

Nutritional Information



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

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Barbie-Q	390	30	4.5	0	65	810	10	0	7	14	2%	2%	---	0%	2%	15
Buffalo Barclay	390	35	6	0	65	850	1	1	0	13	0%	2%	0%	0%	0%	---
Classic Carol	400	35	5	0	75	620	0	0	0	16	0%	2%	---	0%	2%	---
Cranberry Kelli	460	37	5	0	70	600	12	1	9	16	0%	2%	---	2%	4%	---
Dill-icious Diva ^o	380	33	4.5	0	70	580	1	0	0	15	---	---	---	---	---	---
Dixie Chick	370	32	4.5	0	70	560	2	0	1	15	0%	4%	---	0%	2%	---
Fancy Nancy	410	36	4.5	0	65	520	5	1	3	14	0%	2%	---	0%	2%	---
Fruity Fran	340	27	4	0	60	480	7	1	7	12	---	---	0%	0%	0%	---
Jalapeño Holly	370	32	4.5	0	70	710	1	0	0	15	0%	2%	0%	0%	0%	14
Jazzy Julie ^o	440	38	7	0	85	730	1	0	0	19	10%	2%	---	6%	2%	---
Kickin' Kay Lynne	370	35	5	0	70	760	1	0	0	14	0%	2%	0%	2%	0%	17
Lauryn's Lemon Basil	390	35	5	0	70	600	1	0	0	15	6%	4%	---	2%	2%	---
Luau Lydia ^o	370	32	4.5	0	55	460	4	1	3	12	0%	4%	---	0%	2%	---
Miss Tamara's Tarragon Dijon ^o	370	31	4.5	0	70	760	0	0	0	14	---	---	---	---	---	---
Nutty Nana ^o	410	37	5	0	60	480	4	1	1	15	0%	2%	---	0%	5%	---
Olivia's Old South	380	31	4.5	0	75	690	4	0	4	14	2%	2%	---	0%	2%	---
Sassy Scotty	450	41	8	0	85	830	1	0	1	18	---	---	0%	4%	0%	11
Patti Thai'rific	420	37	5	0	55	610	8	1	4	13	---	---	---	---	---	---

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

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Pimento Cheese	570	52	20	0	120	760	2	0	0	24	25%	0%	---	70%	0%	---
Spicy Pimento Cheese	560	52	20	0	120	780	2	0	0	23	---	---	0%	50%	0%	4
Egg Salad	240	18	4	0	420	420	5	0	5	12	10%	4%	---	4%	8%	---

Signature Sandwiches

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Chicken Salad BLT (Calculated with Classic Carol)																
Croissant	710	53	15	0	125	1070	27	1	3	25	2%	2%	0%	2%	10%	47
Wheatberry Bread	760	46	8	0	90	1340	53	4	7	31	---	---	0%	10%	15%	47
White Bread	760	46	8	0	90	1380	53	2	7	31	---	---	0%	10%	15%	47
Pimento Cheese BLT (Calculated with Traditional PC)																
Croissant	890	70	29	0	170	1220	29	1	3	33	---	---	0%	50%	10%	37
Wheatberry Bread	940	63	22	0	135	1490	55	4	7	39	---	---	0%	60%	10%	37
White Bread	940	63	22	0	13	1530	55	2	7	39	---	---	0%	60%	15%	37
Turkey Club																
Croissant	600	34	14	0	120	1570	32	1	8	38	---	---	0%	15%	10%	32
Wheatberry Bread	650	27	7	0	85	1840	58	4	12	44	---	---	0%	20%	15%	32
White Bread	650	27	7	0	85	1880	58	2	12	44	---	---	0%	20%	20%	32
Turkey Pesto																
Croissant	550	32	12	0	110	1310	29	1	5	34	---	---	0%	15%	10%	32
Wheatberry Bread	600	325	5	0	75	1580	55	4	9	40	---	---	0%	25%	15%	32
White Bread	600	25	5	0	75	1620	55	2	9	40	---	---	0%	25%	20%	32

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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 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	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (% DV)
Broccoli Salad	170	13	3.5	0	20	170	10	2	7	5	---	---	---	---	---	---
Fresh Fruit	80	0	0	0	0	0	20	2	16	1	0%	35%	---	2%	2%	---
Grape Salad	150	8	3.5	0	15	35	31	2	28	3	4%	8%	---	2%	2%	---
Mac & Cheese	300	17	10	1	50	630	25	1	2	11	15%	---	---	25%	6%	---
Pasta Salad	240	7	2	0	5	370	37	2	3	8	---	---	---	---	---	---
Baked Lays	140	4	0.5	0	0	180	24	2	3	2	0%	2%	---	0%	0%	---
BBQ Chips	200	11	1.5	0	0	200	23	2	3	3	8%	15%	---	0%	4%	14%
Doritos	260	13	2	0	0	360	31	2	1	4	2%	0%	---	2%	2%	---
Jalapeño Chips	200	11	1/5	0	0	180	22	2	2	3	---	10%	0%	0%	4%	10%
Sea Salt Chips	210	12	1.5	0	0	125	23	2	1	3	0%	15%	---	0%	4%	14%
Sea Salt & Vinegar Chips	200	11	1.5	0	0	230	23	2	2	3	0%	10%	---	0%	4%	13%

Green Salads

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Classic Salad <small>Calculated with Classic Carol</small>	430	35	5	0	75	710	9	1	3	19	---	---	0%	4%	6%	158
Cranberry Apple Salad ^o	280	20	5	0	25	390	20	3	14	10	---	---	0%	6%	6%	291
Strawberry Pecan Salad ^o	210	13	3	0	10	190	21	4	16	5	---	---	0%	4%	6%	135

Gourmet Soups

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Broccoli & Cheese	230	16	10	0	55	700	14	2	3	8	---	---	---	20%	0%	---
Chicken Artichoke Florentine	240	15	8	0	50	730	16	2	4	10	---	---	---	8%	6%	---
Chicken Tortilla	170	9	3	0	25	770	14	2	3	8	---	---	---	10%	6%	---
Loaded Potato	210	14	8	0	45	580	20	2	3	5	2%	25%	---	15%	4%	---
Tomato Bisque	130	7	4	0	20	560	14	2	10	2	45%	50%	---	4%	4%	---

For The Little Chicks

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Mac & Cheese	300	17	10	1	50	630	25	1	2	11	15%	---	---	25%	6%	---
PB&J Sandwich	300	17	3	0	0	280	32	4	14	9	0%	0%	---	2%	6%	---
Turkey Sandwich	240	6	2	0	35	750	27	1	4	20	---	---	---	---	---	---

Bread & Crackers

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Croissant	230	11	7	0	35	230	26	1	2	4	---	---	---	2%	8%	---
White Bread (1 Slice)	140	2	0	0	0	270	26	1	3	5	---	---	---	4%	6%	0
Wheat Bread (1 Slice)	140	2	0	0	0	250	26	2	3	5	---	---	---	4%	6%	0
Lance Wheat Crackers	60	2	0	0	0	115	9	0.4	1	1	0%	0%	---	0%	2%	---

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Sweet Treats

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Buttercream Frosted Cookie																
Small Round	90	3.5	2	0	15	60	11	0	11	1	2%	0%	---	0%	0%	---
Large Flower	170	6	3.5	0	25	120	28	0	19	2	4%	0%	---	2%	2%	---
Chocolate Crispy Treat	460	10	8	0	15	300	88	0	55	2	25%	2%	---	---	25%	---
Piña Colada Pie	360	20	10	0	75	285	37	1	26	5	16%	1%	---	5%	8%	---

Drinks

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Sweet Tea	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Unsweet Tea	0	0	0	0	0	0	0	0	0	0	0%	0%	---	0%	0%	---
Lemonade	210	0	0	0	0	0	55	0	52	0	0	40	0	0	0	45
Honest Kids Apple Juice	40	0	---	---	---	5	10	---	9	0	---	100%	---	---	---	---
Barq's Root Beer ^o	160	0	---	---	---	70	45	---	45	0	---	---	---	---	---	---
Cherry Coke ^o	150	0	---	---	---	35	43	---	42	0	---	---	---	---	---	---
Coca-Cola	140	0	---	---	---	45	39	---	39	0	---	---	---	---	---	---
Coke Zero	0	0	---	---	---	40	0	---	---	0	---	---	---	---	---	---
Diet Coke	0	0	---	---	---	40	0	---	---	0	---	---	---	---	---	---
Dr. Pepper	140	0	---	---	---	45	39	---	38	0	---	---	---	---	---	---
Fanta Orange ^o	160	0	---	---	---	60	45	---	44	0	---	---	---	---	---	---
Minute Maid Lite ^o	22.5	0	---	---	---	22.5	6	---	3	0	---	150%	---	---	---	---
Sprite	140	0	---	---	---	65	38	---	38	0	---	---	---	---	---	---
Vitamin Water XXX ^o	72	0	---	---	---	0	19.2	---	19.2	0	---	90%	---	---	---	---

Make It Your Own

Item (Does Not Include Crackers)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Vitamin D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (mg)
Bacon (2 Slices)	80	7	2.5	0	15	220	0	0	0	5	---	---	---	---	---	---
Honey Mustard (1 oz)	130	13	2	0	10	220	4	0	4	0	0%	0%	---	0%	0%	---
Italian Dressing (1 oz)	60	6	0.5	0	0	300	3	0	2	0	0%	0%	---	2%	0%	---
Lettuce (1 Leaf)	10	0	0	0	0	0	2	1	1	1	45%	4%	---	2%	4%	---
Mayonnaise (1 oz)	200	22	3	0	20	150	0	0	0	0	0%	0%	---	0%	0%	---
Pesto Mayonnaise (1.4 oz)	250	27	3.5	0	25	240	0	0	0	1	---	---	---	2%	0%	---
Pickle Spear	4	0	0	0	0	453	1	0	0	0	---	---	---	---	---	---
Poppyseed Dressing (1 oz)	105	7	1	0	0	76	10	0	10	0	1%	0%	---	0%	0%	---
Provolone Cheese (1 Slice)	70	6	3.5	0	15	180	0	0	0	5	---	---	---	15%	---	---
Ranch Dressing (2 oz)	200	22	3	0	20	540	2	0	2	2	0%	0%	---	2%	0%	---
Tomato (2 Slices)	5	0	0	0	0	0	1	0	1	0	4%	4%	---	0%	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 EGG	CONTAINS NUTS	CONTAINS SOY	CONTAINS MSG
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			●		○	
Patti-Thai'rific			●	●	○	
Rockin' Rita			●		○	
Sassy Scotty		●	●		○	●
Egg Salad			●			
Pimento Cheese		●	●			
Spicy Pimento Cheese		●	●			
Pimento Cheeseball (Not including crackers)		●	●	●		
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 EGG	CONTAINS NUTS	CONTAINS SOY	CONTAINS MSG
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						
Broccoli Cheese Soup	●	●				
Chicken Artichoke Florentine Soup	●	●				
Chicken Tortilla Soup		●				
Loaded Potato Soup	●	●				
Tomato Bisque		●				
Buttercream Frosted Cookies	●	●	●	●	●	
Pumpkin Cheesecake	●	●	●	●	●	
Piña Colada Pie	●	●	●	●	●	
Croissant	●	●	●		●	
Wheatberry Bread	●					
White Bread	●					
Honey Mustard						
Italian Dressing						
Poppyseed Dressing	●				●	
Ranch Dressing		●	●			●
Lance Wheat Crackers	●					

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