

SOUTH PHILLY CHEESESTEAKS & FRIES NUTRITION INFORMATION

Jul-15



MENU ITEM	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Carbohydrates (g)	Cholesterol (mg)	Dietary Fiber (g)	Fat (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Sugars (g)	Trans Fatty Acid (g)
SANDWICHES												
ALL AMERICAN CHEESESTEAK	1320	800	200	95	80	5	90	26	22	3120	18	0
MINI ALL AMERICAN CHEESESTEAK	860	490	130	65	55	3	55	17	14	2130	11	0
BUFFALO CHICKEN CHEESESTEAK	920	510	160	82	90	3	57	26	18	3520	9	0
MINI BUFFALO CHICKEN CHEESESTEAK	570	290	100	57	55	2	32	17	11	2080	5	0
PHILLY BEST CHEESESTEAK	890	470	140	84	60	4	52	27	16	1960	10	0
MINI PHILLY BEST CHEESESTEAK	550	270	90	58	40	3	30	17	11	1330	6	0
PHILLY CHEESESTEAK	870	470	140	82	60	3	52	25	16	1950	9	0
MINI PHILLY CHEESESTEAK	550	270	90	57	40	3	30	16	11	1330	5	0
PHILLY CHICKEN CHEESESTEAK	620	220	110	82	60	3	24	25	12	1950	9	0
MINI PHILLY CHICKEN CHEESESTEAK	420	140	80	57	40	3	16	16	9	1330	5	0
PHILLY FAJITA STEAK	1100	660	150	87	55	5	74	24	17	1630	11	0
MINI PHILLY FAJITA STEAK	620	330	80	58	25	3	37	14	9	1020	5	0
PHILLY FINEST CHEESESTEAK	900	470	140	87	60	5	52	27	16	1960	12	0
MINI PHILLY FINEST CHEESESTEAK	560	270	90	59	40	3	30	18	11	1330	6	0
PHILLY LOADED CHEESESTEAK	1210	650	200	114	80	7	73	33	22	2500	16	3
MINI PHILLY LOADED CHEESESTEAK	740	390	140	70	60	4	44	22	15	1750	8	1.5
CHICKEN												
BBQ GLAZED BONELESS WINGS	400	120	25	51	35	2	13	20	2.5	1420	18	0
BBQ GLAZED WINGS	400	180	45	31	115	0	20	22	5	1450	18	0
BONELESS BUFFALO WINGS	330	130	25	33	35	2	14	20	2.5	2080	0	0
BONELESS WINGS	320	120	25	32	35	2	13	20	2.5	1080	0	0
BUFFALO WINGS	330	190	45	13	115	1	21	22	5	2110	0	0
CHICKEN TENDERS	640	250	45	52	100	2	28	42	5	1690	18	0
CHICKEN WINGS	320	180	45	12	115	0	20	22	5	1120	0	0
GRILLED CHICKEN SANDWICH	630	250	110	36	130	2	27	55	12	1480	2	0
SWEET CHILI GLAZED BONELESS WINGS	410	130	25	54	35	2	14	20	2.5	1530	20	0
SWEET CHILI GLAZED WINGS	410	190	45	34	115	0	21	22	5	1560	20	0
ENTREES												
CHICKEN BOWL	960	400	60	105	70	7	45	34	7	2020	31	8
STEAK & FRIES BOWL	960	480	130	70	115	5	54	49	15	1740	17	7
SIDES												
BACON RANCH FRIES	710	460	70	57	25	4	52	12	7	640	3	8
CHEDDAR BACON FRIES	630	380	70	58	25	4	42	12	8	580	3	8
CHEESE FRIES (LG)	610	350	60	59	20	4	39	8	6	450	3	8
CHEESE FRIES (SM)	300	170	30	29	10	2	20	4	3	220	1	4

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DISCO FRIES	710	400	110	60	35	4	45	20	12	720	3	8
FRESH CUT FRENCH FRIES (LG)	520	280	30	56	0	4	31	7	3	310	2	8
FRESH CUT FRENCH FRIES (SM)	260	140	15	28	0	2	16	3	1.5	200	1	4
FRIED PICKLE AND BBQ STEAK SANDWICH	720	90	10	145	0	4	10	15	1	2530	56	0
FRIED PICKLE CHIPS	430	280	40	33	15	2	31	6	4.5	1750	3 --	
LOADED SKINNY DIP POTATO SKINS	420	180	50	49	35	5	20	10	6	1510	3	0
MOZZARELLA STICKS	450	200	90	40	50	3	23	25	10	1250	0 --	
ONION RINGS	280	0	0	62	0	4	0	6	0	580	12 --	

BURGERS & HOT DOGS

BACON CHEESEBURGER	890	540	240	39	165	2	60	48	26	1560	5	5
BURGER	650	350	140	37	105	2	39	34	16	680	3	5
CHEESEBURGER	810	480	220	39	145	2	53	42	24	1280	5	5
HOT DOG	410	240	100	26	55	1	27	15	11	1280	5	1

KIDS MENU

KIDS CHICKEN TENDERS	630	200	30	85	50	2	22	23	3.5	1030	52	2
KIDS HOT DOG	670	310	100	76	55	2	35	17	11	1300	39	3
KIDS MOZZARELLA STICKS	560	200	60	76	30	3	22	18	7	950	36	2