



Chicken Salad BLT

Nutritional Information

(Final totals depend on Chicken Salad choice, bread, and selected options)

1 Choose Your Bread (Required)

Bread	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Croissant	280	14	5	270	33
White (Toasted/Not)	280	3	8	500	52
Wheatberry (Toasted/Not)	280	3	10	460	52

2 Choose Your Chicken Salad (Required, Per 4 oz Scoop)

Chicken Salad Flavor	Calories	Fat (g)	Protein (g)	Sodium (mg)
Barbie-Q	390	30	14	800
Buffalo Barclay	380	34	13	910
Classic Carol	400	35	16	600
Cranberry Kelli	460	37	16	590
Dixie Chick	370	32	15	550
Olivia's Old South	380	31	14	670
Fancy Nancy	410	36	14	510
Fruity Fran	340	27	12	470
Laurn's Lemon Basil	390	35	15	580

Sassy Scotty	450	40	17	880
Jalapeño Holly	370	32	15	700
Jazzy Julie	440	38	19	720
Kickin' Kay Lynne	370	33	14	780
Pimento Cheese	480	43	20	730
Spicy Pimento Cheese	440	40	19	810
Egg Salad	250	18	12	410
Maui Mama	280	22	15	640

3 Customize (Included by Default)

Add-On	Calories	Fat (g)	Protein (g)	Sodium (mg)
Lettuce	10	0	1	0
Tomato	5	0	0	0
Bacon	90	6	8	200

→ Total for Standard BLT Add-Ons: 105 Calories, 6g Fat, 9g Protein, 200mg Sodium

4 Plus One Of (Required)

Add-On	Calories (Approx.)
Scoop	See Chicken Salad Table
Side	80–350
Cup of Soup	110–230
Bowl of Soup	170–410 (additional charge)

 5 Make it a Trio (Optional)

Pick **1 more** Scoop, Side, or Soup. Totals will depend on what you select.

 Example Total (Using Typical Choices)

Here's an example with **Croissant + Fancy Nancy + Standard BLT Add-ons**:

Nutrient	Amount (Approx.)
Calories	280 (Croissant) + 410 (Fancy Nancy) + 105 = 795 + [Plus Side/Soup]
Fat (g)	14 + 36 + 6 = 56g
Protein (g)	5 + 14 + 9 = 28g
Sodium (mg)	270 + 510 + 200 = 980mg
Total Carbs (g)	33 + 5 + 0 = 38g