



Nutritional Information

		Weight	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Sandwiches													
Bacon Cheddar, Rg	313	g	600	31	10	0	90	1340	50	1	3	0	31
Bacon Cheddar, Lg	598	g	1090	57	19	0	175	2530	89	1	7	0	59
Buffalo Chicken Philly, Rg	412	g	760	45	13	0	110	2100	52	1	8	1	37
Buffalo Chicken Philly, Lg	791	g	1410	85	24	0	225	4060	92	2	15	2	72
Chicagoland, Rg	355	g	620	34	13	0	90	1210	50	1	4	0	32
Chicagoland, Lg	655	g	1040	54	20	0	160	2030	89	2	8	0	56
Deluxe Philly, Rg	490	g	840	50	19	0	160	1680	53	1	4	0	48
Deluxe Philly, Lg	952	g	1560	94	37	0	320	3210	94	2	7	0	93
Great Steak, Rg	381	g	820	56	16	0	110	1290	49	1	4	0	32
Great Steak, Lg	735	g	1530	107	31	0	225	2430	87	2	9	0	62
Original Philly - Chicken & Philly Cheese Sauce, Rg	299	g	550	25	6	0	80	1060	50	1	5	0	30
Original Philly - Chicken & Philly Cheese Sauce, Lg	556	g	970	43	11	0	160	1900	87	1	10	0	58
Original Philly - Chicken & White Cheese Sauce, Rg	299	g	595	28	100	0	95	1260	49	4	6	0	34
Original Philly - Chicken & White Cheese Sauce, Lg	556	g	1015	47	16	0	185	2190	86	4	11	0	63
Original Philly - Steak & Philly Cheese Sauce, Rg	299	g	540	27	8	0	70	1040	50	1	3	0	25
Original Philly - Steak & Philly Cheese Sauce, Lg	556	g	950	47	15	0	140	1850	87	1	6	0	47
Original Philly - Steak & White Cheese Sauce, Rg	299	g	585	30	12	0	85	1230	49	4	4	0	28
Original Philly - Steak & White Cheese Sauce, Lg	556	g	995	51	20	0	160	2140	85	4	7	0	53
Premier Philly, Rg	462	g	790	43	16	0	165	1660	52	1	7	0	50
Premier Philly, Lg	896	g	1480	80	30	0	330	3160	93	2	13	0	98
Teriyaki Chicken Philly, Rg	410	g	880	54	14	0	125	1670	62	4	18	11	38
Teriyaki Chicken Philly, Lg	792	g	1660	104	27	0	245	3180	111	5	35	23	74
Ultimate Philly - Chicken, Rg	341	g	620	31	11	0	100	1160	49	1	6	0	37
Ultimate Philly - Chicken, Lg	655	g	1120	55	20	0	200	2170	86	2	12	0	73
Ultimate Philly - Steak, Rg	341	g	600	32	13	0	90	1140	49	1	4	0	32
Ultimate Philly - Steak, Lg	655	g	1100	59	24	0	180	2120	86	2	8	0	62
Baked Potatoes													
Great Potato - Chicken	411	g	460	19	5.0	0	80	740	48	4	6	0	26
Great Potato - Steak	411	g	450	21	7	0	70	710	48	4	4	0	21
King Potato	282	g	360	17	7	0	35	470	44	4	4	0	8
Breakfast													
Bacon, Egg & Cheese Sandwich	212	g	560	32	10	0	395	1100	36	1	3	2	28
Egg & Cheese Sandwich	195	g	470	26	7	0	380	710	36	1	2	2	22
Ham, Egg & Cheese Sandwich	252	g	530	28	8	0	405	1420	39	1	5	2	30
Sausage, Egg & Cheese Sandwich	238	g	660	43	13	0.5	420	1040	36	1	2	2	30
Steak & Egg Philly	259	g	510	27	9	0	415	910	37	1	2	2	30
Deluxe Breakfast Potatoes	332	g	330	17	2.5	0	0	1210	41	4	3	0	7
Fries and Sides													
Cheese Fries, Rg	262	g	420	21	3.5	0	0	1110	54	5	0	0	5
Cheese Fries, Lg	522	g	820	38	7	0	0	2210	108	11	0	0	11
Cheese Tots, Rg	262	g	530	31	6	0	0	1360	54	5	1	0	5
Cheese Tots, Lg	522	g	1040	60	13	0	0	2700	108	11	3	0	11
Great Fries, Rg	234	g	390	18	3.5	0	0	970	51	5	0	0	5
Great Fries, Lg	465	g	750	33	6	0	0	1920	103	11	0	0	11
Great Tots, Rg	234	g	490	29	6	0	0	1210	51	5	1	0	5
Great Tots, Lg	468	g	990	57	12	0	0	2410	103	11	3	0	11
King Fries, Rg	296	g	510	29	7	0	20	1200	55	5	1	0	8
King Fries, Lg	586	g	970	52	14	0	45	2320	111	11	2	0	15
King Tots, Rg	296	g	620	39	10	0	20	1440	55	5	2	0	8
King Tots, Lg	586	g	1180	73	19	0	45	2800	111	11	5	0	15
Philly Fries, Rg	354	g	530	28	7	0	30	1650	58	6	1	0	12
Philly Fries, Lg	733	g	1070	56	13	0	70	3380	115	12	3	0	28
Philly Tots, Rg	354	g	630	39	10	0	30	1890	58	6	3	0	12
Philly Tots, Lg	733	g	1290	78	19	0	70	3860	115	12	5	0	28

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Kids Meals													
Chicken Philly Slider with Applesauce	239	g	310	12	3	0	40	530	36	2	13	0	15
Chicken Tenders with Applesauce	230	g	380	20	3	0	50	710	30	2	12	0	21
Steak Philly Slider with Applesauce	239	g	310	13	4	0	35	520	36	2	12	0	12
Breads													
White Bread, Rg	79	g	220	2	1.0	0	0	490	41	3	1	0	8
White Bread, Lg	136	g	380	4	1.0	0	0	830	70	3	2	0	14
Meats													
Bacon	28	g	130	9	3.0	0	35	600	1	0	1	0	12
Chicken	142	g	210	13	4.0	0	80	430	2	0	2	0	21
Ham	57	g	60	2	1.0	0	25	710	3	0	3	0	8
Sausage	43	g	190	17	6.0	0	40	330	0	0	0	0	8
Steak	142	g	200	15	6.0	0	70	400	2	0	0	0	16
Cheese													
Philly Cheese Sauce	28	g	35	2.5	0	0	0	150	3	0	0	0	0
Provolone Cheese	28	g	90	8	4.5	0	20	240	0	0	0	0	7
White Cheese Sauce	28	g	80	6	4.0	0	15	340	2	0	1	0	4
Toppings - Sandwich													
Bacon	28	g	130	9	3.0	0	35	600	1	0	1	0	12
Green Pepper	21	g	5	0	0	0	0	0	1	0	1	0	0
Jalapeno	30	g	0	0	0	0	0	470	1	0	0	0	0
Lettuce	57	g	10	0	0	0	0	5	2	0	1	0	1
Mushroom	21	g	5	0	0	0	0	0	1	0	0	0	1
Grilled Onion	43	g	20	0	0	0	0	0	4	1	2	0	1
Red Pepper	28	g	10	0	0	0	0	0	2	1	1	0	0
Tomato	40	g	5	0	0	0	0	0	2	0	1	0	0
Toppings - Baked Potato													
Bacon	28	g	130	9	3.0	0	35	600	1	0	1	0	12
Chive	1	g	5	0	0	0	0	0	1	0	0	0	0
Grilled Onion	43	g	20	0	0	0	0	0	4	1	2	0	1
Philly Cheese Sauce	28	g	35	2.5	0	0	0	150	3	0	0	0	0
Sour Cream	28	g	60	5	3.0	0	15	10	1	0	1	0	1
Sauces/Dressings													
Buffalo Sauce	28	g	10	0	0	0	0	760	2	0	0	0	0
Mayonnaise	28	g	220	24	4.0	0	20	150	0	0	0	0	0
Ranch	28	g	130	14	2.0	0	10	180	1	0	1	1	0
Teriyaki Sauce	28	g	45	0	0	0	0	350	12	0	11	4	1
Beverages													
Coffee	12	oz	5	0	0	0	0	5	0	0	0	0	0
Great Steak Lemonade, Rg	22	oz	250	0	0	0	0	5	65	0	63	0	0
Great Steak Lemonade, Lg	32	oz	410	0	0	0	0	5	105	1	102	0	0
Orange Juice	12	oz	190	0	0	0	0	50	48	0	47	0	0

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Great Steak™ has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores.

This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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