



	Unit	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>SALAD PLATES</b>											
Chicken Salad Plate	plate	438	37	5.6	0	208	2310	8	1	4	35
Skinny Chicken Salad Plate	plate	402	26.8	4	0	225	2046	29	2.9	22	27
Tuna Salad Plate	plate	529	44	7.2	0	196	2052	11	0.9	5	24
<b>FRESH SALADS</b>											
Athenian Chicken Chopped Salad	Salad	221	9.3	3.3	0	62	1724	15	5.9	9	21
Brazilian Chicken Salad	Salad	472	28.4	9.4	0	60	787	31	7.7	16	29
Chef Salad	Salad	392	26.2	9.9	0	193	1804	10	2.5	5	32
Grill Chicken Salad	Salad	283	14.7	6	0	193	1359	10	2.6	5	31
Side Salad	Salad	81	5.7	3.7	0	16	294	4	0.9	2	5
Turkey Cobb Chopped Salad	Salad	506	35.7	14	0	191	1531	21	8.1	9	34
<b>GRILLED SANDWICHES &amp; WRAPS</b>											
5 Point Grilled Turkey	sandwich	221	4.9	0.2	0	52	1087	21	4.6	3	27
Dollys Best	sandwich	659	30.6	5.2	0	60	2091	59	2.9	12	32
French Dip	sandwich	427	14.7	7.2	0	56	1739	36	1	4	36
Grill Cheese	sandwich	755	49.5	23.2	0	88	2266	50	2.1	174	22
Kick'n White Cheddar & Ham	sandwich	677	45.8	12.5	0	78	1564	46	6	9	28
NY Pastrami & Swiss	sandwich	604	27.3	9.1	0	76	2576	58	2.1	9	34
NY Pastrami & Swiss, Double	sandwich	752	33.6	11.3	0	118	4119	65	2.1	13	49
NY Pastrami & Swiss, Triple	sandwich	900	40	13.4	0	160	5663	71	2.1	17	63
Philly Supreme	sandwich	579	30.9	10.5	0	73	2173	39	1.9	72	34
Reuben Grill	sandwich	714	34	10.1	0	75	2869	70	4	16	34
Reuben Grill, Double	sandwich	860	40.2	12.1	0	117	4406	77	4	20	48
Ricky Ricardo Panini	sandwich	563	32.7	8.3	0	68	3054	40	2.6	5	29
Shrimp Poboy	sandwich	666	45.1	12.4	0	125	763	49	2	4	16
Sourdough Steak Melt	sandwich	897	53.9	16.6	0	112	1686	59	3	2	42
Steak Teriyaki Melt	sandwich	998	63	18.2	0	115	2079	63	3.5	5	43
Texas Cheese Steak	sandwich	926	59.5	20.8	0	122	2114	56	3	76	39
Turkey Melt	sandwich	731	37.1	12.3	0	110	1969	57	1.8	17	44
Turkey Reuben	sandwich	525	18.2	6.4	0	85	1919	54	4	4	42
Windy City	sandwich	631	38.3	11.4	0	120	2115	39	2.4	6	35
<b>DELI SANDWICHES &amp; WRAPS</b>											
Chicken Salad Apple Wrap	sandwich	681	36.7	7	0	115	1963	62	3.2	6	44
Chicken Salad Sandwich	sandwich	629	34.4	6.4	0	107	1691	58	3.3	10	40
Chicken Salad Supreme	sandwich	824	57.5	13.6	0	141	1864	49	2.2	7	49
Club Platter	sandwich	862	43.6	14.6	0	110	2525	79	3.9	45	41
Club Ranch Wrap	sandwich	844	49.1	15.5	0	110	2335	57	2.9	3	46
Egg Salad Sandwich	sandwich	562	28.2	7.3	0	393	3176	55	3	9	22
Loaded BLT	sandwich	1212	96.2	32.6	0	144	1846	55	2.9	9	36



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Maple Turkey Croissant	sandwich	574	22.5	10	0	99	1557	58	1.7	20	30
Pimento Cheese Sandwich (on White)	sandwich	787	51.4	19.9	0	108	1227	56	2.4	6	30
Skinny Chicken Salad Sandwich	sandwich	269	15.3	1.8	0	84	967	26	5	5	20
Three Seed Tuna	sandwich	664	40	5.7	0	95	1166	54	6.7	12	31
Tuna Salad Sandwich	sandwich	716	41.3	7.9	0	95	1432	60	2.9	10	29

### CHICKEN SANDWICHES, PLATES & WRAPS

Bacon Chicken Cheddar	sandwich	744	45.3	15.6	0	130	1668	44	1.7	5	43
Black Jack Chicken	sandwich	603	29	9.5	0	107	1838	45	2.8	5	39
Buffalo City Wrap	sandwich	1073	65.2	11.7	0	70	3403	89	6.6	3	34
Chicken Cheese Steak	sandwich	468	19.1	9	0	132	1773	36	2	71	38
Chicken Fiesta Wrap	sandwich	577	19.1	9	0	117	1984	61	4	6	37
Chicken Finger Plate (no sauce)	platter	1147	81.9	13.3	0	80	2472	69	5.3	2	35
Teriyaki Grilled Chicken	sandwich	503	17.1	2.5	0	67	1366	61	3.3	17	29

### GRILLED HAMBURGERS

All American Burger	sandwich	614	35.2	11.8	1.2	136	613	28	2	5	45
Bacon Cheeseburger	sandwich	877	59.6	23.6	1.2	193	1434	29	2	73	54
Cheeseburger	sandwich	737	45.8	18.8	1.2	172	1232	28	2	72	50
Patty Melt	sandwich	860	48	18.3	1.2	175	1468	53	2.5	72	55
Portabella Swiss Burger	sandwich	742	44.6	17.7	1.2	166	880	31	2.4	6	53
Turkey Burger	sandwich	485	20.8	8.5	0	113	895	43	6	8	39
Veggie Burger	sandwich	395	9.8	8	0	18	835	63	9	9	17
Double Hamburger	sandwich	1022	62.1	22	2.3	269	921	28	2	5	84
Double Bacon Cheeseburger	sandwich	1557	111.4	45.9	2.3	386	2564	29	2	140	103
Double Cheeseburger	sandwich	1269	83.3	36.1	2.3	340	2159	28	2	140	94
Double Patty Melt	sandwich	1406	87	35.9	2.3	344	2406	53	2.5	140	100
Double Portabella Swiss Burger	sandwich	1279	80.9	33.8	2.3	330	1455	33	2.8	7	101

### SIDES

Cole Slaw, Side 6oz	side	73	7.9	1	0	0	339	1	0	0	0
Onion Rings (Side)	side	1238	116.8	17.2	0	0	382	37	3.3	5	5
Pasta Salad, 6oz	each	190	6.2	0.7	0	1	477	28	1.4	3	5
French Fry	side	311	19	4	0	0	454	32	3.3	0	3
Fruit Cup, Side (6oz)	side	79	0.3	0.1	0	0	21	20	1.9	17	1
Mac & Chz, Side (4.5oz)	side	214	8.4	3.4	0	11	726	25	1.1	1	9
Pickle Chips, 6oz	each	0	0	0	0	0	964	3	0	0	0
PickleSpear, Side	order	0	0	0	0	0	1360	4	0	0	0
Potatoe Salad, 6oz	each	355	27.9	4.4	0	38	481	25	2.5	1	4
Stuffed Egg	each	77	6.4	1.4	0	107	907	1	0.1	1	4

### SOUPS



	Unit	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soup, Baja Chicken Enchillada	bowl	336	21	8.4	0	63	1890	27	5.6	8	14
Soup, Broccoli & Cheese	cup	168	10.5	4.2	0	32	945	13	2.8	4	7
Soup, Broccoli & Cheese	bowl	296	17.8	8.9	0	59	1540	24	1.5	15	10
Soup, Chicken & Dumpling	cup	178	6.5	1.8	0	68	790	17	0.7	1	14
Soup, Chicken & Dumpling	bowl	356	13.1	3.6	0	135	1579	33	1.5	1	27
Soup, Chicken & Rice	cup	79	0.7	0.1	0	9	94	14	0.1	0	6
Soup, Chicken Gumbo	cup	70	1.4	0.4	0	11	833	10	0.7	2	5
Soup, Chicken Gumbo	bowl	140	2.8	0.7	0	21	1666	20	1.4	4	10
Soup, Chili	cup	353	10.3	3.4	0.4	44	615	40	10	5	24
Soup, Chili	bowl	706	20.7	6.8	0.8	89	1230	80	19.9	11	48
Soup, Clam Chowder	cup	163	8.1	3.3	0	26	733	15	0.7	4	7
Soup, Clam Chowder	bowl	326	16.3	6.7	0	52	1466	30	1.5	9	13
Soup, Loaded Baked Potato	cup	193	11.2	5.2	0	33	543	16	0.7	3	4
Soup, Spring Asparagus	cup	168	12	6.4	0	36	864	11	1.6	2	5
Soup, Spring Asparagus	bowl	336	24.1	12.8	0	72	1728	22	3.2	5	10
Soup, Tomato Basil	cup	66	3	2	0	13	416	9	2	3	1
Soup, Tomato Basil	bowl	131	5.9	3.9	0	26	832	18	3.9	7	3
Soup, Vegetable Beef	cup	70	0.9	0.2	0	4	768	10	2.1	6	5
Soup, Vegetable Beef	bowl	140	1.8	0.4	0	7	1536	19	4.1	12	9

### CAKES & PIES

Pie, Banana Pudding	each	500	18	10.3	0.1	104	202	81	3.7	50	9
Pie, Cheesecake Parfait	slice	552	34.7	20.7	0	90	426	52	3.9	28	7
Pie, Cheesecake	slice	655	47.3	25.8	0.1	200	469	49	0.2	44	12
Pie, Chocolate Cheesecake	slice	758	56.9	32.4	0	234	488	56	2.1	49	13
Pie, Chocolate Chip	slice	337	17.7	10.2	0	72	29	43	1.6	31	5
Pie, Key Lime	slice	504	19.1	7.9	0.2	89	237	74	0.9	63	11
Pie, Oreo	slice	425	21.4	11.4	0.1	107	325	50	2.1	32	6
Pie, Red Velvet	slice	598	34.3	12.2	0.2	86	561	70	1.2	57	6
Pie, Snickers	slice	705	38.3	16.3	0.5	129	245	83	3.2	31	13

### DRESSINGS

Dressing, Balsamic Vinaigrette	2.5oz	150	12.5	1.3	0	0	475	10	0	8	0
Dressing, Blue Cheese	2.5oz	400	42.5	8.8	0	38	775	3	0	3	3
Dressing, Ceasar	2.5oz	375	40.1	6.3	0	0	750	5	0	6	3
Dressing, Fat Free Italian	2.5oz	25	0	0	0	0	1225	8	0	5	0
Dressing, Greek	2.5oz	218	23.3	1.7	0	0	753	4	0.1	4	1
Dressing, Tropical	2.5oz	340	34.5	4.7	0	31	496	9	0	5	0
Dressing, 1000 Island	2.5oz	452	48.1	6.6	0	44	296	8	0	4	0
Dressing, Fat Free Ranch	2.5oz	213	21.4	4	0	13	640	5	0	3	3
Dressing, Fat Free Raseberry Vinaigrette	2.5oz	200	17.5	2.5	0	0	313	8	0	5	0
Dressing, French	2.5oz	369	29	4	0	0	554	26	0	18	0



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Dressing, Honey Dijon	2.5oz	225	11.3	1.3	0	12	700	30	0	30	0
Dressing, Italian	2.5oz	175	17.5	2.5	0	0	775	5	0	5	0
Dressing, Jalapeno Ranch	2.5oz	300	30	5	0	25	700	3	0	3	3
Dressing, Sweet Vidalia Onion	2.5oz	300	22.5	3.8	0	0	288	23	0	23	0
Dressing, Ranch	2.5oz	365	38.9	6.1	0	24	680	5	0	2	0
Dressing, Sri-Rancha	2.5oz	244	22.6	3.8	0	19	752	6	0	6	6

Nutritional information provided about our menu items is based on Chappy's Deli standardized recipes, representative values provided by suppliers, analysis using industry standard software, and published resources. Several factors may affect the actual nutritional values, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply, and regional and seasonal differences. Due to these factors, Chappy's Deli cannot guarantee the complete accuracy of the nutritional information provided on this Site, on [chappysdeli.com](http://chappysdeli.com) or in our delis.