



Nutrition Info

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	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

club sandwiches

Side item choices are listed below.

Black Angus Club	890	390	44	13	0	130	1,770	76	6	18	51
Black Angus Club (Choose 2 Portion)	430	190	21	6	0	60	860	38	3	9	24
Cobb Club	700	290	32	7	0	70	2,460	69	3	5	34
Cobb Club (Choose 2 Portion)	350	140	16	3.5	0	35	1,240	34	2	2	19
Grilled Chicken Club	840	330	38	11	0	115	1,630	80	6	21	50
Grilled Chicken Club (Choose 2 Portion)	420	160	19	6	0	60	810	40	3	11	25
King Club	1,020	420	48	15	0	170	3,270	80	2	16	67
King Club (Choose 2 Portion)	510	210	24	7	0	85	1,630	40	1	8	34
McAlister's Club	860	350	40	12	0	115	2,200	81	6	22	47
McAlister's Club (Choose 2 Portion)	430	180	20	6	0	60	1,100	40	3	11	24
McAlister's Club Wrap	820	380	43	15	0	115	2,350	68	6	13	44
McAlister's Club Wrap (Choose 2 Portion)	410	190	21	8	0	60	1,170	34	3	6	22
Orange Cranberry Club	810	260	30	11	0	110	2,110	91	6	33	46
Orange Cranberry Club (Choose 2 Portion)	400	130	15	5	0	55	1,050	45	3	16	23
Veggie Club	670	290	33	9	0	55	1,220	73	7	15	25
Veggie Club (Choose 2 Portion)	340	150	16	4.5	0	25	610	37	4	8	12

hot sandwiches

Side item choices are listed below.

California Turkey Reuben	970	520	58	15	0	130	2,900	73	6	17	45
California Turkey Reuben (Choose 2 Portion)	480	260	29	8	0	65	1,450	36	3	9	22
French Dip	540	180	20	9	0	110	1,770	42	2	1	43
French Dip (Choose 2 Portion)	300	90	10	4.5	0	55	1,240	28	1	<1	23
Ham Melt	590	220	25	9	0	100	2,000	44	2	6	38
Ham Melt (Choose 2 Portion)	330	110	13	4.5	0	50	1,080	29	1	4	21
Memphian	560	180	21	6	0	110	2,230	44	2	5	46
Memphian (Choose 2 Portion)	310	90	11	3	0	55	1,200	29	1	3	24
Muffuletta - 1/2	1,960	920	104	30	0	135	5,370	154	14	10	64
Muffuletta - 1/4 (Choose 2 Portion)	980	460	52	15	0	70	2,680	77	7	5	32
Muffuletta - Whole (Serves 2-4)	3,920	1,840	207	59	0	270	10,730	307	28	20	127
Reuben	910	450	50	17	0.5	140	3,310	69	7	13	50
Reuben (Choose 2 Portion)	450	220	25	9	0	70	1,660	35	4	7	25
Roast Beef Melt	580	220	24	9	0	105	1,580	42	2	4	42
Roast Beef Melt (Choose 2 Portion)	320	110	13	4.5	0	55	870	28	1	3	22
Southwest Turkey Melt	710	350	39	13	0	95	2,450	51	3	3	36
Southwest Turkey Melt (Choose 2 Portion)	390	180	20	6	0	50	1,300	32	2	2	20
The Big Nasty	740	190	19	8	0	155	2,940	70	3	3	62
The Big Nasty (Choose 2 Portion)	350	80	8	3.5	0	75	1,450	35	1	1	31
The New Yorker	870	350	39	18	0.5	200	3,770	58	4	6	74
The New Yorker (Choose 2 Portion)	430	170	20	9	0	100	1,890	29	2	3	37
Turkey Melt	530	190	21	7	0	90	2,200	43	2	3	36
Turkey Melt (Choose 2 Portion)	300	100	11	3.5	0	45	1,180	28	1	2	20

classic sandwiches

Side item choices are listed below.

BLT	510	240	27	7	0	40	1,390	77	2	8	20
BLT (Choose 2 Portion)	260	120	14	3.5	0	20	700	39	1	4	10
Grilled Chicken Caesar Wrap	810	450	51	10	0	90	1,960	54	6	1	33
Grilled Chicken Caesar Wrap (Choose 2 Portion)	410	220	25	5	0	45	990	27	3	<1	19
Grilled Chicken Sandwich	730	360	41	21	0.5	160	930	51	1	13	44
Grilled Chicken Sandwich (Choose 2 Portion)	370	180	20	10	0	80	470	26	<1	6	23
Harvest Chicken Salad	730	430	48	15	0.5	85	720	55	3	16	21
Harvest Chicken Salad (Choose 2 Portion)	360	220	24	7	0	45	360	28	2	8	11
The Italian	760	340	39	13	0	125	3,100	49	2	7	46
The Italian (Choose 2 Portion)	410	170	19	7	0	65	1,630	31	1	3	25
Tuna Salad Sandwich	510	190	22	11	0.5	80	920	49	1	12	28
Tuna Salad Sandwich (Choose 2 Portion)	250	100	11	5	0	40	460	25	<1	6	14
Veggie Pita	640	410	45	10	0	60	1,300	46	2	6	18
Veggie Pita (Choose 2 Portion)	410	260	28	6	0	35	850	30	1	3	11

grilled sandwiches

Side item choices are listed below.

Four Cheese Griller	900	450	52	26	0	125	2,010	66	2	3	51
Four Cheese Griller (Choose 2 Portion)	450	220	26	13	0	65	1,000	33	1	2	26
Ham and Cheese Toastie	810	320	36	14	0	120	2,310	69	2	7	49
Ham and Cheese Toastie (Choose 2 Portion)	400	160	18	7	0	60	1,160	35	1	4	25
Horseradish Roast Beef	740	300	34	10	0	90	1,560	70	3	10	39
Horseradish Roast Beef (Choose 2 Portion)	370	150	17	5	0	45	780	35	2	5	19
Smoky Pepper Jack Turkey	800	340	38	14	0	95	2,480	72	2	11	43
Smoky Pepper Jack Turkey (Choose 2 Portion)	400	170	19	7	0	50	1,240	36	1	6	22
Spicy Southwest Chicken	860	370	42	13	0	90	1,890	77	4	6	44
Spicy Southwest Chicken (Choose 2 Portion)	430	190	21	6	0	45	960	39	2	3	22
Sweet Chipotle Chicken	650	160	19	7	0	85	1,480	76	2	15	43
Sweet Chipotle Chicken (Choose 2 Portion)	330	80	9	3.5	0	45	740	38	1	8	22

deli classics

Side item choices are listed below. Includes lettuce, tomato and spicy brown mustard. Default bread choice is a multigrain baguette. See Bread and Crackers below for additional choices.

Deli Corned Beef	410	100	11	4	0.5	70	1,970	41	2	3	31
Deli Corned Beef (Choose 2 Portion)	240	50	6	2	0	35	1,070	27	1	2	17
Deli Ham	380	70	8	2	0	60	1,520	42	2	5	27
Deli Ham (Choose 2 Portion)	220	35	4.5	1	0	30	840	28	1	3	15
Deli Pastrami	400	100	11	3.5	0	70	2,010	41	2	3	31
Deli Pastrami (Choose 2 Portion)	230	50	6	2	0	35	1,090	27	1	2	17
Deli Roast Beef	370	70	7	2	0	65	1,110	40	2	3	31
Deli Roast Beef (Choose 2 Portion)	210	35	4	1	0	35	630	27	1	2	17
Deli Salami	440	200	22	7	0	45	1,590	39	2	2	18
Deli Salami (Choose 2 Portion)	250	100	12	3.5	0	25	880	26	1	2	11
Deli Turkey	320	40	4	0	0	50	1,720	41	2	2	25
Deli Turkey (Choose 2 Portion)	190	20	2.5	0	0	25	940	27	1	2	14

sides

Applesauce	50	0	0	0	0	0	10	12	2	8	0
Baked Lay's BBQ Potato Chips	140	30	0	0.5	0	0	220	24	2	0	2
Baked Lay's Original Potato Chips	130	20	0	0	0	0	150	26	4	0	2
Cheetos Crunchy Mellow Cheese Snacks	310	190	0	3.5	0	0	500	26	2	0	3
Cole Slaw	220	180	20	3	0	15	460	9	2	7	1
Doritos Nacho Cheese Tortilla Chips	240	130	0	2	0	0	360	28	1	0	3
Fruit	70	0	0	0	0	0	15	16	1	15	0
Lay's BBQ Potato Chips	230	140	0	2	0	0	230	23	3	0	3
Mac & Cheese	220	110	12	4	0	20	530	20	1	5	8
Mashed Potatoes w/ Gravy	160	60	7	1.5	0	<5	700	25	2	1	2
Mashed Potatoes w/o Gravy	150	60	6	1.5	0	<5	380	22	2	1	2
Pasta Salad	170	60	6	1	0	0	520	21	1	3	4
Pickle Spear	0	0	0	0	0	0	380	0	0	0	0
Plain Potato Chips	240	140	16	2	0	0	250	23	2	1	3
Potato Salad	250	150	17	2.5	0	35	460	22	1	7	2
Rold Gold Tiny Twist Pretzels	230	20	0	0	0	0	900	47	1	0	4
Steamed Veggies	110	70	8	5	0	20	420	8	3	3	2
Sunchips Harvest Cheddar Snacks	210	80	0	1.5	0	0	320	27	3	0	4
Sunchips Original Snacks	210	90	0	1	0	0	180	28	3	0	3

salads

Salads, with the exception of the Caesar, do not include dressing choice. See Salad Dressings listed below.

Garden Salad	310	180	20	11	0.5	55	500	19	5	5	17
Garden Salad (Choose 2 Portion)	150	90	10	6	0	30	250	8	2	2	8
Grilled Chicken Caesar	820	610	69	12	0	115	1,850	17	5	6	37
Grilled Chicken Caesar (Choose 2 Portion)	500	390	45	8	0	65	1,100	9	2	2	19
Grilled Chicken Salad	460	210	24	12	0.5	115	1,050	21	5	6	41
Grilled Chicken Salad (Choose 2 Portion)	230	110	13	6	0	60	540	9	2	3	21
Italian Chopped Salad	750	500	56	17	0	95	2,430	16	8	9	32
Italian Chopped Salad (Choose 2 Portion)	370	250	28	9	0	50	1,210	7	3	4	16
McAlister's Chef	480	240	27	13	0.5	115	1,620	22	5	7	38
McAlister's Chef (Choose 2 Portion)	240	120	14	7	0	60	830	10	2	3	19
Savannah Chopped Salad	440	150	18	6	0	65	820	42	5	31	33
Savannah Chopped Salad (Choose 2 Portion)	210	70	9	3	0	35	410	20	2	15	16
Southwest Cobb	540	260	29	11	0.5	110	1,200	30	8	6	40
Southwest Cobb (Choose 2 Portion)	280	140	16	6	0	55	610	17	4	3	20
Taco Salad	900	510	57	21	1	105	1,520	69	14	10	34
Taco Salad (Choose 2 Portion)	450	250	28	11	0.5	55	770	33	6	5	16

salad dressings (3 fl oz)

Portion listed (3 fl oz or 6 Tbsp) is the amount typically served with a dine-in entree sized salad. Amount may vary for To Go or Choose Two sized salads.

Bleu Cheese Dressing	450	430	48	6	0	30	780	3	0	3	3
Caesar Dressing	570	540	60	9	0	45	1,050	3	0	0	3
Chipotle Ranch	420	380	42	6	0	15	890	12	0	6	0
Fat-Free Chipotle Peach	180	0	0	0	0	0	600	42	0	36	0
Lite Italian Dressing	70	40	4.5	0	0	0	1,230	9	0	6	0
Lite Ranch (Fat Free)	90	0	0	0	0						