

PHILLY CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Chicken Philly - Small	430	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	25%	15%	X	X		X	X
Chicken Philly - Regular	720	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	40%	25%	X	X		X	X
Chicken Philly - Large	1010	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	50%	35%	X	X		X	X
Chicken California - Small	490	220	25g	8g	0g	75mg	1180mg	38g	3g	4g	32g	25%	15%	X	X		X	X
Chicken California - Regular	800	360	40g	12g	0.5g	140mg	2010mg	56g	4g	5g	56g	40%	25%	X	X		X	X
Chicken California - Large	1120	500	56g	17g	1g	205mg	2860mg	76g	6g	8g	82g	50%	35%	X	X		X	X
Chicken Buffalo - Small	450	160	18g	7g	0g	80mg	940mg	41g	3g	4g	32g	25%	15%	X	X		X	X
Chicken Buffalo - Regular	730	270	31g	11g	0g	140mg	3080mg	61g	5g	6g	57g	40%	25%	X	X		X	X
Chicken Buffalo - Large	1030	380	44g	15g	0.5g	205mg	4320mg	84g	7g	8g	82g	50%	35%	X	X		X	X
Chicken Teriyaki - Small	440	150	17g	7g	0g	80mg	940mg	41g	3g	6g	33g	30%	15%	X	X		X	X
Chicken Teriyaki - Regular	740	260	29g	11g	0.5g	145mg	1660mg	63g	5g	11g	58g	45%	25%	X	X		X	X
Chicken Teriyaki - Large	1040	370	42g	15g	1g	215mg	2410mg	89g	7g	15g	84g	60%	35%	X	X		X	X
Philly Cheesesteak - Small	470	200	22g	8g	0.5g	65g	1200mg	39g	2g	4g	27g	25%	20%	X	X		X	X
Philly Cheesesteak - Regular	780	340	38g	14g	1g	125mg	2030mg	58g	4g	6g	51g	40%	35%	X	X		X	X
Philly Cheesesteak - Large	1100	490	54g	20g	1.5g	180mg	2890mg	80g	5g	9g	73g	50%	50%	X	X		X	X
Bacon 3 Cheesesteak - Small	550	260	29g	12g	0.5g	85mg	1230mg	39g	2g	4g	35g	40%	20%	X	X		X	X
Bacon 3 Cheesesteak - Regular	850	390	43g	16g	1g	140mg	1950mg	58g	4g	6g	56g	40%	35%	X	X		X	X
Bacon 3 Cheesesteak - Large	1200	570	63g	23g	1.5g	205mg	2870mg	80g	5g	9g	80g	50%	50%	X	X		X	X
Veggie Delight - Small	460	190	22g	9g	0g	45mg	880mg	49g	5g	9g	21g	40%	15%	X	X		X	X
Veggie Delight - Regular	620	250	28g	10g	0g	50mg	1310mg	71g	7g	13g	25g	45%	25%	X	X		X	X
Veggie Delight - Large	870	360	41g	14g	0g	70mg	1880mg	98g	10g	18g	34g	60%	30%	X	X		X	X

TOPPINGS

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

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
BONELESS (1 Piece)																		
Plain	110	60	7g	1g	0g	10mg	270mg	6g	0g	1g	5g	4%	0%				X	
Sweet Teriyaki	140	60	7g	1g	0g	10mg	510mg	13g	0g	7g	5g	4%	0%		X		X	
Garlic Parm	160	100	12g	2g	0g	10mg	560mg	8g	0g	1g	6g	6%	0%		X		X	X
Lemon Pepper	110	60	7g	1g	0g	10mg	630mg	6g	0g	1g	5g	4%	0%				X	
Bold BBQ	140	60	7g	1g	0g	10mg	410mg	14g	0g	8g	5g	4%	2%				X	
Buffalo	110	60	7g	1g	0g	10mg	600mg	7g	0g	1g	5g	4%	0%				X	X
Thai Chili	150	60	7g	1g	0g	10mg	480mg	16g	0g	10g	5g	4%	0%		X		X	X
Mango Habanero	130	60	7g	1g	0g	10mg	340mg	11g	0g	1g	5g	4%	0%				X	
Hot Honey	140	60	7g	1g	0g	10mg	480mg	16g	0g	8g	5g	4%	0%				X	
Korean BBQ	130	60	7g	1g	0g	10mg	520mg	11g	0g	5g	5g	4%	0%				X	

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
CLASSIC (1 Piece)																		
Plain	120	80	9g	2.5g	0g	45mg	40mg	0g	0g	0g	10g	2%	4%				X	
Sweet Teriyaki	150	80	9g	2.5g	0g	45mg	280mg	7g	0g	6g	10g	2%	4%		X		X	
Garlic Parm	180	120	14g	3.5g	0g	45mg	330mg	1g	0g	0g	11g	4%	4%		X		X	X
Lemon Pepper	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%				X	
Bold BBQ	160	80	9g	2.5g	0g	45mg	190mg	8g	0g	7g	10g	2%	4%				X	
Buffalo	130	80	10g	2.5g	0g	45mg	340mg	<1g	0g	0g	10g	2%	4%				X	X
Thai Chili	160	80	9g	2.5g	0g	45mg	250mg	10g	0g	9g	10g	2%	4%		X		X	X
Mango Habanero	170	110	13g	3g	0g	45mg	115mg	5g	0g	4g	10g	0%	4%				X	
Hot Honey	160	80	9g	2.5g	0g	45mg	250mg	9g	0g	7g	10g	0%	4%				X	
Korean BBQ	140	80	9g	2.5g	0g	45mg	290mg	4g	0g	4g	10g	0%	4%		X		X	

SAUCES & RUBS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	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%		X		X	
Garlic Parm Sauce (2 oz.)	160	140	16g	2g	0g	0mg	920mg	4g	0g	0g	0g	0%	0%		X		X	X
Lemon Pepper (1/4 tsp.)	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%					
Bold BBQ Sauce (2 oz.)	140	0	0g	0g	0g	0mg	580mg	32g	0g	28g	0g	0%	4%		X		X	X
Buffalo Sauce (2 oz.)	30	10	2g	0g	0g	0mg	1320mg	4g	0g	0g	0g	0%	0%				X	X
Thai Chili Sauce (2 oz.)	160	0	0g	0g	0g	0mg	840mg	40g	0g	36g	0g	0%	0%		X		X	X
Mango Habanero (2 oz.)	80	0	0g	0g	0g	0mg	300mg	20g	0g	0g	0g	0%	0%					
Hot Honey (2 oz.)	160	80	9g	2.5g	0g	45mg	250mg	9g	0g	7g	10g	0%	4%				X	
Korean BBQ (2 oz.)	90	5	1g	0g	0g	0mg	990mg	17g	0g	16g	2g	0%	0%		X		X	

FRIES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Original Fries - Regular	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	2%	4%		X		X	
Original Fries - Large	800	400	44g	14g	0g	0mg	1010mg	93g	17g	0g	9g	6%	8%		X		X	X
Cheese Gourmet Fries	550	270	30g	9g	0g	0mg	1040mg	62g	10g	3g	6g	4%	6%				X	X
Cheese and Bacon Gourmet Fries	680	370	41g	13g	0g	20mg	1530mg	63g	10g	4g	15g	6%	6%				X	X
Ultimate Gourmet Fries	790	490	54g	16g	0g	25mg	1600mg	61g	10g	3g	15g	6%	6%	X			X	X

CATERING

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Cookie	380	180	19g	11g	0g	45mg	430mg	50g	2g	28g	5g	4%	10%	X	X		X	X
Chips	210	110	2g	1.5g	0g	10mg	125mg	23g	2g	1g	3g	0%	4%					

SIDES & DIPS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Mozzarella Sticks	320	170	18g	8g	0g	45mg	1290mg	25g	<1g	5g	13g	25%	8%		X		X	X
Celery Sticks (w/Ranch Dip)	210	190	21g	3g	0g	15mg	310mg	3g	<1g	1g	1g	4%	0%	X				X
Celery Sticks (w/Blue Cheese Dip)	270	240	28g	5g	0g	25mg	300mg	3g	<1g	1g	2g	6%	0%	X				X
Ranch Dip (1.5 oz.)	200	190	21g	3g	0g	15mg	280mg	2g	0g	<1g	<1g	2%	0%	X				X
Blue Cheese Dip (1.5 oz.)	260	240	28g	5g	0g	25mg	270mg	2g	0g	<1g	2g	4%	0%	X				X
Cheese Sauce (2 oz.)	70	40	4.5g	2.5g	0g	<5mg	680mg	6g	0g	2g	<1g	4%	0%					X

BEVERAGES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
KIDS (12 oz.)																		
Coke	90	0	0g	0g	0g	0mg	25mg	25g	0g	25g	0g	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%					
Coke Zero	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%					
Sprite	90	0	0g	0g	0g	0mg	20mg	24g	0g	24g	0g	0%	0%					
Fanta Orange	100	0	0g	0g	0g	0mg	0mg	26g	0g	26g	0g	0%	0%					
Barq's Root Beer	100	0	0g	0g	0g	0mg	10mg	27g	0g	27g	0g	0%	0%					
Hi-C Flashin' Fruit Punch	90	0	0g	0g	0g	0mg	10mg	26g	0g	26g	0g	0%	0%					
Dr. Pepper	80	0	0g	0g	0g	0mg	25mg	24g	0g	24g	0g	0%	0%					
Original Lemonade	130	0	0g	0g	0g	0mg	0mg	33g	0g	32g	<1g	0%	0%					
Iced Tea (Unsweetened)	0	0	0g	0g	0g	0mg	5mg	<1g	0g	0g	0g	0%	0%					
Iced Tea (Sweetened)	40	0	0g	0g	0g	0mg	5mg	11g	0g	10g	0g	0%	0%					
REGULAR (21 oz.)																		
Coke	160	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g	0%	0%					
Coke Zero	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%					
Sprite	150	0	0g	0g	0g	0mg	75mg	42g	0g	41g	0g	0%	0%					
Fanta Orange	170	0	0g	0g	0g	0mg	45mg	47g	0g	46g	0g	0%	0%					
Barq's Root Beer	170	0	0g	0g	0g	0mg	55mg	47g	0g	47g	0g	0%	0%					
Hi-C Flashin' Fruit Punch	160	0	0g	0g	0g	0mg	55mg	44g	0g	43g	0g	0%	0%					
Dr. Pepper	120	0	0g	0g	0g	0mg	35mg	33g	0g	32g	0g	0%	0%					
Real Fruit Lemonade - Strawberry	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	0%					
Real Fruit Lemonade - Blueberry	260	0	0g	0g	0g	0mg	0mg	66g	<1g	64g	2g	0%	0%					
Real Fruit Lemonade - Peach	250	0	0g	0g	0g	0mg	0mg	66g	0g	64g	2g	0%	0%					
Original Lemonade	220	0	0g	0g	0g	0mg	0mg	58g	0g	56g	2g	0%	0%					
Iced Tea (Unsweetened)	0	0	0g	0g	0g	0mg	10mg	<1g	0g	0g	0g	0%	0%					
Iced Tea (Sweetened)	60	0	0g	0g	0g	0mg	10mg	16g	0g	16g	0g	0%	0%					
LARGE (32 oz.)																		
Coke	230	0	0g	0g	0g	0mg	55mg	63g	0g	63g	0g	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%					
Coke Zero	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%					
Sprite	220	0	0g	0g	0g	0mg	110mg	61g	0g	60g	0g	0%	0%					
Fanta Orange	250	0	0g	0g	0g	0mg	65mg	69g	0g	68g	0g	0%	0%					
Barq's Root Beer	250	0	0g	0g	0g	0mg	85mg	69g	0g	69g	0g	0%	0%					
Hi-C Flashin' Fruit Punch	240	0	0g	0g	0g	0mg	85mg	65g	0g	63g	0g	0%	0%					
Dr. Pepper	180	0	0g	0g	0g	0mg	55mg	49g	0g	48g	0g	0%	0%					
Real Fruit Lemonade - Strawberry	390	0	0g	0g	0g	0mg	0mg	102g	<1g	98g	2g	0%	0%					
Real Fruit Lemonade - Blueberry	390	0	0g	0g	0g	0mg	0mg	101g	1g	97g	2g	0%	0%					
Real Fruit Lemonade - Peach	380	0	0g	0g	0g	0mg	0mg	100g	<1g	97g	3g	0%	0%					
Original Lemonade	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	0%					
Iced Tea (Unsweetened)	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%					
Iced Tea (Sweetened)	100	0	0g	0g	0g	0mg	15mg	25g	0g	24g	0g	0%	0%					

FROZEN TREATS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
SUNDAES																		
Chocolate Sauce	450	100	11g	7g	0g	45mg	210mg	77g	<1g	66g	9g	25%	2%		X			X
Strawberry	410	100	11g	7g	0g	45mg	200mg	68g	0g	58g	9g	25%	0%					X
Cookies & Cream	460	130	15g	8g	0g	45mg	280mg	73g	1g	57g	10g	25%	0%		X		X	X
SHAKES																		
Chocolate	580	160	18g	11g	0g	65mg	230mg	92g	1g	78g	12g	30%	6%		X			X
Strawberry	460	160	18g	11g	0g	65mg	200mg	64g	0g	55g	11g	30%	0%					X
Cookies & Cream	670	200	22g	12g	0g	65mg	310mg	106g	2g	85g	13g	30%	6%		X		X	X
Vanilla	500	160	18g	11g	0g	65mg	200mg	72g	0g	64g	11g	30%	0%					X
CONE																		
	230	40	4.5g	2.5g	0g	15mg	120mg	42g	1g	26g	4g	10%	4%		X		X	X

BREAKFAST

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
BREAKFAST SANDWICHES																		
Egg and Cheese Sandwich	460	210	24g	9g	0g	400mg	850mg	37g	1g	4g	23g	30%	20%	X			X	X
Bacon, Egg and Cheese Sandwich	490	240	26g	9g	0g	400mg	800mg	36g	1g	4g	25g	20%	20%	X			X	X
Steak, Egg and Cheese Sandwich	520	220	25g	9g	0g	425mg	890mg	36g	1g	3g	36g	20%	30%	X	X		X	X
Hashbrowns	280	160	18g	3.5g	0g	0mg	400mg	27g	5g	0g	2g	2%	4%					
Orange Juice	110	0	0g	0g	0g	0mg	15mg	27g	0g	22g	2g	2%	0%					
Coffee	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%					

KIDS MEAL

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Chicken Tenders	690	320	36g	10g	0g	45mg	730mg	79g	9g	31g	18g	2%	15%		X		X	
Lil Cali - Chicken	610	250	28g	9g	0g	70mg	1050mg	57g	7g	2g	33g	10%	15%		X		X	X
Lil Cali - Steak	650	300	33g	11g	0g	70mg	1080mg	57g	6g	2g	33g	10%	25%		X		X	X

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.