

**Nutritional Analysis
Chicken Out Rotisserie
April 2010**

Recipe	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Proteins
				gm	gm	gm	mg	mg	gm	gm	gm	gm
SALADS												
Asian Chicken Salad ♥ (no dressing, no wontons)	one salad	325	85	9	2	0	96	441	21	7	12	41
Caesar Salad ♥ (no croutons, dressing, roll)	one salad	90	39	4	2	0	10	109	8	5	3	7
Caesar Salad with Grilled Chicken (no dressing or croutons)	one salad	310	91	10	4	0	111	556	10	5	5	45
Garden Salad ♥(no dressing, croutons, roll)	one salad	73	8	1	4	0	15	299	76	8	12	13
Grilled Chicken Garden Salad ♥ (no dressing or croutons)	one salad	269	45	5	1	0	96	474	17	6	8	40
Milan Chicken Cutlet Salad ♥(no dressing)	one salad	348	62	7	2	0	132	568	17	4	3	53
Santa Fe Chicken Salad(no dressing or tortilla strips)	one salad	399	131	15	7	0	126	606	22	8	8	47
Chopped Veggie Salad and Chicken (no dressing or croutons)	one salad	300	45	5	1.5	0	95	530	25	9	12	42
Green Leaf Fruit and Granola Salad	one salad	380	100	11	1	0	0	200	67	11	38	10
Freshly Roasted Turkey Breast	one salad	320	90	10	2.5	0	100	260	13	7	5	45
Spinach Salad w/Milan Cutlet	one salad	550	200	22	7	0	110	910	46	8	26	47
Chicken Cobb Salad	one salad	720	260	29	12	0	385	1760	48	7	8	62
Apricot Chicken Salad	6 oz	610	320	36	6	0	135	930	23	3	17	49
Signature Chicken Salad	6 oz	790	520	58	10	0	145	1440	22	2	15	44
Salad Dressings												
Creamy Cole Slaw	1 fl oz	125	99	11	2	0	0	252	6	0	5	0
Fat Free Roasted Garlic Balsamic Vinaigrette	1 fl oz	15	0	0	0	0	0	320	3	0	3	0
Low Fat Cilantro Lime Vinaigrette	1 fl oz	45	15	2	0	0	0	125	6	0	5	0
Blue Cheese Classique	1 fl oz	125	99	11	2	0	0	252	6	0	5	0
Buttermilk Ranch	1 fl oz	110	100	11	2	0	10	280	1	0	0	0
Creamy Caesar	1 fl oz	181	180	20	3	0	9	237	0	0	0	1
Fat Free Honey Mustard ♥	1 fl oz	50	0	0	0	0	0	150	11	0	9	0
Honey Balsamic Vinaigrette	1 fl oz	161	149	16	2	0	2	58	4	0	3	0
Katie's Sauce	3 tbl	80	0	0	0	0	0	450	21	0	20	1
Cucumber and Dill Sauce	2 fl oz	110	80	9	5	0	25	115	2	0	0	1
Dijon Mustard Vinaigrette	1 fl oz	110	90	10	1.5	0	0	220	6	0	5	0
Herb Vinaigrette	1 fl oz	190	190	21	2	0	0	75	2	0	2	0
Sesame Ginger	1 fl oz	120	70	8	1	0	0	220	10	0	8	0
Southwest	1 fl oz	146	144	16	2	0	7	222	2	1	0	0
WRAPS												
1/2 Apricot Chicken Salad Wrap ♥	1/2 wrap	412	168	19	4	0	51	835	37	3	9	24
1/2 Asian Chicken Salad Wrap ♥	1/2 wrap	341	107	12	3	0	46	684	35	2	6	22
1/2 BBQ Chicken w/ Cole Slaw Wrap	1/2 wrap	395	85	9	3	0	73	1517	43	2	14	32
1/2 Garden Veggie & Cheese Wrap	1/2 wrap	352	165	18	10	0	36	842	32	3	4	16
1/2 Cobb Salad Wrap	1/2 wrap	430	165	20.5	4.5	0	125	950	32	3	4.5	26.5
1/2 Chopped Veggie Wrap	1/2 wrap	315	60	6.5	1.25	0	47.5	630	39.5	4	12.5	23
1/2 Spinach and Milan Cutlet Wrap	1/2 wrap	315	60	6.5	1.25	0	45	770	42.5	4	13.5	21.5
1/2 Grilled Chicken Caesar Wrap ♥	1/2 wrap	386	165	18	4	0	54	711	31	2	2	24
1/2 Grilled Chicken Wrap ♥	1/2 wrap	359	136	15	3	0	50	693	32	2	3	22
1/2 Santa Fe Salad Wrap ♥	1/2 wrap	371	141	16	3	0	50	961	34	3	4	24
Freshly Roasted Turkey Wrap w/cucumber sauce	1/2 wrap	325	120	13.5	5	0	65	445	26.5	3	2.5	24

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ENTREES												
1/4 Dark Chicken (no skin) ♥	one thigh & one drumstick	223	87	10	3	0	107	247	1	0	1	31
1/4 Dark Chicken w/skin	one thigh & one drumstick	337	166	18	5	0	125	903	5	0	4	36
1/4 White Chicken (no skin) ♥	one breast half & one wing	228	52	6	2	0	111	244	1	0	1	40
1/4 White Chicken w/skin	one breast half & one wing	371	155	17	5	0	133	902	5	0	4	46
BBQ Pulled Chicken	6 oz	360	60	7	2	0	125	1860	27	0	22	44
Freshly Roasted Turkey Breast	6 oz	300	90	9	0	0	150	210	0	0	0	54
Turkey Meatloaf	6 oz	390	230	26	7	0	160	1050	14	1	6	28
Grilled Chicken Filet (skinless) ♥	6 oz	290	50	6	1.5	0	145	660	3	0	3	53
Milan Chicken Cutlet ♥	6 oz	560	310	34	3.5	0	130	530	10	1	1	50
Pulled Rotisserie Chicken Breast ♥	6 oz	290	50	6	1.5	0	145	610	3	0	2	53
SOUP & CHILI												
Baked Potato Corn Chowder	13 fl oz	545	260	29	18	0	80	1330	64	5	9	12
Turkey Bean Chili ♥	13 fl oz	600	120	13	2.5	0	45	2480	91	22	24	34
Chicken Noodle Soup ♥	13 fl oz	211	50	6	2	0	80	396	9	1	3	30
Vegetable Primavera Soup ♥	13 fl oz	330	60	7	1	0	45	1580	45	10	20	26
SANDWICHES												
Half Sandwich: Apricot Chicken Salad ♥	half	333	125	14	2.5	0	53	438	29	3	12	25
Half Sandwich: BBQ and Cole Claw	half	340	60	6.5	1.5	0	75	1115	40.5	1.5	16	30
Half Sandwich: Signature Chicken Salad ♥	half	305	200	22	3.5	0	55	545	9.5	1	6.5	17
Half Sandwich: Turkey, Havarti & Granny Smith Apple Slices	half	400	185	21	5	0	60	385	32	4	13	24
Healthier Turkey Sandwich	half	270	60	6.5	2	0	55	605	22.5	2.5	5.5	30
Half Sandwich Naked Turkey Meatloaf	half	295	115	13	3.5	0	160	605	26.5	4	15	39
Half Sandwich Fully Dressed Turkey Meatloaf	half	435	160	17.5	6.5	0	92.5	1175	46.5	1	17	23
Half Sandwich Spa Signature Chicken Salad	half	300	150	22	3.5	0	55	650	7.5	1	4.5	17.5
Half Sandwich Spa Turkey	half	115	30	3.5	0.5	0	47.5	250	2.5	1	1	17.5
Half Sandwich Classic Grilled Chicken	half	405	300	33	9	0	175	1370	55	1	4	67
Half Sandwich Grilled Chicken and Cheese	half	355	115	13	7	0	102.5	575	22	2	6	36.5
Hot Openfaced Pulled Chicken on Biscuit	Whole	1180	420	47	32	0	225	3470	113	7	10	72
Hot Openfaced Turkey Meatloaf on Filone Bread	Whole	940	380	42	17	0	210	2860	103	6	23	39
Hot Openfaced Roasted Turkey on Biscuit	Whole	1180	480	53	33	0	210	2940	116	7	8	62
PANINI												
Chicken Cheesesteak	1 whole panini	900	430	48	12	0	135	1450	59	1	5	52
Chicken Reuben	1 whole panini	1050	510	57	14	0	200	1840	61	3	7	69
Grilled Chicken and Brie Cheese	1 whole panini	1130	580	64	21	0	235	2200	60	1	5	75
Milan Cutlet	1 whole panini	1160	590	66	11	0	160	1550	63	2	2	73
Turkey Club	1 whole panini	840	280	31	7	0	165	1450	57	1	4	76

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SIDES												
Apple Cornbread Stuffing	7 fl oz	453	185	21	10	0	38	1612	58	2	7	9
Baked Idaho Potato (no skin) ♥	one	218	2	0	0	0	0	12	50	4	4	5
Baked Idaho Potato Wedges	8 oz	220	50	6	0	0	0	370	39	4	2	5
Baked Sweet Potato Wedges	8 oz	220	50	6	0	0	0	260	39	6	12	4
Brown Rice and Red Beans ♥	7 fl oz	260	45	5	0.5	0	0	680	43	7	4	10
Brown Rice and Vegetable Salad	7 fl oz	330	170	19	2	0	0	390	36	3	4	4
Caesar Pasta Salad	7 fl oz	350	200	22	4	0	15	320	30	6	4	9
Chicken Gravy	2 fl oz	45	25	3	2	0	10	105	3	0	0	1
Chunky Cinnamon Applesauce ♥	7 fl oz	241	36	4	2	0	9	36	52	5	13	1
Cucumber and Onion Salad	8 fl oz	45	0	0	0	0	0	95	11	1	8	1
Cranberry Relish ♥	7 fl oz	285	18	2	0	0	45	64	69	3	66	1
Creamed Spinach	7 fl oz	320	230	25	14	0	75	1190	16	3	7	9
Edamame Beans in Sweet Pepper Sauce	7 fl oz	200	70	8	1	0	0	75	18	8	6	17
Farm Fresh Cole Slaw ♥	7 fl oz	226	150	17	3	0	9	417	18	3	13	2
Green Beans, Red Peppers and Caramelized Onions ♥	7 fl oz	130	80	9	1	0	0	310	12	4	4	2
Hand Cut Fresh Fruit Salad ♥	7 fl oz	110	0	0	0	0	0	10	29	3	25	1
Jumbo Baked Sweet Potato ♥	1 pound	319	5	1	0	0	0	127	73	12	30	7
Macaroni and Cheese ♥	7 fl oz	290	60	7	2.5	0	10	640	46	6	6	10
Mashed Sweet Potatoes ♥	7 fl oz	423	6	1	0	0	0	120	102	4	54	4
Mushrooms and Caramelized Onions	7 fl oz	210	130	14	2.5	0	5	290	19	3	10	3
Peas, Corn & Carrots ♥	7 fl oz	176	25	3	1	0	6	528	34	8	7	8
Potato Salad with Eggs <i>Seasonal</i>	7 fl oz	395	245	27	6	0	175	640	29	3	3	8
Red Skin Mashed Potatoes	7 fl oz	334	146	16	10	0	42	1317	44	4	3	5
Steamed Vegetable Medley ♥	7 fl oz	30	0	0	0	0	0	25	6	2	2	2
Zucchini and Yellow Squash ♥	7 fl oz	45	25	3	2	0	10	125	5	2	3	2
Healthier Chips (Cape Cod 40% reduced fat)♥	1 package (1.5 oz)	200	80	9	0.5	0	0	160	27	2	1	3

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WINGS												
Cabos 7 Spice Wings	1 Wing	81	47	5	1	0	21	546	1	0	1	7
TURKEY BURGER												
JUST the TURKEY BURGER	7 oz	360	240	27	7	0	100	650	6	0	5	27
Turkey Bacon Cheeseburger	1 whole	780	350	39	13	0	130	2000	65	5	16	42
Turkey Cheeseburger	1 whole	720	330	37	13	0	125	1350	58	5	11	39
Turkey Burger-Healthier on 9 grain	1 whole	580	250	28	8	0	100	840	47	4	15	39
Turkey Hickory Cheese	1 whole	830	360	40	15	0	140	1680	70	3	22	43
Turkey Philly Burger	1 whole	860	490	54	14	0	125	1020	52	3	6	39
Turkey Spa Burger	1 whole	400	260	29	8	0	100	690	12	2	8	28
DESSERTS												
Carrot Cake (6 layers)	1 Slice	1217	770	86	31	0	202	1155	105	3	74	10
Chocolate Cake [6 layers]	1 Slice	910	464	52	25	0	114	648	104	7	67	134
Fudge Brownie	1 Piece	480	240	27	14	0	98	120	57	3	39	6
Almond Bar		520	227	26	11	0	73	160	68	1	45	5
Peanut Butter	1 ea	190	90	10	4	0	5	250	23	1	14	3
Lemon Cooler	1 ea	190	80	9	6	0	25	150	28	0	15	2
Chocolate Chunk	1 ea	180	70	8	5	0	20	135	27	1	17	2
White Chocolate Macadamia Nut	1 ea	200	90	11	5	0	20	135	25	1	17	2
Harvest Oatmeal and Cranberries	1 ea	180	70	8	2	0	15	115	24	2	13	3
FROZEN BANANAS												
Just frozen Bananas/no toppings	2.5 bananas	275	0	0	0	0	0	0	73	10	53	2.5
Bananas topped with Strawberries	2.5 bananas	281	1.5	0	0	0	0	0.25	74.5	10.5	54	2.5
Bananas topped with Blueberries	2.5 bananas	292	1.5	0	0	0	0	0.25	76	10.5	55	2.5
EXTRAS												
Croutons	4 fl. oz	229	94	10	4	0	15	192	30	1	3	4
Brown Rice Bowls												
Sesame Ginger	1 Bowl	710	250	28	5	0	90	1200	70	5	15	42
Sesame Ginger-No Dressing	1 Bowl	520	110	12	2	0	90	820	61	5	8	41
Vegetables and Cabbage Mix-No Dressing	1 Bowl	310	50	6	0.5	0	0	910	56	5	13	7
Vegetables and Cabbage Mix	1 Bowl	280	50	6	0.5	0	0	430	51	5	8	7
BBQ and Coleslaw	1 Bowl	950	320	35	11	0	135	3010	105	6	47	51
Tex Mex	1 Bowl	820	230	26	11	0	85	2220	102	17	23	44
Pot Pies												
Small	1 small Pot Pie	1450	680	76	61	0	145	3100	152	13	13	40
Large	1 Lg Pot Pie	2060	940	105	82	0	240	4590	214	19	19	66

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