



McAlister's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Soups (Cup)*						
Veggie Chili	230	0	1410	43	9	11
Chicken Tortilla	210	3	1330	25	2	7
<i>*Chips/Crackers not included</i>						
Fresh Salads (half)*						
Garden Salad	150	5	260	8	1	9
-without cheddar cheese	40	0	85	7	1	2
Grilled Chicken Salad	260	6	690	10	1	26
-without cheddar cheese	150	1	520	9	1	19
Savannah Chopped Salad	230	2.5	510	21	2	20
-without gorgonzola cheese	180	0	330	20	2	17
Garden Salad w/ Harvest Chicken Salad	400	8	520	17	2	18
McAlister's Chef Salad	240	6	940	10	1	20
Pecanberry Salad	190	0.5	360	17	3	17
<i>*Salad dressing not included</i>						
Craft Your Own Sandwich (half)*						
Ham	240	1	900	37	3	15
Roast Beef	270	1.5	910	37	3	18
Turkey	230	0	730	37	4	16
Grilled Chicken	130	0	280	18	2	10
<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	400	5	880	44	<1	20
Turkey Sandwiches (half)						
Garden Fresh Turkey Sandwich	370	4.5	1520	37	3	21
-request without Swiss cheese	310	2	1500	37	3	17
Roast Beef Sandwiches (half)						
Horseradish Roast Beef	370	5	1105	35	1	23
-request without Sharp Cheddar	320	2.5	1020	34	1	18
Vegetarian Sandwiches (half)						
The Veggie	340	2	735	40	6	8



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Chicken Sandwiches (half)						
Harvest Chicken Salad Sandwich	340	6	360	26	2	11
<i>-replace croissant with whole wheat bread</i>	310	3	420	33	5	13
Grilled Chicken Sandwich	310	6	500	24	0	22
<i>-replace croissant with sliced wheat bread</i>	250	2	400	26	0	20
Sweet & Smoky Chicken	350	3.5	850	42	1	25
Craft Your Own Spud						
Justaspud - Full *	710	9	140	131	14	17
Without butter (sour cream only) - Full	640	4	80	131	14	17
Without butter or sour cream - Full	570	0	60	130	14	16
Justaspud - Half *	360	4.5	70	66	7	9
Without butter (sour cream only) - Half	320	2.5	40	66	7	9
Without butter or sour cream - Half	290	0	30	65	7	8
*Includes butter and sour cream						
Potato Toppings - Full spud size						
Veggie Chili Cup	230	0	1410	43	9	11
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	380	8	870	46	0	13
Sides						
Fruit	60	0	15	15	2	2
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
Chili Lime Vinaigrette	160	2	440	10	0	0

Winter 2024