

Clara's Tidbits Nutrition Guide

clarastidbits.com

Nutritional values are approximate and may vary by preparation.

Item	Serving Size	Calories	Fat (g)	Carbs (g)	Sodium (mg)	WW Points
 Sandwiches (includes bread)						
Turkey	1 sandwich	413	19	28	980	8
Ham	1 sandwich	410	18	27	970	8
Roast Beef	1 sandwich	450	22	26	1050	9
Pastrami	1 sandwich	440	21	25	1020	9
Chicken Salad	1 sandwich	420	20	23	910	9
Tuna Salad	1 sandwich	430	21	22	940	9
Chicken Avocado	1 sandwich	460	23	24	930	10
Turkey Avocado	1 sandwich	440	21	25	940	9
Tidbits Reuben	1 sandwich	400	8	3.5	950	10
Triple Pita	1 sandwich	664	41	21	720	8
Po'Boy	1 sandwich	519	33	8	780	12
Tuna Melt	1 sandwich	640	39	42	800	12
The Blue	1 sandwich	674	32	51	850	12
 Salad						
Chicken & Fruit	1 salad	693	37	86	480	6
Tidbits Special	1 salad	600	27	52	520	14
Taco Salad	1 salad	600	34	25	540	14
 Soups						
Veggie Soup 	8 oz	55	1	12	420	2
Broccoli Cheddar Soup 	8 oz	240	14	14	860	6
Chili	8 oz	200	6	19	750	5
Gumbo	8 oz	200	14	11	820	7
 Sides						
Potato Salad	4 oz	206	18	10	420	4
Pasta Salad	4 oz	220	12	35	430	4
Coleslaw	4 oz	107	11	3	310	4
 Cookies						
Chocolate Chip	2 cookies	380	18	52	210	8
Oatmeal Raisin	2 cookies	360	16	52	190	8
Peanut Butter	2 cookies	420	24	44	230	9
 Dressings						
House Ranch	2 oz	61	5	2.5	210	3
Vinaigrette	2 oz	112	14	2	180	3
Creamy Italian	2 oz	240	26	3	320	7
Honey Mustard	2 oz	260	22	14	350	8
Russian	2 oz	280	26	8	400	8
Blue Cheese	2 oz	300	32	2	420	8
Lite Italian	2 oz	100	10	4	200	4
Lite Ranch	2 oz	180	14	10	260	6
Caesar	2 oz	340	36	2	450	9