



NUTRITION INFORMATION

Philly Cheesesteak

	SERVING SIZE (g)	CALORIES	FAT CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	ALLERGENS					
																	EGG	MILK	WHEAT	SOYBEAN	PEANUTS	TREE NUTS
8.3 oz: Serving Size 1 Sandwich	235	550	260	29	14	1	75	1330	64	3	6	26	2	10	20	20	•	•	•	•		
5.6 oz: Serving Size 1 Sandwich	159	370	220	24	12	0	60	990	39	2	4	21	0	8	20	20	•	•	•	•		
4.2 oz: Serving Size 1 Sandwich	119	270	130	15	7	0	40	690	32	1	3	14	0	6	10	15	•	•	•	•		

MEGA Philly Cheesesteak

10.3 oz: Serving Size 1 Sandwich	292	650	350	40	19	1	110	1770	67	32	75	34	2	15	30	30	•	•	•	•		
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Choice Philly Cheesesteak (Costco)

5.6 oz: Serving Size 1 Sandwich	159	370	220	24	12	0	60	990	39	2	4	21	0	8	20	20	•	•	•	•		
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Roast Beef Cheddar Melt

9.1 oz: Serving Size 1 Sandwich	258	650	310	34	15	0.5	90	1460	66	2	7	27	4	2	25	30	•	•	•	•		
6.0 oz: Serving Size 1 Sandwich	170	430	210	23	10	0	60	990	41	1	4	18	2	2	15	20	•	•	•	•		
4.5 oz: Serving Size 1 Sandwich	128	320	160	17	7	0	45	740	32	1	3	14	2	0	10	15	•	•	•	•		

Chicken Bacon Ranch

9.5 oz: Serving Size 1 Sandwich	269	590	230	26	10	0	85	1360	67	2	8	29	2	4	25	25	•	•	•	•		
6.5 oz: Serving Size 1 Sandwich	184	390	150	17	6	0	60	930	42	1	5	21	2	2	15	15	•	•	•	•		
4.8 oz: Serving Size 1 Sandwich	136	300	120	13	5	0	45	690	33	1	4	15	2	2	10	10	•	•	•	•		

Southwest Chipotle Steak

9.2 oz: Serving Size 1 Sandwich	261	660	300	33	14	0.5	85	1520	68	3	7	26	6	10	25	30	•	•	•	•		
5.2 oz: Serving Size 1 Sandwich	147	370	170	19	8	0	50	850	38	2	4	15	4	6	10	15	•	•	•	•		

Ham & Swiss

5.0 oz: Serving Size 1 Sandwich	142	320	100	11	5	0	35	1080	40	1	5	17	2	0	10	15	•	•	•	•		
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Pastrami & Cheese

8.3 oz: Serving Size 1 Sandwich	235	600	300	33	15	1	85	1670	69	3	7	29	0	2	25	30	•	•	•	•		
5.5 oz: Serving Size 1 Sandwich	156	350	180	20	9	0.5	55	1020	37	1	4	18	0	0	15	20	•	•	•	•		

Barbeque Pulled Pork

5.5 oz: Serving Size 1 Sandwich	156	360	130	14	6	0	30	890	53	2	17	16	4	4	6	20	•	•	•	•		
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Italian Style Supreme

5.2 oz: Serving Size 1 Sandwich	147	350	210	24	10	0	50	980	42	2	5	17	4	4	15	20	•	•	•	•		
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NUTRITION INFORMATION

Grilled Melts: Stay Cheesy

	SERVING SIZE (g)	CALORIES	FAT CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	ALLERGENS					
																	EGG	MILK	WHEAT	SOYBEAN	PEANUTS	TREE NUTS
5.3 oz: Serving Size 1 Sandwich	150	510	240	27	13	0	65	900	47	4	4	23	4	10	60	15		•	•	•		

Grilled Melts: 3 Amigos

6.9 oz: Serving Size 1 Sandwich	196	470	200	23	10	0	80	450	43	2	3	24	4	15	40	15		•	•	•		
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Grilled Melts: The B.M.C

7.1 oz: Serving Size 1 Sandwich	201	470	200	23	9	0	40	730	53	2	4	17	0	10	35	15	•	•	•	•		
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Grilled Melts: The Italiano

6.4 oz: Serving Size 1 Sandwich	181	380	290	33	12	0.5	65	1160	43	2	2	22	2	10	35	20		•	•	•		
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Grilled Melts: Let There Be Pork

6.3 oz: Serving Size 1 Sandwich	179	410	170	19	7	0	60	440	43	2	4	21	4	15	40	20		•	•	•		
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ScapeGoat

5.5 oz: Serving Size 1 Sandwich	156	450	180	20	9	0	45	890	49	4	7	18	2	15	35	20		•	•	•		
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NUTRITION INFORMATION

Breakfast Egg, Bacon, and Cheese

	SERVING SIZE (g)	CALORIES	FAT CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	ALLERGENS					
																	EGG	MILK	WHEAT	SOYBEAN	PEANUTS	TREE NUTS
4.7 oz: Serving Size 1 Sandwich	133	360	140	16	6	0	85	930	39	1	4	17	2	2	15	15	•	•	•	•		

Breakfast Ham, Egg, and Cheese

5.7 oz: Serving Size 1 Sandwich	164	350	120	13	5	0	95	1080	41	1	5	19	2	2	15	15	•	•	•	•		
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Breakfast Sausage Egg, and Cheese

5.9 oz: Serving Size 1 Sandwich	167	480	270	30	11	0	120	990	38	1	4	19	2	2	15	20	•	•	•	•		
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