



"Caution: may be habit forming" ®

Check our website at
www.cheesesteakshop.com

SMALL SANDWICHES

	<i>CALORIES</i>	<i>CALORIES FROM FAT</i>	<i>TOTAL FAT (G)</i>	<i>SATURATED FAT (G)</i>	<i>CHOLESTEROL (MG)</i>	<i>SODIUM (MG)</i>	<i>CARBOHYDRATES (G)</i>	<i>DIETARY FIBER (G)</i>	<i>PROTEIN (G)</i>	<i>PORTION SIZE (G)</i>
STEAK SANDWICHES										
PHILLY CHEESE	520	227	24	10.5	86	936	38	2	25	226.5
PIZZA CHEESE	550	227	25	11.5	86	915	43	3	28	234.5
MUSHROOM & CHEESE	535	227	24	10.5	86	936	42	2	29	228.5
GARLIC & CHEESE	545	227	24	10.5	86	936	45	0	25.5	234.5
DELUXE CHEESE	565	227	25	11.5	86	917	44	3	32	240.5
BBQ CHEESE	550	227	25	11.5	86	1145	39	2	28	261.5
PEPPERONI & CHEESE	690	227	30	16.5	116	1415	43	3	38	249.5
HOAGIE W/ CHEESE	590	227	55	10.7	88	976	48.4	2	31	234.5
SPINACH CHEESE	545	227	24	10.5	86	956	48	2.5	33	236.5
CHILI PEPPER CHEESE	525	227	24	10.5	86	1006	39	3	26	251.5
BACON CHEESE	567	227	29	13	101	1136	41	2	30	229
CHICKEN SANDWICHES										
PHILLY CHEESE	520	227	24	10.5	86	936	38	2	25	226.5
PIZZA CHEESE	550	237	25	11.5	86	915	43	3	28	234.5
MUSHROOM & CHEESE	535	218	24	10.5	86	936	42	2	29	228.5
GARLIC & CHEESE	545	227	24	10.5	86	936	45	0	25.5	234.5
DELUXE CHEESE	565	227	25	11.5	86	917	44	3	32	240.5
BBQ CHEESE	690	237	25	11.5	86	1145	39	2	28	261.5
PEPPERONI & CHEESE	590	357	30	16.5	116	1415	43	3	38	249.5
HOAGIE W/ CHEESE	545	242	55	10.7	88	976	48.4	2	31	234.5
SPINACH CHEESE	525	227	24	10.5	86	956	48	2.5	33	236.5
CHILI PEPPER CHEESE	567	227	24	10.5	86	1006	39	3	26	251.5
BACON CHEESE	567	267	29	13	101	1136	41	2	30	229

MEDIUM SANDWICHES

	<i>CALORIES</i>	<i>CALORIES FROM FAT</i>	<i>TOTAL FAT (G)</i>	<i>SATURATED FAT (G)</i>	<i>CHOLESTEROL (MG)</i>	<i>SODIUM (MG)</i>	<i>CARBOHYDRATES (G)</i>	<i>DIETARY FIBER (G)</i>	<i>PROTEIN (G)</i>	<i>PORTION SIZE (G)</i>
STEAK SANDWICHES										
PHILLY CHEESE	900	405	52	19.5	150	1750	63	3	44	381
PIZZA CHEESE	890	390	50	17.5	140	1305	63	5	46.5	379
MUSHROOM & CHEESE	930	407	52	19.5	150	1750	73	3	46.5	431
GARLIC & CHEESE	970	405	52	19.5	150	1750	77	0	45	409
DELUXE CHEESE	920	390	50	17.5	140	1315	71	8	48.5	429
BBQ CHEESE	920	390	50	17.5	140	1905	63	3	46.5	445
PEPPERONI & CHEESE	1030	510	55	23.5	170	1805	63	5	56.5	407
HOAGIE W/ CHEESE	1030	451	56	20	154	1830	76.3	4	46	475
SPINACH CHEESE	1005	411	52	19.5	150	1790	73.8	4	54.5	469
CHILI PEPPER CHEESE	905	405	52	19.5	150	1890	65	4	46	431
BACON CHEESE	1075	565	60	24.5	170	2150	63	3	69	442
CHICKEN SANDWICHES										
PHILLY CHEESE	675	200	39	10.5	123	2060	65.5	3	41	285
PIZZA CHEESE	665	185	37	9.5	113	1615	65.5	5	43.5	341
MUSHROOM & CHEESE	695	200	39	10.5	123	2060	73.5	6	43.5	335
GARLIC & CHEESE	745	200	39	10.5	123	2060	79.5	3	41.5	313
DELUXE CHEESE	695	185	37	9.5	113	1615	73.5	8	50	391
BBQ CHEESE	695	185	37	9.5	113	2535	77.5	5	45.5	347
PEPPERONI & CHEESE	805	365	57	18.5	163	1915	65.5	3	43.5	313
HOAGIE W/ CHEESE	730	230	42.5	11	128	2149	71	3.5	41.5	379
SPINACH CHEESE	707	200	39	10.5	123	2090	67	7.5	42.5	363
CHILI PEPPER CHEESE	685	200	39	10.5	123	2200	67.5	5	43	335
BACON CHEESE	865	360	47	15.5	143	2015	65.5	3	41	310

LARGE SANDWICHES

	<i>CALORIES</i>	<i>CALORIES FROM FAT</i>	<i>TOTAL FAT (G)</i>	<i>SATURATED FAT (G)</i>	<i>CHOLESTEROL (MG)</i>	<i>SODIUM (MG)</i>	<i>CARBOHYDRATES (G)</i>	<i>DIETARY FIBER (G)</i>	<i>PROTEIN (G)</i>	<i>PORTION SIZE (G)</i>
STEAK SANDWICHES										
PHILLY CHEESE	1600	702	91	30.5	234	2468	47	3	69	583
PIZZA CHEESE	1640	672	87	26.5	234	1898	52	5	74	565
MUSHROOM & CHEESE	1660	706	91.3	30.5	234	2478	55	6	71.5	633
GARLIC & CHEESE	1570	702	91	30.5	234	2474	53	6	69.5	611
DELUXE CHEESE	1700	672	93.3	38.5	234	2798	60	8	83.5	451
BBQ CHEESE	1700	672	93	38.5	234	3388	59	5	71	407
PEPPERONI & CHEESE	2020	1032	133	54.5	334	3288	52	5	91	429
HOAGIE W/ CHEESE	1710	774	96	30.6	245	2548	52.7	3.5	70.5	435
SPINACH CHEESE	1684	706	91.3	30.5	234	2498	56.5	4.5	70.5	369
CHILI PEPPER CHEESE	1620	702	91	30.5	234	2598	49	5	71	391
BACON CHEESE	1980	1022	107	40.5	274	3188	47	3	84	369
CHICKEN SANDWICHES										
PHILLY CHEESE	1200	375	69	20	210	3920	136	6	72	726
PIZZA CHEESE	1240	345	65	19	190	3030	146	10	77	838
MUSHROOM & CHEESE	1260	379	71	20	210	3940	152	12	77	826
GARLIC & CHEESE	1340	375	71	20	210	3920	154	6	73	782
DELUXE CHEESE	1300	345	65	19	190	3050	162	16	82	938
BBQ CHEESE	1340	345	65	19	190	4870	160	6	76	846
PEPPERONI & CHEESE	1680	705	111	35	290	3830	146	6	112	958
HOAGIE W/ CHEESE	1428	468	78	20	221	4080	157	7	92	746
SPINACH CHEESE	1284	379	71	20	210	4000	155	15	80	910
CHILI PEPPER CHEESE	1240	375	71	20	210	3980	164	6	84	782
BACON CHEESE	1580	695	87	29	250	4270	136	6	102	776

*Addition of other condiments and fixings will alter nutrition values.

All information is based on The Cheese Steak Shop Franchise, Inc. current standard product formulations and information from product suppliers. Slight variations may occur depending upon the supplier, and periodic and seasonal changes in product formulations.

KING OF PHILLY (on a Medium Roll)

	<i>CALORIES</i>	<i>CALORIES FROM FAT</i>	<i>TOTAL FAT (G)</i>	<i>SATURATED FAT (G)</i>	<i>CHOLESTEROL (MG)</i>	<i>SODIUM (MG)</i>	<i>CARBOHYDRATES (G)</i>	<i>DIETARY FIBER (G)</i>	<i>PROTEIN (G)</i>	<i>PORTION SIZE (G)</i>
STEAK SANDWICHES										
PHILLY CHEESE	1270	657	81	33.5	244	2468	47	3	69	583
PIZZA CHEESE	1280	627	77	29.5	224	1898	52	5	74	565
MUSHROOM & CHEESE	1300	659	81.1	33.5	244	2478	55	6	71.5	633
GARLIC & CHEESE	1350	667	82	33.5	244	2474	53	6	69.5	611
DELUXE CHEESE	1390	629	85.1	36.5	244	2798	60	8	83.5	451
BBQ CHEESE	1330	627	85	36.5	244	3388	59	5	71	407
PEPPERONI & CHEESE	1440	747	90	41.5	274	3288	52	5	91	429
HOAGIE W/ CHEESE	1315	687	84.4	34	249	2548	52.7	3.5	70.5	435
SPINACH CHEESE	1312	659	81.1	33.5	244	2498	56.5	4.5	70.5	369
CHILI PEPPER CHEESE	1280	657	81	33.5	244	2598	49	5	71	391
BACON CHEESE	1470	817	89	44.5	264	3188	47	3	84	369
CHICKEN SANDWICHES										
PHILLY CHEESE	880	330	61	18.5	200	3120	67	3	64	509
PIZZA CHEESE	890	300	57	18	180	2230	67	5	69	501
MUSHROOM & CHEESE	910	332	61	18.5	200	3130	75	6	68	559
GARLIC & CHEESE	960	330	61	18.5	200	3120	73	6	64.5	537
DELUXE CHEESE	920	302	57	18	180	2550	80	8	75.5	607
BBQ CHEESE	920	300	57	18	180	2830	74	5	67	567
PEPPERONI & CHEESE	1110	480	77	26	230	2630	67	5	89	557
HOAGIE W/ CHEESE	935	360	64	19	205	3209	73	3.5	64.5	613
SPINACH CHEESE	922	330	61	18.5	200	3150	69	4.5	65.5	537
CHILI PEPPER CHEESE	890	330	61	18.5	200	3260	69	4.5	66	559
BACON CHEESE	1070	490	69	23.5	220	3520	67	3	79	534

OTHER SANDWICHES

STEAK SANDWICHES										
ITAL SMALL	722	414	44	18	42.5	2441	40	2.5	34	320
ITAL MEDIUM	1314	788	89.5	26	155	4616	62	4	60	564
ITAL LARGE	2903	1684	189	61.5	292	9142	162	8	99	1139
HOT HAM	610	195	21	7	110	2120	57	3	41	267
GUYLIC	904	485	28	15.5	149	2155	70	8	9	395
GUYBBQ	1265	455	45	16.5	143	3100	80	4	59	402
WESTERN	1000	410	53	16.5	143	3085	90	4	45	404
VEG SMALL	280	78.5	9	4	20	1079	37	6	15	257
VEG MEDIUM	481	153	16	8.5	40	1986	60	9.5	25	439
VEG LARGE	921	302	34	22	80	3890	112	16.5	46	773
ZEST SMALL	295	76	9	4	20	1079	37	3.5	12	243
ZEST MEDIUM	506	147	16	8.5	40	1385	74	5.5	22	392
ZEST LARGE	970	293	34	22	80	2765	139	11	41	731

OTHER MENU ITEMS

CHICKEN BREAST PIECES										
5 PIECE	333	12.5	22	2	83	1019	21	0	31	156
7 PIECE	438.5	16.5	29	3	109.5	1342.5	27.5	0	41	205.5
FISH										
1 PIECE	106	44	10	1	19	250	5	0	10	71
2 PIECE	212.5	87.5	20	2	37.5	500	10	0	20	142

SALADS

SIDE	32	0	0	0	0	327	9	2	1.5	128
GARDEN	49	1	0	0	0	341	10	3.5	4	273
PHLYSTK	273	162	18	8	66	580	9	3	20	341
PHLYCHK	220	100	11	4	63	678	10	3	20	341
RANCH	250	240	26	4	15	370	2	0	0	43
CRM ITAL	100	90	11	1.5	0	240	2	0	0	30
LITE IT	40	30	3	0.5	0	270	3	0	0	32

*Salads do not include the dressing calories. Please reference nutritional info on each dressing packet. Recommended limits for a 2000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

SIDES

ST FF SM	688	304	33.6	4.64	24	400	92	6.16	6.16	224
ST FF LG	1032	456	50.4	7	36	600	138	9.24	9.24	336
GUY SM	783	536	43.6	5.64	24	605	93.5	6.16	6.16	234
GUY LG	1167	576	64.4	9	36	1005	141	9.24	9.24	352
SPIR SM	560	300	32	3	0	1220	60	6	6	168
SPIR LG	840	450	48	4.5	0	1830	90	9	9	252
O RNG SM	643	357	40	2.86	0	886	64	4.25	4.25	140
O RNG LG	1029	571	64	4.6	0	1418	102	6.8	6.8	224
PH CHP SM	1064	539	70	21.7	0	800	105	9.1	14	196
PH CHP LG	1672	847	110	34.1	0	1848	165	14.3	22	308
GY CP SM	1159	619	78	22.5	0	1100	107	9.1	14	209
GY CP LG	1817	947	122	36	0	2348	169	4.3	22	331
MSH SM	625	343.75	37.5	2.5	0	750	56.25	5.7	5.7	140
MSH LG	1000	550	60	4	0	1200	108	9	9	224
ZUC SM	713	633	67.5	3.3	0	1575	52.5	2.5	4	140
ZUC LG	1141	1013	108	5.3	0	2520	84	4	6.4	224
CRN SM	788	468	50	3.3	0	1050	75	5	6	140
CRN LG	1261	749	80	5.3	0	1680	120	8	9.6	224
POP SM	525	413	45	10.5	15	1056	38.25	2.25	5.4	99
POP LG	875	688	80	17.5	25	1760	63.75	3.75	9	165