

Turkey Club Nutritional Information

(Final totals depend on bread choice and optional add-ons)

1 Turkey Club (No Bread, Base Sandwich)

Nutrient	Amount
Calories	360
Fat (g)	20
Saturated Fat (g)	7
Protein (g)	38
Sodium (mg)	1090
Carbs (g)	7

2 Choose Your Bread (Adds to Above Values)

Bread	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Croissant	280	14	5	270	33
Wheatberry (1 slice)	130	1.5	4	240	26
White (1 slice)	140	1.5	4	250	26
Wheatberry (2 slices)	260	3	8	460	52
White (2 slices)	280	3	8	500	52



3 Optional Add-Ons

Ingredient	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Lettuce	10	0	1	0	2
Tomato (2 slices)	5	0	0	0	1
Bacon (2 slices)	80	7	5	220	0
Provolone (1 slice)	70	6	5	180	0
Honey Mustard (2 oz)	280	26	0	440	8

+ 4 Plus One Of (Side Item, Optional - Adds to Total)

Choice	Calories	See More Nutrients?
Scoop (Chicken Salad)	Varies by selection (see Chicken Salad section above)	
Fresh Side	Varies (80–350)	☒ Ask for specific side
Cup of Soup	110–230	☒ Ask for specific soup
Bowl of Soup (add \$)	170–410	☒ Ask for specific soup

 Example Total (Turkey Club on Croissant, with Lettuce, Tomato, and Bacon, No Dressing)

Nutrient	Amount (Approx.)
Calories	$360 + 280 + 10 + 5 + 80 = 735$
Fat (g)	$20 + 14 + 0 + 0 + 7 = 41\text{g}$
Protein (g)	$38 + 5 + 1 + 0 + 5 = 49\text{g}$
Sodium (mg)	$1090 + 270 + 0 + 0 + 220 = 1580\text{mg}$
Carbs (g)	$7 + 33 + 2 + 1 + 0 = 43\text{g}$



Chicken Salad
Chick Menu