



# Nutritional Info

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## NUTRITIONAL INFO:

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Original Chicken</b>									
3 Piece Original Dark	5.0 oz	320.0	16.1	4.8	101.2	659.1	4.8	0.0	38.9
1 Original Breast	4.1 oz	187.0	5.5	1.3	117.4	422.0	0.3	0.0	34.1
<b>Rotisserie Chicken</b>									
Leg & Thigh	4.8oz	300.0	18.0	5.0	114.0	513.0	1.0	0.2	31.0
Breast & Wing	6.5 oz	355.0	16.0	4.0	140.0	675.0	1.0	0.1	49.0
Half Rotisserie Chicken	11.3oz	655.0	34.0	9.0	254.0	1188.0	2.0	0.3	80.0
<b>Fresh Roasted Turkey</b>									
Sliced Turkey Breast	1	182.0	8.1	2.0	75.9	65.8	0.0	0.0	25.3
Traditional Turkey Dinner	1	692.0	29.2	10.2	126.7	3718.6	66.9	7.6	41.5
Hand Carved Turkey Sandwich	1	599.0	31.7	7.5	122.1	786.0	31.2	5.0	45.8
Turkey Pot Pie	1	883.0	43.7	12.0	98.0	1287.0	83.0	6.3	36.7
<b>Sandwiches</b>									
Original Chicken Sandwich	1	661.0	28.6	5.4	116.3	1143.7	62.6	2.5	41.0
BBQ Chicken Sandwich	1	562.0	11.6	4.1	113.3	1398.2	71.0	2.7	44.6
Chicken Caesar Sandwich	1	781.0	35.6	10.8	137.5	1774.9	62.5	2.4	55.6
<b>Wraps</b>									
Caesar Chicken Wrap	1	757.0	38.9	7.9	96.8	1889.8	59.4	3.7	41.7
Chipotle Chicken Wrap	1	924.0	43.4	15.3	122.5	2449.0	88.5	5.5	41.8
California Chicken Wrap	1	810.0	40.8	17.5	115.2	2181.8	59.9	4.0	46.1
Original Chicken Wrap	1	709.0	27.9	12.6	93.7	2926.3	71.3	4.6	41.1
Fajita Chicken Wrap	1	750.0	33.1	13.3	93.7	2995.1	69.7	4.4	40.0
<b>Chicken Bowls (w/o Sauce)</b>									
Chargrilled Chicken Bowl	1	569.0	18.5	9.3	132.3	1756.5	57.2	3.5	41.4
Tostada Bowl (w/o shell)	1	528.0	21.9	8.5	98.8	2143.5	45.1	7.1	40.4
Southwest Bowl	1	570.0	18.6	7.7	95.1	2798.4	66.7	8.1	36.9
<b>Salads (w/o Dressing)</b>									
Chicken Caesar Salad	1	286.0	11.2	3.0	80.2	967.3	12.6	3.5	33.9
BBQ Chicken Salad	1	365.0	14.4	6.4	104.2	897.0	21.8	6.1	37.5
Chinese Chicken Salad	1	550.0	28.7	3.9	72.3	853.4	38.8	9.7	39.7
House Salad	1	113.0	3.9	1.1	3.9	205.5	16.4	5.1	5.5
<b>Soups</b>									
Ten Vegetable Soup	5 oz	94.0	2.2	0.0	0.0	434.6	16.3	4.1	3.2
Chicken Noodle Soup	5 oz	71.0	3.2	1.0	18.8	426.2	4.4	0.3	5.8
Chicken Tortilla Soup	5 oz	112.0	5.8	1.7	23.5	683.6	6.7	0.6	7.8
<b>Cold Side Dishes</b>									
Creamy Coleslaw	5 oz	238.0	20.0	3.6	28.2	639.0	14.4	2.3	1.4
Cucumber Salad	4.5 oz	41.0	0.2	0.0	0.0	190.0	8.7	1.9	1.3
Cantaloupe & Honeydew	5 oz	50.0	0.3	0.0	0.0	13.5	12.4	0.9	0.9
Tossed Salad (w/o dressing)	3 oz	16.0	0.2	0.0	0.0	8.9	3.4	1.2	0.8
Tomato Salad	4.5 oz	60.0	3.9	0.6	0.0	172.7	6.0	1.4	1.1
<b>Hot Side Dishes</b>									
Baked Yam	6.0 oz	197.0	0.2	0.0	0.0	13.6	46.9	6.6	2.5
Black Beans	6.0 oz	125.0	2.6	0.3	0.0	486.6	22.5	6.3	8.0
Butternut Squash	6.0 oz	66.0	0.1	0.0	0.0	3.4	17.1	2.5	2.1
Kernel Corn	4.5 oz	105.0	0.6	0.1	0.0	161.6	25.7	2.5	3.6
Macaroni & Cheese	6.0 oz	340.0	16.5	5.4	27.3	606.4	31.9	1.2	14.5
Mashed Potatoes	6.5 oz	186.0	5.2	3.2	14.7	426.3	32.3	2.8	3.5
Roasted Garlic Potatoes	5.0 oz	133.0	4.5	1.6	5.4	246.6	21.3	2.0	2.2

Saffron Rice	4.0 oz	175.0	7.0	4.1	18.0	827.1	25.1	0.6	2.3
Spanish Rice	5.0 oz	145.0	2.5	1.3	5.2	668.1	27.3	1.2	2.9
Steamed Vegetables	4.0 oz	38.0	0.3	0.1	0.0	45.1	8.0	3.2	2.3
Sticky Rice	5.0 oz	155.0	0.2	0.1	0.0	0.0	34.2	0.4	2.8
Stuffing	4.5 oz	111.0	6.6	3.7	15.8	2941.9	11.4	1.4	2.9

#### Extras

BBQ Vinaigrette Dressing	2 oz	101.0	4.0	1.0	0.0	534.8	14.1	0.0	0.0
Caesar Dressing	1.5 oz	234.6	26.2	4.1	20.7	248.4	1.4	0.0	0.0
Celery Sticks	6 pcs	7.5	0.1	0	0	40.7	1.7	0.8	0.4
Chinese Salad Dressing	3 oz	325.0	26.0	3.3	0.0	341.3	26.0	0.0	0.0
Chipotle Sauce	1 oz	130.0	14.0	2.3	11.6	97.5	0.4	0.0	0.1
Cilantro Ranch Dressing	2 oz	200.0	21.3	3.5	21.3	323.1	1.7	0.2	0.1
Cranberry Sauce	1 oz	45.0	0.0	0.0	0.0	14.0	11.0	0.0	0.0
Curry Sauce	3 oz	630.0	69.0	10.5	30.0	345.0	3.0	0.0	0.0
Fruit by the Foot ®	1	80.0	1.5	0.5	0.0	45.0	17.0	0.0	0.0
Gravy	2 oz	50.0	3.9	0.6	1.5	274.0	2.8	0.0	0.9
House Salad Dressing	1.5 oz	90.0	6.0	1.5	0.0	315.0	6.0	0.0	0.0
Lahvash	1	60.0	0.0	0.0	0.0	90.0	12.0	0.0	3.0
Pico De Gallo	2 oz	8.0	0.1	0.0	0.0	74.7	1.8	0.4	0.3
Ranch Dressing	1 oz	140.0	15.0	2.5	15.0	210.0	1.0	0.0	0
Rudi Roll	Half	150.0	1.5	0.3	0.0	310.0	28.5	0.5	6.0
Salsa	1.5 oz	11.0	0.2	0.0	0.0	86.9	2.2	0.6	0.5
Sour Cream	1 oz	60.0	6.0	3.7	12.5	15.1	1.2	0.0	0.9
Spicy Ginger & Garlic Sauce	4 oz	320.0	28.0	2.0	0.0	420.0	8.0	0.0	4.0
Tostada Shell	1	403.0	34.3	7.1	20.3	362.8	21.0	1.0	3.0
Wing Sauce	1 oz	28.0	2.2	0.4	2.0	748.0	1.5	0.0	0.0

#### Dessert

Chewy Chocolate Chip Cookie	3 oz	360.0	15.0	7.0	25.0	290.0	53.0	1.0	3.0
Chewy Oat Raisin Cookie	3 oz	370.0	15.0	3.5	25.0	280.0	54.0	3.0	6.0
Peanut Butter Cup Cookie	3 oz	460.0	22.0	8.0	25.0	320.0	58.0	2.0	8.0
Kellogg's® Rice Krispies Treats®	3 oz	340.0	6.8	1.7	0.0	375.0	68.2	0.0	3.4
Snickerdoodle Cookie	3 oz	330.0	16.0	4.0	30.0	150.0	43.0	1.0	4.0
Triple Chocolate Brownie	3 oz	334.0	9.4	4.3	0.0	205.7	57.0	0.4	5.1