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Chapman Sisters Calorie Counter

444 NORTH MICHIGAN AVENUE • CHICAGO, IL • (312) 329-9690

SANDWICHES SANDWICHES SANDWICHES

*Choose thin-sliced wheat,
rye or pita bread*

310 calories
EGG SALAD
\$2.70

270 calories
**SWISS OR
CHEDDAR CHEESE**
\$2.75

305 calories
TUNA SALAD
\$3.50

270 calories
TURKEY BREAST
\$3.95

295 calories
TUNA-CHEESE MELT
*Tuna salad, sprouts, tomatoes, fresh
mushrooms, and melted cheddar served
open-faced on pita bread.*
\$4.25

420 calories
HEALTH CLUB
*Turkey breast, swiss cheese, boiled egg,
bacon bits, sprouts, lettuce and tomato on
three slices of thin-sliced rye.*
\$4.45

SALAD SALAD SALAD SALAD SALAD

20 calories
SMALL GREEN SALAD
\$1.60

255 calories
LOTS OF LETTUCE
*Mixed greens, tomatoes, carrots, turkey
breast, swiss cheese and seasoned croutons.*
\$4.60

140 calories
CALIFORNIA SALAD
*Assorted fresh raw vegetables served with
nuts, raisins and sunflower seeds.*
\$4.60

150 calories
SALAD NICOISE
*Mixed greens, tuna chunks, green peppers,
olives, tomatoes and boiled egg.*
\$4.70

395 calories
TOSTADA SALAD
*Cheddar cheese, beans, olives, lettuce,
tomatoes and spices — garnished with
tortilla chips, sour cream and avocado
dressing.*
\$4.70

Continental breakfast served from 8:00 A.M. to 11:00 A.M.

SPECIALS SPECIALS SPECIALS SPECIALS

SOUP OF THE DAY
\$1.60

250 calories
VEGETARIAN CHILI
\$2.00

With cheese
\$2.40

420 calories
SPINACH & MUSHROOM
QUICHE (winter only)
Served with a small green salad.
\$4.95

Seasonal sandwich and salad specials are available on a daily basis.

DESSERTS DESSERTS DESSERTS DESSERTS

120 calories
WEIGHT WATCHERS
FROSTED TREAT
\$1.20

160 calories
SOFT-FROZEN YOGURT
\$1.20

50 calories
RAISIN - COCONUT
GRANOLA TOPPING
\$.60

175 calories
MOM'S YOGURT PIE
\$1.45

230 calories
CARROT CAKE
\$1.45

75 calories
FRESH FRUIT SALAD
\$1.60

BEVERAGES BEVERAGES BEVERAGES

0 calories
COFFEE, DECAF, TEA,
ICED TEA, HERB TEA
\$.70

1 calorie
DIET COKE,
DIET 7-UP
\$.70

100 calories
COKE
\$.70

0 calories
PERRIER
\$1.25

90 calories
SKIM MILK
180 calories
WHOLE MILK
\$.80

JUICES
115 calories
Apple, Mixed Fruit
90 calories
Orange, Grapefruit
\$1.05

Calorie count for individual portions may vary slightly.