

Nutritional 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	6	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
Jalapeño 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	35	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
Miss Tamara's Tarragon Dijon ^o	370	370	31	6	0	70	750	0	0	0	14
Nutty Nana ^o	410	420	37	6	0	60	460	4	1	1	15
Olivia's Old South	380	380	31	6	0	75	670	4	6	4	14
Sassy Scotty	450	450	41	9	0	85	810	1	0	1	17
True Blue Betty	430	330	36	8	0	85	760	3	1	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 PC)											
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	13	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	550	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

All information shown is correct to the best of our ability; any missing information is not readily available at this time.

^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 recommended for adults; 1,200-1,400 calories a day is recommended for children ages 4-8 years old; 1,400-2,000 calories a day is recommended for children ages 9-13 years old. Although this is considered general nutrition advice, an individual's calorie needs may vary. Consult your physician for more information.

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 & 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 ◊	280	180	20	5	0	25	390	20	4	14	10
Strawberry Pecan Salad ◊	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	230	120	16	10	0	55	700	14	2	3	8
Chicken Artichoke Florentine	240	110	15	8	0	50	730	16	2	4	10
Chicken Tortilla	170	90	9	3	0	25	770	14	2	3	8
Loaded Potato	210	130	14	8	0	45	580	20	2	3	5
Tomato Bisque	130	50	7	4	0	20	560	14	2	10	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 & Cheese	350	150	16	10	0	60	860	33	1	5	14
PB&J Sandwich	210	81	9	2	0	0	220	28	2	1	6
Turkey Sandwich	240	45	5	2	0	35	730	27	1	4	19

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Bread & Crackers

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

Sweet Treats

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)
Buttercream Frosted Cookie											
Small Round	90	32	3.5	2	0	15	60	11	0	11	1
Large Flower	170	54	6	3.5	0	25	125	27	0	18	2
Chocolate Crispy Treat	420	81	9	6	0	15	270	81	0	48	3
Piña Colada Pie	360		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

Drinks

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)
Sweet Tea	---	0	---	---	---	---	---	---	---	---	---
Unsweet Tea	0	0	0	0	0	0	0	0	0	0	0
Lemonade	210	0	0	0	0	0	0	55	0	52	0
Honest Kids Apple Juice	40	0	0	---	---	---	5	10	---	9	0
Barq's Root Beer	160	0	0	---	---	---	70	45	---	45	0
Cherry Coke	150	0	0	---	---	---	35	43	---	42	0
Coca-Cola	140	0	0	---	---	---	45	39	---	39	0
Coke Zero	0	0	0	---	---	---	40	0	---	---	0
Diet Coke	0	0	0	---	---	---	40	0	---	---	0
Dr. Pepper	140	0	0	---	---	---	45	39	---	38	0
Fanta Orange	160	0	0	---	---	---	60	45	---	44	0
Minute Maid Lite	22.5	0	0	---	---	---	22.5	6	---	3	0
Sprite	140	0	0	---	---	---	65	38	---	38	0
Vitami [®] Water XXX	72	0	0	---	---	---	0	19.2	---	19.2	0

Make It Your Own

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)
Bacon (2 Slices)	80	60	7	2.5	0	15	220	0	0	0	5
Honey Mustard (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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Chicken Salad Chick - Common Allergy 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.*

Sulfites are not added to any item, however, items may contain naturally occurring sulfites

MENU ITEM	Contains Gluten	Contains Dairy	Contains Eggs	Contains Peanuts	Contains Tree Nuts	Contains Soy	Contains Sesame
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			●	●	●	○	
Miss Tamara's Tarragon Dijon			●			○	
Nutty Nana			●	●	●	○	
Olivia's Old South			●			○	
True Blue Betty		●	●				
Rockin' Rita			●			○	
Sassy Scotty		●	●			○	
Pimento Cheese & More							
Egg Salad			●				
Pimento Cheese		●	●				
Spicy Pimento Cheese		●	●				
Pimento Cheeseball (Not including crackers)		●	●	●			
Signature Sandwiches							
Turkey Club Sandwich (Check bread allergens)		●	●				
Turkey Pesto Sandwich (Check bread allergens)		●	●				
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 (Grape)	●	●		●		●	

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• 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.

○ Soy allergen noted on these specific flavors is due to soy lecithin in the cooking spray used when steaming the chicken.

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MENU ITEM	Contains Gluten	Contains Dairy	Contains Eggs	Contains Peanuts	Contains Tree Nuts	Contains Soy	Contains Sesame
Fresh Side Items & Chips							
Broccoli Salad		●	●				
Fresh Fruit							
Grape Salad		●			●		
Mac 'n Cheese	●	●	●				
Pasta Salad	●	●	●				
Baked Lays						●	
Doritos		●					
Miss Vickie's BBQ Chips	●	●					
Miss Vickie's Jalapeño Chips		●					
Miss Vickie's Salt & Vinegar Chips		●					
Miss Vickie's Sea Salt Chips							
Gourmet Soups							
Broccoli Cheese Soup	●	●					
Chicken Artichoke Florentine Soup	●	●					
Chicken Tortilla Soup		●					
Loaded Potato Soup	●	●					
Tomato Bisque		●					
Sweet Treats							
Buttercream Frosted Cookies	●	●	●	●	●	●	
Pumpkin Cheesecake	●	●	●	●	●	●	
Piña Colada Pie	●	●	●	●	●	●	
Sea Salt Caramel Cheesecake	●	●	●	●	●	●	
Bread & Crackers							
Croissant	●	●	●			●	
Wheatberry Bread	●		●				
White Bread	●		●				
Lance Wheat Crackers	●						
Keebler Crackers	●					●	●
Make It Your Own							
Honey Mustard							
Italian Dressing							
Poppyseed Dressing	●					●	
Ranch Dressing		●	●				

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