

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	390	310	35	7	0	65	840	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
Dill-icious Diva ^o	380	300	33	6	0	70	570	1	0	0	15
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	870	0	0	0	15
Jazzy Julie ^o	440	340	38	9	0	85	720	1	0	0	19
Kickin' Kay Lynne	380	300	33	7	0	70	800	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
Sassy Scotty	450	370	41	9	0	85	810	1	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	570	470	52	21	0	120	750	2	0	0	24
Spicy Pimento Cheese	560	470	52	21	0	120	800	2	0	0	23
Egg Salad	250	160	18	4.5	0	420	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)
Chicken Salad BLT (Calculated with Classic Carol)											
Croissant	760	500	56	17	0	125	1100	34	1	4	26
Wheatberry Bread	760	410	46	9	0	90	1290	51	4	5	31
White Bread	760	410	45	9	0	90	1330	53	2	7	29
Pimento Cheese BLT (Calculated with Traditional Pimento Cheese)											
Croissant	940	660	73	32	0	170	1250	36	1	4	34
Wheatberry Bread	940	570	63	24	0	135	1440	53	4	5	39
White Bread	940	560	62	24	0	135	1480	55	2	7	37
Turkey Club											
Croissant	650	340	37	15	0	120	1610	39	1	9	39
Wheatberry Bread	650	250	27	7	0	85	1800	56	4	10	44
White Bread	650	240	26	7	0	85	1840	58	2	12	42
Turkey Pesto											
Croissant	600	310	34	14	0	110	1390	36	2	6	35
Wheatberry Bread	600	220	24	6	0	75	1580	53	5	7	40
White Bread	600	210	23	6	0	75	1620	55	3	9	38

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^o Some items are seasonal menu items or available only at specific locations. Contact your nearest location for availability.
2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

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
Pasta Salad	250	60	7	2	0	5	360	37	2	4	8
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	180	22	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)
Classic Salad Calculated with Classic Carol	430	310	35	7	0	75	690	9	3	3	19
Cranberry Apple Salad ^o	280	180	20	5	0	25	390	20	4	14	10
Strawberry Pecan Salad ^o	210	120	13	3	0	10	190	21	4	16	5

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	11	2	3	9
Chicken Artichoke Florentine	190	110	12	6	0	45	590	12	2	3	9
Chicken Tortilla	190	90	10	4	0	30	650	15	2	3	8
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	17	2	5	14
Chicken Artichoke Florentine	290	160	18	10	0	65	890	18	2	5	13
Chicken Tortilla	310	150	17	7	0	45	1000	23	2	4	13
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

For The 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	350	150	16	10	0	60	860	33	1	5	14
PB&J Sandwich	210	81	9	2	0	0	220	28	2	10	6
Turkey Sandwich	240	45	5	2	0	35	730	27	1	4	19

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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)
Croissant	280	126	14	8	0.5	35	270	33	1	3	5
Wheatberry Bread (1 Slice)	140	20	2	0	0	0	230	25	2	2	5
White Bread (1 Slice)	140	15	1.5	0	0	0	250	26	1	3	4
Keebler Club Crackers	60	18	2	0	0	0	90	8	0	2	0
Keebler Wheat Crackers	60	18	2	0	0	0	150	10	0	2	0
Lance Wheat Crackers	60	20	2	0	0	0	115	9	0.5	1	1

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)
Buttercream Frosted Cookie											
Small Round	90	32	3.5	2	0	15	60	11	0	11	1
Large Flower	170	54	6	4	0	25	125	27	0	18	2
Chocolate Crispy Treat (Full Size)	420	81	9	6	0	15	270	81	0	48	3
Key Lime Pie (Without whipped cream)	360	144	16	7	0	210	150	49	1	39	8
Piña Colada Pie (Without whipped cream)	360	186	20	10	0	75	285	37	1	26	5
Pumpkin Cheesecake	288	130	15	6	0	55	224	36	1	50	0
Salted Caramel Cheesecake	397	176	20	9	0	64	317	51	1	36	5

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
Honey Mustard Dressing (1 oz)	130	110	12	2	0	10	210	4	0	4	0
Italian Dressing (1 oz)	60	45	5	0	0	0	270	3	0	2	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	4	0	0	0	0	0	350	1	0	0	0
Poppyseed Dressing (1 oz)	110	70	7	1	0	0	75	10	0	10	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	145	0	0	0	0	0	35	29	0	29	0
Barq's Root Beer - 24 oz ^o	350	0	0	0	0	0	84	70	0	70	0
Barq's Root Beer - 36 oz ^o	520	0	0	0	0	0	126	104	0	104	0
Cherry Coke - 10 oz ^o	140	0	0	0	0	0	35	35	0	35	0
Cherry Coke - 24 oz ^o	335	0	0	0	0	0	84	84	0	84	0
Cherry Coke - 36 oz ^o	505	0	0	0	0	0	126	126	0	126	0
Coca-Cola - 10 oz	135	0	0	0	0	0	33	34	0	34	0
Coca-Cola - 24 oz	325	0	0	0	0	0	78	80	0	80	0
Coca-Cola - 36 oz	485	0	0	0	0	0	117	121	0	121	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	78	0	0	0	0
Coke Zero Sugar - 36 oz	0	0	0	0	0	0	117	0	0	0	0
Diet Coke - 10 oz	0	0	0	0	0	0	43	0	0	0	0
Diet Coke - 24 oz	0	0	0	0	0	0	102	0	0	0	0
Diet Coke - 36 oz	0	0	0	0	0	0	153	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	33	34	0	33	0
Fanta Orange - 24 oz ^o	325	0	0	0	0	0	78	80	0	79	0
Fanta Orange - 36 oz ^o	485	0	0	0	0	0	117	121	0	119	0
Honest Kids Apple Juice - 6 oz	40	0	0	0	0	0	15	10	0	9	0
Lemonade - 10 oz ^o	180	0	0	0	0	0	0	46	0	44	0
Lemonade - 24 oz ^o	420	0	0	0	0	0	0	110	0	105	0
Lemonade - 36 oz ^o	630	0	0	0	0	0	0	167	0	158	0
Minute Maid Lite - 10 oz	5	0	0	0	0	0	35	2	0	0	0
Minute Maid Lite - 24 oz	10	0	0	0	0	0	84	4	0	0	0
Minute Maid Lite - 36 oz	20	0	0	0	0	0	126	5	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	38	0	35	0
Strawberry Lemonade - 24 oz	240	0	0	0	0	0	0	63	0	59	0
Strawberry Lemonade - 36 oz	320	0	0	0	0	0	0	84	0	79	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	70	0	0	0	0	0	33	16	0	16	0
Vitamin Water XXX - 24 oz	170	0	0	0	0	0	78	38	0	37	0
Vitamin Water XXX - 36 oz	250	0	0	0	0	0	117	58	0	56	0

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Common Allergen & Food Sensitivity Concerns

*All of our products are made &/or stored in areas where known allergens are present.
Guests concerned with food allergies need to be aware of this risk.*

MENU ITEM	Contains Gluten	Contains Dairy	Contains Eggs	Contains Peanuts	Contains Tree Nuts	Contains Soy	Contains Sesame	MSG
Famous Chicken Salads								
Barbie-Q			●					
Buffalo Barclay			●			●		
Classic Carol			●					
Cranberry Kelli			●	●	●			
Dill-icious Diva			●					
Dixie Chick			●					
Fancy Nancy			●		●			
Fruity Fran			●					
Jalapeño Holly			●					
Jazzy Julie		●	●					
Kickin' Kay Lynne		●	●			●		●
Lauryn's Lemon Basil			●	●	●			
Luau Lydia			●	●	●			
Nutty Nana			●	●	●			
Olivia's Old South			●					
Sassy Scotty		●	●					
Pimento Cheese & More								
Egg Salad			●					
Pimento Cheese		●	●					
Spicy Pimento Cheese		●	●					
Sandwiches & Salads								
Turkey Club Sandwich (Check bread allergens)	●	●	●					
Turkey Pesto Sandwich (Check bread allergens)	●	●	●					
Chicken Salad BLT	●		●					
Pimento Cheese BLT	●	●	●					
Classic Salad (Check chicken salad & dressing allergens)								
Cranberry Apple Salad (Check dressing allergens)		●			●			
Strawberry Pecan Salad (Check dressing allergens)		●			●			
Little Chicks Turkey Sandwich (Check bread allergens)	●	●						
Un crustables PB&J	●	●		●	●			

- 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	Contains Gluten	Contains Dairy	Contains Eggs	Contains Peanuts	Contains Tree Nuts	Contains Soy	Contains Sesame	MSG
Fresh Side Items & Chips								
Broccoli Salad		●	●					
Fresh Fruit								
Grape Salad (With topping)		●			●			
Mac 'n Cheese	●	●	●					
Pasta Salad	●	●	●					
Baked Lays							●	
Doritos		●						●
Miss Vickie's BBQ Chips	●	●						
Miss Vickie's Jalapeño Chips		●						
Miss Vickie's Sea Salt Chips								
Miss Vickie's Sea Salt & Vinegar Chips		●						
Gourmet Soups								
Broccoli Cheese Soup	●	●						
Chicken Artichoke Florentine Soup	●	●						
Chicken Tortilla Soup		●						
Loaded Potato Soup	●	●						
Tomato Bisque		●						
Sweet Treats								
Buttercream Frosted Cookies	●	●	●	●	●	●		
Chocolate Crispy Treat		●		●	●	●		
Key Lime Pie (Without whipped topping)	●	●	●	●	●	●		
Piña Colada Pie (Without whipped topping)	●	●	●	●	●	●		
Pumpkin Cheesecake (Without whipped topping)	●	●	●	●	●	●		
Salted Caramel Cheesecake	●	●	●	●	●	●		
Bread & Crackers								
Croissant	●	●	●				●	
Wheatberry Bread	●		●					
White Bread	●		●					
Lance Wheat Crackers	●						●	
Keebler Club Crackers	●					●		
Keebler Crackers	●					●	●	
Dressings								
Honey Mustard Dressing			●					
Italian Dressing								
Poppyseed Dressing	●					●		
Ranch Dressing		●	●					●

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