



Nutritional Information

August, 2008

Serving size		Nutritional Information													Allergens					
		Calories	Cal. from fat	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carb g	Fiber g	Protein g	Vit A%	Vit C%	Calcium %	Iron %	Egg	Soy	Nuts	Fish	Wheat
Sandwich																				
Philly Cheesesteak Regular 7.5"																				
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	•				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0					•
Onions	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		526	160	18.5	7.5	0	65	1448.5	58	3	36	4	3	21	26					
Deluxe Philly																				
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	•				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0					•
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Mushroom	.5 oz	3.5	0	0	0	0	0	0.5	1	0	0.5	0	0.5	0	2					
Green pepper	.5 oz	4	0	0	0	0	0	0.5	1	0	0	2	14	0	1					
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		533.5	160	18.5	7.5	0	65	1449.5	60	3	36.5	6	18	21	29					
BBQ Cheddar																				
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	•				
Cheddar	1 oz	110	80				30	280	1	0	7	6	0	20	0					•
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
BBQ sauce	1 oz	50	0	0	0	0	0	330	12	0	0	2	2	0	0					
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		586	170	10.5	3.5	0	75	1818.5	70	3	36	8	5	21	26					
Bacon 3 Cheese																				
Steak	4 oz	150	70	8	0	0	45	310	1	0	19	0	0	0	10	•				
Provolone	.5 oz	50	35	4	2	0	10	120	0.5	0	3.5	2	0	10	0					•
Swiss	.5 oz	50	35	4	2.5	0	12.5	30	0.5	0	4	0	0	25	0					•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Cheddar	.5 oz	55	40	4.5	2.5	0	15	140	0.5	0	3.5	3	0	10	0					•
Bacon	2 slices	80	60	7	2.5	0	10	260	0	0	4	0	4	0	2					
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		645	260	30	10	0	92.5	1757	54.5	2	43	5	4	45	27					
Sicilian																				
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	•				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0					•
Salami	1 oz	110	85	9.5	4	0	30	460	0.5	0	5.5	0	0	0	2					
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		620	245	28	11.5	0	95	1907	54.5	2	40.5	4	0	20	27					
Philly Chicken																				
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0					•
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Mushroom	.5 oz	3.5	0	0	0	0	0	0.5	1	0	0.5	0	0.5	0	2					
Green Pepper	.5 oz	4	0	0	0	0	0	0.5	1	0	0	2	14	0	1					
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		523.5	135	15.5	6.5	0	85	1289.5	60	3	41.5	6	18	21	21					
Buffalo Chicken																				
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0					•
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Buffalo Sauce	1 oz	15	5	0.5	0	0	0	415	2.5	1	0.5	8	3	1	2		•			
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0					
		531	140	16	6.5	0	85	1703.5	60.5	4	41.5	12	6	22	20					
Teriyaki Chicken																				
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•				
Swiss	1 oz	100	70	8	5	0	25	60	1	0	8	0	0	50	0					•
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1					
Teriyaki	.5 oz	11	0	0	0	0	0	510	2	0	0.5	0	0	0	0		•			
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		•			•
		527	135	15.5	7.5	0	90	1231.5	60	3	42.5	0	3	51	18					



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Serving size		Calories	Fat				Cholesterol mg	Sodium mg	Carb g	Fiber g	Protein g	Vit A%	Vit C%	Calcium %	Iron %	Allergens					
			Cal. from fat	Total Fat g	Sat Fat g	Trans Fat g										Egg	Soy	Nuts	Fish	Wheat	Milk
Cordon Bleu																					
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•					
Swiss	1 oz	100	70	8	5	0	25	60	1	0	8	0	0	50	0						•
Ham	2 oz	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
		530	145	16.5			102.5							50							
Chicken Bacon Club																					
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•					
Swiss	1 oz	100	70	8	5	0	25	60	1	0	8	0	0	50	0						•
Bacon	2 slices	80	60	7	2.5	0	10	260	0	0	4	0	4	0	2						
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		580	195	22.5	10	0	100	1367	54	2	45	0	4	50	19						
Turkey Cheddar																					
Turkey	3.75 oz	92	0	0	0	0	37	632	1.5	0	15	0	0	0	2						
Cheddar	1 oz	110	80	9	5	0	30	280	1	0	7	6	0	20	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
		462	100	11.5	5.5		67	1422	54.5	2	31	6	0	20	17						
Ultimate Club																					
Turkey	1.5 oz	37	0	0	0	0	19	316	1	0	7.5	0	0	0	1						
Ham	2 oz	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
Bacon	2 slices	80	60	7	2.5	0	10	260	0	0	4	0	4	0	2						
Cheddar	1 oz	110	80	9	5	0	30	280	1	0	7	6	0	20	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
		517	170	19.5	8.5	0	71.5	1586	54.5	2	32	6	4	20	19						
Italian Deli																					
Ham	2 oz	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
Salami	1.5 oz	165	128	14.3	6	0	45	690	1	0	8.25	0	0	0	3						
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
		555	228	25.8	11	0	77.5	1660	54.5	2	28.8	4	0	20	19						
Philly Ham																					
Ham	4 oz	60	20	2	1	0	25	440	1	0	9	0	0	0	2						
Swiss	1 oz	100	70	8	5	0	25	60	1	0	8	0	0	50	0						
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1						
Mushroom	.5 oz	3.5	0	0	0	0	0	0.5	1	0	0.5	0	0.5	0	2						
Green pepper	.5 oz	4	0	0	0	0	0	0.5	1	0	0	2	14	0	1						
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
		443.5	110	12.5	6.5	0	50	1012.5	60	3	27.5	2	18	51	21						
Philly Veg																					
Onion	2 oz	32	0	0	0	0	0	3	8	2	2	0	6	2	2						
Mushroom	1 oz	7	0	0	0	0	0	1	2	0	1	0	1	0	4						
Green pepper	1 oz	8	0	0	0	0	0	1	2	0	0	4	28	0	2						
Provolone	.5 oz	50	35	4	2	0	10	120	0.5	0	3.5	2	0	10	0						•
Swiss	.5 oz	50	35	4	2.5	0	12.5	30	0.5	0	4	0	0	25	0						•
Cheddar	.5 oz	55	40	4.5	2.5	0	15	140	0.5	0	3.5	3	0	10	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		462	130	15	7.5		37.5	1192	65.5	4	23	9	35	47	23						
Chicken Parmesan																					
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•					
Marinara sauce	1 oz																				
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		500	135	15.5	6.5		85	1287	54	2	40	4	0	20	17						
Chicken California																					
Chicken	4 oz	140	45	5	2	0	65	150	1	0	24	0	0	0	2	•					
Provolone	1 oz	100	70	8	4	0	20	240	1	0	7	4	0	20	0						•
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	•					•
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		500	135	15.5	6.5	0	85	1287	54	2	40	4	0	20	17						



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		Calories	Cal. from fat	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carb g	Fiber g	Protein g	Vit A%	Vit C%	Calcium %	Iron %	Egg	Soy	Nuts	Fish	Wheat	Milk
Mushroom Swiss Steak																					
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	●					
Mushrooms	1.5 oz	10.5	0	0	0	0	0	1.5	3	0	1.5	0	1.5	0	6						
Swiss	1 oz	100	70	8	5	0	25	60	1	0	8	0	0	50	0					●	
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	●				●	
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		520.5	160	18.5	8.5	0	70	1268.5	57	2	37.5	0	1.5	50	31						
Philly Steak and Bleu																					
Steak	4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10	●					
Onion	1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1						
Bleu cheese	1 oz	50	36	4	3	0	13	190	0	0	3	0	0	0	0					●	
Bread		260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15	●				●	
Salt	shake	0	0	0	0	0	0	387	0	0	0	0	0	0	0						
		476	126	14.5	6.5		58	1398.5	57	3	32	0	3	1	26						
Toppings																					
Tomatos	1 oz	7	0	0	0	0	0	0	1.5	1.5	0.5	4	7.5	0.5	1.5						
Lettuce	1 oz	4	0	0	0	0	0	0	1	0.5	0.5	2	2	0.5	2						
Black Olives	2 Tbsp	30	0	25	0	0	0	100	0.5	0	0	0	0	0	0						
Banana Peppers	12 rings	5	0	0	0	0	0	470	0	0	0	0	0	0	0						
Mayo	1 Tbsp	100	100	11	1.5	0	5	75	0	0	0	0	0	0	0	●	●				
Honey Mustard	1 Tsp	10	0	0	0	0	0	30	1	0	0	0	0	0	0						
Spicy Brown Mustard	1 Tsp	0	0	0	0	0	0	120	1	0	0	0	0	0	0						
Ketchup	1 Tbsp	15	0	0	0	0	0	180	4	0	0	0	0	0	0						
Italian Dressing	2 Tbsp	170	170	19	3	0	0	360	1	0	0	0	0	0	0		●				
Ranch Dressing	2 Tbsp	160	150	16	2.5	0	5	270	1	0	0	0	0	0	0	●	●			●	
Fries/ Chicken Fingers																					
Reg. Fries		611	419	45	7.5	0	0	483	41	2	5	0	17	0	3	●	●				
Kids Fries		366	251	27	4	0	0	290	25	1	3	0	10	0	2	●	●				
Ranch Bacon Fries		1149	867	95	18.5	0	33	1392	51	2	15	0	20	3	4	●	●			●	
Ultimate Fries		1249	937	103	20.5	2.5	33	2092	57	2	16	4	20	7	4	●	●			●	
Large Fries		733	503	55	11	0	0	579	50.5	2	6	0	21	0	4	●	●			●	
Cheddar Fries		1054	787	84	17	2.5	23	1652	55	2	14	4	20	7	4	●	●			●	
Cheddar Bacon Fries		1089	797	87	18	2.5	28	1762	55	2	16	4	20	7	4	●	●			●	
Kids Chicken Fingers	3	200	110	12	3	0	40	660	10	1	13	0	0	0	4	●	●			●	
Chicken Fingers	5	334	184	20	5	0	67	1102	17	2	22	0	0	0	6.5	●	●			●	
Salads																					
* Does Not Include Cheese or Dressings																					
Grilled Chicken Salad		281	12.5	5	0	80	925	14	4.75	31						●					
*Includes chicken, lettuce tomato, black olive, carrot, banana peppers cucumber																					
Chicken Teriyaki Salad		292	12.5	5	0	80	1435	16	4.75	31.5						●					
* Includes chicken, teriyaki sauce, lettuce, tomato, black olive, cucumber banana pepper, carrots																					
Buffalo Chicken Salad		296	13	5	0	80	1340	16.5	5.75	31.5						●					
*Includes chicken, buffalo sauce, lettuce, tomato, cucumber, carrots, black olive, banana peppers																					
Grilled Steak Salad		291	15.5	6	0	60	1085	14	4.75	26						●					
*Includes steak, lettuce, tomato, cucumber, carrots, black olives, banana pepper																					
Fresh Garden		141	7.5	3	0	15	775	13	4.75	7											
*Includes lettuce, tomato, cucumber, carrot, black olive, banana peppers																					
Soft Drinks																					
* Per 8 FL OZ																					
Lemonade	8 fl oz	83	0	0	0	0	0	0	20	0	0	0	0	0	0						
Iced Tea	8 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Coffee	8 fl oz	2																			
Pepsi	8 fl oz	100	0	0	0	0	0	25	30	0	0	0	0	0	0						
Diet Pepsi	8 fl oz	0	0	0	0	0	0	25	0	0	0	0	0	0	0						
Mt Dew	8 fl oz	110	0	0	0	0	0	35	31	0	0	0	0	0	0						
Wild Cherry Pepsi	8 fl oz	100	0	0	0	0	0	25	30	0	0	0	0	0	0						
Sierra Mist	8 fl oz	100	0	0	0	0	0	25	30	0	0	0	0	0	0						
Mug Rootbeer	8 fl oz	100	0	0	0	0	0	30	30	0	0	0	0	0	0						
Orange Slice	8 fl oz	110	0	0	0	0	0	35	35	0	0	0	0	0	0						
Raspberry Iced Tea	8 fl oz	80	0	0	0	0	0	25	25	0	0	0	0	0	0						
Raspberry Lemonade	8 fl oz	110	0	0	0	0	0	5	30	0	0	0	0	0	0						
Kiwi Lemonade	8 fl oz	110	0	0	0	0	0	5	30	0	0	0	0	0	0						



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Breakfast																				
Two Eggs Scrambled																				
2 eggs	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
Toast (white) 2 pcs.	160	40	4	0	0	0	320	30	2	4	0	0	6	10					●	
Ham omelet																				
ham 2 pcs.	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
American Cheese 2 slices	100	52	6	2	0	16	564	4	0	8	4	0	24	0						●
Egg 6 oz	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
	497	304	33	10.5	1	802.5	1400	9.5	0	36.5	27	1	40	16						
Bacon omelet																				
American Cheese 2 slices	100	52	6	2	0	16	564	4	0	8	4	0	24	0						●
Bacon 2 strips	80	60	7	2.5	0	10	260	0	0	4	0	4	0	2						
Eggs 6 oz	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
	547	354	39	12.5	1	800	1440	9	0	36	27	5	40	17						
Sausage omelet																				
American Cheese 2 slices	100	52	6	2	0	16	564	4	0	8	4	0	24	0						●
Sausage patty 1 patty	134	104	12	5	0	29	486	1	0	6	0	0	0	4						
Egg 6 oz	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
	601	398	44	15	1	819	1666	10	0	38	27	1	40	19						
Veggie omelet																				
American Cheese 2 slices	100	52	6	2	0	16	564	4	0	8	4	0	24	0						●
Onion 1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1						
Mushroom .5 oz	3.5	0	0	0	0	0	0.5	1	0	0.5	0	0.5	0	2						
Green Pepper .5 oz	4	0	0	0	0	0	0.5	1	0	0	2	14	0	1						
Egg 6 oz	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
	490.5	294	32	10	1	790	1182.5	15	1	33.5	29	19	41	19						
Western omelet																				
American Cheese 2 slices	100	52	6	2	0	16	564	4	0	8	4	0	24	0						●
Onion 1 oz	16	0	0	0	0	0	1.5	4	1	1	0	3	1	1						
Mushroom .5 oz	3.5	0	0	0	0	0	0.5	1	0	0.5	0	0.5	0	2						
Green Pepper .5 oz	4	0	0	0	0	0	0.5	1	0	0	2	14	0	1						
Ham 2 slices	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
Eggs 6 oz	367	242	26	8	1	774	616	5	0	24	23	1	16	15	●					
	520.5	304	33	10.5	1	802.5	1402.5	15.5	1	38	29	19	41	20						
Egg and Cheese Sandwich																				
Egg 4 oz	167	110	12	4	1	352	280	2	0	11	11	0	7	7	●					
American Cheese 1 slice	50	26	3	2	0	8	282	2	0	4	2	0	12	0						●
Bread	260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		●				
	477	156	17.5	6.5	1	360	1072	56	2	24	13	0	19	22						
Bacon Egg and Cheese Sandwich																				
Bacon 2 strips	80	60	7	2.5	0	10	260	0	0	4	0	4	0	2						
American Cheese 1 slice	50	26	3	2	0	8	282	2	0	4	2	0	12	0						●
Egg 4 oz	167	110	12	4	1	352	280	2	0	11	11	0	7	7	●					
Bread	260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		●				
	557	216	24.5	9	1	370	1332	56	2	28	13	4	19	24						
Ham Egg and Cheese Sandwich																				
Ham 2 oz	30	10	1	0.5	0	12.5	220	0.5	0	4.5	0	0	0	1						
Egg 4 oz	167	110	12	4	1	352	280	2	0	11	11	0	7	7	●					
American Cheese 1 slice	50	26	3	2	0	8	282	2	0	4	2	0	12	0						●
Bread	260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		●				
	507	166	18.5	7	1	372.5	1292	56.5	2	28.5	13	0	19	23						
Sausage Egg and Cheese Sandwich																				
Sausage 2 oz patty	134	104	12	5	0	29	486	1	0	6	0	0	0	4						
American Cheese 1 slice	50	26	3	2	0	8	282	2	0	4	2	0	12	0						●
Egg 4 oz	167	110	12	4	1	352	280	2	0	11	11	0	7	7	●					
Bread	260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		●				
	611	260	29.5	11.5	1	389	1558	57	2	30	13	0	19	26						
Steak Egg and Cheese Sandwich																				
Steak 4 oz	150	70	8	3	0	45	310	1	0	19	0	0	0	10						
American Cheese 1 slice	50	26	3	2	0	8	282	2	0	4	2	0	12	0						●
Egg 4 oz	167	110	12	4	1	352	280	2	0	11	11	0	7	7	●					
Bread	260	20	2.5	0.5	0	0	510	52	2	9	0	0	0	15		●				
	627	226	25.5	9.5	1	405	1382	57	2	43	13	0	19	32						
A La Carte																				
Hash Browns 5 oz	350	185	20	5	0	0	870	35	5	0	10	0	0	5	●					

Disclaimer:

This information is based on standard product procedures and serving sizes. Variations may occur due to serving sizes, preparation methods, seasonality, product substitutions, and distributors. Menu items may vary by location. Limited Time Offer products may not be included. This information is effective as of August, 2008.

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