

HEALTH CONSCIOUS MENU

This menu will help you make healthier choices so you can reach your weight loss goals! Refuel with a meal consisting of about 400 calories and you can feel good about dining out. Chick's uses fresh, high quality ingredients, and hormone free, farm raised chicken.

SALADS:

Chinese Chicken Salad	260 cal.	4.4g. fat	31.0g. carb.
Chicken Mex-Salad	255 cal.	8.8g. fat	33.2g. carb.
Caesar Chicken Salad	270 cal.	7.5g. fat	11.0g. carb.
Caribbean Chicken Salad	230 cal.	3.2g. fat	29.0g. carb.
(6 to 8oz of white meat in each salad) \$12.99			

ROTISSERIE SKINLESS BREAST:

Chick's traditional flavor	137 cal.	2.1g. fat	7.0g. carb.
Breast W/ plum tomato sauce	141 cal.	2.1g. fat	18.0g. carb.
Breast W/ red spicy sauce	141 cal.	2.1g. fat	10.0g. carb.
(SERVED WITH 2 SIDE DISHES) \$9.99			

MEXICAN SPECIALTIES:

Soft - Tacos	220 cal.	3.6g. fat	17.6 g. carb.
Chicken Enchiladas	205 cal.	3.1g. fat	16.7 g. carb.
Tortilla Soup	60 cal.	1.0g. fat	15g. carb.
(SERVED WITH 2 SIDE DISHES) \$9.99			

All these meals are prepared with Chick's quality standards and our traditional home made great taste while still providing you with a low calorie, low fat and low carbohydrate menu. ALL NUTRITIONAL MEASURES ARE APPROXIMATE AND BASED ON MANUFACTURER'S LABELS AND REFERENCE BOOKS AVAILABLE. Love Chicks Inc. © 2010

CHICKS
RESTAURANT
FAMILY OWNED SINCE 1982
818.222.4488
chickschicken.com

THE FOLD:

A perfect marriage between a wrap & a burrito! We start with a wheat tortilla, then add our delicious rotisserie chicken, lettuce, tomato, & top it off with a dash of our Chipotle Mayo. One bite & you'll be hooked! (served a la carte) **\$6.99**
378 cal. 10.1g. fat 8.2g. carb.

SIDE DISHES:

Caesar salad	37 cal.	0.5g. fat	2.5g. carb.
Stuffed Chayote	21 cal.	0.2g. fat	5.0g. carb.
Corn Cobbette	30 cal.	0.0g. fat	7.0g. carb.
Cucumber Salad	15 cal.	0.0g. fat	1.4g. carb.
Steamed Broccoli	37 cal.	0.4g. fat	3.0g. carb.
Mexican Rice	100 cal.	1.0g. fat	22.0g. carb.
Peppers & Onions	10 cal.	0.5g. fat	2.0g. carb.
Sweet Yams 1/2 Cup	80 cal.	1.0g. fat	19g. carb.
Black Beans 1/2 Cup	120 cal.	1.0g. fat	23g. carb.
Guacomole 1oz.	50 cal.	5g. fat	2g. carb.

menu created by: Jennifer Stoynev, RD email:jennifer@RD4Nutrition.com. Jennifer Stoynev is a Registered Dietitian with the American Dietetic Association, who specializes in Health Promotion and provides inpatient and outpatient services with an emphasis in weight management, gastroenterology, heart disease, and diabetes.