A LITTLE SOMETHING FOR EVERY TASTE

Chicken Salad Chick *Printable Menu*



Twelve regular chicken salad flavors, meal formats, sides and catering in a compact four-page guide.

Chicken salad flavors

FLAVOR	MAIN FLAVOR HIGHLIGHTS	CALORIES
Classic Carol	Celery, mayonnaise and seasoning	**410**
Olivia's Old South	Sweet pickles and egg	**360**
Dixie Chick	Onion	**370**
Lauryn's Lemon Basil	Basil, lemon pepper and pecans	**410**
Fancy Nancy	Fuji apples, grapes and pecans	**380**
Fruity Fran	Grapes, Fuji apples and pineapple	**330**
Cranberry Kelli	Cranberries and almonds	**450**
Barbie-Q	Hickory barbecue flavor	**380**
Sassy Scotty	Ranch, bacon and cheddar	**430**
Buffalo Barclay	Buffalo flavor	**390**
Jalapeño Holly	Diced jalapeños	**380**
Kickin' Kay Lynne	Buffalo, ranch, bacon, cheddar, jalapeños and sriracha	**400**

Calories describe an adult **4 oz serving** of chicken salad, excluding bread and crackers. Ingredient highlights are not complete ingredient lists.

Scoop, sandwich or take home

A scoop is the filling by itself. A sandwich adds bread. Quick Chicks are take-home containers, while meals pair a main with the stated number of sides.

Seasonal flavors and local selections can differ. The website has the longer flavor descriptions and portion comparisons.

MEALS & TAKE-HOME CHOICES

Find your meal

Compare the main item, the number of sides and the format before comparing prices.

Chicken salad and sandwich meals

FORMAT	WHAT IT INCLUDES
Chicken salad scoop	Chosen chicken salad filling, without sandwich bread
Chicken salad sandwich	Chosen chicken salad filling with bread
Scoop meal	One scoop with one or two sides
Two-scoop meal	Two scoops with one or two sides
Chicken salad sandwich meal	Sandwich with one or two sides
BLT and Turkey Club meals	Signature sandwich format with one or two sides

Pimento cheese

Southern Pimento Cheese and Jalapeño Pimento Cheese are separate fillings from chicken salad. Menu records include scoop, sandwich and take-home formats. Their adult 4 oz nutrition entries are **450** and **420 calories** respectively.

Kids menu

KIDS MAIN	FORMAT
Chicken salad sandwich	Chicken salad filling with a smaller bread portion
Turkey sandwich	Turkey sandwich format
Mac and cheese	Pasta main

Kids nutrition entries use smaller portions than the adult chicken salad scoop. Bread and filling appear separately in the nutrition tables.

Quick Chicks and larger portions

Small and large Quick Chicks provide chicken salad to take home. Larger fresh sides and a Family Meal listing also appear in the menu records. Container sizes and named packages are separate formats; a size name alone does not establish a weight or serving count.

SIDES, SOUPS & SWEET EXTRAS

Complete the plate

Cold sides, warm accompaniments, desserts and individual drinks.

Fresh sides and chips

SIDE	WHAT TO EXPECT
Broccoli Salad	Broccoli, cheese and bacon with a sweet vinegar-based dressing
Grape Salad	Grapes, cream cheese mixture, brown sugar and pecans
Pasta Salad	Rotini, Italian-style dressing, cheeses, olives and artichoke hearts
Fresh Fruit	Fresh fruit selection
Chips	Bagged chips, with flavors recorded separately

Soups and mac and cheese

The documented soup lineup includes Broccoli and Cheese, Chicken Poblano, Chicken Tortilla, Creamy Chicken and Wild Rice, Loaded Potato, and Tomato Bisque. Cup and bowl portions have separate nutrition entries. Mac and cheese is listed separately from soup.

Soups rotate; the full nutrition lineup is broader than one day’s soup selection. Quart containers appear for some soup recipes in the menu records.

Desserts

Dessert records include buttercream-frosted cookies, chocolate crispy products and cake slices. White Chocolate, Red Velvet and Pumpkin Spice cake entries appear in the nutrition guide; seasonal entries do not establish year-round availability.

Drinks

Drink choices include sweet and unsweet tea, mixed teas, lemonade, strawberry lemonade, fountain drinks and bottled water. The menu records use regular 24 oz and large 32 oz portions for many individual drinks. Catering beverage service is a separate format.

Reading calorie totals

Add the chosen filling, bread, sides, drink and dessert once each. For example, a **410-calorie Classic Carol** serving plus a **220-calorie croissant** entry totals **630 calories** before sides or a drink.

CATERING MENU

Share something good

Individual lunch boxes, shared platters, bowls and luncheon packages.

Boxes and shared formats

FORMAT	PACKAGE DESCRIPTION
Chicken Salad Box	Sandwich or scoop with crackers; one-side and two-side price formats, pickle spear and cookie
Signature Sandwich Box	Signature sandwich format; one-side and two-side options, pickle spear and cookie
Mini Croissant Sandwich Platter	36 mini croissants; up to three flavors in equal thirds; published serving guidance of 10-12
Assorted Sandwich Platter	Assorted chicken salads, pimento cheeses and Turkey Club sandwiches
Chicken Salad Catering Bowl	Shared chicken salad filling with crackers
Group luncheon	Main, sides and a sweet selection; the package differs from a main-only platter

Sides, desserts and drinks

Catering sides include broccoli salad, grape salad, pasta salad and fresh fruit, with published serving guidance of **10-12** for each named side. An assorted chip package contains **twelve bags**.

Whole cakes, assorted desserts, cookie platters and chocolate crispy platters are group formats. Sweet tea, unsweet tea, lemonade, strawberry lemonade and bottled water appear separately in the catering beverage record.

Menu prices

The website’s price tables identify the location and record behind each example. Boxes are priced as individual boxes; platters, bowls and luncheons describe the named item or package. Taxes, fees and paid extras are separate.

Dietary and portion notes

This summary does not establish allergen-free or gluten-free preparation. Foods share preparation or storage areas, so cross-contact can occur even when an allergen is not marked. The website’s nutrition and allergen pages explain serving sizes, marked ingredients and source conflicts.

Not affiliated with or endorsed by Chicken Salad Chick. This is a condensed menu summary, with local and seasonal differences.