



Interactive Nutrition Menu

Last Updated: 05/06/2021

	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)
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Featured Items

Chicken BLT&A Salad (Choose 2 Portion) (Limited Time)	400	260	27	4.5	0	60	1,080	19	6	7	23
Chicken BLT&A Salad (Limited Time)	700	440	47	8	0	115	1,790	30	9	9	42
Chicken BLT&A Sandwich (Choose 2 Portion) (Limited Time)	380	150	16	3	0	50	1,500	37	4	6	26
Chicken BLT&A Sandwich (Limited Time)	770	300	32	6	0	105	3,020	74	8	13	52
Cinnabon Mini Snickerdoodle Cookie Sandwich	240	100	11	4.5	0	<5	110	32	1	20	2
Pecanberry Salad (Choose 2 Portion) (Limited Time)	190	60	7	0.5	0	35	360	17	3	12	17
Pecanberry Salad (Limited Time)	380	120	13	1	0	75	720	34	6	24	34

Shareables

Nacho Basket (Choose 2 Portion)	500	270	29	12	0	50	1,810	46	4	6	14
Nacho Basket (Serves 2-4)	1,000	540	58	24	0	100	3,230	91	8	12	28
Ultimate Nachos (Choose 2 Portion)	590	330	36	12	0	55	1,310	51	6	6	16
Ultimate Nachos (Serves 2-4)	1,180	660	72	24	0	115	2,610	103	12	12	32

Soups (Cup)

All varieties not served at every location.

Garnishes are included.

Broccoli Cheddar, Cup	290	160	18	10	0.5	55	1,220	21	2	4	11
Chicken and Dumplings Soup, Cup	170	45	5	0	0	30	920	21	1	1	11
Chicken Tortilla, Cup	200	80	8	3	0	20	1,320	25	2	2	7
Country Potato, Cup	270	100	11	6	0	30	1,060	32	1	5	9
Fire Roasted Vegetable, Cup	60	0	0	0	0	0	700	11	2	4	4
Tomato Bisque, Cup	200	80	9	5	0	25	760	25	3	10	5
Traditional Chili, Cup	250	100	11	3.5	0	50	1,030	22	2	5	17

	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)
Veggie Chili, Cup	180	20	2	0	0	0	960	33	9	3	9

Soup Garnishes - Cup

Applewood Smoked Bacon	100	70	8	3	0	20	340	0	0	0	6
Blue Corn Tortilla Chips	35	20	2	0	0	0	15	4	0	0	0
Cheddar-Jack	10	10	1	0.5	0	<5	15	0	0	0	<1
Crispy Onion	40	25	3	0	0	0	15	3	0	0	0
Croutons	15	0	0	0	0	0	45	3	0	0	0
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Jalapenos	0	0	0	0	0	0	50	0	0	0	0
Parmesan	10	5	1	0.5	0	<5	30	0	0	0	<1
Sour Cream	15	10	1.5	1	0	<5	0	0	0	0	0

Soup Crackers - Cup

Saltines	50	10	1	0	0	0	180	8	0	0	2
Tortilla Chips	35	15	2	0	0	0	30	5	<1	0	<1

Soups (Bowl)

All varieties are not served at every location.

Garnishes, with the exception of bread bowls, are included. See Bread and Crackers for additional choices.

Broccoli Cheddar, Bowl	420	240	27	15	1	80	1,740	28	3	6	15
Chicken and Dumplings Soup, Bowl	250	70	7	0	0	45	1,380	31	1	1	16
Chicken Tortilla, Bowl	340	130	14	5	0	30	2,020	42	4	3	11
Country Potato, Bowl	390	150	17	9	0	50	1,540	44	2	8	13
Fire Roasted Vegetable, Bowl	90	0	0	0	0	0	1,050	17	3	6	6
Tomato Bisque, Bowl	280	120	13	8	0	40	1,050	34	5	15	7
Traditional Chili, Bowl	370	150	17	6	0	75	1,540	33	4	7	26
Veggie Chili, Bowl	270	30	3	0	0	0	1,440	50	14	5	14

Soup Garnishes - Bowl

Applewood Smoked Bacon	200	140	16	6	0	40	680	0	0	0	12
Blue Corn Tortilla Chips	35	20	2	0	0	0	15	4	0	0	0
Cheddar-Jack	20	15	2	1	0	<5	35	0	0	0	1

	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)
Crispy Onion	40	25	3	0	0	0	15	3	0	0	0
Croutons	30	10	1	0	0	0	90	5	0	0	<1
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Jalapenos	0	0	0	0	0	0	95	0	0	0	0
Parmesan	20	15	1.5	1	0	5	55	0	0	0	2
Sour Cream	30	25	2.5	2	0	10	10	<1	0	<1	<1

Soup Bread & Crackers - Bowl

Bread Bowl	460	35	4	0	0	0	1,010	87	4	2	16
Saltines	50	10	1	0	0	0	180	8	0	0	2
Tortilla Chips	70	35	3.5	0.5	0	0	60	10	1	0	1

Fresh Salads

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

Caesar Salad	730	610	68	13	0	70	1,400	17	5	3	13
Caesar Salad (Choose 2 Portion)	460	390	44	8	0	45	880	9	2	1	7
Garden Salad	310	180	19	10	0	50	540	19	3	6	18
Garden Salad (Choose 2 Portion)	150	90	10	5	0	25	260	8	1	3	9
Garden Salad with Harvest Chicken Salad	820	560	61	16	0	110	1,070	36	6	18	38
Garden Salad with Harvest Chicken Salad (Choose 2 Portion)	400	280	30	8	0	55	520	17	2	8	18
Grilled Chicken Caesar Salad	880	620	70	13	0	145	1,970	20	5	4	43
Grilled Chicken Caesar Salad (Choose 2 Portion)	530	400	45	8	0	80	1,150	9	2	2	21
Grilled Chicken Salad	500	220	25	11	0	130	1,250	21	3	7	50
Grilled Chicken Salad (Choose 2 Portion)	250	110	13	6	0	65	620	10	1	3	25
McAlister's Chef Salad	480	240	25	12	0	110	1,670	22	3	9	41
McAlister's Chef Salad (Choose 2 Portion)	240	120	13	6	0	60	850	10	1	4	20
Savannah Chopped Salad	480	140	16	5	0	90	1,000	43	4	32	40
Savannah Chopped Salad (Choose 2 Portion)	240	70	8	2.5	0	45	500	21	2	16	20
Southwest Chicken & Avocado Salad	630	300	32	11	0	125	1,040	38	9	10	50
Southwest Chicken & Avocado Salad (Choose 2 Portion)	310	150	16	6	0	60	510	18	4	4	25

	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)
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Craft Your Own Sandwiches

Side item choices are listed below.

Includes lettuce, tomato, spicy brown mustard, and bread.

Default bread choice is a 9-Grain. See Bread and Crackers below for additional choices.

Corned Beef	550	120	13	4	0.5	70	1,920	70	7	12	37
Corned Beef (Choose 2 Portion)	280	60	7	2	0	35	960	35	3	6	18
Grilled Chicken	510	50	6	0	0	75	1,140	71	7	13	42
Grilled Chicken (Choose 2 Portion)	260	25	3	0	0	35	570	35	3	6	21
Ham	520	80	8	1	0	60	1,740	72	7	15	35
Ham (Choose 2 Portion)	260	40	4	0.5	0	30	870	36	3	8	17
Pastrami	540	120	13	3.5	0	70	1,960	70	7	12	37
Pastrami (Choose 2 Portion)	270	60	7	2	0	35	980	35	3	6	18
Roast Beef	540	120	13	3	0	70	1,820	70	7	11	37
Roast Beef (Choose 2 Portion)	270	60	7	1.5	0	35	910	35	3	6	18
Salami	580	220	24	7	0	45	1,540	68	7	11	24
Salami (Choose 2 Portion)	290	110	12	3.5	0	25	770	34	3	6	12
Turkey	460	60	6	0	0	50	1,440	70	7	13	31
Turkey (Choose 2 Portion)	230	30	3	0	0	25	720	35	3	7	15

Club Sandwiches

Black Angus Club	880	410	45	12	0	115	2,000	74	<1	10	42
Black Angus Club (Choose 2 Portion)	440	200	23	6	0	55	1,000	37	0	5	21
Grilled Chicken Club	830	310	35	9	0	110	1,230	78	<1	15	48
Grilled Chicken Club (Choose 2 Portion)	420	160	18	4.5	0	55	620	39	0	7	24
King Club	1,190	460	51	13	0	170	3,740	107	4	30	76
King Club (Choose 2 Portion)	590	230	26	6	0	85	1,870	54	2	15	38
McAlister's Club	820	330	36	9	0	95	1,680	79	<1	16	39
McAlister's Club (Choose 2 Portion)	410	160	18	4.5	0	45	840	39	0	8	19
McAlister's Club Wrap	780	360	40	11	0	95	2,250	65	7	13	39
McAlister's Club Wrap (Choose 2 Portion)	390	180	20	5	0	45	1,120	33	3	7	19
Orange Cranberry Club	770	240	26	8	0	90	1,550	89	2	21	38
Orange Cranberry Club (Choose 2 Portion)	380	120	13	4	0	45	770	44	<1	11	19

Craveable Classic Sandwiches

	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)
Four Cheese Melt	750	330	38	20	0	100	1,740	66	2	5	37
Four Cheese Melt (Choose 2 Portion)	380	160	19	10	0	50	880	33	1	3	19
Grilled Chicken Sandwich	560	200	23	10	0	120	970	47	2	12	41
Grilled Chicken Sandwich (Choose 2 Portion)	280	100	12	5	0	60	490	24	<1	6	20
Ham & Cheese Melt	710	250	28	7	0	85	2,110	66	2	7	39
Ham & Cheese Melt (Choose 2 Portion)	360	130	14	3.5	0	45	1,080	33	1	4	20
Harvest Chicken Salad	680	400	44	12	0	75	710	53	4	15	22
Harvest Chicken Salad (Choose 2 Portion)	340	200	22	6	0	40	360	26	2	8	11
Horseradish Roast Beef	690	250	29	9	0	85	2,150	69	2	9	43
Horseradish Roast Beef (Choose 2 Portion)	350	130	14	4.5	0	45	1,070	35	1	4	22

Big & Bold Sandwiches

French Dip	570	180	21	8	0	130	2,650	44	2	0	49
French Dip (Choose 2 Portion)	380	120	14	6	0	85	1,720	29	1	0	33
Memphian	660	260	28	9	0	120	2,570	47	3	4	48
Memphian (Choose 2 Portion)	370	130	14	4.5	0	60	1,370	30	1	2	25
Reuben	900	370	41	12	1	135	3,980	76	7	12	52
Reuben (Choose 2 Portion)	450	180	21	6	0	70	1,990	38	4	6	26
The Italian	790	350	39	14	0	125	3,290	50	3	8	49
The Italian (Choose 2 Portion)	430	180	19	7	0	65	1,720	32	1	4	26
The New Yorker	750	220	25	10	0	155	3,700	64	4	4	62
The New Yorker (Choose 2 Portion)	410	130	14	6	0	90	2,100	32	2	2	36

Savory & Spicy Sandwiches

Jalapeno Turkey Crunch Sandwich	1,040	520	58	14	0	120	2,710	84	7	16	46
Jalapeno Turkey Crunch Sandwich (Choose 2 Portion)	520	260	29	7	0	60	1,360	42	4	8	23
Smoky Pepper Jack Turkey	780	320	36	12	0	105	2,110	72	2	13	45
Smoky Pepper Jack Turkey (Choose 2 Portion)	390	160	18	6	0	55	1,060	36	1	7	23
Spicy Southwest Chicken	900	350	39	11	0	120	2,190	87	9	18	56
Spicy Southwest Chicken (Choose 2 Portion)	450	170	20	5	0	60	1,100	44	5	9	28
Spicy Turkey Melt	730	370	40	12	0	105	2,550	54	6	5	40
Spicy Turkey Melt (Choose 2 Portion)	400	180	20	6	0	55	1,350	34	3	3	21
Sweet Chipotle Chicken	630	120	15	4.5	0	85	1,540	77	2	15	48
Sweet Chipotle Chicken (Choose 2 Portion)	310	60	7	2.5	0	40	770	38	1	8	24

	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)
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Fresh Favorites Sandwiches

BLT&A Sandwich	860	490	53	12	0	70	2,280	68	7	11	30
BLT&A Sandwich (Choose 2 Portion)	430	240	27	6	0	35	1,130	34	3	5	15
Garden Fresh Turkey Sandwich	670	220	23	4.5	0	65	2,160	78	10	16	36
Garden Fresh Turkey Sandwich (Choose 2 Portion)	330	110	12	2.5	0	35	1,370	40	5	8	18
Grilled Chicken Caesar Wrap	850	450	51	10	0	110	2,080	56	7	2	43
Grilled Chicken Caesar Wrap (Choose 2 Portion)	430	230	26	5	0	55	1,040	28	3	<1	21
The Veggie	680	320	35	4	0	20	1,460	80	11	16	15
The Veggie (Choose 2 Portion)	340	160	17	2	0	10	730	40	6	8	8

Giant Spuds

Black Angus Roast Beef Spud	1,050	320	35	18	0	140	2,270	135	14	9	54
Black Angus Roast Beef Spud (Choose 2 Portion)	520	160	18	9	0	70	1,140	68	7	5	27
Chipotle Chicken & Bacon Spud	1,200	420	46	19	0	160	1,430	139	14	11	62
Chipotle Chicken & Bacon Spud (Choose 2 Portion)	600	210	23	9	0	80	710	69	7	6	31
Justaspud	710	130	14	9	0	45	150	131	14	9	17
Justaspud (Choose 2 Portion)	360	70	7	5	0	25	75	66	7	5	9
Spud Max	1,070	360	39	21	0	130	1,230	135	14	11	43
Spud Max (Choose 2 Portion)	530	180	20	10	0	65	610	67	7	5	22
Veggie Spud	910	230	25	15	0	70	2,230	148	18	19	28
Veggie Spud (Choose 2 Portion)	460	120	12	8	0	35	1,110	74	9	10	14

Desserts

Brookie	480	240	28	14	0	120	340	56	4	28	8
Brownie	430	180	21	9	0	85	230	61	0	40	4
Chocolate Chip Cookie	370	150	17	9	0	40	220	53	2	33	4
Godiva Double Chocolate Cheesecake	620	410	46	28	1	140	260	50	4	37	7
Heath Cookie	410	200	22	9	0	30	250	50	1	29	3
Macadamia Nut Cookie	410	200	22	7	0	30	200	47	1	26	4
Oatmeal Raisin Cookie	360	150	17	4	0	20	270	49	3	25	6
Salted Caramel Cookie	380	140	15	8	0	30	520	58	2	37	4
Sugar Cookie	340	160	18	6	0	30	210	44	2	24	4

	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)
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Just For Kids

Additional side choices are listed below.

Kids Chicken & Broccoli Bowl	230	110	12	6	0	70	600	8	2	2	23
Kids Garden Salad	150	90	10	5	0	25	260	8	1	3	9
Kids Ham & Cheese Toastie	370	90	10	5	0	50	990	46	0	5	20
Kids Mac & Cheese	350	190	21	8	0	40	790	27	1	7	14
Kids Pizza	300	80	9	2.5	0	10	440	39	4	9	17
Kids Spud	320	40	4	2.5	0	10	65	65	7	4	8
Kids Toasted Cheese Sandwich	430	170	20	12	0	60	990	48	0	5	15
Kids Turkey & Cheese Toastie	340	80	9	4.5	0	45	840	45	0	4	18
Kids Uncrustable Sandwich	300	140	16	3.5	0	0	280	32	4	15	9

Sides

Applesauce	50	0	0	0	0	0	10	12	2	8	0
Fruit	60	0	0	0	0	0	15	15	2	12	2
Mac & Cheese	220	110	12	4	0	20	530	20	1	5	8
Pickle Spear	0	0	0	0	0	0	380	0	0	0	0
Potato Salad	250	150	17	2.5	0	35	460	22	1	7	2
Steamed Broccoli	80	50	6	3.5	0	15	80	6	3	2	3
Tomato and Cucumber Salad	70	40	4	0.5	0	0	370	6	1	5	<1

Chips

Cheetos Crunchy Mellow Cheese Snacks	310	190	21	3.5	0	0	500	26	1	2	3
Doritos Nacho Cheese Tortilla Chips	240	130	14	2	0	0	360	28	2	1	3
McAlister's Deli BBQ Spud Chips	220	110	12	1	0	0	95	26	2	4	2
McAlister's Deli Jalapeno Spud Chips	220	110	12	1	0	0	280	25	2	2	2
McAlister's Deli Sea Salt & Vinegar Spud Chips	220	110	12	1	0	0	360	25	2	3	2
McAlister's Deli Sea Salt Spud Chips	220	120	13	1	0	0	220	25	2	2	2
Sunchips Original Snacks	210	90	10	1	0	0	180	28	4	3	3

Beverages

1% Milk	110	25	2.5	1.5	0	10	130	13	0	12	8
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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)
Barq's Root Beer	190	0	0	0	0	0	80	53	0	53	0
Coffee	5	0	0	0	0	0	5	0	0	0	0
Coffee, Decaffeinated	0	0	0	0	0	0	5	0	0	0	0
Coke	170	0	0	0	0	0	55	46	0	46	0
Coke Zero	0	0	0	0	0	0	45	0	0	0	0
Diet Coke	0	0	0	0	0	0	50	0	0	0	0
Dr. Pepper	180	0	0	0	0	0	60	47	0	47	0
Hi-C Fruit Punch	190	0	0	0	0	0	230	50	0	48	0
Lemonade	250	0	0	0	0	0	0	65	0	61	0
Sprite	180	0	0	0	0	0	80	46	0	46	0
Strawberry Lemonade	280	0	0	0	0	0	0	74	0	71	0
Sweetened Lemonade Tea	200	0	0	0	0	0	0	52	0	50	0
Sweet Tea	150	0	0	0	0	0	15	39	0	39	0
Unsweetened Lemonade Tea	120	0	0	0	0	0	0	32	0	31	0
Unsweet Tea	0	0	0	0	0	0	0	0	0	0	0

Kids Beverages

1% Milk - Kids	110	25	2.5	1.5	0	10	130	13	0	12	8
Apple Juice - Kids	40	0	0	0	0	0	0	10	0	9	0
Barq's Root Beer - Kids	70	0	0	0	0	0	30	20	0	20	0
Coke - Kids	60	0	0	0	0	0	20	17	0	17	0
Coke Zero - Kids	0	0	0	0	0	0	20	0	0	0	0
Diet Coke - Kids	0	0	0	0	0	0	20	0	0	0	0
Dr. Pepper - Kids	70	0	0	0	0	0	25	18	0	18	0
Hi-C Fruit Punch - Kids	70	0	0	0	0	0	90	19	0	18	0
Lemonade - Kids	90	0	0	0	0	0	0	24	0	23	0
Sprite - Kids	60	0	0	0	0	0	30	17	0	17	0
Sweet Tea - Kids	60	0	0	0	0	0	0	15	0	15	0
Unsweet Tea - Kids	0	0	0	0	0	0	5	0	0	0	0

Flavor Shots

Black Cherry Purée	35	0	0	0	0	0	0	9	0	9	0
Peach Purée	40	0	0	0	0	0	10	9	0	9	0
Strawberry Purée	40	0	0	0	0	0	0	10	0	10	0

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Craft Your Own Spud

Applewood Smoked Bacon	140	100	11	4.5	0	30	480	0	0	0	9
Au Jus	0	0	0	0	0	0	560	0	0	0	0
Black Angus Roast Beef	180	80	9	3	0	70	1,240	2	0	0	24
Black Forest Ham	160	40	4	1	0	60	1,160	4	0	4	22
Black Olives	25	20	2.5	0	0	0	110	0	0	0	0
Broccoli	15	0	0	0	0	0	25	4	2	1	0
Buttermilk Ranch	300	300	33	4.5	0	30	810	3	0	3	3
Butter Packet	50	50	6	3.5	0	15	50	0	0	0	0
Caramelized Onions	15	0	0	0	0	0	95	3	1	2	0
Cheddar-Jack	220	160	18	10	0	50	340	2	0	0	14
Diced Red Onions	10	0	0	0	0	0	0	3	0	1	0
Diced Tomatoes	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers	5	0	0	0	0	0	0	1	0	0	0
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Grilled Chicken Breast	150	15	2	0	0	75	560	3	0	1	29
Jalapenos	0	0	0	0	0	0	95	0	0	0	0
RO*TEL Cheese Sauce	210	140	15	10	0	50	1,190	7	0	6	10
Roasted Tri-Color Peppers	25	10	1.5	0	0	0	280	3	1	2	1
Sliced Red Onions	5	0	0	0	0	0	0	1	0	1	0
Smoked Turkey	100	20	2	0	0	50	860	2	0	2	18
Sour Cream	80	60	7	4.5	0	25	20	1	0	1	1
Traditional Chili (meat)	250	100	11	3.5	0	50	1,030	22	2	5	17
Veggie Chili	180	20	2	0	0	0	960	33	9	3	9

Craft Your Own Spud (Choose 2 Portion)

Applewood Smoked Bacon	70	50	6	2	0	15	240	0	0	0	4
Au Jus	0	0	0	0	0	0	280	0	0	0	0
Black Angus Roast Beef	90	40	4.5	1.5	0	35	620	1	0	0	12
Black Forest Ham	80	20	2	0.5	0	30	580	2	0	2	11
Black Olives	15	10	1.5	0	0	0	55	0	0	0	0
Broccoli	10	0	0	0	0	0	15	2	1	<1	0
Buttermilk Ranch	150	150	17	2.5	0	15	410	2	0	2	2
Butter Packet	50	50	6	3.5	0	15	50	0	0	0	0

	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)
Caramelized Onions	10	0	0	0	0	0	50	2	<1	1	0
Cheddar-Jack	110	80	9	5	0	25	170	1	0	0	7
Diced Red Onions	5	0	0	0	0	0	0	2	0	<1	0
Diced Tomatoes	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers	0	0	0	0	0	0	0	<1	0	0	0
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Grilled Chicken Breast	70	5	1	0	0	35	280	1	0	<1	15
Jalapenos	0	0	0	0	0	0	50	0	0	0	0
RO*TEL Cheese Sauce	110	70	8	5	0	25	600	4	0	3	5
Roasted Tri-Color Peppers	10	5	1	0	0	0	140	2	<1	1	<1
Sliced Red Onions	0	0	0	0	0	0	0	<1	0	<1	0
Smoked Turkey	50	10	1	0	0	25	430	1	0	1	9
Sour Cream	40	30	3.5	2.5	0	15	10	<1	0	<1	<1
Traditional Chili (meat)	120	50	6	2	0	25	510	11	1	2	9
Veggie Chili	90	10	1	0	0	0	480	17	5	2	5

Salad Dressings - 2 oz

Avocado Ranch Dressing	220	200	22	3	0	20	580	4	2	2	2
Buttermilk Ranch	200	200	22	3	0	20	540	2	0	2	2
Caesar Dressing	380	360	40	6	0	30	700	2	0	0	2
Chili Lime Vinaigrette	160	130	14	2	0	0	440	10	0	8	0
Chipotle Ranch	280	250	28	4	0	10	460	8	0	4	0
Fat-Free Chipotle Peach	120	0	0	0	0	0	400	28	0	24	0
Fat-Free Raspberry Pecan Vinaigrette	90	0	0	0	0	0	500	20	0	18	0
McAlister's Honey Mustard Dressing	260	180	20	3	0	10	320	20	0	18	2
Olive Oil & Balsamic Vinaigrette	140	110	12	2	0	0	520	6	0	6	0
Sherry Shallot Dressing	300	250	28	4	0	0	200	10	0	8	0
Thousand Island	220	180	20	3	0	10	560	10	0	8	0

Salad Dressings - 3 oz

Buttermilk Ranch (3 oz)	300	300	33	4.5	0	30	810	3	0	3	3
Caesar Dressing (3 oz)	570	540	60	9	0	45	1,050	3	0	0	3
Chili Lime Vinaigrette	240	200	21	3	0	0	660	15	0	12	0
Chipotle Ranch (3 oz)	420	380	42	6	0	15	690	12	0	6	0
Fat-Free Chipotle Peach (3 oz)	180	0	0	0	0	0	600	42	0	36	0

	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)
Fat-Free Raspberry Pecan Vinaigrette (3 oz)	130	0	0	0	0	0	750	30	0	27	0
McAlister's Honey Mustard Dressing (3 oz)	390	270	30	4.5	0	15	480	30	0	27	3
Olive Oil & Balsamic Vinaigrette (3 oz)	210	160	18	3	0	0	780	9	0	9	0
Sherry Shallot Dressing (3 oz)	450	380	42	6	0	0	300	15	0	12	0
Thousand Island (3 oz)	330	270	30	4.5	0	15	840	15	0	12	0

Sandwich Bread

9-Grain	340	35	4	0	0	0	420	66	6	10	12
Baguette (6 inch)	210	10	1	0	0	0	460	41	2	0	7
Bread Bowl	460	35	4	0	0	0	1,010	87	4	2	16
Ciabatta	360	70	8	1.5	0	0	680	60	2	2	13
Country White Bread	300	40	4	0	0	0	660	58	2	8	12
Croissant	280	110	12	7	0	30	290	37	1	5	6
Gluten-Free White Bread (available at select locations only)	220	50	6	0	0	0	400	35	1	4	6
Gluten-Free Whole Grain Bread (available at select locations only)	220	50	6	0	0	0	410	34	2	4	6
Marbled Rye Bread	300	25	3	0	0	0	740	60	4	2	10
Pretzel Roll	420	30	3	0.5	0	0	940	83	4	6	15
Sliced Wheat	220	20	2	1	0	0	120	42	0	2	6
Wheat Wrap	290	60	7	3	0	0	750	50	6	0	9

Sandwich Bread (Choose 2 Portion)

9-Grain	170	20	2	0	0	0	210	33	3	5	6
Baguette (4 inch)	140	5	0.5	0	0	0	310	27	1	0	5
Ciabatta	180	35	4	1	0	0	340	30	1	1	7
Country White Bread	150	20	2	0	0	0	330	29	1	4	6
Croissant	140	60	6	3.5	0	15	150	19	<1	3	3
Gluten-Free White Bread (available at select locations only)	110	25	3	0	0	0	200	18	<1	2	3
Gluten-Free Whole Grain Bread (available at select locations only)	110	25	3	0	0	0	210	17	1	2	3
Marbled Rye Bread	150	15	1.5	0	0	0	370	30	2	1	5
Pretzel Roll	210	15	1.5	0	0	0	470	42	2	3	8
Sliced Wheat	110	10	1	0.5	0	0	60	21	0	1	3
Wheat Wrap	150	30	3.5	1.5	0	0	380	25	3	0	5

	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)
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Sandwich Cheeses

American	140	100	12	7	0	40	580	4	0	2	6
Parmesan	25	15	2	1.5	0	10	70	0	0	0	2
Pepper Jack	140	100	12	7	0	40	240	0	0	0	10
Provolone	100	70	8	5	0	20	240	0	0	0	8
Sharp Cheddar	60	40	5	3	0	10	100	0	0	0	6
Swiss	60	35	4	2.5	0	15	30	0	0	0	4

Sandwich Cheeses (Choose 2 Portion)

American	70	50	6	3.5	0	20	290	2	0	1	3
Parmesan	15	10	1	0.5	0	<5	35	0	0	0	1
Pepper Jack	70	50	6	3.5	0	20	120	0	0	0	5
Provolone	50	35	4	2.5	0	10	120	0	0	0	4
Sharp Cheddar	30	20	2.5	1.5	0	<5	50	0	0	0	3
Swiss	30	20	2	1.5	0	10	15	0	0	0	2

Sandwich Condiments

A1 Steak Sauce	15	0	0	0	0	0	280	3	0	2	0
Au Jus	0	0	0	0	0	0	840	0	0	0	0
Avocado Ranch Dressing	110	100	11	1.5	0	10	290	2	1	1	1
Beef Gravy	40	10	1	0	0	0	620	6	0	0	0
Buttermilk Ranch	200	200	22	3	0	20	540	2	0	2	2
Caesar Dressing	380	360	40	6	0	30	700	2	0	0	2
Chipotle Ranch	140	130	14	2	0	<5	230	4	0	2	0
Chipotle Ranch Sauce	140	130	14	2	0	<5	230	4	0	2	0
Cholula Mayo	170	170	19	2.5	0	15	270	0	0	0	0
Fat-Free Raspberry Pecan Vinaigrette	90	0	0	0	0	0	500	20	0	18	0
Fat Free Chipotle Peach Sauce	60	0	0	0	0	0	200	14	0	12	0
Herb Mayo	200	200	22	3	0	20	160	0	0	0	0
Horseradish Dijon	140	120	13	2	0	10	250	6	0	5	0
Mayo, Regular	110	110	12	1.5	0	10	85	0	0	0	0
McAlister's Honey Mustard	130	90	10	1.5	0	<5	160	10	0	9	1
Olive Oil	45	40	5	0	0	0	0	0	0	0	0

	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)
Olive Oil & Balsamic Vinaigrette	140	110	12	2	0	0	520	6	0	6	0
Orange Cranberry Sauce	80	0	0	0	0	0	25	20	1	14	0
Spicy Brown Mustard	15	0	0	0	0	0	150	0	0	0	0
Thousand Island	220	180	20	3	0	10	560	10	0	8	0

Sandwich Condiments (Choose 2 Portion)

A1 Steak Sauce	10	0	0	0	0	0	140	2	0	1	0
Au Jus	0	0	0	0	0	0	420	0	0	0	0
Avocado Ranch Dressing	60	50	6	1	0	<5	150	1	<1	<1	<1
Beef Gravy	20	5	0.5	0	0	0	310	3	0	0	0
Buttermilk Ranch	100	100	11	1.5	0	10	270	1	0	1	1
Caesar Dressing	190	180	20	3	0	15	350	1	0	0	1
Chipotle Ranch	70	60	7	1	0	<5	115	2	0	1	0
Chipotle Ranch Sauce	70	70	7	1	0	<5	115	2	0	1	0
Cholula Mayo	90	80	9	1.5	0	10	135	0	0	0	0
Fat-Free Raspberry Pecan Vinaigrette	45	0	0	0	0	0	250	10	0	9	0
Fat Free Chipotle Peach Sauce	30	0	0	0	0	0	100	7	0	6	0
Herb Mayo	100	100	11	1.5	0	10	80	0	0	0	0
Horseradish Dijon	70	60	7	1	0	<5	125	3	0	3	0
Mayo, Regular	50	50	6	1	0	5	45	0	0	0	0
McAlister's Honey Mustard	70	45	5	1	0	<5	80	5	0	5	<1
Olive Oil	25	20	2.5	0	0	0	0	0	0	0	0
Olive Oil & Balsamic Vinaigrette	70	50	6	1	0	0	260	3	0	3	0
Orange Cranberry Sauce	40	0	0	0	0	0	15	10	<1	7	0
Spicy Brown Mustard	10	0	0	0	0	0	75	0	0	0	0
Thousand Island	110	90	10	1.5	0	<5	280	5	0	4	0

Sandwich Meats

Applewood Smoked Bacon	50	35	4	1.5	0	10	170	0	0	0	3
Black Angus Roast Beef	180	80	9	3	0	70	1,240	2	0	0	24
Black Forest Ham	160	40	4	1	0	60	1,160	4	0	4	22
Corned Beef	190	80	9	4	0.5	70	1,340	2	0	1	24
Grilled Chicken Breast	150	15	2	0	0	75	560	3	0	1	29
Harvest Chicken Salad	390	290	32	4.5	0	45	410	13	2	9	15
Pastrami	180	80	9	3.5	0	70	1,380	2	0	1	24

	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)
Salami	220	180	20	7	0	45	960	0	0	0	11
Smoked Turkey	100	20	2	0	0	50	860	2	0	2	18

Sandwich Meats (Choose 2 Portion)

Applewood Smoked Bacon	25	20	2	1	0	<5	85	0	0	0	2
Black Angus Roast Beef	90	40	4.5	1.5	0	35	620	1	0	0	12
Black Forest Ham	80	20	2	0.5	0	30	580	2	0	2	11
Corned Beef	100	40	4.5	2	0	35	670	1	0	<1	12
Grilled Chicken Breast	70	5	1	0	0	35	280	1	0	<1	15
Harvest Chicken Salad	200	150	16	2.5	0	25	210	7	1	5	8
Pastrami	90	40	4.5	2	0	35	690	1	0	<1	12
Salami	110	90	10	3.5	0	25	480	0	0	0	6
Smoked Turkey	50	10	1	0	0	25	430	1	0	1	9

Sandwich Toppings

Avocado	80	70	7	1	0	0	0	4	3	0	1
Black Olives	25	20	2.5	0	0	0	110	0	0	0	0
Black Pepper	0	0	0	0	0	0	0	<1	0	0	0
Caramelized Onions	15	0	0	0	0	0	95	3	1	2	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Cranberry Compote	120	0	0	0	0	0	20	30	2	24	0
Crispy Onion	40	25	3	0	0	0	15	3	0	0	0
Cucumbers	5	0	0	0	0	0	0	1	0	1	0
Green Bell Peppers	5	0	0	0	0	0	0	1	0	0	0
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Chips	220	110	12	1	0	0	280	25	2	2	2
Jalapenos	0	0	0	0	0	0	95	0	0	0	0
Roasted Corn, Poblano, and Black Bean Relish	50	5	0.5	0	0	0	30	11	3	2	3
Roasted Onions & Mushrooms	35	20	2.5	0	0	0	570	3	1	1	1
Roasted Tri-Color Peppers	5	0	0	0	0	0	70	<1	0	<1	0
Romaine	0	0	0	0	0	0	0	<1	0	0	0
Salad Mix	5	0	0	0	0	0	10	1	0	0	0
Salt	0	0	0	0	0	0	580	0	0	0	0
Sauerkraut	15	0	0	0	0	0	510	3	3	0	0
Sliced Cucumbers	5	0	0	0	0	0	0	1	0	1	0

	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)
Sliced Red Onions	5	0	0	0	0	0	0	1	0	1	0
Sliced Tomatoes	5	0	0	0	0	0	0	2	0	1	0
Spinach	0	0	0	0	0	0	10	<1	0	0	0
Spring Mix	0	0	0	0	0	0	5	0	0	0	0

Sandwich Toppings (Choose 2 Portion)

Avocado	40	35	3.5	0.5	0	0	0	2	2	0	<1
Black Olives	15	10	1.5	0	0	0	55	0	0	0	0
Black Pepper	0	0	0	0	0	0	0	<1	0	0	0
Caramelized Onions	10	0	0	0	0	0	50	2	<1	1	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Crispy Onion	40	25	3	0	0	0	15	3	0	0	0
Cucumbers	0	0	0	0	0	0	0	<1	0	<1	0
Green Bell Peppers	0	0	0	0	0	0	0	<1	0	0	0
Green Onions	0	0	0	0	0	0	0	0	0	0	0
Jalapenos	0	0	0	0	0	0	50	0	0	0	0
Roasted Corn, Poblano, and Black Bean Relish	25	0	0	0	0	0	15	5	1	1	1
Roasted Onions & Mushrooms	20	10	1.5	0	0	0	290	2	<1	<1	<1
Roasted Tri-Color Peppers	0	0	0	0	0	0	35	0	0	0	0
Romaine	0	0	0	0	0	0	0	0	0	0	0
Salad Mix	0	0	0	0	0	0	5	<1	0	0	0
Salt	0	0	0	0	0	0	580	0	0	0	0
Sauerkraut	10	0	0	0	0	0	260	2	2	0	0
Sliced Cucumbers	0	0	0	0	0	0	0	<1	0	<1	0
Sliced Red Onions	0	0	0	0	0	0	0	<1	0	<1	0
Sliced Tomatoes	0	0	0	0	0	0	0	<1	0	<1	0
Spinach	0	0	0	0	0	0	5	0	0	0	0
Spring Mix	0	0	0	0	0	0	0	0	0	0	0

Tea and Lemonade (Gallon)

Lemonade	2,290	0	0	0	0	0	0	594	0	558	0
Sweet Tea	1,370	0	0	0	0	0	135	357	0	357	0
Unsweet Tea	0	0	0	0	0	0	20	0	0	0	0

	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)
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Tea and Lemonade (Half Gallon)

Lemonade	1,140	0	0	0	0	0	0	297	0	279	0
Sweet Tea	690	0	0	0	0	0	70	178	0	178	0
Unsweet Tea	0	0	0	0	0	0	10	0	0	0	0

For the Family (Serves 4)

Nutrition information shown per person. Bundles include 1 side and gallon beverage (see below).

Grilled Chicken Salad	500	220	25	11	0	130	1,250	21	3	7	50
Mac & Cheese Bar	450	220	25	9	0	50	1,240	34	2	9	20
McAlister's Club	820	330	36	9	0	95	1,680	79	<1	16	39
Spud Max Bar	1,070	360	39	21	0	130	1,230	135	14	11	43

For the Family - Grilled Chicken Salad Dressings (2 oz)

Buttermilk Ranch	200	200	22	3	0	20	540	2	0	2	2
Caesar Dressing	380	360	40	6	0	30	700	2	0	0	2
Chili Lime Vinaigrette	160	130	14	2	0	0	440	10	0	8	0
Chipotle Ranch	280	250	28	4	0	10	460	8	0	4	0
Fat-Free Chipotle Peach	120	0	0	0	0	0	400	28	0	24	0
Fat-Free Raspberry Pecan Vinaigrette	90	0	0	0	0	0	500	20	0	18	0
McAlister's Honey Mustard Dressing	260	180	20	3	0	10	320	20	0	18	2
Olive Oil & Balsamic Vinaigrette	140	110	12	2	0	0	520	6	0	6	0
Sherry Shallot Dressing	300	250	28	4	0	0	200	10	0	8	0
Thousand Island	220	180	20	3	0	10	560	10	0	8	0

For the Family - Sides (32 oz)

Fruit	430	0	0	0	0	0	105	107	11	85	11
Mac & Cheese	1,530	770	83	28	0	140	3,690	139	7	35	56
Potato Salad	1,780	1,070	121	18	0	250	3,270	156	7	50	14
Steamed Broccoli	640	400	48	28	0	120	640	48	24	16	24
Tomato and Cucumber Salad	480	270	30	5	0	0	2,650	45	9	33	6

	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)
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For the Family - Beverages (Gallon)

Lemonade	2,290	0	0	0	0	0	0	594	0	558	0
Sweet Tea	1,370	0	0	0	0	0	135	357	0	357	0
Unsweet Tea	0	0	0	0	0	0	20	0	0	0	0

For the Family - Add Ons

4 Chocolate Chip Cookies	1,480	600	68	36	0	160	880	212	8	132	16
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Last Updated: 05/06/2021



Please note that these nutritional values are estimated based on our standard serving portions. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. If you have any questions, please contact through our Talk To Us feedback system that can be found at the top of our webpage or by clicking here: <http://www.mcalistersdeli.com/talk-to-us> [Full Disclaimer]