



USA NUTRITION FACTS

PHILLY CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Chicken Philly (w/Provolone) - Small	370	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	6%	15%	25%	15%	X	X		X	X
Chicken Philly (w/Provolone) - Regular	600	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	8%	25%	40%	25%	X	X		X	X
Chicken Philly (w/Provolone) - Large	840	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	10%	35%	50%	35%	X	X		X	X
Chicken California - Small	490	220	25g	8g	0g	75mg	1800mg	38g	3g	4g	32g	35%	10%	25%	15%	X	X		X	X
Chicken California - Regular	800	360	40g	12g	0.5g	140mg	2010mg	56g	4g	5g	56g	60%	15%	40%	25%	X	X		X	X
Chicken California - Large	1120	500	56g	17g	1g	205mg	2860mg	76g	6g	8g	82g	90%	20%	50%	35%	X	X		X	X
Chicken Buffalo - Small	450	160	18g	7g	0g	80mg	940mg	41g	3g	4g	32g	35%	20%	25%	15%	X	X		X	X
Chicken Buffalo - Regular	730	270	31g	11g	0g	140mg	3080mg	61g	5g	6g	57g	70%	30%	40%	25%	X	X		X	X
Chicken Buffalo - Large	1030	380	44g	15g	0.5g	205mg	4320mg	84g	7g	8g	82g	100%	40%	50%	35%	X	X		X	X
Chicken Teriyaki - Small	440	150	17g	7g	0g	80mg	940mg	41g	3g	6g	33g	35%	10%	30%	15%	X	X		X	X
Chicken Teriyaki - Regular	740	260	29g	11g	0.5g	145mg	1660mg	63g	5g	11g	58g	70%	15%	45%	25%	X	X		X	X
Chicken Teriyaki - Large	1040	370	42g	15g	1g	215mg	2410mg	88g	7g	15g	84g	100%	25%	60%	35%	X	X		X	X
Philly Cheesesteak - Small	470	200	22g	8g	0.5g	65g	1200mg	39g	2g	4g	27g	4%	15%	25%	20%	X	X		X	X
Philly Cheesesteak - Regular	780	340	38g	14g	1g	125mg	2030mg	58g	4g	6g	51g	70%	35%	40%	35%	X	X		X	X
Philly Cheesesteak - Large	1100	490	54g	20g	1.5g	180mg	2890mg	80g	5g	9g	73g	100%	50%	50%	50%	X	X		X	X
Pepperoni Steak - Small	560	270	30g	11g	0.5g	90mg	1410mg	39g	2g	4g	33g	35%	20%	25%	20%	X	X		X	X
Pepperoni Steak - Regular	890	440	49g	18g	1g	150mg	2290mg	58g	4g	7g	57g	60%	35%	40%	35%	X	X		X	X
Pepperoni Steak - Large	1250	610	68g	24g	1.5g	215mg	3200mg	80g	5g	9g	82g	90%	50%	50%	50%	X	X		X	X
Bacon 3 Cheesesteak - Small	550	250	29g	12g	0.5g	85mg	1230mg	39g	2g	4g	35g	35%	10%	40%	20%	X	X		X	X
Bacon 3 Cheesesteak - Regular	840	390	43g	16g	1g	140mg	1950mg	58g	4g	6g	56g	60%	20%	40%	35%	X	X		X	X
Bacon 3 Cheesesteak - Large	1200	560	63g	23g	1.5g	205mg	2870mg	80g	5g	9g	80g	90%	25%	50%	50%	X	X		X	X
Jalapeno Steak - Small	460	190	21g	8g	0.5g	65mg	1200mg	39g	2g	4g	29g	35%	10%	25%	20%	X	X		X	X
Jalapeno Steak - Regular	760	330	37g	14g	1g	125mg	2090mg	58g	4g	6g	52g	70%	20%	40%	40%	X	X		X	X
Jalapeno Steak - Large	1080	470	53g	20g	1.5g	180mg	3000mg	80g	5g	9g	74g	100%	25%	50%	50%	X	X		X	X
Ultimate Club - Small	500	210	23g	9g	0g	85mg	2080mg	42g	2g	6g	32g	35%	10%	25%	15%	X			X	X
Ultimate Club - Regular	840	360	40g	14g	0.5g	150mg	3850mg	64g	3g	11g	58g	70%	15%	40%	30%	X			X	X
Ultimate Club - Large	1170	500	56g	19g	0.5g	205mg	5240mg	88g	4g	14g	78g	90%	30%	60%	40%	X			X	X
Italian Deluxe - Small	510	240	27g	9g	0g	70mg	1940mg	40g	2g	5g	28g	35%	10%	25%	15%	X	X		X	X
Italian Deluxe - Regular	860	430	48g	16g	1g	130mg	3580mg	61g	3g	9g	50g	60%	15%	35%	25%	X	X		X	X
Italian Deluxe - Large	1230	620	69g	23g	1g	195mg	5260mg	84g	4g	12g	72g	80%	25%	50%	35%	X	X		X	X
Turkey Cheddar Melt - Small	480	180	20g	7g	0g	75mg	1980mg	42g	2g	4g	33g	35%	8%	25%	15%	X			X	X
Turkey Cheddar Melt - Regular	790	300	33g	11g	0g	130mg	3670mg	65g	3g	7g	58g	70%	15%	40%	30%	X			X	X
Turkey Cheddar Melt - Large	1130	420	47g	16g	0.5g	185mg	5390mg	91g	4g	10g	84g	100%	20%	60%	40%	X			X	X
Veggie Delight - Small	390	130	14g	6g	0g	35mg	780mg	48g	4g	9g	19g	10%	90%	40%	15%	X	X		X	X
Veggie Delight - Regular	500	140	15g	8g	0g	35mg	950mg	69g	6g	12g	23g	15%	130%	40%	20%	X	X		X	X
Veggie Delight - Large	680	180	21g	10g	0.5g	50mg	1320mg	96g	9g	18g	30g	20%	180%	50%	30%	X	X		X	X

FREE TOPPINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Lettuce - Small	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	25%	0%	0%	0%					
Lettuce - Regular	0	0	0g	0g	0g	0mg	0mg	<1g	<1g	0g	0g	50%	2%	0%	2%					
Lettuce - Large	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g	70%	2%	2%	2%					
Tomato - Small	5	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	4%	6%	0%	0%					
Tomato - Regular	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	8%	10%	0%	0%					
Tomato - Large	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	10%	15%	0%	0%					
Mayo - Small	50	50	6g	1g	0g	<5mg	40mg	0g	0g	0g	0g	0%	0%	0%	0%					
Mayo - Regular	100	100	11g	1.5g	0g	10mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%					X
Mayo - Large	150	150	17g	2.5g	0g	10mg	120mg	<1g	0g	0g	0g	0%	0%	0%	0%					X
Pickles - Small	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Regular	0	0	0g	0g	0g	0mg	260mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Large	0	0	0g	0g	0g	0mg	390mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Small	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Regular	0	0	0g	0g	0g	0mg	230mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Large	0	0	0g	0g	0g	0mg	350mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Jalapenos - Small	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	4%	2%	0%	2%					
Jalapenos - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	8%	4%	0%	2%					
Jalapenos - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	10%	4%	0%	2%					

FRIES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Original Fries	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	0%	2%	2%	4%					
Cheese Gourmet Fries	550	280	31g	11g	0g	<5mg	1250mg	62g	10g	2g	6g	4%	2%	8%	6%					X
Cheese and Bacon Gourmet Fries	690	380	42g	15g	0g	20mg	1730mg	63g	10g	2g	15g	4%	4%	8%	6%					X
Ultimate Gourmet Fries	790	490	54g	19g	0g	25mg	1600mg	61g	3g	3g	15g	2%	4%	6%	6%					X
Nacho Deluxe Fries	860	510	57g	16g	0g	45mg	2300mg	66g	11g	5g	20g	20%	15%	20%	10%					X

BEVERAGES

REGULAR (20 oz)

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium**	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Coke	160	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g	0%	0%	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g	0%	0%	0%	0%					
Coke Zero Sugar	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%	0%	0%					
Sprite	150	0	0g	0g	0g	0mg	75mg	42g	0g	41g	0g	0%	0%	0%	0%					
Fanta Orange	170	0	0g	0g	0g	0mg	45mg	47g	0g	46g	0g	0%	0%	0%	0%					
Barq's Root Beer	170	0	0g	0g	0g	0mg	55mg	47g	0g	47g	0g	0%	0%	0%	0%					
Hi-C Flashini Fruit Punch	160	0	0g	0g	0g	0mg	55mg	44g	0g	43g	0g	0%	0%	0%	0%					
Dr. Pepper	120	0	0g	0g	0g	0mg	35mg	33g	0g	32g	0g	0%	0%	0%	0%					
Signature Lemonade - Strawberry	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	35%	0%	0%					
Signature Lemonade - Blueberry	260	0	0g	0g	0g	0mg	0mg	66g	<1g	64g	2g	0%	30%	0%	0%					
Signature Lemonade - Peach	250	0	0g	0g	0g	0mg	0mg	66g	0g	64g	2g	0%	30%	0%	0%					
Signature Lemonade - Raspberry	260	0	0g	0g	0g	0mg	0mg	66g	0g	63g	2g	0%	30%	0%	0%					
Original Lemonade	220	0	0g	0g	0g	0mg	0mg	58g	0g	56g	2g	0%	30%	0%	0%					
Iced Tea (unsweetened)	0	0	0g	0g	0g	0mg	10mg	<1g	0g	0g	0g	0%	0%	0%	0%					

LARGE (30 oz)

Coke	230	0	0g	0g	0g	0mg	55mg	63g	0g	63g	0g	0%	0%	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%					
Coke Zero Sugar	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%					
Sprite	220	0	0g	0g	0g	0mg	110mg	61g	0g	60g	0g	0%	0%	0%	0%					
Fanta Orange	250	0	0g	0g	0g	0mg	65mg	69g	0g	68g	0g	0%	0%	0%	0%					
Barq's Root Beer	250	0	0g	0g	0g	0mg	85mg	69g	0g	69g	0g	0%	0%	0%	0%					
Hi-C Flashini Fruit Punch	240	0	0g	0g	0g	0mg	85mg	65g	0g	63g	0g	0%	0%	0%	0%					
Dr. Pepper	180	0	0g	0g	0g	0mg	55mg	49g	0g	48g	0g	0%	0%	0%	0%					
Signature Lemonade - Strawberry	390	0	0g	0g	0g	0mg	0mg	102g	<1g	98g	2g	0%	60%	0%	2%					
Signature Lemonade - Blueberry	390	0	0g	0g	0g	0mg	0mg	101g	1g	97g	2g	0%	45%	0%	0%					
Signature Lemonade - Peach	380	0	0g	0g	0g	0mg	0mg	100g	<1g	97g	3g	0%	45%	0%	0%					
Signature Lemonade - Raspberry	390	0	0g	0g	0g	0mg	0mg	101g	0g	97g	2g	0%	45%	0%	0%					
Original Lemonade	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	45%	0%	0%					
Iced Tea	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%	0%	0%					

BREAKFAST

BREAKFAST BURRITOS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Egg and Cheese Burrito	560	330	31g	9g	0g	235mg	1230mg	49g	2g	1g	19g	10%	4%	30%	15%	X			X	X
Bacon, Egg and Cheese	650	400	39g	12g	0g	250mg	1590mg	50g	2g	2g	26g	10%	6%	30%	20%	X			X	X
Sausage, Egg and Cheese	650	410	40g	12g	0g	250mg	1340mg	49g	2g	1g	21g	10%	4%	30%	15%	X	X		X	X

BREAKFAST SANDWICHES

Egg and Cheese Sandwich	460	210	24g	9g	0g	400mg	850mg	37g	1g	4g	23g	15%	2%	30%	20%	X			X	X
Bacon, Egg and Cheese Sandwich	490	240	26g	9g	0g	400mg	800mg	36g	1g	4g	25g	15%	4%	20%	20%	X			X	X
Sausage, Egg and Cheese Sandwich	650	390	44g	14g	0g	435mg	980mg	36g	1g	3g	26g	15%	2%	20%	20%	X	X		X	X
Steak, Egg and Cheese Sandwich	520	220	25g	9g	0g	425mg	890mg	36g	1g	3g	36g	15%	2%	20%	30%	X	X		X	X

OMELET PLATTERS

Bacon and Cheese Omelet Platter	830	460	52g	16g	0g	605mg	1370mg	55g	6g	5g	34g	20%	2%	35%	25%	X			X	X
Sausage and Cheese Omelet Platter	990	620	69g	22g	0g	635mg	1550mg	55g	6g	4g	35g	20%	0%	35%	25%	X	X		X	X
Steak and Cheese Omelet Platter	860	450	50g	16g	0.5g	630mg	1460mg	55g	6g	5g	45g	20%	0%	35%	35%	X	X		X	X
Veggie Omelet Platter	790	410	46g	14g	0g	585mg	1250mg	62g	8g	8g	31g	25%	45%	35%	30%	X			X	X

Hashbrowns

Hashbrowns	280	160	18g	3.5g	0g	0mg	400mg	27g	5g	0g	2g	0%	0%	2%	4%					
Orange Juice	110	0	0g	0g	0g	0mg	15mg	27g	0g	22g	2g	0%	100%	2%	0%					
Toast-2 slices	130	15	2g	0g	0g	0mg	260mg	24g	1g	2g	4g	0%	0%	6%	8%				X	
Coffee	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%					

SALADS & KIDS MEAL

SALADS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Fresh Garden	35	0	0g	0g	0g	0mg	190mg	7g	3g	4g	2g	160%	15%	6%	6%					
Grilled Chicken	120	15	1.5g	0.5g	0g	50mg	420mg	8g	4g	4g	20g	160%	15%	6%	10%			X		
Steakhouse	140	45	5g	2g	0g	40mg	410mg	8g	3g	4g	18g	160%	15%	6%	15%			X		

Kids Meal

Kids Meal	690	320	36g	10g	0g	45mg	730mg	79g	9g	31g	18g	0%	2%	2%	15%			X	X	
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SEASONINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Garlic Parmesan (1/4 tsp)	0	0	0g	0g	0g	0mg	190mg	0g	0g	0g	0g	0%	0%	0%	0%					X
Jalapeño Lime (1/4 tsp)	0	0	0g	0g	0g	0mg	150mg	0g	0g	0g	0g	0%	0%	0%	0%					
Philly & Fries (1/4 tsp)	0	0	0g	0g	0g	0mg	270mg	0g	0g	0g	0g	0%	0%	0%	0%					

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

*May include natural Trans Fats. There are no additional Trans Fats added.

Federal regulation has exempted highly refined oils derived from the major allergens from being declared as an allergen. As such, the Soybean Oil that French Fries and Chicken Fingers are cooked in, as well as what is included in certain sauces, is not indicated as an allergen. Please consult your doctor to determine if you should avoid products containing highly refined soybean oil. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Values represent sodium derived from beverage ingredients other than water. The actual amount of sodium in the beverage will vary based on the sodium content of the local water supply.