



CHARLEYS PHILLY STEAKS • WINGS NUTRITION

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 - Small	370	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	6%	15%	25%	15%	X	X		X	X
Chicken Philly - Regular	600	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	8%	25%	40%	25%	X	X		X	X
Chicken Philly - Large	840	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	10%	35%	50%	35%	X	X		X	X
Chicken California - Small	430	170	18g	7g	0g	70mg	1020mg	36g	2g	3g	31g	6%	2%	25%	15%	X	X		X	X
Chicken California - Regular	690	250	28g	11g	0.5g	135mg	1670mg	52g	3g	4g	56g	8%	2%	40%	25%	X	X		X	X
Chicken California - Large	950	340	38g	14g	1g	195mg	2350mg	72g	5g	6g	81g	10%	4%	50%	35%	X	X		X	X
Chicken Buffalo - Small	380	110	12g	6g	0g	70mg	1530mg	40g	3g	3g	32g	15%	10%	25%	15%	X	X		X	X
Chicken Buffalo - Regular	610	160	18g	9g	0g	130mg	2440mg	60g	4g	5g	56g	20%	15%	40%	25%	X	X		X	X
Chicken Buffalo - Large	860	220	25g	13g	0.5g	190mg	3370mg	82g	6g	7g	82g	25%	20%	50%	35%	X	X		X	X
Chicken Teriyaki - Small	390	100	12g	6g	0g	75mg	760mg	40g	2g	5g	32g	4%	4%	25%	15%	X	X		X	X
Chicken Teriyaki - Regular	630	160	18g	9g	0g	140mg	1300mg	62g	4g	10g	57g	8%	6%	40%	25%	X	X		X	X
Chicken Teriyaki - Large	890	220	24g	12g	1g	200mg	1870mg	86g	5g	14g	83g	10%	8%	60%	35%	X	X		X	X
Philly Cheesesteak - Small	390	130	15g	7g	0.5g	70mg	1030mg	39g	2g	5g	27g	4%	15%	25%	20%	X	X		X	X
Philly Cheesesteak - Regular	640	220	24g	11g	1g	125mg	1690mg	58g	3g	7g	48g	8%	25%	35%	35%	X	X		X	X
Philly Cheesesteak - Large	900	310	34g	16g	1.5g	180mg	2370mg	80g	4g	10g	70g	10%	35%	50%	50%	X	X		X	X
Pepperoni Cheesesteak - Small	500	220	24g	10g	0.5g	80mg	1240mg	37g	2g	3g	33g	6%	15%	25%	20%	X	X		X	X
Pepperoni Cheesesteak - Regular	780	330	37g	16g	1g	140mg	1950mg	55g	3g	5g	57g	8%	25%	40%	35%	X	X		X	X
Pepperoni Cheesesteak - Large	1080	450	50g	22g	1.5g	200mg	2690mg	76g	4g	8g	81g	10%	35%	50%	50%	X	X		X	X
Bacon 3 Cheesesteak - Small	480	200	22g	11g	0.5g	85mg	1060mg	38g	2g	4g	34g	8%	4%	35%	20%	X	X		X	X
Bacon 3 Cheesesteak - Regular	720	280	31g	14g	1g	135mg	1600mg	56g	2g	6g	54g	8%	8%	40%	35%	X	X		X	X
Bacon 3 Cheesesteak - Large	1020	390	44g	20g	1.5g	200mg	2350mg	78g	3g	9g	78g	10%	10%	50%	50%	X	X		X	X
Jalapeño Cheesesteak - Small	390	130	15g	7g	0.5g	70mg	1150mg	38g	2g	4g	27g	6%	4%	25%	20%	X	X		X	X
Jalapeño Cheesesteak - Regular	640	220	24g	11g	1g	125mg	1920mg	57g	3g	7g	48g	10%	8%	35%	35%	X	X		X	X
Jalapeño Cheesesteak - Large	900	310	34g	16g	1.5g	180mg	2730mg	79g	4g	10g	69g	15%	10%	50%	50%	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	<1g	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%	X				
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	0g	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%					
Jalapeños - Small	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	4%	2%	0%	2%					
Jalapeños - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	8%	4%	0%	2%					
Jalapeños - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	10%	4%	0%	2%					

CHICKEN

	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
BONELESS (1 Piece)																				
Plain	110	60	7g	1g	0g	10mg	270mg	6g	0g	1g	5g	0%	0%	4%	0%				X	
Sweet Teriyaki	140	60	7g	1g	0g	10mg	510mg	13g	0g	7g	5g	0%	0%	4%	0%		X		X	
Garlic Parm	160	100	12g	2g	0g	10mg	560mg	8g	0g	1g	6g	2%	0%	6%	0%	X			X	X
Zesty Lemon-Lime Rub	110	60	7g	1g	0g	10mg	340mg	7g	0g	1g	5g	0%	0%	4%	0%				X	
Spicy Molasses BBQ	140	60	7g	1g	0g	10mg	410mg	14g	0g	8g	5g	0%	2%	4%	2%				X	
Cajun Rub	120	60	7g	1g	0g	10mg	1070mg	8g	<1g	2g	5g	0%	0%	4%	0%				X	
Buffalo	110	60	7g	1g	0g	10mg	600mg	7g	0g	1g	5g	2%	4%	4%	0%				X	X
Thai Chili	150	60	7g	1g	0g	10mg	480mg	16g	0g	10g	5g	2%	4%	4%	0%	X			X	X
Nashville Hot	180	120	14g	2.5g	0g	10mg	760mg	9g	<1g	2g	5g	0%	0%	4%	0%	X			X	
Smokin' Habanero	110	60	7g	1g	0g	10mg	550mg	7g	0g	1g	5g	0%	0%	4%	0%				X	X
Angry Ghost	120	60	7g	1g	0g	10mg	570mg	9g	0g	1g	5g	0%	2%	4%	2%				X	X
CLASSIC (1 Piece)																				
Plain	120	80	9g	2.5g	0g	45mg	40mg	0g	0g	0g	10g	2%	2%	2%	4%					
Sweet Teriyaki	150	80	9g	2.5g	0g	45mg	280mg	7g	0g	6g	10g	2%	2%	2%	4%	X			X	
Garlic Parm	180	120	14g	3.5g	0g	45mg	330mg	1g	0g	0g	11g	4%	2%	4%	4%	X			X	X
Zesty Lemon-Lime Rub	120	80	9g	2.5g	0g	45mg	110mg	<1g	0g	0g	10g	2%	2%	2%	4%					
Spicy Molasses BBQ	160	80	9g	2.5g	0g	45mg	190mg	8g	0g	7g	10g	2%	4%	2%	4%					
Cajun Rub	130	80	9g	2.5g	0g	45mg	840mg	2g	<1g	0g	10g	2%	2%	2%	4%					
Buffalo	130	80	10g	2.5g	0g	45mg	340mg	<1g	0g	0g	10g	2%	4%	2%	4%					X
Thai Chili	160	80	9g	2.5g	0g	45mg	250mg	10g	0g	9g	10g	4%	6%	2%	4%	X			X	X
Nashville Hot	190	140	16g	4g	0g	45mg	530mg	2g	0g	<1g	10g	4%	2%	2%	4%	X				
Smokin' Habanero	130	80	10g	2.5g	0g	45mg	320mg	0g	0g	0g	10g	2%	2%	2%	4%				X	X
Angry Ghost	140	80	10g	2.5g	0g	45mg	340mg	3g	0g	0g	10g	2%	2%	2%	4%					X
TENDERS (1 Piece)																				
Plain	190	120	13g	2g	0g	10mg	500mg	11g	<1g	3g	9g	0%	0%	20%	0%				X	



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SAUCES & RUBS

	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
Sweet Teriyaki Sauce (2 oz.)	120	0	0g	0g	0g	0mg	960mg	28g	0g	24g	0g	0%	0%	0%	0%					
Garlic Parm Sauce (2 oz.)	160	140	16g	2g	0g	0mg	920mg	4g	0g	0g	0g	8%	0%	0%	0%	X			X	X
Zesty Lemon-Lime Rub (1/8 teas.)	0	0	0g	0g	0g	0mg	70mg	< 1g	0g	0g	0g	0%	0%	0%	0%					
Spicy Molasses BBQ Sauce (2 oz.)	140	0	0g	0g	0g	0mg	580mg	32g	0g	28g	0g	0%	10%	0%	4%					
Cajun Rub (1/8 teas.)	10	0	0g	0g	0g	0mg	800mg	2g	< 1g	0g	0g	0%	0%	0%	0%					
Buffalo Sauce (2 oz.)	30	10	2g	0g	0g	0mg	1320mg	4g	0g	0g	0g	4%	15%	0%	0%					X
Thai Chili Sauce (2 oz.)	160	0	0g	0g	0g	0mg	840mg	40g	0g	36g	0g	8%	15%	0%	0%	X		X		X
Nashville Hot Sauce (2 oz.)	290	250	29g	5g	0g	0mg	1980mg	10g	2g	3g	1g	4%	0%	0%	0%	X				
Smokin' Habanero Sauce (2 oz.)	25	15	1.5g	0g	0g	0mg	1130mg	2g	0g	0g	0g	0%	0%	0%	0%					X
Angry Ghost Sauce (2 oz.)	70	15	1.5g	0g	0g	0mg	1220mg	11g	0g	0g	0g	0%	4%	0%	4%					X

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 - Regular	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	0%	2%	2%	4%					
Original Fries - Large	800	400	44g	14g	0g	0mg	1010mg	93g	17g	0g	9g	2%	4%	6%	8%					
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	16g	0g	25mg	1600mg	61g	10g	3g	15g	2%	4%	6%	6%	X				X

SIDES & DIPS

	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
Celery Sticks (w/Ranch Dip)	210	190	21g	3g	0g	15mg	310mg	3g	< 1g	1g	1g	2%	4%	4%	0%	X				X
Celery Sticks (w/Blue Cheese Dip)	270	240	28g	5g	0g	25mg	300mg	3g	< 1g	1g	2g	4%	2%	6%	0%	X				X
Coleslaw - Regular	190	140	16g	2.5g	0g	15mg	370mg	1g	2g	1g	1g	15%	45%	4%	2%	X	X			
Coleslaw - Large	520	370	43g	7g	0g	45mg	1020mg	31g	6g	25g	3g	40%	130%	8%	6%	X	X			
Baked Beans - Regular	180	0	0g	0g	0g	0mg	770mg	41g	6g	21g	7g	4%	0%	4%	10%					
Baked Beans - Large	490	0	0g	0g	0g	0mg	2050mg	110g	16g	55g	19g	10%	0%	15%	30%					
Texas Toast (1 Piece)	170	50	6g	0.5g	0g	0mg	250mg	26g	1g	5g	4g	0%	0%	4%	2%		X		X	
Texas Toast (6 Pieces)	1050	300	36g	4.5g	0g	0mg	1510mg	156g	6g	30g	24g	4%	0%	25%	10%		X		X	
Texas Toast (12 Pieces)	2090	590	72g	9g	0g	0mg	3020mg	312g	12g	48g	48g	6%	0%	50%	25		X		X	
Ranch Dip (1.5 oz.)	200	190	21g	3g	0g	15mg	280mg	2g	0g	< 1g	0g	15%	2%	2%	0%	X				X
Blue Cheese Dip (1.5 oz.)	260	240	28g	5g	0g	25mg	270mg	2g	0g	< 1g	2g	2%	0%	4%	0%	X				X
Cheese Sauce (2 oz.)	70	40	4.5g	2.5g	0g	< 5mg	680mg	6g	0g	2g	< 1g	4%	0%	4%	0%					X

BEVERAGES

	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
REGULAR (21 oz.)																				
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	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 Flashin' 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%					
Real Fruit Lemonade - Strawberry	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	35%	0%	0%					
Real Fruit Lemonade - Blueberry	260	0	0g	0g	0g	0mg	0mg	66g	< 1g	64g	2g	0%	30%	0%	0%					
Real Fruit Lemonade - Peach	250	0	0g	0g	0g	0mg	0mg	66g	0g	64g	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	0mg	< 1g	0g	0g	0g	0%	0%	0%	0%					
Iced Tea (Sweetened)	60	0	0g	0g	0g	0mg	10mg	16g	0g	16g	0g	0%	0%	0%	0%					
LARGE (32 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	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 Flashin' 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%					
Real Fruit Lemonade - Strawberry	390	0	0g	0g	0g	0mg	0mg	102g	< 1g	98g	2g	0%	60%	0%	2%					
Real Fruit Lemonade - Blueberry	390	0	0g	0g	0g	0mg	0mg	101g	1g	97g	2g	0%	45%	0%	0%					
Real Fruit Lemonade - Peach	380	0	0g	0g	0g	0mg	0mg	100g	< 1g	97g	3g	0%	45%	0%	0%					
Original Lemonade	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	45%	0%	0%					
Iced Tea (Unsweetened)	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%	0%	0%					
Iced Tea (Sweetened)	100	0	0g	0g	0g	0mg	15mg	25g	0g	24g	0g	0%	0%	0%	0%					

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
Jalapeno 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%					

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