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McAlister's

Soups & Salads

Soups (cup)	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<i>Chips/Crackers not included</i>						
Fire Roasted Vegetable	60	0	700	11	2	4
Veggie Chili	180	0	960	33	9	9
Chicken Tortilla	200	3	1320	25	2	7
Chicken & Dumplings	170	0	920	21	1	11
Fresh Salads (half) *choose 2 portion size						
<i>Salad dressing not included</i>						
Garden Salad	150	5	260	8	1	9
<i>request 1/2 cheddar cheese</i>	90	2	160	8	1	6
Grilled Chicken Salad	250	6	620	10	1	25
<i>omit cheddar cheese</i>	190	3	520	10	1	19
Savannah Chopped Salad	240	2.5	500	21	2	20
<i>omit gorgonzola cheese</i>	170	0	330	20	2	17
Southwest Cobb	300	5	690	17	3	24
<i>without cheddar cheese</i>	240	2	590	17	3	21
Garden Salad w/ Tuna Salad	310	6	600	12	1	23
Southwest Chicken and Avocado	310	6	510	18	4	23

Craft Your Own Sandwich (half)

Ham	260	1	730	36	3	16
Roast Beef	260	1	530	35	3	18
Turkey	230	0	830	35	3	15
Tuna Salad	290	5	430	23	0	18
<i>replace croissant with whole wheat bread</i>	240	0.5	480	21	1	14
Grilled Chicken	260	0	570	35	3	21

**Craft your own (except tuna) comes with lettuce, tomato, spicy mustard and spicy brown mustard on a multigrain baguette.*



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Sandwiches

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Club Sandwiches (half)						
Grilled Chicken Club	420	4.5	620	39	0	24
Orange Cranberry Club	380	4	760	44	1	18
Turkey Sandwiches (half)						
Turkey Cobb	380	3	1100	37	4	19
Garden Fresh Turkey Sandwich	340	2.5	1200	40	5	18
<i>request without swiss cheese</i>	300	1	1180	39	5	16
Roast Beef Sandwiches (half)						
Horseradish Roast Beef	330	4	690	34	1	22
<i>request without Sharp Cheddar</i>	300	2	640	34	1	18
Chicken Sandwiches (half)						
Sweet Chipotle Chicken	310	2.5	770	38	1	24
Harvest Chicken Salad Sandwich	340	6	360	26	2	11
<i>replace croissant with whole wheat bread</i>	310	3	420	33	5	13
Grilled Chicken Sandwich	280	5	490	24	0	20
<i>replace croissant with sliced wheat bread</i>	250	2	400	26	0	20
Sweet Chipotle Chicken	310	2.5	770	38	1	24
Vegetarian Sandwiches (half)						
The Veggie	340	2	730	40	6	9

Craft Your Own Spud

Justaspud Full (dry)	560	0	60	130	14	16
Justaspud half (dry)	280	0	30	65	7	8
Potato Toppings						
Veggie Chili Cup	180	0	960	33	9	9
Grilled Chicken Breast	150	0	560	3	0	29
Black Angus Roast Beef	150	2	480	0	0	24
Turkey Gravy	60	1	600	6	2	2
Light Sour Cream	40	2	25	2	0	2

Just for Kids

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Kid's Mac Salad	150	5	260	8	1	9
Kid's Spud	320	2.5	65	65	7	8
Kid's Roll up Sandwich	230	3.5	550	35	4	9
Kid's Toasted Cheese	280	4	220	42	0	12

Sides

Applesauce	50	0	10	12	2	0
Sunchips Original Snack (whole grain chip)	210	1	180	28	4	3
Fruit	40	0	0	10	1	1
Pickle Spear	0	0	380	0	0	0
Teddy Grahams	90	0.5	100	16	1	1

Salad Dressings

Fat Free Chipotle Peach	120	0	400	28	0	0
Olive Oil & Balsamic Vinaigrette	140	2	520	6	0	0
Fat Free Raspberry Pecan	90	0	500	20	0	0