

Nutrition Information



Our Famous Chicken Salad **Per 4 oz serving ("Scoop" of Chicken Salad)

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barbie-Q	390	270	30	6	0	65	800	11	0	6	14
Buffalo Barclay	380	305	34	6	0	65	910	1	1	0	13
Classic Carol	400	310	35	7	0	75	600	0	0	0	16
Cranberry Kelli	460	330	37	6	0	70	590	12	2	9	16
Deck the Holly ^o	340	235	25	4.5	0	55	640	13	1	11	11
Dill-icious Diva ^o	350	280	31	6	0	70	530	1	0	0	14
Dixie Chick	370	280	32	6	0	70	550	2	0	1	15
Fancy Nancy	410	320	36	6	0	65	510	5	1	3	14
Fruity Fran	340	250	27	5	0	60	470	7	1	7	12
Jalapeno Holly	370	290	32	6	0	70	700	1	0	0	15
Jazzy Julie ^o	440	340	38	9	0	85	720	1	0	0	19
Kickin' Kay Lynne	370	300	33	7	0	70	780	1	0	0	14
Lauryn's Lemon Basil	390	310	35	6	0	70	580	1	0	0	15
Luau Lydia ^o	370	290	32	6	0	55	450	4	1	3	12
Madame Curry ^o	460	330	36	7	0	80	630	11	1	11	17
Nutty Nana ^o	420	340	37	6	0	60	460	4	1	1	15
Olivia's Old South	380	280	31	6	0	75	670	6	0	4	14
Pam's Parmesan Caesar ^o	430	350	39	8	0	75	730	1	0	0	17
Patti Thai'rific ^o	420	330	37	7	9	55	600	8	1	4	13
Sassy Scotty	450	360	40	9	0	90	880	1	0	1	17
Southwest Señorita	320	243	27	5	0	60	580	3	0	1	17

Pimento Cheese & More **Per 4 oz serving ("Scoop" of Pimento Cheese/Egg Salad)

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pimento Cheese	480	387	43	17	0	95	730	3	0	0	20
Spicy Pimento Cheese	440	360	40	16	0	90	810	3	0	0	19
Egg Salad	250	160	18	4.5	0	370	410	5	0	5	12

Signature Sandwiches

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chick Melt (Calculated with Classic Carol)											
Croissant	750	495	55	18	0	125	1050	33	1	3	26
Wheatberry Bread	730	396	44	10	0	90	1260	52	2	6	29
White Bread	750	396	44	10	0	90	1280	52	2	6	29
Chick Melt with Pimento Cheese											
Croissant	830	567	63	28	0	145	1180	36	1	3	30
Wheatberry Bread	810	468	52	20	0	110	1390	55	2	6	33
White Bread	830	468	52	20	0	110	1410	55	2	6	33
Chicken Salad BLT (Calculated with Classic Carol)											
Croissant	750	396	44	10	0	90	1280	52	2	6	29
Wheatberry Bread	740	405	45	9	0	90	1310	53	2	7	29
White Bread	760	410	45	9	0	90	1330	53	2	7	29
Pimento Cheese BLT (Calculated with Traditional Pimento Cheese)											
Croissant	830	567	63	27	0	160	1340	37	1	4	30
Wheatberry Bread	810	468	52	19	0	125	1550	56	2	7	33
White Bread	830	468	52	19	0	125	1570	56	2	7	33

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2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

Signature Sandwiches

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Turkey Club											
Croissant	650	340	37	15	0	120	1430	39	1	9	39
Wheatberry Bread	630	235	26	7	0	85	1640	58	2	12	42
White Bread	650	240	26	7	0	85	1660	58	2	12	42

Fresh Side Items & Chips **Per 4 oz serving (Fresh Side Item) or Bag of Chips

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Broccoli Salad	170	120	13	3.5	0	20	160	10	2	7	6
Fresh Fruit	80	0	0	0	0	0	0	20	2	16	1
Grape Salad with Topping	150	70	8	3.5	0	15	35	31	2	28	3
Mac 'n Cheese	350	150	16	10	0	60	860	33	1	5	14
Poblano Mac n' Cheese	220	80	9	5	0	35	640	25	0	4	9
Pasta Salad	250	70	8	2	0	10	350	37	2	4	9
Baked Lays	140	36	4	0.5	0	0	180	24	2	3	2
Doritos	260	117	13	2	0	0	360	31	2	1	4
BBQ Chips	200	99	11	1.5	0	0	200	23	2	3	3
Jalapeño Chips	200	99	11	1.5	0	0	170	23	2	2	3
Sea Salt Chips	210	108	12	1.5	0	0	125	23	2	1	3
Sea Salt & Vinegar Chips	200	99	11	1.5	0	0	240	23	2	2	3

Green Salads

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad (no dressing)	230	115	13	5	0	40	770	19	1	2	14
Classic Salad Calculated with Classic Carol Scoop	430	310	35	7	0	75	690	9	3	3	19
Cranberry Apple Salad (no dressing)	210	135	15	4	0	20	270	13	3	9	7
Strawberry Pecan Salad (no dressing)	110	45	5	2	0	10	140	13	4	10	4

Gourmet Soups

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cup											
Broccoli & Cheese	200	120	14	8	0	45	610	12	2	3	9
Chicken Artichoke Florentine	190	110	12	6	0	45	590	12	2	3	9
Chicken & Dumpling	140	45	5	1.5	0	45	500	16	0	1	8
Chicken Poblano	190	100	11	7	0	45	650	14	2	4	8
Chicken Tortilla	180	90	10	4	0	30	650	14	2	3	10
Loaded Potato	230	130	14	9	0	45	630	16	2	2	7
Tomato Bisque	110	50	6	3	0	20	420	13	2	8	2
Bowl											
Broccoli & Cheese	310	190	22	13	0	70	930	18	2	5	14
Chicken Artichoke Florentine	290	160	18	10	0	65	890	18	2	5	13
Chicken & Dumpling	220	63	7	2.5	0	65	760	24	0	1	12
Chicken Poblano	310	170	19	11	0	75	1090	24	3	6	13
Chicken Tortilla	290	144	16	7	0	45	1000	22	2	4	15
Loaded Potato	410	240	26	16	0	80	1150	28	3	4	13
Tomato Bisque	170	80	8	5	0	30	620	19	4	12	4

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Little Chicks

Item (Does Not Include Crackers)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mac 'n Cheese	340	160	17	10	0	60	860	33	1	5	13
PB&J Sandwich	300	144	16	3.5	0	0	280	32	4	15	9
Turkey Sandwich	240	45	5	2	0	35	640	27	1	4	19

Bread & Crackers

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crackers	210	80	9	0	0	0	450	30	0	6	3
Croissant	280	126	14	8	0.5	35	270	33	1	3	5
Wheatberry Bread (1 Slice)	130	20	1.5	0	0	0	240	26	2	3	4
White Bread (1 Slice)	140	15	1.5	0	0	0	250	26	1	3	4
Wrap	300	70	8	2.0	0	0	570	50	1	6	8

Sweet Treats

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Small Round Buttercream Cookie	90	32	3.5	2	0	15	65	14	0	9	1
Large Flower Buttercream Cookie	170	54	6	3.5	0	25	115	28	1	19	2
Chocolate Crispy Treat (Full Size)	390	81	9	6	0	5	255	75	0	45	1
Pumpkin Cheesecake Slice	360	200	23	14	0	85	210	37	1	23	6
Pina Colada Cheesecake Whole	5760	3250	368	224	0	1360	3360	592	16	368	96
Salted Caramel Cheesecake Slice	410	190	22	13	0	85	250	49	1	28	7
White Chocolate Cake Slice	1250	510	57	35	0.5	235	760	175	0	140	10
White Chocolate Cake Whole	12460	5070	573	354	7	2335	7600	1410	7	1397	104
Add: Non-Dairy Whipped Cream	40	25	3.0	3.0	0	0	0	2	0	2	0

Make It Your Own

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon (2 Slices)	80	60	7	2.5	0	15	220	0	0	0	5
Balsamic Vinaigrette (2 oz)	190	190	21	3	0	0	600	2	0	2	0
Caesar Dressing (1.8 oz)	290	280	31	5	0	20	500	2	0	0	3
Honey Mustard Dressing (2 oz)	280	235	26	4	0	20	440	8	0	8	0
Italian Dressing (2 oz)	140	108	12	1	0	0	580	6	0	4	0
Lettuce (1 Leaf)	10	0	0	0	0	0	0	2	1	1	1
Mayonnaise (1 oz)	200	200	22	4	0	20	140	0	0	0	0
Pesto Mayonnaise (1.4 oz)	230	230	25	4.5	0	20	300	1	0	0	1
Pickle Spear	0	0	0	0	0	0	260	0	0	0	0
Poppyseed Dressing (2 oz)	210	135	15	2.5	0	0	150	20	0	20	0
Provolone Cheese (1 Slice)	70	50	6	3.5	0	15	180	0	0	0	5
Ranch Dressing (2 oz)	200	200	22	3	0	20	500	2	0	2	0
Tomato (2 Slices)	5	0	0	0	0	0	0	1	0	1	0

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Drinks

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer - 10 oz ^o	133	0	0	0	0	0	54	37	0	37	0
Barq's Root Beer - 24 oz ^o	320	0	0	0	0	0	130	88	0	88	0
Barq's Root Beer - 36 oz ^o	480	0	0	0	0	0	195	132	0	132	0
Cherry Coke - 10 oz ^o	125	0	0	0	0	0	29	35	0	35	0
Cherry Coke - 24 oz ^o	300	0	0	0	0	0	70	84	0	84	0
Cherry Coke - 36 oz ^o	450	0	0	0	0	0	105	126	0	126	0
Coca-Cola - 10 oz	117	0	0	0	0	0	38	33	0	33	0
Coca-Cola - 24 oz	280	0	0	0	0	0	90	78	0	78	0
Coca-Cola - 36 oz	470	0	0	0	0	0	135	117	0	117	0
Coke Zero Sugar - 10 oz	0	0	0	0	0	0	33	0	0	0	0
Coke Zero Sugar - 24 oz	0	0	0	0	0	0	80	0	0	0	0
Coke Zero Sugar - 36 oz	0	0	0	0	0	0	120	0	0	0	0
Diet Coke - 10 oz	0	0	0	0	0	0	33	0	0	0	0
Diet Coke - 24 oz	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 36 oz	0	0	0	0	0	0	120	0	0	0	0
Dr. Pepper - 10 oz	125	0	0	0	0	0	50	33	0	32	0
Dr. Pepper - 24 oz	300	0	0	0	0	0	120	79	0	77	0
Dr. Pepper - 36 oz	450	0	0	0	0	0	180	119	0	115	0
Fanta Orange - 10 oz ^o	135	0	0	0	0	0	45	37	0	37	0
Fanta Orange - 24 oz ^o	325	0	0	0	0	0	108	88	0	88	0
Fanta Orange - 36 oz ^o	485	0	0	0	0	0	162	131	0	131	0
Honest Kids Apple Juice - 6 oz	35	0	0	0	0	0	15	9	0	9	0
Lemonade - 10 oz ^o	180	0	0	0	0	0	0	37	0	44	0
Lemonade - 24 oz ^o	420	0	0	0	0	0	0	62	0	105	0
Lemonade - 36 oz ^o	630	0	0	0	0	0	0	167	0	158	0
Minute Maid Lite - 10 oz	0	0	0	0	0	0	25	0	0	0	0
Minute Maid Lite - 24 oz	0	0	0	0	0	0	60	0	0	0	0
Minute Maid Lite - 36 oz	0	0	0	0	0	0	90	0	0	0	0
Sprite - 10 oz	125	0	0	0	0	0	58	31	0	31	0
Sprite - 24 oz	300	0	0	0	0	0	138	73	0	73	0
Sprite - 36 oz	450	0	0	0	0	0	207	110	0	110	0
Strawberry Lemonade - 10 oz	140	0	0	0	0	0	0	37	0	35	0
Strawberry Lemonade - 24 oz	240	0	0	0	0	0	0	62	0	59	0
Strawberry Lemonade - 36 oz	310	0	0	0	0	0	0	83	0	78	0
Sweet Tea - 10 oz	100	0	0	0	0	0	0	26	0	26	0
Sweet Tea - 24 oz	240	0	0	0	0	0	0	63	0	63	0
Sweet Tea - 36 oz	370	0	0	0	0	0	0	94	0	94	0
Unsweetened Tea - 10 oz	0	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea - 24 oz	0	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea - 36 oz	0	0	0	0	0	0	0	0	0	0	0
Vitamin Water XXX - 10 oz	65	0	0	0	0	0	0	17	0	16	0
Vitamin Water XXX - 24 oz	156	0	0	0	0	0	0	40	0	38	0
Vitamin Water XXX - 36 oz	234	0	0	0	0	0	0	60	0	58	0
Watermelon Tea CSC - 10 oz	110	0	0	0	0	0	0	28	0	28	0
Watermelon Tea CSC - 24 oz	270	0	0	0	0	0	0	66	0	66	0
Watermelon Tea CSC - 36 oz	410	0	0	0	0	0	0	99	0	99	0

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Common Allergen & Food Sensitivity Concerns

***Please Note:** All of our products are made &/or stored in areas where known allergens are present.
If item is not listed, that means there are no allergens.

MENU ITEM	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
CHICKEN SALAD FLAVORS									
Barbie Q	X								
Buffalo Barclay	X						X		
Classic Carol	X								
Cranberry Kelli	X							X	
Deck the Holly	X								
Dillicious Diva	X								
Dixie Chick	X								
Egg Salad	X								
Fancy Nancy	X							X	
Fruity Fran	X								
Jalapeno Holly	X								
Jazzy Julie	X		X						
Kickin' Kay Lynne	X		X				X		
Lauryn's Lemon Basil	X							X	
Luau Lydia	X							X	
Madame Curry	X								
Maui Mama	X								
Nutty Nana	X							X	
Olivia's Old South	X								
Pam's Parmesan Caesar	X	X	X				X		
Patti Thai'rific	X				X		X	X	
Pimento Cheese	X		X				X		X
Sassy Scotty	X		X						
Southwest Senorita	X		X						
Spicy Pimento Cheese	X		X				X		X
SANDWICHES									
Chick Melt (On Croissant)	X		X						X
Turkey Club (No Bread)	X		X						
PB&J Uncrustable				X					X
Sandwich: On Croissant	X		X						X
Sandwich: On Wheatberry Bread									X
Sandwich: On White Bread									X
Sandwich: On Wrap							X		

Sulfites are not added to any item, however, items may contain naturally occurring sulfites. SOY ALLERGY: We use Duke's Mayonnaise in our chicken salad - although highly-refined soybean oil is listed as an ingredient of the mayo, the process the soybean oil goes through removes the soy protein (which is the source of the allergen). The Food Allergen Labeling & Consumer Protection Act (FALCPA) exempts highly-refined oils from the new source labeling provisions because highly refined soybean oils have been clinically documented to be safe for consumption by individuals allergic to soy.

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MENU ITEM	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat/ Gluten
SIDES									
Broccoli Salad	X		X						
Crackers							X		X
Grape Salad			X					X	
Mac & Cheese	X		X						X
Pasta Salad			X						X
White Cheddar Poblano Mac & Cheese	X		X						X
BBQ Potato Chips			X						
Doritos			X						
Jalapeno Potato Chips			X						
Lays Baked Potato Chips							X		
Sea Salt and Vinegar Potato Chips			X						
SOUPS									
Broccoli & Cheese No Toppings			X						X
Chicken Dumpling No Toppings	X								X
Chicken Poblano No Toppings			X						X
Chicken Tortilla No Toppings			X						
Loaded Potato No Toppings			X						X
Tomato Bisque No Toppings			X						
Add: Cheddar Cheese			X						
Add: Sour Cream			X						
SALADS									
Caesar Salad			X						X
Cranberry Apple Salad			X					X	
Strawberry Pecan Salad			X					X	
Add: Balsamic Dressing			X						
Add: Caesar Dressing	X	X	X				X		
Add: Honey Mustard	X								
Add: Poppy Seed Dressing							X		X
Add: Ranch	X		X						
DESSERTS									
Chocolate Crispy Bar			X				X		
Flower Cookie	X		X						X
Lemon Cookie	X		X						X
Pumpkin Cheesecake	X		X				X		
Round Cookie	X		X						X
Salted Caramel Cheesecake	X		X						
White Chocolate Cake	X		X				X		X

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