

Food Item	Serving Size	Calories	Fat (g)	Carbs (g)	Points
Potato Salad	4 oz	206	18	10	4
Pasta Salad	4oz	220	12	35	4
Coleslaw	4 oz	107	11	3	4
Chicken Avocado	1 Sandwich	298	11	22.8	9
Turkey Avocado	1 Sandwich	413.5	19.4	28.5	8
Veggie Avocado	1 Sandwich	321.3	18.2	28.8	
Bacon Avocado	1 Sandwich	487	40.2	27.5	
Chicken Salad (by itself)	5 oz	219.2	11.9	0.5	6
Tuna Salad (by itself)	5 oz	537.6	38.3	2.7	6
Turkey (by itself)	4 oz	100	2	2	0
Ham	4 oz	133	5	3	4
Chicken & Fruit Plate	1 Salad	692.9	37.2	86	6
Tidbits Special	1 Salad	600.3	26.9	52.3	14
Taco Salad	1 Salad	600	34.3	24.5	14
Triple Pita	1 Sandwich	663.8	41.2	20.7	8
Po'Boy	1 Sandwich	518.6	33	7.5	12
Tuna Melt	1 Sandwich	640	39	42	12
Tidbits' Reuben	1 Sandwich	400	8	3.5	10
The Blue	1 Sandwich	673.8	32.1	50.9	12
Chili	8 oz	200	6	19	5
Gumbo	8 oz	200	14	11	7
Chocolate Chip Cookies	2 cookies	380	18	52	
Oatmeal Raisin cookies	2 Cookies	360	16	52	
Peanut Butter Cookies	2 Cookies	420	24	44	
House Ranch	2 oz	61.2	5	2.5	
Vinnaigrette	2 oz	111.8	13.6	2	
Creamy Italian	2 oz	240	26	3	
Honey Mustard	2 oz	260	22	14	
Russian	2 oz	280	26	8	
Blue Cheese	2 oz	300	32	2	
Lite Italian	2 oz	100	10	4	
Lite Ranch	2 oz	180	14	10	
Caesar	2 oz	340	36	2	