



McAlister's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Soups (Cup)*						
Veggie Chili	180	0	960	33	9	9
Chicken Tortilla	200	3	1320	25	2	7
<i>*Chips/Crackers not included</i>						
Fresh Salads (half)*						
Garden Salad	150	5	260	8	1	9
-request 1/2 cheddar cheese	90	2	160	8	1	6
Grilled Chicken Salad	260	6	690	10	1	26
-without cheddar cheese	190	3	520	10	1	19
Savannah Chopped Salad	230	2.5	510	21	2	20
-without gorgonzola cheese	170	0	330	20	2	17
Garden Salad w/ Harvest Chicken Salad	400	8	520	17	2	18
Southwest Chicken and Avocado	310	6	510	18	4	23
McAlister's Chef Salad	250	6	910	10	1	20
<i>*Salad dressing not included</i>						
Craft Your Own Sandwich (half)*						
Ham	250	1	860	38	3	15
Roast Beef	270	1.5	910	37	3	18
Turkey	230	0	720	37	3	15
Grilled Chicken	260	0	570	37	3	21
<i>*Craft your own comes with lettuce, tomato, and spicy brown mustard on 9-Grain Bread.</i>						
Club Sandwiches (half)						
Grilled Chicken Club	450	6	710	40	0	27
Orange Cranberry Club	410	5	850	45	0	20
Turkey Sandwiches (half)						
Garden Fresh Turkey Sandwich	360	3.5	1380	40	5	20
-request without swiss cheese	300	1	1180	39	5	16
Roast Beef Sandwiches (half)						
Horseradish Roast Beef	370	5	1100	35	1	22
-request without Sharp Cheddar	300	2	640	34	1	18
Vegetarian Sandwiches (half)						
The Veggie	340	2	730	40	6	8



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Chicken Sandwiches (half)						
Harvest Chicken Salad Sandwich	340	6	360	26	2	11
-replace croissant with whole wheat bread	310	3	420	33	5	13
Grilled Chicken Sandwich	310	6	500	24	0	22
-replace croissant with sliced wheat bread	250	2	400	26	0	20
Sweet Chipotle Chicken	350	3.5	850	42	1	25
Craft Your Own Spud						
Justaspud - Full *	710	9	140	131	14	17
Justaspud - Half *	360	5	70	66	7	9
Without butter (sour cream only) - Full	640	4	80	131	14	17
Without butter or sour cream - Full	570	0	60	130	14	16
Without butter (sour cream only) - Half	360	4	50	66	7	9
Without butter or sour cream - Half	290	0	30	65	7	8
*Includes butter and sour cream						
<i>Potato Toppings - Full spud size</i>						
Veggie Chili Cup	180	0	960	33	9	9
Grilled Chicken Breast	150	0	560	3	0	29
Black Angus Roast Beef	180	3	1240	2	0	24
Light Sour Cream	40	2	25	2	0	2
Smoked Turkey	100	0	860	2	0	18
Just for Kids						
Kid's Garden Salad	150	5	260	8	1	9
Kid's Spud	320	2.5	60	65	7	8
Kid's Toasted Cheese	430	12	990	48	0	15
Sides						
Applesauce	60	0	0	13	1	0
Sunchips Original Snack (whole grain chip)	210	1	180	28	4	3
Fruit	40	0	10	10	1	1
Pickle Spear	0	0	380	0	0	0
Tomato and Cucumber Salad	70	0.5	370	6	1	<1
Salad Dressings - 2 oz						
Fat Free Chipotle Peach	160	0	600	38	0	0
Olive Oil & Balsamic Vinaigrette	140	2	520	6	0	0
Fat Free Raspberry Pecan	90	0	500	20	0	0
Chili Lime Vinaigrette	160	2	440	10	0	0

Fall 2022