

Chicken Salad Chick

| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Protein (g) |
|---|----------|-------------------|-------------|------------------|-----------|-------------|
| Chicken/Egg Salad (4 oz - scoop) | | | | | | |
| No more than 6g 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 |
| Lauryn's Lemon Basil | 390 | 6 | 580 | 1 | 0 | 15 |
| Signature Sandwiches | | | | | | |
| Chicken Salad BLT – Wheatberry Bread | 740 | 9 | 1310 | 53 | 2 | 29 |
| -OMIT BACON | 680 | 5.5 | 1140 | 53 | 4 | 26 |
| Turkey Club – Wheatberry Bread | 630 | 7 | 1640 | 58 | 2 | 42 |
| -OMIT BACON | 570 | 4.5 | 1640 | 58 | 4 | 39 |
| Turkey Pesto – Wheatberry Bread | 580 | 6 | 1430 | 55 | 3 | 38 |
| Gourmet Soups (cup) | | | | | | |
| Chicken Tortilla | 180 | 4 | 650 | 14 | 2 | 10 |
| Tomato Bisque | 110 | 3 | 420 | 13 | 2 | 2 |
| Chicken Artichoke Florentine | 190 | 6 | 590 | 12 | 2 | 9 |
| Green Salads | | | | | | |
| Strawberry Pecan Salad | 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 |
| Broccoli Salad | 170 | 3.5 | 160 | 10 | 2 | 6 |