

# Nutrition Information





# Our Famous Chicken Salad

**\*\*Per 4 oz serving ("Scoop" of Chicken Salad)**

| Item (Does Not Include Crackers) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Barbie-Q                         | 390      | 270               | 30            | 6                 | 0             | 65               | 800         | 11              | 0                 | 6                | 14          |
| Buffalo Barclay                  | 380      | 305               | 34            | 6                 | 0             | 65               | 910         | 1               | 1                 | 0                | 13          |
| Classic Carol                    | 400      | 310               | 35            | 7                 | 0             | 75               | 600         | 0               | 0                 | 0                | 16          |
| Cranberry Kelli                  | 460      | 330               | 37            | 6                 | 0             | 70               | 590         | 12              | 2                 | 9                | 16          |
| Deck the Holly ◊                 | 340      | 235               | 25            | 4.5               | 0             | 55               | 640         | 13              | 1                 | 11               | 11          |
| Dill-icious Diva◊                | 350      | 280               | 31            | 6                 | 0             | 70               | 530         | 1               | 0                 | 0                | 14          |
| Dixie Chick                      | 370      | 280               | 32            | 6                 | 0             | 70               | 550         | 2               | 0                 | 1                | 15          |
| Fancy Nancy                      | 410      | 320               | 36            | 6                 | 0             | 65               | 510         | 5               | 1                 | 3                | 14          |
| Fruity Fran                      | 340      | 250               | 27            | 5                 | 0             | 60               | 470         | 7               | 1                 | 7                | 12          |
| Greek Goddess◊                   | 400      | 310               | 35            | 6                 | 0             | 65               | 830         | 3               | 0                 | 1                | 16          |
| Jalapeño Holly                   | 370      | 290               | 32            | 6                 | 0             | 70               | 700         | 1               | 0                 | 0                | 15          |
| Jazzy Julie ◊                    | 440      | 340               | 38            | 9                 | 0             | 85               | 720         | 1               | 0                 | 0                | 19          |
| Kickin' Kay Lynne                | 370      | 300               | 33            | 7                 | 0             | 70               | 780         | 1               | 0                 | 0                | 14          |
| Lauryn's Lemon Basil             | 390      | 310               | 35            | 6                 | 0             | 70               | 580         | 1               | 0                 | 0                | 15          |
| Luau Lydia ◊                     | 370      | 290               | 32            | 6                 | 0             | 55               | 450         | 4               | 1                 | 3                | 12          |
| Madame Curry◊                    | 460      | 330               | 36            | 7                 | 0             | 80               | 630         | 11              | 1                 | 11               | 17          |
| Maui Mama ◊                      | 280      | 200               | 22            | 4.5               | 0             | 60               | 640         | 6               | 0                 | 5                | 15          |
| Nutty Nana ◊                     | 420      | 340               | 37            | 6                 | 0             | 60               | 460         | 4               | 1                 | 1                | 15          |
| Olivia's Old South ◊             | 380      | 280               | 31            | 6                 | 0             | 75               | 670         | 6               | 0                 | 4                | 14          |
| Pam's Parmesan Caesar            | 450      | 360               | 40            | 8                 | 0             | 85               | 730         | 1               | 0                 | 0                | 20          |
| Patti Thai'rific                 | 420      | 330               | 37            | 7                 | 9             | 55               | 600         | 8               | 1                 | 4                | 13          |
| Sassy Scotty ◊                   | 450      | 360               | 40            | 9                 | 0             | 90               | 880         | 1               | 0                 | 1                | 17          |
| Southwest Señorita               | 320      | 243               | 27            | 5                 | 0             | 60               | 580         | 3               | 0                 | 1                | 17          |

# Pimento Cheese & More

**\*\*Per 4 oz serving ("Scoop" of Pimento Cheese/Egg Salad)**

| Item (Does Not Include Crackers) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Pimento Cheese                   | 480      | 387               | 43            | 17                | 0             | 95               | 730         | 3               | 0                 | 0                | 20          |
| Spicy Pimento Cheese             | 440      | 360               | 40            | 16                | 0             | 90               | 810         | 3               | 0                 | 0                | 19          |
| Egg Salad                        | 250      | 160               | 18            | 4.5               | 0             | 370              | 410         | 5               | 0                 | 5                | 12          |

# Sandwiches

| Item<br>(Signature BLT and Melt Sandwiches do not include chicken salad. Please see chicken salad nutrition information above.) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---------------------------------------------------------------------------------------------------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Add: Lettuce and Tomatoes                                                                                                       | 15       | 0                 | 0             | 0                 | 0             | 0                | 5           | 3               | 0                 | 2                | 1           |
| Add: Bacon                                                                                                                      | 90       | 60                | 6             | 2.0               | 0             | 20               | 200         | 0               | 0                 | 0                | 8           |
| Sandwich: On Croissant                                                                                                          | 280      | 120               | 14            | 8                 | 0             | 35               | 270         | 33              | 1                 | 3                | 5           |
| Sandwich: On Wheatberry Bread                                                                                                   | 280      | 25                | 3.0           | 0                 | 0             | 0                | 460         | 52              | 4                 | 6                | 10          |
| Sandwich: On White Bread                                                                                                        | 280      | 25                | 3.0           | 0                 | 0             | 0                | 500         | 52              | 2                 | 6                | 8           |
| Signature BLT (No Bread)                                                                                                        | 100      | 60                | 7             | 2.0               | 0             | 20               | 200         | 3               | 0                 | 2                | 8           |
| Signature Sandwiches: Melt with Provolone (On Croissant)                                                                        | 350      | 180               | 20            | 12                | 0             | 50               | 450         | 33              | 1                 | 3                | 10          |
| Signature Sandwiches: Melt with Cheddar (On Croissant)                                                                          | 370      | 190               | 21            | 8                 | 0             | 55               | 400         | 33              | 1                 | 3                | 11          |
| Turkey Club (No Bread)                                                                                                          | 360      | 170               | 20            | 7                 | 0             | 90               | 1090        | 7               | 2                 | 4                | 38          |

All information shown is correct to the best of our ability.  
◊ Some items are seasonal menu items or available only at specific locations. Contact your nearest location for availability.  
2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

# Fresh Side Items & Chips

**\*\*Per 4 oz serving (Fresh Side Item) or Bag of Chips**

| Item (Does Not Include Crackers) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Broccoli Salad                   | 170      | 120               | 13            | 3.5               | 0             | 20               | 160         | 10              | 2                 | 7                | 6           |
| Fresh Fruit                      | 80       | 0                 | 0             | 0                 | 0             | 0                | 0           | 20              | 2                 | 16               | 1           |
| Grape Salad with Topping         | 150      | 70                | 8             | 3.5               | 0             | 15               | 35          | 31              | 2                 | 28               | 3           |
| Mac 'n Cheese                    | 350      | 150               | 16            | 10                | 0             | 60               | 860         | 33              | 1                 | 5                | 14          |
| Pasta Salad                      | 250      | 70                | 8             | 2                 | 0             | 10               | 350         | 37              | 2                 | 4                | 9           |
| Baked Lays                       | 140      | 36                | 4             | 0.5               | 0             | 0                | 180         | 24              | 2                 | 3                | 2           |
| Doritos                          | 260      | 117               | 13            | 2                 | 0             | 0                | 360         | 31              | 2                 | 1                | 4           |
| BBQ Chips                        | 200      | 99                | 11            | 1.5               | 0             | 0                | 200         | 23              | 2                 | 3                | 3           |
| Jalapeño Chips                   | 200      | 99                | 11            | 1.5               | 0             | 0                | 170         | 23              | 2                 | 2                | 3           |
| Sea Salt Chips                   | 210      | 108               | 12            | 1.5               | 0             | 0                | 125         | 23              | 2                 | 1                | 3           |
| Sea Salt & Vinegar Chips         | 200      | 99                | 11            | 1.5               | 0             | 0                | 240         | 23              | 2                 | 2                | 3           |

# Green Salads

| Item (Does Not Include Crackers)                     | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|------------------------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Caesar Salad (no dressing)                           | 230      | 115               | 13            | 5                 | 0             | 40               | 770         | 19              | 1                 | 2                | 14          |
| Classic Salad<br>Calculated with Classic Carol Scoop | 430      | 310               | 35            | 7                 | 0             | 75               | 690         | 9               | 3                 | 3                | 19          |
| Cranberry Apple Salad<br>(no dressing)               | 210      | 135               | 15            | 4                 | 0             | 20               | 270         | 13              | 3                 | 9                | 7           |
| Strawberry Pecan Salad<br>(no dressing)              | 110      | 45                | 5             | 2                 | 0             | 10               | 140         | 13              | 4                 | 10               | 4           |

# Gourmet Soups

| Item (Does Not Include Crackers) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| <b>Cup</b>                       |          |                   |               |                   |               |                  |             |                 |                   |                  |             |
| Broccoli & Cheese                | 200      | 120               | 14            | 8                 | 0             | 45               | 610         | 12              | 2                 | 3                | 9           |
| Chicken Poblano                  | 190      | 100               | 11            | 7                 | 0             | 45               | 650         | 14              | 2                 | 4                | 8           |
| Chicken Tortilla                 | 180      | 90                | 10            | 4                 | 0             | 30               | 650         | 14              | 2                 | 3                | 10          |
| Loaded Potato                    | 230      | 130               | 14            | 9                 | 0             | 45               | 630         | 16              | 2                 | 2                | 7           |
| Tomato Bisque                    | 110      | 50                | 6             | 3                 | 0             | 20               | 420         | 13              | 2                 | 8                | 2           |
| <b>Bowl</b>                      |          |                   |               |                   |               |                  |             |                 |                   |                  |             |
| Broccoli & Cheese                | 310      | 190               | 22            | 13                | 0             | 70               | 930         | 18              | 2                 | 5                | 14          |
| Chicken Poblano                  | 310      | 170               | 19            | 11                | 0             | 75               | 1090        | 24              | 3                 | 6                | 13          |
| Chicken Tortilla                 | 290      | 144               | 16            | 7                 | 0             | 45               | 1000        | 22              | 2                 | 4                | 15          |
| Loaded Potato                    | 410      | 240               | 26            | 16                | 0             | 80               | 1150        | 28              | 3                 | 4                | 13          |
| Tomato Bisque                    | 170      | 80                | 8             | 5                 | 0             | 30               | 620         | 19              | 4                 | 12               | 4           |

# Little Chicks

| Item (Does Not Include Crackers)       | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Mac 'n Cheese                          | 340      | 160               | 17            | 10                | 0             | 60               | 860         | 33              | 1                 | 5                | 13          |
| PB&J Sandwich                          | 300      | 144               | 16            | 3.5               | 0             | 0                | 280         | 32              | 4                 | 15               | 9           |
| Toasty Cheese: Cheddar on Croissant    | 230      | 120               | 14            | 4.0               | 0             | 35               | 270         | 17              | 0                 | 2                | 8           |
| Toasty Cheese: Cheddar on Wheatberry   | 230      | 80                | 9             | 0                 | 0             | 20               | 370         | 26              | 2                 | 3                | 11          |
| Toasty Cheese: Cheddar on White        | 230      | 80                | 9             | 0                 | 0             | 20               | 380         | 26              | 0                 | 3                | 10          |
| Toasty Cheese: Provolone on Croissant  | 210      | 110               | 13            | 8                 | 0             | 30               | 310         | 17              | 0                 | 2                | 7           |
| Toasty Cheese: Provolone on Wheatberry | 210      | 70                | 8             | 3.5               | 0             | 15               | 410         | 26              | 2                 | 3                | 10          |
| Toasty Cheese: Provolone on White      | 210      | 70                | 8             | 3.5               | 0             | 15               | 430         | 26              | 0                 | 3                | 9           |
| Turkey Sandwich                        | 240      | 45                | 5             | 2                 | 0             | 35               | 640         | 27              | 1                 | 4                | 19          |

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o Some items are seasonal menu items or available only at specific locations. Contact your nearest location for availability.  
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# Bread & Crackers

| Item                       | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Crackers (1 pack)          | 35       | 12.5              | 1.5           | 0                 | 0             | 0                | 75          | 5               | 0                 | 1                | 1           |
| Croissant                  | 280      | 126               | 14            | 8                 | 0.5           | 35               | 270         | 33              | 1                 | 3                | 5           |
| Wheatberry Bread (1 Slice) | 130      | 20                | 1.5           | 0                 | 0             | 0                | 240         | 26              | 2                 | 3                | 4           |
| White Bread (1 Slice)      | 140      | 15                | 1.5           | 0                 | 0             | 0                | 250         | 26              | 1                 | 3                | 4           |
| Wrap                       | 300      | 70                | 8             | 2.0               | 0             | 0                | 570         | 50              | 1                 | 6                | 8           |

# Sweet Treats

| Item                               | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Small Round Buttercream Cookie     | 90       | 32                | 3.5           | 2                 | 0             | 15               | 65          | 14              | 0                 | 9                | 1           |
| Large Flower Buttercream Cookie    | 170      | 54                | 6             | 3.5               | 0             | 25               | 115         | 28              | 1                 | 19               | 2           |
| Lemon Cookie                       | 180      | 50                | 6             | 4.0               | 0             | 25               | 140         | 28              | 0                 | 19               | 2           |
| Chocolate Crispy Treat (Full Size) | 390      | 81                | 9             | 6                 | 0             | 5                | 255         | 75              | 0                 | 45               | 1           |
| Red Velvet Cake Slice              | 1250     | 580               | 66            | 31                | 1.5           | 225              | 690         | 159             | 0                 | 133              | 9           |
| Red Velvet Cake Whole              | 12470    | 5810              | 658           | 307               | 13            | 2250             | 6870        | 1591            | 8                 | 1329             | 94          |
| White Chocolate Cake Slice         | 1250     | 510               | 57            | 35                | 0.5           | 235              | 760         | 175             | 0                 | 140              | 10          |
| White Chocolate Cake Whole         | 12460    | 5070              | 573           | 354               | 7             | 2335             | 7600        | 1410            | 7                 | 1397             | 104         |

# Make It Your Own

| Item                          | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|-------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Bacon (2 Slices)              | 80       | 60                | 7             | 2.5               | 0             | 15               | 220         | 0               | 0                 | 0                | 5           |
| Balsamic Vinaigrette (2 oz)   | 190      | 190               | 21            | 3                 | 0             | 0                | 600         | 2               | 0                 | 2                | 0           |
| Caesar Dressing (1.8 oz)      | 290      | 280               | 31            | 5                 | 0             | 20               | 500         | 2               | 0                 | 0                | 3           |
| Honey Mustard Dressing (2 oz) | 280      | 235               | 26            | 4                 | 0             | 20               | 440         | 8               | 0                 | 8                | 0           |
| Italian Dressing (2 oz)       | 140      | 108               | 12            | 1                 | 0             | 0                | 580         | 6               | 0                 | 4                | 0           |
| Lettuce (1 Leaf)              | 10       | 0                 | 0             | 0                 | 0             | 0                | 0           | 2               | 1                 | 1                | 1           |
| Mayonnaise (1 oz)             | 200      | 200               | 22            | 4                 | 0             | 20               | 140         | 0               | 0                 | 0                | 0           |
| Pickle Spear                  | 0        | 0                 | 0             | 0                 | 0             | 0                | 260         | 0               | 0                 | 0                | 0           |
| Poppyseed Dressing (2 oz)     | 210      | 135               | 15            | 2.5               | 0             | 0                | 150         | 20              | 0                 | 20               | 0           |
| Provolone Cheese (1 Slice)    | 70       | 50                | 6             | 3.5               | 0             | 15               | 180         | 0               | 0                 | 0                | 5           |
| Ranch Dressing (2 oz)         | 200      | 200               | 22            | 3                 | 0             | 20               | 500         | 2               | 0                 | 2                | 0           |
| Tomato (2 Slices)             | 5        | 0                 | 0             | 0                 | 0             | 0                | 0           | 1               | 0                 | 1                | 0           |

# Drinks

| Item                     | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Barq's Root Beer - 10 oz | 133      | 0                 | 0             | 0                 | 0             | 0                | 54          | 37              | 0                 | 37               | 0           |
| Barq's Root Beer - 24 oz | 320      | 0                 | 0             | 0                 | 0             | 0                | 130         | 88              | 0                 | 88               | 0           |
| Barq's Root Beer - 32 oz | 430      | 0                 | 0             | 0                 | 0             | 0                | 180         | 120             | 0                 | 118              | 0           |
| Cherry Coke - 10 oz      | 125      | 0                 | 0             | 0                 | 0             | 0                | 29          | 35              | 0                 | 35               | 0           |
| Cherry Coke - 24 oz      | 300      | 0                 | 0             | 0                 | 0             | 0                | 70          | 84              | 0                 | 84               | 0           |
| Cherry Coke - 32 oz      | 400      | 0                 | 0             | 0                 | 0             | 0                | 95          | 112             | 0                 | 112              | 0           |
| Coca-Cola - 10 oz        | 117      | 0                 | 0             | 0                 | 0             | 0                | 38          | 33              | 0                 | 33               | 0           |
| Coca-Cola - 24 oz        | 280      | 0                 | 0             | 0                 | 0             | 0                | 90          | 78              | 0                 | 78               | 0           |
| Coca-Cola - 32 oz        | 400      | 0                 | 0             | 0                 | 0             | 0                | 120         | 108             | 0                 | 108              | 0           |
| Coke Zero Sugar - 10 oz  | 0        | 0                 | 0             | 0                 | 0             | 0                | 33          | 0               | 0                 | 0                | 0           |
| Coke Zero Sugar - 24 oz  | 0        | 0                 | 0             | 0                 | 0             | 0                | 80          | 0               | 0                 | 0                | 0           |
| Coke Zero Sugar - 32 oz  | 0        | 0                 | 0             | 0                 | 0             | 0                | 110         | 0               | 0                 | 0                | 0           |

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# Drinks

| Item                           | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|--------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|-------------|
| Diet Coke - 10 oz              | 0        | 0                 | 0             | 0                 | 0             | 0                | 33          | 0               | 0                 | 0                | 0           |
| Diet Coke - 24 oz              | 0        | 0                 | 0             | 0                 | 0             | 0                | 80          | 0               | 0                 | 0                | 0           |
| Diet Coke - 32 oz              | 0        | 0                 | 0             | 0                 | 0             | 0                | 120         | 0               | 0                 | 0                | 0           |
| Dr. Pepper - 10 oz             | 125      | 0                 | 0             | 0                 | 0             | 0                | 50          | 33              | 0                 | 32               | 0           |
| Dr. Pepper - 24 oz             | 300      | 0                 | 0             | 0                 | 0             | 0                | 120         | 79              | 0                 | 77               | 0           |
| Dr. Pepper - 32 oz             | 400      | 0                 | 0             | 0                 | 0             | 0                | 160         | 106             | 0                 | 102              | 0           |
| Fanta Orange - 10 oz           | 135      | 0                 | 0             | 0                 | 0             | 0                | 45          | 37              | 0                 | 37               | 0           |
| Fanta Orange - 24 oz           | 325      | 0                 | 0             | 0                 | 0             | 0                | 108         | 88              | 0                 | 88               | 0           |
| Fanta Orange - 32 oz           | 430      | 0                 | 0             | 0                 | 0             | 0                | 140         | 118             | 0                 | 118              | 0           |
| Honest Kids Apple Juice - 6 oz | 35       | 0                 | 0             | 0                 | 0             | 0                | 15          | 9               | 0                 | 9                | 0           |
| Lemonade - 10 oz               | 180      | 0                 | 0             | 0                 | 0             | 0                | 0           | 37              | 0                 | 44               | 0           |
| Lemonade - 24 oz               | 310      | 0                 | 0             | 0                 | 0             | 0                | 60          | 82              | 0                 | 78               | 0           |
| Lemonade - 32 oz               | 420      | 0                 | 0             | 0                 | 0             | 0                | 75          | 109             | 0                 | 103              | 0           |
| Minute Maid Lite - 10 oz       | 0        | 0                 | 0             | 0                 | 0             | 0                | 25          | 0               | 0                 | 0                | 0           |
| Minute Maid Lite - 24 oz       | 0        | 0                 | 0             | 0                 | 0             | 0                | 60          | 0               | 0                 | 0                | 0           |
| Minute Maid Lite - 32 oz       | 25       | 0                 | 0             | 0                 | 0             | 0                | 110         | 6               | 0                 | 0                | 0           |
| Sprite - 10 oz                 | 125      | 0                 | 0             | 0                 | 0             | 0                | 58          | 31              | 0                 | 31               | 0           |
| Sprite - 24 oz                 | 300      | 0                 | 0             | 0                 | 0             | 0                | 138         | 73              | 0                 | 73               | 0           |
| Sprite - 32 oz                 | 370      | 0                 | 0             | 0                 | 0             | 0                | 180         | 102             | 0                 | 102              | 0           |
| Strawberry Lemonade - 10 oz    | 140      | 0                 | 0             | 0                 | 0             | 0                | 0           | 37              | 0                 | 35               | 0           |
| Strawberry Lemonade - 24 oz    | 240      | 0                 | 0             | 0                 | 0             | 0                | 0           | 62              | 0                 | 59               | 0           |
| Strawberry Lemonade - 32 oz    | 240      | 0                 | 0             | 0                 | 0             | 0                | 20          | 65              | 0                 | 60               | 0           |
| Sweet Tea - 10 oz              | 100      | 0                 | 0             | 0                 | 0             | 0                | 0           | 26              | 0                 | 26               | 0           |
| Sweet Tea - 24 oz              | 240      | 0                 | 0             | 0                 | 0             | 0                | 0           | 63              | 0                 | 63               | 0           |
| Sweet Tea - 32 oz              | 380      | 0                 | 0             | 0                 | 0             | 0                | 30          | 98              | 0                 | 95               | 0           |
| Unsweetened Tea - 10 oz        | 0        | 0                 | 0             | 0                 | 0             | 0                | 0           | 0               | 0                 | 0                | 0           |
| Unsweetened Tea - 24 oz        | 0        | 0                 | 0             | 0                 | 0             | 0                | 0           | 0               | 0                 | 0                | 0           |
| Unsweetened Tea - 32 oz        | 10       | 0                 | 0             | 0                 | 0             | 0                | 30          | 0               | 3                 | 0                | 0           |
| Vitamin Water XXX - 10 oz      | 65       | 0                 | 0             | 0                 | 0             | 0                | 0           | 17              | 0                 | 16               | 0           |
| Vitamin Water XXX - 24 oz      | 156      | 0                 | 0             | 0                 | 0             | 0                | 0           | 40              | 0                 | 38               | 0           |
| Vitamin Water XXX - 32 oz      | 160      | 0                 | 0             | 0                 | 0             | 0                | 0           | 42              | 0                 | 42               | 0           |
| Watermelon Tea CSC - 10 oz     | 110      | 0                 | 0             | 0                 | 0             | 0                | 0           | 28              | 0                 | 28               | 0           |
| Watermelon Tea CSC - 24 oz     | 270      | 0                 | 0             | 0                 | 0             | 0                | 0           | 66              | 0                 | 66               | 0           |
| Watermelon Tea CSC - 32 oz     | 360      | 0                 | 0             | 0                 | 0             | 0                | 30          | 88              | 0                 | 88               | 0           |

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# Common Allergen & Food Sensitivity Concerns

**\*Please Note:** All of our products are made &/or stored in areas where known allergens are present.  
**If item is not listed, that means there are no allergens.**

| MENU ITEM                                   | Egg | Fish | Milk | Peanuts | Sesame | Shellfish | Soy | Tree Nuts | Wheat/ Gluten |
|---------------------------------------------|-----|------|------|---------|--------|-----------|-----|-----------|---------------|
| <b>CHICKEN SALAD FLAVORS</b>                |     |      |      |         |        |           |     |           |               |
| Barbie Q                                    | X   |      |      |         |        |           |     |           |               |
| Buffalo Barclay                             | X   |      |      |         |        |           | X   |           |               |
| Classic Carol                               | X   |      |      |         |        |           |     |           |               |
| Cranberry Kelli                             | X   |      |      |         |        |           |     | X         |               |
| Deck the Holly                              | X   |      |      |         |        |           |     |           |               |
| Dillicious Diva                             | X   |      |      |         |        |           |     |           |               |
| Dixie Chick                                 | X   |      |      |         |        |           |     |           |               |
| Egg Salad                                   | X   |      |      |         |        |           |     |           |               |
| Fancy Nancy                                 | X   |      |      |         |        |           |     | X         |               |
| Fruity Fran                                 | X   |      |      |         |        |           |     |           |               |
| Greek Goddess                               | X   |      | X    |         |        |           |     |           |               |
| Jalapeno Holly                              | X   |      |      |         |        |           |     |           |               |
| Jazzy Julie                                 | X   |      | X    |         |        |           |     |           |               |
| Kickin' Kay Lynne                           | X   |      | X    |         |        |           | X   |           |               |
| Lauryn's Lemon Basil                        | X   |      |      |         |        |           |     | X         |               |
| Luau Lydia                                  | X   |      |      |         |        |           |     | X         |               |
| Madame Curry                                | X   |      |      |         |        |           |     |           |               |
| Maui Mama                                   | X   |      |      |         |        |           |     |           |               |
| Nutty Nana                                  | X   |      |      |         |        |           |     | X         |               |
| Olivia's Old South                          | X   |      |      |         |        |           |     |           |               |
| Pam's Parmesan Caesar                       | X   | X    | X    |         |        |           | X   |           |               |
| Patti Thai'rific                            | X   |      |      |         | X      |           | X   | X         |               |
| Pimento Cheese                              | X   |      | X    |         |        |           | X   |           | X             |
| Sassy Scotty                                | X   |      | X    |         |        |           |     |           |               |
| Southwest Senorita                          | X   |      | X    |         |        |           |     |           |               |
| Spicy Pimento Cheese                        | X   |      | X    |         |        |           | X   |           | X             |
| <b>SANDWICHES</b>                           |     |      |      |         |        |           |     |           |               |
| Chick Melt with Provolone<br>(On Croissant) | X   |      | X    |         |        |           |     |           | X             |
| Chick Melt with Cheddar<br>(On Croissant)   | X   |      | X    |         |        |           |     |           | X             |
| Toasty Cheese with Provolone<br>(On White)  |     |      | X    |         |        |           |     |           | X             |
| Toasty Cheese with Cheddar<br>(On White)    |     |      | X    |         |        |           |     |           | X             |
| Turkey Club (No Bread)                      | X   |      | X    |         |        |           |     |           |               |
| PB&J Uncrustable                            |     |      |      | X       |        |           |     |           | X             |
| Sandwich: On Croissant                      | X   |      | X    |         |        |           |     |           | X             |
| Sandwich: On Wheatberry Bread               |     |      |      |         |        |           |     |           | X             |
| Sandwich: On White Bread                    |     |      |      |         |        |           |     |           | X             |
| Sandwich: On Wrap                           |     |      |      |         |        |           | X   |           |               |

Sulfites are not added to any item, however, items may contain naturally occurring sulfites. SOY ALLERGY: We use Duke's Mayonnaise in our chicken salad - although highly-refined soybean oil is listed as an ingredient of the mayo, the process the soybean oil goes through removes the soy protein (which is the source of the allergen). The Food Allergen Labeling & Consumer Protection Act (FALCPA) exempts highly-refined oils from the new source labeling provisions because highly refined soybean oils have been clinically documented to be safe for consumption by individuals allergic to soy.

# Common Allergen & Food Sensitivity Concerns

**\*Please Note:** All of our products are made &/or stored in areas where known allergens are present.  
**If item is not listed, that means there are no allergens.**

| MENU ITEM                         | Egg | Fish | Milk | Peanuts | Sesame | Shellfish | Soy | Tree Nuts | Wheat/ Gluten |
|-----------------------------------|-----|------|------|---------|--------|-----------|-----|-----------|---------------|
| <b>SIDES</b>                      |     |      |      |         |        |           |     |           |               |
| Broccoli Salad                    | X   |      | X    |         |        |           |     |           |               |
| Crackers                          |     |      |      |         |        |           | X   |           | X             |
| Grape Salad                       |     |      | X    |         |        |           |     | X         |               |
| Mac & Cheese                      | X   |      | X    |         |        |           |     |           | X             |
| Pasta Salad                       |     |      | X    |         |        |           |     |           | X             |
| BBQ Potato Chips                  |     |      | X    |         |        |           |     |           |               |
| Doritos                           |     |      | X    |         |        |           |     |           |               |
| Jalapeño Potato Chips             |     |      | X    |         |        |           |     |           |               |
| Lays Baked Potato Chips           |     |      |      |         |        |           | X   |           |               |
| Sea Salt and Vinegar Potato Chips |     |      | X    |         |        |           |     |           |               |
| <b>SOUPS</b>                      |     |      |      |         |        |           |     |           |               |
| Broccoli & Cheese No Toppings     |     |      | X    |         |        |           |     |           | X             |
| Chicken Poblano No Toppings       |     |      | X    |         |        |           |     |           | X             |
| Chicken Tortilla No Toppings      |     |      | X    |         |        |           |     |           |               |
| Loaded Potato No Toppings         |     |      | X    |         |        |           |     |           | X             |
| Tomato Bisque No Toppings         |     |      | X    |         |        |           |     |           |               |
| Add: Cheddar Cheese               |     |      | X    |         |        |           |     |           |               |
| Add: Sour Cream                   |     |      | X    |         |        |           |     |           |               |
| <b>SALADS</b>                     |     |      |      |         |        |           |     |           |               |
| Caesar Salad                      |     |      | X    |         |        |           |     |           | X             |
| Cranberry Apple Salad             |     |      | X    |         |        |           |     | X         |               |
| Strawberry Pecan Salad            |     |      | X    |         |        |           |     | X         |               |
| Add: Balsamic Dressing            |     |      | X    |         |        |           |     |           |               |
| Add: Caesar Dressing              | X   | X    | X    |         |        |           | X   |           |               |
| Add: Honey Mustard                | X   |      |      |         |        |           |     |           |               |
| Add: Poppy Seed Dressing          |     |      |      |         |        |           | X   |           | X             |
| Add: Ranch                        | X   |      | X    |         |        |           |     |           |               |
| <b>DESSERTS</b>                   |     |      |      |         |        |           |     |           |               |
| Chocolate Crispy Bar              |     |      | X    |         |        |           | X   |           |               |
| Flower Cookie                     | X   |      | X    |         |        |           |     |           | X             |
| Lemon Cookie                      | X   |      | X    |         |        |           |     |           | X             |
| Red Velvet Cake                   | X   |      | X    |         |        |           | X   |           | X             |
| Round Cookie                      | X   |      | X    |         |        |           |     |           | X             |
| White Chocolate Cake              | X   |      | X    |         |        |           | X   |           | X             |

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