturated fats for mono- and poly-unsaturated fatty acids is associated with a significantly lower risk of cardiovascular disease as compared to a diet high in saturated fat. The USDA recommends less than 10% of your daily calorie intake from saturated fat. For someone following a 2000-calorie diet, that’s about 22 grams of saturated fat max per day. Read on for the 9 of the most nutritious orders at PDQ and 4 menu items to avoid. Then, check out these 14 Best & Worst Fast-Food Chicken Sandwiches. PDQ Nutrition (Per 2-count order): Calories: 90 Fat: 1 g (Saturated Fat: 0 g) Sodium: 570 mg Carbs: 0 g (Fiber: 0 g, Sugar: 0 g) Protein: 20 g PDQ’s Grilled Chicken Tenders are an obvious choice on the nutrition front. They’re available in 2, 3, 4, and 5-count orders and are all equally nutritious. Which one you choose boils down to how many grams of protein you’re looking to fill your plate with. One 2-count order of grilled chicken tenders provides 20 grams of protein and only 1 gram of fat. That’s a sufficient serving of protein for any given meal. If you divide these numbers in half, that means one chicken tender has about 10 grams of protein—so if you’re aiming for 30 grams or more of protein for your meal, pick a larger order count. 8 Best & Worst Fast-Food Chicken Tenders Recommended Sauce: Buffalo Bleu PDQ Nutrition (Per order): Calories: 90 Fat: 8 g (Saturated Fat: 2 g) Sodium: 590 mg Carbs: 2 g (Fiber: 0 g, Sugar: 1 g) Protein: 1 g Not many people are eating their tenders sans sauce. I’m not one to judge if you do. But when it comes to the healthiest items on PDQ’s menu, you can easily smash the calories by making a poor sauce choice. For that reason, the most nutritious choice of sauce to include with your tenders (whether grilled or fried) is PDQ’s Buffalo Bleu Sauce. Even though there’s a slightly lower calorie option (aka Honey Mustard), Buffalo Bleu is a more balanced choice. With 8 grams of total fat and only 2 grams of saturated fat, you’re getting a hefty dose of good fats that improve the satiety of a meal. PDQ Nutrition (Per order): Calories: 100 Fat: 7 g (Saturated Fat: 1 g) Sodium: 560 mg Carbs: 8 g (Fiber: 4 g, Sugar: 2 g) Protein: 5 g The healthiest side item at PDQ is the Broccoli Parmesan. It consists of cooked broccoli sprinkled with parmesan cheese. Broccoli alone is a nutritious and fiber-rich option, but the addition of parmesan cheese means you’re getting 6 grams of healthy fats and a boost in protein. The #1 Unhealthiest Side Dish at 11 Popular Restaurant Chains Salads Mediterranean Salad PDQ Nutrition (Per order): Calories: 460 Fat: 26 g (Saturated Fat: 5 g) Sodium: 1,680 mg Carbs: 26 g (Fiber: 7 g, Sugar: 11 g) Protein: 33 g The Mediterranean salad is a balanced bowl of mixed greens, red cabbage, carrots, grape tomatoes, cucumber, pepperoncini, olives, feta, and hummus, then topped with PDQ’s juicy grilled chicken. This meal contains the most fiber on the menu by far, at 7 grams, and is packed with protein and healthy fats. The only downside is the massive levels of sodium, likely due to the pepperoncini, olives, and feta. At 1,680 milligrams, that’s 70% of your daily sodium needs. The Best & Worst Fast-Food Salads Grilled PDQ Salad PDQ Nutrition (Per order): Calories: 270 Fat: 11 g (Saturated Fat: 6 g) Sodium: 940 mg Carbs: 11 g (Fiber: 4 g, Sugar: 6 g) Protein: 34 g At first glance, the Grilled PDQ Salad is better for you than the Mediterranean salad, but it’s important to note that this meal’s nutrition facts do not include the salad dressing. When you add those numbers in, the health status of the salad will change. Regardless, the Grilled PDQ Salad consists of mixed greens, red cabbage, grape tomatoes, cucumbers, and shredded jack and cheddar cheese and is topped with grilled chicken breast. With these ingredients and nutritional values, it’s a healthy choice off the PDQ menu. 11 Popular Fast-Food Salads—Ranked by Sugar Content Recommended Dressing: Lemon Chile Vinaigrette Shutterstock Nutrition (Per 4 TBSP order): Calories: 170 Fat: 16 g (Saturated Fat: 2 g) Sodium: 340 mg Carbs: 7 g (Fiber: 0 g, Sugar: 4 g) Protein: 0 g Since salad dressing choices can make or break a healthy option, I thought it fitting to help you identify the healthiest one on the menu—the Lemon Chile Vinaigrette. This dressing has 14 grams of healthy fats and only 4 grams of sugar. The Blueberry Vinaigrette comes in at a close second with 17 grams of healthy fats and 8 grams of sugar. Here’s a tip: since all of the dressings on the menu have 4-tablespoon servings—far more than what’s needed to flavor-up your salad—you can easily cut calories by asking for the dressing on the side and using less than the entire container. 13 Healthiest Salad Dressings To Buy Sandwiches Grilled Chicken Sandwich PDQ Nutrition (Per order): Calories: 290 Fat: 5 g (Saturated Fat: 1.5 g) Sodium: 910 mg Carbs: 29 g (Fiber: 1 g, Sugar: 6 g) Protein: 34 g The Grilled Chicken Sandwich is a balanced and nutritious meal if you order it plain without the PDQ sauce. This sandwich has 290 calories, only 1.5 grams of saturated fat, and 24 grams of protein. The only thing it’s missing is a sufficient serving of fiber. If you order it with the PDQ sauce as it’s listed on the menu (grilled chicken breast with PDQ sauce, lettuce, and tomato), you’re looking at an additional 150 calories and 2.5 grams of saturated fat. 8 Healthiest Fast-Food Chicken Sandwiches Shakes & Desserts Vanilla Shake PDQ Nutrition (Per 12-ounce order): Calories: 470 Fat: 25 g (Saturated Fat: 16 g) Sodium: 190 mg Carbs: 50 g (Fiber: 0 g, Sugar: 36 g) Protein: 9 g If you’ve got a hankering for a creamy shake, the Vanilla Shake is the least offensive when it comes to nutrition. Once you begin adding toppings and ingredients, the calories, saturated fat, sodium, and sugar increase rapidly. The one thing PDQ’s shakes have going for them is they all contain at least 9 grams of healthy unsaturated fats and 7-19 grams of protein. The 9 Worst Fast-Food Milkshakes of All Time Cranapple Oatmeal Cookie PDQ Nutrition (Per order): Calories: 340 Fat: 13 g (Saturated Fat: 7 g) Sodium: 380 mg Carbs: 52 g (Fiber: 2 g, Sugar: 30 g) Protein: 5 g The freshly baked Cranapple Oatmeal Cookie packed with dried cranberries and apples is the best choice if you’re looking for something sweet. One cookie has 340 calories, 13 grams of fat (7 grams of saturated fat), 2 grams of fiber, 30 grams of sugar, and 5 grams of protein. Any amount of protein and fiber in a cookie is a good thing—both of which will help stimulate the vagus nerve so you feel full faster and eat less overall.6254a4d1642c605c54bf1cab17d50f1e The Unhealthiest Menu Options at PDQ To Skip Honey Butter Chicken Sandwich PDQ Nutrition (Per order): Calories: 660 Fat: 29 g (Saturated Fat: 13 g) Sodium: 1,350 mg Carbs: 68 g (Fiber: 2 g, Sugar: 38 g) Protein: 35 g Surprisingly, the tenders and sandwiches at PDQ aren’t as unhealthy as you’d imagine. While the Honey Butter Chicken Sandwich is packed with 35 grams of filling protein, it’s also high in sugar, total carbohydrates, and total fat (13 grams of saturated). Plus, you’re getting more than half of your daily sodium needs with this sandwich. The Buffy Bleu sandwich is a better choice, with 440 calories, 18 grams of fat (3 grams of saturated fat), 39 grams of carbs, and 29 grams of protein. PDQ Fresh Food/Instagram Nutrition (Per 20-ounce order): Calories: 960 Fat: 49 g (Saturated Fat: 25 g) Sodium: 610 mg Carbs: 115 g (Fiber: 2 g, Sugar: 74 g) Protein: 14 g The shakes are undoubtedly the most unhealthy items on the menu and the more toppings you add, the more the calories, fat, sodium, and sugar increase, too. The Oreo Shake is not the worst option but still pretty calorie-rich coming in at 960. It gets worse with 49 grams of fat, 25 grams of saturated fat, 115 grams of carbs, and 74 grams of sugar. Even if you went with the smaller 14-ounce option you’re still looking at 17 grams of saturated fat and 47 grams of sugar. Chocolate Shake PDQ Chicken/Facebook Nutrition (Per 20-ounce order): Calories: 1,780 Fat: 69 g (Saturated Fat: 53 g) Sodium: 910 mg Carbs: 255 g (Fiber: 9 g, Sugar: 191 g) Protein: 18 g The nutrition facts are so high for PDQ’s 20-ounce Chocolate Shake that it almost seems like a mistake. But sadly, there’s no mistake here. The chocolate shake has for many people an entire day’s worth of calories, fat, and carbohydrates. The sugar goes through the roof, yet somehow, it has 9 grams of fiber and 18 grams of protein. I don’t know whether to laugh or cry with this one. PDQ Nutrition (Per 20-ounce order): Calories: 1,290 Fat: 61 g (Saturated Fat: 32 g) Sodium: 1,060 mg Carbs: 167 g (Fiber: 3 g, Sugar: 118 g) Protein: 19 g Speaking of unbelievable, the 20-ounce Reese’s Shake comes in at a close 2nd to chocolate as the most unhealthiest PDQ menu item. Again, this shake is almost an entire day’s worth of calories, fat, carbohydrates, and sugar. It has 19 grams of protein and 3 grams of fiber, but it also has 50% of your daily sodium needs. Skip this one altogether or remember to bring your own Reese’s Pieces to add to a vanilla shake instead. Sign up for our newsletter!