

## Chicken Salad Chick

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Chicken Salad (4 oz - scoop)</b>						
Barbie-Q	390	4.5	810	10	0	14
Dill-icious Diva	380	4.5	580	1	0	15
Dixie Chick	370	4.5	560	2	0	15
Fancy Nancy	410	4.5	520	5	1	14
Fruity Fran	340	4	480	7	1	12
Jalapeno Holly	370	4.5	710	1	0	15
Luau Lydia	370	4.5	460	4	1	12
Miss Tamara's Tarragon Dijon	370	4.5	760	0	0	14
Olivia's Old South	380	4.5	690	4	1	15
<b>Signature Sandwiches</b>						
Turkey Pesto – Wheatberry Bread	600	5	1580	55	4	40
Turkey Pesto – White Bread	600	5	1620	55	2	40
Chicken Salad BLT – Wheatberry Bread	760	8	1340	53	4	31
Chicken Salad BLT – White Bread	760	8	1380	53	2	31
Turkey Club – Wheatberry Bread	650	7	1840	58	4	44
Turkey Club – White Bread	650	7	1880	58	2	44
<b>Gourmet Soups</b>						
Chicken Tortilla	170	3	770	14	2	8
Tomato Bisque	130	4	560	14	2	2
<b>Green Salads</b>						
Strawberry Pecan Salad	210	3	190	21	4	5
<b>Fresh Side Items &amp; Chips</b>						
Fresh Fruit	80	0	0	20	2	1
Baked Lays	140	0.5	180	24	2	2
Broccoli Salad	170	3.5	170	10	2	5
Grape Salad	150	3.5	35	31	2	3