



## The Chick \$7.99

Choose a **Scoop or Sandwich\*** of Chicken Salads or Pimento Cheese & More

Plus one of:

**Side Item** (Upgrade to Seasonal Salad +\$1.00)

**Cup of Soup**

**Scoop** (Chicken Salads or Pimento Cheese & More)

\*Excludes Signature Sandwiches

\*\*All meals include a pickle spear & cookie. Scoops also include crackers.



Add a drink for only \$1.99

412-1590 Cal.

**Make it a Trio! \$2.00** Add any one scoop, side, or cup of soup.

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

## Our Famous Chicken Salads

### Traditional

**Classic Carol 400 Cal. GF**

All white meat, shredded chicken, finely minced celery, mayonnaise, & our secret seasoning.

**Olivia's Old South 380 Cal. GF**

A southern tradition combining sweet pickles & egg.

### Savory

**Lauryn's Lemon Basil 400 Cal. GF**

Our brightest flavor featuring chopped pecans, fresh basil, & lemon.

**Dixie Chick 380 Cal. GF**

Our "most offensive salad," definitely for the onion lover.

**Sassy Scotty 430 Cal. GF**

A zesty blend of ranch, bacon, & shredded cheddar cheese.

**Barbie-Q 400 Cal. GF**

A hickory smoked BBQ flavor that is sure to please.

### Fruity & Nutty

**Fancy Nancy 390 Cal. GF**

Dress it up with Fuji apples, seedless grapes, & pecans.

**Fruity Fran 370 Cal. GF**

A refreshing blend of Fuji apples, seedless grapes, & pineapple.

**Cranberry Kelli 450 Cal. GF**

A mixture of dried, sweetened cranberries, & slivered almonds.

### Spicy

**Buffalo Barclay 390 Cal. GF**

Craving wings? This is definitely the choice for you.

**Jalapeño Holly 370 Cal. GF**

Whew!! The name says it all, diced jalapeños galore.

**Kickin' Kay Lynne 370 Cal. GF**

This flavor powerhouse is a combination of buffalo sauce, ranch, bacon, shredded cheddar cheese, jalapeños, & Sriracha!

## Pimento Cheese & More

**Pimento Cheese 570 Cal. GF V**

A blend of freshly grated sharp cheddar & pepper jack cheeses combined with just a smidge of our creamy house dressing.

**Egg Salad 250 Cal. GF V**

A classic egg salad with eggs, sweet pickles, mustard & mayonnaise.

**Spicy Pimento Cheese 520 Cal. GF V**

A blend of freshly grated sharp cheddar & pepper jack cheeses combined with jalapeños & just a smidge of our creamy house dressing.

V = Vegetarian GF = Gluten Free

\*\*Additional nutrition information available upon request.

\*\*\*Our products are prepared in-house where allergens may be present.

## Salads, Sides & Soups

### All Sides \$2.79

**Broccoli Salad 209 Cal. GF**

Fresh broccoli florets tossed in a sweet vinegar-based dressing with shredded mozzarella & cheddar cheeses, topped with crispy bacon.

**Grape Salad 138 Cal. GF V**

Red & white seedless grapes covered in a sweet cream cheese mixture, topped with brown sugar & crushed pecans.

**Pasta Salad 313 Cal. V**

Tri-color rotini pasta in an Italian-based dressing with feta & parmesan cheeses, black olives, & artichoke hearts.

**Fresh Fruit 52 Cal. GF V**

Chilled, freshly cut strawberries, blueberries, & red and white seedless grapes.

**Mac 'n Cheese 360 Cal.**

Elbow macaroni in a creamy sauce made with a three cheese blend and a touch of spice.



### Green Salads

**Classic Salad \$7.99**

390-600 Cal. GF

Your choice of any scoop, served atop a bed of our spring lettuce blend with grape tomatoes & cucumbers.

**Seasonal Salad \$3.99**

110-190 Cal. GF

Our seasonal side salad features fresh greens & the season's freshest fruits, cheeses, & crunchy toppings.

### Dressings

Our Signature Poppy Seed 170 Cal.  
Italian, Ranch, Honey Mustard 60-260 Cal.

### Signature Soups

Ask about our Soups of the Day!  
240-360 Cal.

**Cup \$3.00**

**Bowl \$5.00**

**Quart \$13.00**



## Signature Sandwiches \$8.99

Served on your choice of flaky croissant, traditional white or wheatberry bread. Includes your choice of any Side, Cup of Soup or Scoop. Add another for only \$2 more.

**Chicken Salad BLT 690-830 Cal.**

Your choice of any chicken salad with crispy bacon, fresh lettuce, & sliced tomato.

**Pimento Cheese BLT 590-950 Cal.**

Our traditional or spicy pimento cheese, crispy bacon, fresh lettuce, & sliced tomato.

**Turkey Club 530-640 Cal.**

Oven roasted turkey breast, crispy bacon, provolone, honey mustard, fresh lettuce, & sliced tomato.

**Turkey Pesto 630-740 Cal.**

Oven roasted turkey breast, provolone, fresh lettuce, sliced tomato, & pesto mayonnaise.



### Try it Toasted!

### Thirsty?

**Iced Tea, Fresh Lemonade & Coca-Cola Products**  
0-130 Cal.

**Medium \$1.99**  
**Large \$2.49**

### Sweet Treats V

**Buttercream Frosted Flower Cookie** \$1.99  
170 Cal.

### Quick Chick

**Chicken Salad, Pimento Cheese, & Egg Salad**

**Small \$5.99** (feeds 2-3)  
**Large \$11.99** (feeds 4-5)

## little chicks

Children 10 years & under  
**\$5.49**

**MAC 'N CHEESE**  
360 Cal.

**TURKEY SANDWICH**  
321 Cal.

**PB&J UNCRUSTABLE**  
460 Cal.

**SCOOP OF CHICKEN SALAD**  
360-570 Cal.



\*\*1,200-1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary.

## ❀ Our Story ❀

I've always been on a quest to find the perfect chicken salad. At every restaurant, I would order the chicken salad sandwich. Funny thing is, everyone's idea of the "perfect" chicken salad is completely different, although it seems we all agree on two key components: chicken and mayonnaise. After tasting every chicken salad I came across and realizing everyone's idea of the perfect recipe is different, Chicken Salad Chick was born. This is a place all chicken salad lovers can find something they enjoy.

I began working on my original recipe at home and then taste tested on my cooperative, wonderful neighbors. They were kind enough to give me honest feedback while I kept tweaking. Finally, I arrived at a recipe where the consensus was "this is IT." Thanks to neighbors and the teachers at Ogletree Elementary School, within three weeks there was more business than I could handle. I then formed a partnership with Kevin Brown, my future husband, who had shared this vision with me from the beginning. He had the experience and business sense to turn a recipe into a restaurant.

Business was booming, word was spreading, and the idea of a restaurant was growing, and suddenly the phone rang! On the other end of the line was Stan, from the Lee County Health Department. He said "Stacy, where are you cooking your chicken?" My response: "In my kitchen Stan...is that a problem?" He quickly shared that my at home business was illegal; "you cannot cook anything in your home and sell it." We had no choice but to "shut down" and our customers were outraged; some even tried to get some smuggled anyway!

Thank you to the anonymous caller that turned us into the health department. You really lit the fire under Kevin to turn this idea into a restaurant sooner than ever! Opening Chicken Salad Chick has been a collaborative effort. Thank you to the neighbors who watched my children, friends who painted artwork on the restaurant walls and offered professional services, and my family for their unwavering support. And thank you to Kevin for never giving up... We did it!

Now you know our story. Come see the lunch a computer software salesman and a stay-at-home mom have whipped up for you. It's pretty tasty.

- Stacy M. Brown, Founder



### Chicken Salad Chick Mobile App

JOIN NOW & RECEIVE:

25 Bonus Points & a Free Chick Special on your Birthday!



- Earn 1 Point for every \$1 spent
- Redeem points for free food, coolers & cash off
- Find your nearest Chick
- Special Insider Details
- Daily Specials & More!



Visit [www.ChickenSaladChick.com](http://www.ChickenSaladChick.com) to get directions to a nearby Chick!



## Our Menu

Bellevue, TN

7614 Hwy 70 S

Phone: (615) 645-9883

Fax: (615) 678-1338

Mon - Sat 10 am - 8 pm

Hendersonville, TN

217 Indian Lake Blvd.

Phone: (615) 447-3006

Fax: (615) 590-7191

Mon - Sat 10 am - 8 pm

Murfreesboro, TN

2855 Medical Center Parkway

Phone: (615) 900-3087

Fax: (615) 956-7173

Mon - Sat 10 am - 8 pm