Nutrition Information



9.30.2026

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	380	260	29	6		75	710	10		7	18
Buffalo Barclay	390	300	34	6		75	830	1		0	18
Classic Carol	410	310	35	7		90	540	0		0	22
Cranberry Kelli	450	310	36	6		75	500	10	2	7	21
Dixie Chick	370	270	31	6		75	470	2		1	19
Fancy Nancy	380	290	33	6		65	410	5	1	3	18
Fruity Fran	330	230	26	5		65	400	6		5	16
Jalapeño Holly	380	280	32	6		80	630	1		0	20
Kickin Kay Lynne	400	300	34	7		80	750	1		0	20
Lauryn's Lemon Basil	410	310	35	6		80	520	1		0	20
Olivia's Old South	360	250	28	5		110	540	5		4	18
Sassy Scotty	430	340	38	8		90	750	1		1	21
Limited Time Offer Chicken Salads											
Deck the Holly	350	230	27	5		65	610	10	1	8	16
Dill-icious Diva	370	280	32	6		80	480	1			20
Greek Goddess	400	310	35	6		65	830	3		1	16
Jill Pickle	290	220	25	4.5		60	620	0		0	15
Maui Mama	280	200	22	4.5		60	640	6		5	15
Mary Mistletoe	450	280	32	6		80	480	21	2	17	20
Nashville Hottie	400	290	33	6		80	980	4		2	21
Pam's Parmesan Caesar	450	360	40	8		85	730	1		0	20
Patti Thai'rific	430	330	37	7		60	550	7		4	17
Southwest Señorita	330	240	27	6		65	610	3		1	17

Pimento Cheese **Per 4 oz serving ("Scoop" of Pimento Cheese)

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)
Southern Pimento Cheese	450	360	40	16		80	720	3		1	19
Jalapeño Pimento Cheese	420	330	37	15		75	810	4		1	17

Sandwiches

Item (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)
Sandwich: On Croissant	220	50	6	3.5		15	320	35	1	3	6
Sandwich: On Wheat	280	25	3				460	52	4	6	10
Sandwich: On White	280	25	3				500	52	2	6	8
Add: Lettuce and Tomato	15	0	0				5	3		2	1
Add: Bacon	90	60	6	2		20	200	0		0	8
Signature BLT	100	60	7	2		20	200	3		2	8
Turkey Club (no bread)	390	220	25	8		100	1060	5		2	38
Melt with Cheddar	310	110	13	3.5		35	460	35	1	3	12
Melt with Provolone	290	110	12	7		30	500	35	1	3	11
Pickle Spear	0	0	0	0	0	0	260	0	0	0	0
Crackers	35	15	1.5	0	0	0	75	5	0	1	1

Fresh Sides & 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	230	160	18	5	0	30	300	11	1	8	8
Fresh Fruit	60	0	0				0	16	2	13	1

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- 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 Sides & 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)
Grape Salad with Topping	170	70	8	3.5	0	15	40	27	1	24	2
Pasta Salad	230	50	6	2		15	310	36	2	3	7
Baked Lays	140	35	4	0			180	24	2	3	2
Doritos	270	130	14	2			370	32	2	2	4
BBQ Chips	200	100	11	1.5			200	23	2	3	3
Jalapeño Chips	200	100	11	1.5			170	23	2	2	3
Sea Salt Chips	210	110	12	1.5			125	23	2	1	3
Salt and Vinegar Chips	200	100	11	1.5			240	23	2	2	3
Spicy Dill Pickle Chips (LTO)	200	100	11	1.5			190	23	2	2	2

Gourmet Soups (Toppings Included)

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)
Cup											
Broccoli & Cheese	330	170	19	8	0	45	880	31	2	7	9
Chicken Poblano	330	150	17	7	0	45	950	34	2	5	9
Chicken Tortilla	280	110	13	2.5	1	30	890	31	2	7	10
Creamy Chicken & Wild Rice	370	190	22	9	0	65	920	33	2	8	9
Loaded Potato	360	180	21	9	0	45	880	35	2	6	9
Tomato Bisque	250	100	11	3	0	20	690	32	2	12	4
Mac 'n Cheese	270	110	13	7	0	45	670	25		4	11
Bowl											
Broccoli & Cheese	530	280	32	13	0	75	1420	48	3	11	16
Chicken Poblano	520	250	28	11	0	75	1540	54	3	7	15
Chicken Tortilla	450	190	21	4.5	0	50	1440	50	3	11	17
Creamy Chicken & Wild Rice	590	310	35	15	0.5	110	1490	51	3	12	15
Loaded Potato	600	310	35	15	0	85	1490	55	3	10	17
Tomato Bisque	390	160	18	5	0	30	1100	50	4	19	7
Mac 'n Cheese	450	190	21	12	0.5	75	1120	42	1	6	19

Kids Meals

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	270	110	13	7	0	45	670	25		4	11
Turkey Sandwich (No Bread)	100	30	3.5	2		35	390	1			15
Half Sandwich: On Wheat	140	15	1.5				230	26	2	3	5
Half Sandwich: On White	140	15	1.5				250	26		3	4
Half Sandwich: On Croissant	110	25	3	2		5	160	18		2	3
Barbie Q	190	130	15	3		35	350	5		3	9
Buffalo Barclay	190	150	17	3		35	420	0			9
Classic Carol	210	160	18	3.5		45	270	0		0	11
Cranberry Kelli	220	160	18	3		40	250	5		4	10
Dixie Chick	180	140	15	3		40	230	1		0	10
Fancy Nancy	190	140	16	3		35	210	2		2	9
Fruity Fran	160	110	13	2.5		30	200	3		3	8
Jalapeño Holly	190	140	16	3		40	310	0		0	10
Kickin Kay Lynne	200	150	17	3.5		40	370	0		0	10
Lauryn's Lemon Basil	200	160	18	3		40	260	0		0	10
Olivia's Old South	180	130	14	2.5		55	270	2		2	9

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Kids Meals

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)
Southern Pimento Cheese	220	180	20	8		40	360	2		0	9
Sassy Scotty	220	170	19	4		45	370	0		0	11
Jalapeño Pimento Cheese	210	170	19	7		35	400	2		1	9

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 Buttercream Cookie	90	30	3.5	2		15	60	11		11	1
Large Buttercream Flower Cookie	170	50	6	4		25	140	28		19	2
Lemon Cookie	180	50	6	4		25	140	28		19	2
Chocolate Crispy Treat	390	80	9	6		15	260	76		45	3
Pumpkin Spice Cake Slice	1120	470	53	28		185	750	158	2	133	8
Pumpkin Spice Cake Whole	11200	4700	531	284		1855	7500	1580	23	1333	81
Red Velvet Cake Slice	1250	510	66	31	1.5	225	690	159		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		140	10
White Chocolate Cake Whole	12460	5070	573	354	7	2335	7600	1752	7	1397	104

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- 12 oz	160						70	45		44	
Barq's Root Beer- 24 oz	320						140	90		89	
Barq's Root Beer- 32 oz	430						180	120		118	
Cherry Coke-12 oz	150						35	42		42	
Cherry Coke- 24 oz	300						70	84		84	
Cherry Coke- 32 oz	400						120	108		108	
Coca Cola -12 oz	150						45	40		40	
Coca Cola -24 oz	300						90	81		81	
Coca Cola -32 oz	400						120	108		108	
Coke Zero Sugar- 12 oz	0						40				
Coke Zero Sugar- 24 oz	0						85				
Coke Zero Sugar- 32 oz	0						110				
Diet Coke- 12 oz	0						40				
Diet Coke-24 oz	0						85				
Diet Coke-32 oz	0						110				
Dr. Pepper-12 oz	150						60	40		38	
Dr. Pepper-24 oz	300						120	79		77	
Dr. Pepper-32 oz	400						160	106		102	
Diet Dr. Pepper-12 oz	0						60				
Diet Dr. Pepper-24 oz	0						120				
Diet Dr. Pepper-32 oz	0						160				
Fanta Orange-12 oz	150						55	44		44	
Fanta Orange-24 oz	320						110	89		89	
Fanta Orange-32 oz	430						140	118		118	
Honest Kid's Apple Juice- 6oz	35						15	9		8	
Lemonade-12 oz	160						30	41		39	
Lemonade-24 oz	310						60	82		78	
Lemonade-32 oz	420						75	109		103	1
Minute Maid Lite Lemonade-12 oz	10						40	2			

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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)
Minute Maid Lite Lemonade-24 oz	20						85	5			
Minute Maid Lite Lemonade-32 oz	25						110	6			
Sprite-12 oz	140						65	38		38	
Sprite-24 oz	280						130	77		77	
Sprite-32 oz	370						180	102		102	
Strawberry Lemonade-12 oz	170						25	44		42	
Strawberry Lemonade-24 oz	340						55	88		83	
Strawberry Lemonade-32 oz	460						75	117		111	
Sweet Peach Tea-12 oz	140						190	23		36	
Sweet Peach Tea-24 oz	280						25	71		71	
Sweet Peach Tea-32 oz	370						30	95		95	
Sweet Tea-12 oz	140						10	37		36	
Sweet Tea-24 oz	280						25	74		71	
Sweet Tea-32 oz	380						30	98		95	
Unsweetened Tea-12 oz	0						10	1			
Unsweetened Tea-24 oz	5						20	2			
Unsweetened Tea-32 oz	10						30	3			
Vitamin Water XXX-12 oz	60							16		16	
Vitamin Water XXX-24 oz	120							31		31	
Vitamin Water XXX-32 oz	160							42		42	

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	Gluten	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
CHICKEN SALAD FLAVORS										
Barbie Q	X									
Buffalo Barclay	X							X		
Classic Carol	X									
Cranberry Kelli	X								X	
Dixie Chick	X									
Fancy Nancy	X								X	
Fruity Fran	X									
Jalapeño Holly	X									
Jalapeño Pimento Cheese	X		X	X				X		X
Jill Pickle (LTO)	X									
Kickin' Kay Lynne	X			X				X		
Lauryn's Lemon Basil	X								X	
Maui Mama	X									
Mary Mistletoe	X									
Nashville Hottie	X									
Olivia's Old South	X									
Sassy Scotty	X			X						
Southern Pimento Cheese	X		X	X				X		X
SANDWICHES										
Chick Melt with Provolone (On Croissant)	X		X	X						X
Chick Melt with Cheddar (On Croissant)	X		X	X						X
Turkey Club (No Bread)	X			X						

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Common Allergen & Food Sensitivity Concerns

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MENU ITEM	Egg	Fish	Gluten	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
SANDWICHES										
Sandwich: On Croissant	X		X	X						X
Sandwich: On Wheatberry Bread			X							X
Sandwich: On White Bread			X							X
SIDES										
Broccoli Salad	X			X						
Crackers			X					X		X
Grape Salad				X					X	
Mac & Cheese	X		X	X						X
Pasta Salad			X	X						X
BBQ Potato Chips			X	X						
Doritos			X	X						
Jalapeño Potato Chips			X	X						
Lays Baked Potato Chips								X		
Sea Salt and Vinegar Potato Chips			X	X						
SOUPS										
Broccoli & Cheese No Toppings			X	X						X
Chicken Poblano No Toppings			X	X						X
Chicken Tortilla No Toppings				X						
Creamy Chicken & Wild Rice			X	X				X		X
Loaded Potato No Toppings			X	X						X
Tomato Bisque No Toppings				X						
Add: Cheddar Cheese				X						
Add: Sour Cream				X						
Add: Sour Cream			X							
DESSERTS										
Chocolate Crispy Bar				X				X		
Flower Cookie	X		X	X						X
Lemon Cookie	X		X	X						X
Pumpkin Spice Cake	X		X	X				X		X
Red Velvet Cake	X		X	X				X		X
Round Cookie	X		X	X						X
White Chocolate Cake	X		X	X				X		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.