Bacon Cheddar Melt Nutritional Information

(Final totals will depend on the Chicken Salad choice and options selected)

Nutrient	Amount (Approx.)
Calories	370 (Cheddar Melt on Croissant) + 90 (Bacon) + [Chicken Salad Choice]
Calories from Fat	190 + 60 + [Chicken Salad Choice]
Total Fat (g)	21g + 6g + [Chicken Salad Choice]
Saturated Fat (g)	8g + 2g + [Chicken Salad Choice]
Trans Fat (g)	0g + 0g + [Chicken Salad Choice]
Cholesterol (mg)	55mg + 20mg + [Chicken Salad Choice]
Sodium (mg)	400mg + 200mg + [Chicken Salad Choice]
Total Carbs (g)	33g + 0g + [Chicken Salad Choice]
Dietary Fiber (g)	1g + 0g + [Chicken Salad Choice]
Total Sugars (g)	3g + 0g + [Chicken Salad Choice]
Protein (g)	11g + 8g + [Chicken Salad Choice]

🥗 Choose Your Chicken Salad (Per 4 oz Scoop, Adds to Above Totals)

Chicken Salad Flavor	Calories	Fat (g)	Protein (g)	Sodium (mg)
Barbie-Q	390	30	14	800

Buffalo Barclay	380	34	13	910
Classic Carol	400	35	16	600
Cranberry Kelli	460	37	16	590
Dixie Chick	370	32	15	550
Olivia's Old South	380	31	14	670
Fancy Nancy	410	36	14	510
Fruity Fran	340	27	12	470
Lauryn's Lemon Basil	390	35	15	580
Sassy Scotty	450	40	17	880
Jalapeño Holly	370	32	15	700
Jazzy Julie	440	38	19	720
Kickin' Kay Lynne	370	33	14	780
Pimento Cheese	480	43	20	730
Spicy Pimento Cheese	440	40	19	810
Egg Salad	250	18	12	410
Maui Mama	280	22	15	640

🥖 Bread Options *(If choosing different bread, adjust accordingly)*

Bread Choice	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)
Croissant	**280**	**14**	**5**	**270**	**33**
Wheatberry Bread	280	3	10	460	52
White Bread	280	3	8	500	52

🥓 Add-ons / Modifiers (Already included above if you chose Bacon & Cheddar)

Modifier	Calories	Fat (g)	Protein (g)	Sodium (mg)
Bacon	90	6	8	200
Cheddar	70	6	4	110
Lettuce	10	0	1	0
Tomato	5	0	0	0

🍽️ Plus One Of: *(Adds to total based on choice)*

Side Item / Soup (Per Serving)	Calories
Scoop of Chicken Salad	See table above
Side (e.g., Broccoli Salad)	80–350
Cup of Soup	110–230
Bowl of Soup (extra charge)	170–410