



CHOOSE TWO

Over 250 choices under 600 calories.

Find your favorite!

*Calorie counts based on Choose Two portions: half sandwich, salad, spud and cup of soup. They do not include add-ons such as butter, crackers and/or beverages.

**Salad calorie counts assume Lite Italian dressing (50 calories).

| Choose Two Portion | + | Choose Two Portion | = | Total Calories* |
|--------------------------------|-----|--------------------|------------------------------------|-----------------|
| Garden Salad** | 200 | + | Fire Roasted Vegetable Soup 60 | = 260 |
| BLT | 260 | + | Fire Roasted Vegetable Soup 60 | = 320 |
| Savannah Chopped Salad** | 270 | + | Fire Roasted Vegetable Soup 60 | = 330 |
| Tuna Salad Sandwich | 270 | + | Fire Roasted Vegetable Soup 60 | = 330 |
| Turkey Melt | 280 | + | Fire Roasted Vegetable Soup 60 | = 340 |
| Grilled Chicken Salad** | 280 | + | Fire Roasted Vegetable Soup 60 | = 340 |
| Veggie Club | 290 | + | Fire Roasted Vegetable Soup 60 | = 350 |
| McAlister's Chef Salad** | 290 | + | Fire Roasted Vegetable Soup 60 | = 350 |
| Garden Salad** | 200 | + | Tomato Bisque 150 | = 350 |
| Memphian® | 300 | + | Fire Roasted Vegetable Soup 60 | = 360 |
| French Dip | 300 | + | Fire Roasted Vegetable Soup 60 | = 360 |
| Ham Melt | 310 | + | Fire Roasted Vegetable Soup 60 | = 370 |
| Garden Salad** | 200 | + | Veggie Chili 170 | = 370 |
| Roast Beef Melt | 310 | + | Fire Roasted Vegetable Soup 60 | = 370 |
| Sweet Chipotle Chicken Griller | 320 | + | Fire Roasted Vegetable Soup 60 | = 380 |
| Fire Roasted Vegetable Soup | 60 | + | Justaspud® 330 | = 390 |
| Garden Salad** | 200 | + | Chicken Tortilla Soup 200 | = 400 |
| Grilled Chicken Sandwich | 340 | + | Fire Roasted Vegetable Soup 60 | = 400 |
| Ham and Cheese Toastie | 350 | + | Fire Roasted Vegetable Soup 60 | = 410 |
| Cobb Club | 350 | + | Fire Roasted Vegetable Soup 60 | = 410 |
| BLT | 260 | + | Tomato Bisque 150 | = 410 |
| Savannah Chopped Salad** | 270 | + | Tomato Bisque 150 | = 420 |
| Orange Cranberry Club | 360 | + | Fire Roasted Vegetable Soup 60 | = 420 |
| Garden Salad** | 200 | + | Country Potato Soup 220 | = 420 |
| Tuna Salad Sandwich | 270 | + | Tomato Bisque 150 | = 420 |
| Italian Chopped Salad** | 370 | + | Fire Roasted Vegetable Soup 60 | = 430 |
| Pot Roast Sandwich | 370 | + | Fire Roasted Vegetable Soup 60 | = 430 |
| The New Yorker™ | 370 | + | Fire Roasted Vegetable Soup 60 | = 430 |
| The Big Nasty® | 370 | + | Fire Roasted Vegetable Soup 60 | = 430 |
| Grilled Chicken Salad** | 280 | + | Tomato Bisque 150 | = 430 |
| Turkey Melt | 280 | + | Tomato Bisque 150 | = 430 |
| Grilled Chicken Club | 370 | + | Fire Roasted Vegetable Soup 60 | = 430 |
| BLT | 260 | + | Veggie Chili 170 | = 430 |
| Savannah Chopped Salad** | 270 | + | Veggie Chili 170 | = 440 |
| Veggie Pita | 380 | + | Fire Roasted Vegetable Soup 60 | = 440 |
| Tuna Salad Sandwich | 270 | + | Veggie Chili 170 | = 440 |
| Horseradish Roast Beef | 380 | + | Fire Roasted Vegetable Soup 60 | = 440 |
| Fire Roasted Vegetable Soup | 60 | + | Cheese Spud 380 | = 440 |
| Southwest Cobb Salad** | 380 | + | Fire Roasted Vegetable Soup 60 | = 440 |
| Harvest Chicken Salad | 380 | + | Fire Roasted Vegetable Soup 60 | = 440 |
| McAlister's Club Wrap | 380 | + | Fire Roasted Vegetable Soup 60 | = 440 |
| McAlister's Chef Salad** | 290 | + | Tomato Bisque 150 | = 440 |
| Veggie Club | 290 | + | Tomato Bisque 150 | = 440 |
| Turkey Melt | 280 | + | Veggie Chili 170 | = 450 |
| Reuben | 390 | + | Fire Roasted Vegetable Soup 60 | = 450 |
| McAlister's Club | 390 | + | Fire Roasted Vegetable Soup 60 | = 450 |
| Garden Salad** | 200 | + | Broccoli Cheddar Soup 250 | = 450 |
| Grilled Chicken Salad** | 280 | + | Veggie Chili 170 | = 450 |
| Southwest Turkey Melt | 390 | + | Fire Roasted Vegetable Soup 60 | = 450 |
| Memphian® | 300 | + | Tomato Bisque 150 | = 450 |
| French Dip | 300 | + | Tomato Bisque 150 | = 450 |
| Veggie Club | 290 | + | Veggie Chili 170 | = 460 |
| Four Cheese Griller | 400 | + | Fire Roasted Vegetable Soup 60 | = 460 |
| Smoky Pepper Jack Turkey | 400 | + | Fire Roasted Vegetable Soup 60 | = 460 |
| Black Angus Club | 400 | + | Fire Roasted Vegetable Soup 60 | = 460 |
| McAlister's Chef Salad** | 290 | + | Veggie Chili 170 | = 460 |
| Ham Melt | 310 | + | Tomato Bisque 150 | = 460 |
| Roast Beef Melt | 310 | + | Tomato Bisque 150 | = 460 |
| BLT | 260 | + | Chicken Tortilla Soup 200 | = 460 |
| Savannah Chopped Salad** | 270 | + | Chicken Tortilla Soup 200 | = 470 |
| Memphian® | 300 | + | Veggie Chili 170 | = 470 |
| French Dip | 300 | + | Veggie Chili 170 | = 470 |
| Grilled Chicken Caesar Wrap | 410 | + | Fire Roasted Vegetable Soup 60 | = 470 |
| Tuna Salad Sandwich | 270 | + | Chicken Tortilla Soup 200 | = 470 |
| Garden Salad** | 200 | + | Tuna Salad Sandwich 270 | = 470 |
| Fire Roasted Vegetable Soup | 60 | + | Pot Roast Spud 410 | = 470 |
| Fire Roasted Vegetable Soup | 60 | + | Pot Roast Spud 410 | = 470 |
| Sweet Chipotle Chicken Griller | 320 | + | Tomato Bisque 150 | = 470 |
| Tomato Bisque | 150 | + | Justaspud® 330 | = 480 |
| California Turkey Reuben | 420 | + | Fire Roasted Vegetable Soup 60 | = 480 |
| Ham Melt | 310 | + | Veggie Chili 170 | = 480 |
| Garden Salad** | 200 | + | Turkey Melt 280 | = 480 |
| Fire Roasted Vegetable Soup | 60 | + | Veggie Spud 420 | = 480 |
| Grilled Chicken Salad** | 280 | + | Chicken Tortilla Soup 200 | = 480 |
| Turkey Melt | 280 | + | Chicken Tortilla Soup 200 | = 480 |
| Roast Beef Melt | 310 | + | Veggie Chili 170 | = 480 |
| The Italian | 420 | + | Fire Roasted Vegetable Soup 60 | = 480 |
| BLT | 260 | + | Country Potato Soup 220 | = 480 |
| Savannah Chopped Salad** | 270 | + | Country Potato Soup 220 | = 490 |
| Sweet Chipotle Chicken Griller | 320 | + | Veggie Chili 170 | = 490 |
| Tuna Salad Sandwich | 270 | + | Country Potato Soup 220 | = 490 |
| Veggie Club | 290 | + | Chicken Tortilla Soup 200 | = 490 |
| Garden Salad** | 200 | + | Veggie Club 290 | = 490 |
| McAlister's Chef Salad** | 290 | + | Chicken Tortilla Soup 200 | = 490 |
| Grilled Chicken Sandwich | 340 | + | Tomato Bisque 150 | = 490 |
| Veggie Chili | 170 | + | Justaspud® 330 | = 500 |
| Turkey Melt | 280 | + | Country Potato Soup 220 | = 500 |
| Memphian® | 300 | + | Chicken Tortilla Soup 200 | = 500 |
| Garden Salad** | 200 | + | Memphian® 300 | = 500 |
| Garden Salad** | 200 | + | BLT 300 | = 500 |
| Garden Salad** | 200 | + | French Dip 300 | = 500 |
| Grilled Chicken Salad** | 280 | + | Country Potato Soup 220 | = 500 |
| Fire Roasted Vegetable Soup | 60 | + | Grilled Chicken Spud 440 | = 500 |
| French Dip | 300 | + | Chicken Tortilla Soup 200 | = 500 |
| Ham and Cheese Toastie | 350 | + | Tomato Bisque 150 | = 500 |
| Cobb Club | 350 | + | Tomato Bisque 150 | = 500 |
| Veggie Club | 290 | + | Country Potato Soup 220 | = 510 |
| Grilled Chicken Sandwich | 340 | + | Veggie Chili 170 | = 510 |
| Garden Salad** | 200 | + | Ham Melt 310 | = 510 |
| Fire Roasted Vegetable Soup | 60 | + | Bacon Spud 450 | = 510 |
| McAlister's Chef Salad** | 290 | + | Country Potato Soup 220 | = 510 |
| Garden Salad** | 200 | + | Roast Beef Melt 310 | = 510 |
| Ham Melt | 310 | + | Chicken Tortilla Soup 200 | = 510 |
| Roast Beef Melt | 310 | + | Chicken Tortilla Soup 200 | = 510 |
| Orange Cranberry Club | 360 | + | Tomato Bisque 150 | = 510 |
| BLT | 260 | + | Broccoli Cheddar Soup 250 | = 510 |
| Savannah Chopped Salad** | 270 | + | Broccoli Cheddar Soup 250 | = 520 |
| Ham and Cheese Toastie | 350 | + | Veggie Chili 170 | = 520 |
| Tuna Salad Sandwich | 270 | + | Broccoli Cheddar Soup 250 | = 520 |
| Memphian® | 300 | + | Country Potato Soup 220 | = 520 |
| Cobb Club | 350 | + | Veggie Chili 170 | = 520 |
| Sweet Chipotle Chicken Griller | 320 | + | Chicken Tortilla Soup 200 | = 520 |
| French Dip | 300 | + | Country Potato Soup 220 | = 520 |
| Garden Salad** | 200 | + | Sweet Chipotle Chicken Griller 320 | = 520 |
| Spicy Southwest Chicken | 460 | + | Fire Roasted Vegetable Soup 60 | = 520 |
| Italian Chopped Salad** | 370 | + | Tomato Bisque 150 | = 520 |
| Pot Roast Sandwich | 370 | + | Tomato Bisque 150 | = 520 |
| The New Yorker™ | 370 | + | Tomato Bisque 150 | = 520 |
| The Big Nasty® | 370 | + | Tomato Bisque 150 | = 520 |
| Grilled Chicken Club | 370 | + | Tomato Bisque 150 | = 520 |
| Garden Salad** | 200 | + | Justaspud® 330 | = 530 |
| Chicken Tortilla Soup | 200 | + | Justaspud® 330 | = 530 |
| Orange Cranberry Club | 360 | + | Veggie Chili 170 | = 530 |
| Turkey Melt | 280 | + | Broccoli Cheddar Soup 250 | = 530 |
| Ham Melt | 310 | + | Country Potato Soup 220 | = 530 |
| Fire Roasted Vegetable Soup | 60 | + | Spud Ole 470 | = 530 |
| Fire Roasted Vegetable Soup | 60 | + | Spud Ole 470 | = 530 |
| Grilled Chicken Salad** | 280 | + | Broccoli Cheddar Soup 250 | = 530 |
| Roast Beef Melt | 310 | + | Country Potato Soup 220 | = 530 |
| Southwest Cobb Salad** | 380 | + | Tomato Bisque 150 | = 530 |
| Veggie Pita | 380 | + | Tomato Bisque 150 | = 530 |
| Horseradish Roast Beef | 380 | + | Tomato Bisque 150 | = 530 |
| Harvest Chicken Salad | 380 | + | Tomato Bisque 150 | = 530 |
| McAlister's Club Wrap | 380 | + | Tomato Bisque 150 | = 530 |
| Tomato Bisque | 150 | + | Cheese Spud 380 | = 530 |
| Savannah Chopped Salad** | 270 | + | Tuna Salad Sandwich 270 | = 540 |
| Veggie Club | 290 | + | Broccoli Cheddar Soup 250 | = 540 |
| Sweet Chipotle Chicken Griller | 320 | + | Country Potato Soup 220 | = 540 |
| Pot Roast Sandwich | 370 | + | Veggie Chili 170 | = 540 |
| Italian Chopped Salad** | 370 | + | Veggie Chili 170 | = 540 |
| Garden Salad** | 200 | + | Grilled Chicken Sandwich 340 | = 540 |
| McAlister's Chef Salad** | 290 | + | Broccoli Cheddar Soup 250 | = 540 |
| King Club | 480 | + | Fire Roasted Vegetable Soup 60 | = 540 |
| The New Yorker™ | 370 | + | Veggie Chili 170 | = 540 |
| Grilled Chicken Sandwich | 340 | + | Chicken Tortilla Soup 200 | = 540 |
| Fire Roasted Vegetable Soup | 60 | + | Black Angus Roast Beef Spud 480 | = 540 |
| The Big Nasty® | 370 | + | Veggie Chili 170 | = 540 |
| Taco Salad** | 480 | + | Fire Roasted Vegetable Soup 60 | = 540 |
| Reuben | 390 | + | Tomato Bisque 150 | = 540 |
| McAlister's Club | 390 | + | Tomato Bisque 150 | = 540 |
| Southwest Turkey Melt | 390 | + | Tomato Bisque 150 | = 540 |
| Grilled Chicken Club | 370 | + | Veggie Chili 170 | = 540 |
| Country Potato Soup | 220 | + | Justaspud® 330 | = 550 |
| Savannah Chopped Salad** | 270 | + | Turkey Melt 280 | = 550 |
| Veggie Pita | 380 | + | Veggie Chili 170 | = 550 |
| Memphian® | 300 | + | Broccoli Cheddar Soup 250 | = 550 |
| Horseradish Roast Beef | 380 | + | Veggie Chili 170 | = 550 |
| Harvest Chicken Salad | 380 | + | Veggie Chili 170 | = 550 |
| French Dip | 300 | + | Broccoli Cheddar Soup 250 | = 550 |
| McAlister's Club Wrap | 380 | + | Veggie Chili 170 | = 550 |
| Ham and Cheese Toastie | 350 | + | Chicken Tortilla Soup 200 | = 550 |
| Veggie Chili | 170 | + | Cheese Spud 380 | = 550 |
| Garden Salad** | 200 | + | Ham and Cheese Toastie 350 | = 550 |
| Garden Salad** | 200 | + | Cobb Club 350 | = 550 |
| Southwest Cobb Salad** | 380 | + | Veggie Chili 170 | = 550 |
| Grilled Chicken Salad** | 280 | + | Tuna Salad Sandwich 270 | = 550 |
| Cobb Club | 350 | + | Chicken Tortilla Soup 200 | = 550 |
| Four Cheese Griller | 400 | + | Tomato Bisque 150 | = 550 |
| Smoky Pepper Jack Turkey | 400 | + | Tomato Bisque 150 | = 550 |
| Black Angus Club | 400 | + | Tomato Bisque 150 | = 550 |
| Savannah Chopped Salad** | 270 | + | Veggie Club 290 | = 560 |
| Reuben | 390 | + | Veggie Chili 170 | = 560 |
| McAlister's Club | 390 | + | Veggie Chili 170 | = 560 |
| Ham Melt | 310 | + | Broccoli Cheddar Soup 250 | = 560 |
| Southwest Turkey Melt | 390 | + | Veggie Chili 170 | = 560 |
| Garden Salad** | 200 | + | Orange Cranberry Club 360 | = 560 |
| Garden Salad** | 200 | + | Chili 360 | = 560 |
| McAlister's Chef Salad** | 290 | + | Tuna Salad Sandwich 270 | = 560 |
| Grilled Chicken Sandwich | 340 | + | Country Potato Soup 220 | = 560 |
| Grilled Chicken Salad** | 280 | + | Turkey Melt 280 | = 560 |
| Orange Cranberry Club | 360 | + | Chicken Tortilla Soup 200 | = 560 |
| Roast Beef Melt | 310 | + | Broccoli Cheddar Soup 250 | = 560 |
| Grilled Chicken Caesar Wrap | 410 | + | Tomato Bisque 150 | = 560 |
| Tomato Bisque | 150 | + | Pot Roast Spud 410 | = 560 |
| Savannah Chopped Salad** | 270 | + | Memphian® 300 | = 570 |
| Savannah Chopped Salad** | 270 | + | BLT 300 | = 570 |
| Savannah Chopped Salad** | 270 | + | French Dip 300 | = 570 |
| Four Cheese Griller | 400 | + | Veggie Chili 170 | = 570 |
| Sweet Chipotle Chicken Griller | 320 | + | Broccoli Cheddar Soup 250 | = 570 |
| Smoky Pepper Jack Turkey | 400 | + | Veggie Chili 170 | = 570 |
| Ham and Cheese Toastie | 350 | + | Country Potato Soup 220 | = 570 |
| Black Angus Club | 400 | + | Veggie Chili 170 | = 570 |
| Cobb Club | 350 | + | Country Potato Soup 220 | = 570 |
| Garden Salad** | 200 | + | Pot Roast Sandwich 370 | = 570 |
| Grilled Chicken Caesar | 510 | + | Fire Roasted Vegetable Soup 60 | = 570 |
| Grilled Chicken Salad** | 280 | + | Veggie Club 290 | = 570 |
| Garden Salad** | 200 | + | The New Yorker™ 370 | = 570 |
| Italian Chopped Salad** | 370 | + | Chicken Tortilla Soup 200 | = 570 |
| McAlister's Chef Salad** | 290 | + | Turkey Melt 280 | = 570 |
| Garden Salad** | 200 | + | The Big Nasty® 370 | = 570 |
| Pot Roast Sandwich | 370 | + | Chicken Tortilla Soup 200 | = 570 |
| The New Yorker™ | 370 | + | Chicken Tortilla Soup 200 | = 570 |
| The Big Nasty® | 370 | + | Chicken Tortilla Soup 200 | = 570 |
| California Turkey Reuben | 420 | + | Tomato Bisque 150 | = 570 |
| The Italian | 420 | + | Tomato Bisque 150 | = 570 |
| Tomato Bisque | 150 | + | Veggie Spud 420 | = 570 |
| Garden Salad** | 200 | + | Grilled Chicken Club 370 | = 570 |
| Grilled Chicken Club | 370 | + | Chicken Tortilla Soup 200 | = 570 |
| Broccoli Cheddar Soup | 250 | + | Justaspud® 330 | = 580 |
| Savannah Chopped Salad** | 270 | + | Ham Melt 310 | = 580 |
| Savannah Chopped Salad** | 270 | + | Roast Beef Melt 310 | = 580 |
| Veggie Pita | 380 | + | Chicken Tortilla Soup 200 | = 580 |
| Grilled Chicken Caesar Wrap | 410 | + | Veggie Chili 170 | = 580 |
| Orange Cranberry Club | 360 | + | Country Potato Soup 220 | = 580 |
| Garden Salad** | 200 | + | Veggie Pita 380 | = 580 |
| Garden Salad** | 200 | + | Cheese Spud 380 | = 580 |
| Garden Salad** | 200 | + | Horseradish Roast Beef 380 | = 580 |
| Garden Salad** | 200 | + | Harvest Chicken Salad 380 | = 580 |
| Garden Salad** | 200 | + | McAlister's Club Wrap 380 | = 580 |
| Chicken Tortilla Soup | 200 | + | Cheese Spud 380 | = 580 |
| McAlister's Chef Salad** | 290 | + | Veggie Club 290 | = 580 |
| Grilled Chicken Salad** | 280 | + | Memphian® 300 | = 580 |
| Grilled Chicken Salad** | 280 | + | BLT 300 | = 580 |
| Veggie Chili | 170 | + | Pot Roast Spud 410 | = 580 |
| Veggie Chili | 170 | + | Pot Roast Spud 410 | = 580 |
| Southwest Cobb Salad** | 380 | + | Chicken Tortilla Soup 200 | = 580 |
| Horseradish Roast Beef | 380 | + | Chicken Tortilla Soup 200 | = 580 |
| Grilled Chicken Salad** | 280 | + | French Dip 300 | = 580 |
| Fire Roasted Vegetable Soup | 60 | + | Nacho Basket 520 | = 580 |
| Fire Roasted Vegetable Soup | 60 | + | Nacho Basket 520 | = 580 |
| Harvest Chicken Salad | 380 | + | Chicken Tortilla Soup 200 | = 580 |
| McAlister's Club Wrap | 380 | + | Chicken Tortilla Soup 200 | = 580 |
| Savannah Chopped Salad** | 270 | + | Sweet Chipotle Chicken Griller 320 | = 590 |
| Garden Salad** | 200 | + | Reuben 390 | = 590 |
| Garden Salad** | 200 | + | McAlister's Club 390 | = 590 |
| California Turkey Reuben | 420 | + | Veggie Chili 170 | = 590 |
| Veggie Chili | 170 | + | Veggie Spud 420 | = 590 |
| Veggie Chili | 170 | + | Veggie Spud 420 | = 590 |
| Garden Salad** | 200 | + | Southwest Turkey Melt 390 | = 590 |
| Italian Chopped Salad** | 370 | + | Country Potato Soup 220 | = 590 |
| McAlister's Chef Salad** | 290 | + | Memphian® 300 | = 590 |
| Reuben | 390 | + | Chicken Tortilla Soup 200 | = 590 |
| The Italian | 420 | + | Veggie Chili 170 | = 590 |
| McAlister's Chef Salad** | 290 | + | BLT 300 | = 590 |
| Grilled Chicken Sandwich | 340 | + | Broccoli Cheddar Soup 250 | = 590 |
| Pot Roast Sandwich | 370 | + | Country Potato Soup 220 | = 590 |
| Grilled Chicken Salad** | 280 | | | |