



Chicken Salad Chick

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken/Egg Salad (4 oz - scoop) No more than 6 grams saturated fat and 600 mg sodium						
Dill-icious Diva	350	6	530	1	0	14
Dixie Chick	370	6	550	2	0	15
Fancy Nancy	410	6	510	5	1	14
Fruity Fran	340	5	470	7	1	12
Luau Lydia	370	6	450	4	1	12
Egg Salad	250	4.5	410	5	0	12
Cranberry Kelli	460	6	590	12	2	16
Lauryn's Lemon Basil	390	6	580	1	0	15
Nutty Nana	420	6	460	4	1	15
Southwest Senorita	320	5	580	3	0	17
Signature Sandwiches						
Chicken Salad BLT - Wheatberry Bread	740	9	1310	53	2	29
-OMIT BACON	650	6.5	1090	53	2	24
Turkey Club - Wheatberry Bread	730	9	1750	59	6	56
-OMIT BACON	640	7	1550	59	6	48
Gourmet Soups (cup)						
Chicken Tortilla	180	4	650	14	2	10
Tomato Bisque	110	3	420	13	2	2
Green Salads No more than 2 grams saturated fat and 200 mg sodium						
Cranberry Apple Salad	210	4	270	13	3	7
Strawberry Pecan Salad (no dressing)	110	2	140	13	4	4
Fresh Side Items & Chips						
Fresh Fruit	80	0	0	20	2	1
Baked Lays	140	0.5	180	24	2	2
Italian Dressing (2 oz)	140	1	580	6	0	0

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Steaks and Ribs						
6oz. Top Sirloin Steak	250	7	480	0	0	22
8oz Top Sirloin Steak	330	9	640	0	0	30
Seafood						
Grilled Whitefish - Lemon Pepper (includes bed of seasoned rice)	490	5	1650	34	0	52
Grilled Whitefish - Blackened (includes bed of seasoned rice)	510	5	2190	36	2	53
8oz. Grilled Salmon (includes bed of seasoned rice)	590	7	1260	33	0	44
Grilled Mahi Mahi	350	2.5	1400	37	1	34
5oz Grilled Salmon (includes bed of seasoned rice)	440	5	1060	33	0	
5oz Grilled Salmon - Blackened (includes bed of seasoned rice)	450	5	1370	34	1	29
5oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	560	5	1510	60	1	29
8oz Grilled Salmon - Blackened (includes bed of rice)	600	8	1740	35	1	44
8oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	750	8	1850	70	1	25
5oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	600	6	2230	55	1	42
8oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	750	8	2420	55	1	57
Combinations						
6oz Top Sirloin Steak with Grilled Shrimp	560	10	1770	49	1	38
Chicken Tenders and Grilled Shrimp	1240	12	2590	96	4	74

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Made From Scratch Sides (Veggie Plate)						
Buttered Off-The-Cob Corn	110	0.5	80	22	2	4
Fresh Steamed Broccoli	100	3.5	105	6	3	3
Sweet Baby Carrots	35	0	75	9	3	0
Southern Green Beans	60	1	190	8	2	0
Freshly Made Coleslaw	170	2	200	14	1	0
House Salad (dressing not included)	140	4	210	9	3	7
Caesar Salad	290	7	810	9	2	8
Fried Plantains	260	0	40	56	3	2
Kids						
Kids Chicken Tenders	630	7	1050	18	0	44
Kids Grilled Chicken	280	2.5	1250	21	0	34
Comfort Food						
Country Fried Chicken Single (no gravy)	610	7	1770	44	2	40
Country Fried Chicken Single with Southern Green beans and sweet baby carrots	705	8	2035	61	7	40

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