




Great Steak™ Nutritional Statement

 America's Premier Cheesesteak		Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches													
Bacon Cheddar Cheesesteak, Reg	325	g	590	200	23	5	0	90	1460	55	3	5	34
Bacon Cheddar Cheesesteak, Lg	591	g	1000	340	38	9	0	180	2650	91	5	8	68
Bacon Cheddar Cheesesteak, Wrap	325	g	640	280	32	7	0	90	1680	52	5	4	34
Buffalo Chicken Philly, Reg	404	g	750	340	38	10	0	55	2540	61	4	8	34
Buffalo Chicken Philly, Lg	751	g	1280	590	66	16	0	110	4530	103	7	13	66
Buffalo Chicken Philly, Wrap	397	g	740	360	40	10	0	80	2760	58	6	7	34
Chicagoland Cheesesteak, Reg	385	g	610	210	24	8	0	100	1250	59	3	7	35
Chicagoland Cheesesteak, Lg	713	g	1050	360	41	14	0	200	2300	97	7	12	70
Chicagoland Cheesesteak, Wrap	357	g	600	230	26	8	0	105	1490	53	5	5	35
Chicken Bacon Ranch, Reg	393	g	820	390	44	12	0	65	2330	60	3	7	40
Chicken Bacon Ranch, Lg	729	g	1430	700	78	20	0	130	4210	101	6	13	78
Chicken Bacon Ranch, Wrap	393	g	870	470	53	14	0	90	2550	57	5	6	40
Great Steak Cheesesteak, Reg	390	g	790	400	45	10	0	120	1210	55	3	6	35
Great Steak Cheesesteak, Lg	722	g	1360	700	79	17	0	230	2100	92	6	11	67
Great Steak Cheesesteak, Wrap	390	g	840	480	54	12	0	120	1430	52	5	5	35
Gyro	353	g	590	260	29	12	0	60	1530	47	4	7	30
Ham Delight, Reg	376	g	780	390	44	10	0	90	2330	64	3	15	32
Ham Delight, Lg	695	g	1350	690	77	18	0	170	4350	109	6	29	60
Ham Delight, Wrap	378	g	850	490	55	13	0	90	2550	61	5	14	32
Original Philly Cheesesteak, Reg	308	g	510	150	17	3.5	0	80	960	55	3	5	28
Original Philly Cheesesteak, Lg	557	g	840	230	26	5	0	160	1650	91	5	8	56
Original Philly Cheesesteak, Wrap	308	g	560	230	26	5	0	80	1180	52	5	4	28
Original Chicken Philly, Reg	293	g	570	190	21	6.0	0	70	1410	56	3	5	35
Original Chicken Philly, Lg	529	g	920	280	32	10.0	0	130	2500	94	5	8	66
Original Chicken Philly, Wrap	293	g	620	270	30	8	0	70	1630	53	5	4	35
Pastrami Philly, Reg	349	g	800	410	46	16	0	110	2450	57	3	4	40
Pastrami Philly, Lg	611	g	1430	780	86	29	0	215	4260	95	5	6	76
Pastrami Philly, Wrap	343	g	850	490	55	18	0	110	2620	50	5	3	40
Pepper Cheesesteak, Reg	413	g	800	400	45	10	0	120	1210	57	4	7	36
Pepper Cheesesteak, Lg	769	g	1380	710	80	17	0	230	2100	96	8	12	68
Pepper Cheesesteak, Wrap	413	g	850	480	54	12	0	120	1430	54	6	6	36
Philly Cordon Bleu, Reg	369	g	540	130	14	5	0	75	2330	66	5	15	35
Philly Cordon Bleu, Lg	685	g	910	210	23	8	0	140	4340	114	9	28	67
Philly Cordon Bleu, Wrap	369	g	590	210	23	7	0	75	2550	63	7	14	35
Reuben Philly, Reg	370	g	710	300	37	10	0	95	2970	56	4	6	36
Reuben Philly, Lg	649	g	1200	570	63	18	0	180	5280	93	7	10	68
Reuben Philly, Wrap	366	g	780	430	48	13	0	95	3140	52	6	5	36
Super Steak Cheesesteak, Reg	433	g	800	400	45	10	0	120	1210	57	4	7	36
Super Steak Cheesesteak, Lg	808	g	1380	710	80	17	0	230	2100	95	8	13	69
Super Steak Cheesesteak, Wrap	433	g	850	480	54	12	0	120	1430	54	6	6	36
Teriyaki Chicken Philly, Reg	404	g	820	390	44	9	0	90	1930	68	3	15	36
Teriyaki Chicken Philly, Lg	751	g	1430	690	77	16	0	170	3550	117	6	27	68
Teriyaki Chicken Philly, Wrap	397	g	810	410	45	10	0	90	2150	65	5	14	36
Turkey Philly®, Reg	359	g	750	370	42	8	0	100	2230	57	3	7	36
Turkey Philly, Lg	695	g	1290	660	73	14	0	190	4150	96	6	13	69
Turkey Philly, Wrap	378	g	820	470	53	11	0	100	2450	54	5	6	36
Chicken Philly Slider	145	g	240	60	7	1	0	25	650	28	1	2	15
Steak Philly Slider	152	g	240	70	8	1.5	0	40	470	27	1	2	15
Ultimate Chicken Philly, Reg	418	g	800	400	44	10	0	70	1840	60	4	7	34
Ultimate Chicken Philly, Lg	779	g	1380	700	78	17	0	140	3230	101	8	13	66
Ultimate Chicken Philly, Wrap	418	g	850	480	53	12	0	95	2060	57	6	6	34
Veggie Delight®, Reg	348	g	490	170	19	6	0	10	1010	61	5	8	17
Veggie Delight, Lg	638	g	770	250	28	9	0	20	1560	103	10	13	31
Veggie Delight, Wrap	350	g	560	270	31	8	0	20	1230	58	7	7	17
Wisconsin Inside Out, Reg	166	g	530	230	26	10	0	20	1280	50	2	2	20
Wisconsin Inside Out, Lg	288	g	890	400	45	19	0	40	2360	81	4	2	40
Burgers													
Hamburger	320	g	730	410	46	12	1	185	1270	44	3	10	36
Cheeseburger	348	g	840	490	54	17	1	210	1790	45	3	10	41
Bacon Cheeseburger	390	g	1050	640	72	21	2	240	2060	45	3	10	54
Philly Cheeseburger	311	g	780	430	48	15	1	195	1400	44	3	8	43

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Baked Potatoes													
Broccoli & Cheese	298	g	250	50	6	1	0	0	330	45	5	3	6
Bacon & Cheese	241	g	440	210	23	12	0	80	680	36	4	2	24
Sour Cream & Chives	218	g	250	90	10	5	0	30	30	38	4	4	5
Great Potato - Chicken	392	g	460	170	19	3.5	0	50	960	49	4	5	24
Great Potato - Ham	392	g	450	170	19	4.5	0	50	1730	52	4	10	21
Great Potato - Steak	406	g	470	180	20	4	0	80	600	46	4	5	24
Great Potato - Turkey	392	g	430	150	17	2.5	0	60	1630	48	4	6	25
King	289	g	540	290	32	17	0	110	700	38	4	4	26
Plain	170	g	160	0	0	0	--	0	15	36	4	2	4
Breakfast													
Sandwich, Bacon, Egg & Cheese	212	g	550	270	31	9	0	390	1210	38	1	5	27
Sandwich, Egg & Cheese	195	g	470	220	25	7	0	280	710	38	1	5	21
Sandwich, Ham, Egg & Cheese	252	g	530	240	27	8	0	405	1420	41	1	8	29
Sandwich, Sausage, Egg & Cheese	238	g	660	370	42	13	0	420	1040	38	1	5	29
Sandwich, Steak, Egg & Cheese	259	g	540	240	27	8	0	420	860	38	1	6	30
Potatoes, Deluxe Breakfast	332	g	330	140	17	3	0	0	1200	41	4	3	7
Potatoes, Breakfast	247	g	300	140	16	3	0	0	1190	35	3	0	5
Salads without dressing													
Salad, Side	317	g	50	5	0	0	0	0	35	12	4	7	3
The Great Salad, Chicken	450	g	370	190	22	7	0	70	910	16	4	8	29
The Great Salad, Ham	450	g	360	190	22	8	0	70	1680	19	4	13	26
The Great Salad, Steak	525	g	390	200	23	7	0	100	570	17	4	10	30
The Great Salad, Turkey	511	g	350	180	20	6	0	80	1590	19	4	11	31
Fries and Sides													
Bacon Ranch Fries, Regular	439	g	650	380	42	8	0	45	2820	51	5	2	19
Bacon Ranch Fries, Large	771	g	1520	820	91	17	0	90	6330	139	15	4	41
Great Fries, Kids	176	g	270	110	13	2	0	0	680	36	4	0	4
Great Fries, Regular	235	g	370	160	18	2	0	0	910	48	5	0	5
Great Fries, Large	638	g	930	360	40	5	0	0	2490	132	15	0	15
Cheese Fries, Regular	264	g	410	180	21	3	0	0	1050	51	5	0	5
Cheese Fries, Large	723	g	1040	430	48	6	0	0	2930	140	15	0	15
Chili Cheese Fries, Regular	349	g	490	210	23	4	0	10	1360	62	8	2	11
Chili Cheese Fries, Large	893	g	1220	470	53	8	0	20	3550	163	19	3	26
King Fries, Regular	297	g	480	240	27	6	0	20	1720	52	5	1	7
King Fries, Large	792	g	1200	560	63	14	0	45	3770	142	15	2	20
Philly Fries, Large	832	g	1090	430	48	7	0	80	3760	131	14	4	33
Potato Skins	181	g	320	180	20	5	0	35	470	26	2	2	9
Chili	298	g	500	240	27	15	0	85	1640	34	10	11	31
Kids Meals-Drink not included													
Chicken Nuggets with Fries	261	g	450	200	23	4	0	35	1120	47	5	0	16
Grilled Cheese with Fries	248	g	490	210	6	7	0	10	1270	56	5	1	14
Chicken Philly Slider with Fries	299	g	500	180	20	2.5	0	25	1330	62	5	1	18
Steak Philly Slider with Fries	306	g	500	180	20	3	0	40	1150	61	5	1	18
Breads/Tortillas													
Bread, White - Lg	166	g	400	25	3	0	0	0	840	78	4	2	16
Bread, Wheat - Reg	102	g	260	25	3	1	0	0	460	48	4	2	10
Bread, White - Reg	102	g	260	20	2	1	0	0	520	48	2	2	8
Bun, Sesame Seed-4.5"	82	g	260	81	9	2	0	85	260	37	2	5	8
Pita, 8"	79	g	220	45	5	1	0	0	320	33	2	0	6
Roll, Kaiser- 4.5"	74	g	200	23	3	0	0	0	360	37	1	5	6
Tortilla, Flour - 12"	102	g	310	99	11	2	0	0	740	45	4	1	8
Meats													
Chicken, serving	113	g	130	35	4	1	0	50	650	3	0	1	19
Corned Beef, serving	85	g	110	50	5	2.5	0	45	940	0	0	0	15
Ham, serving	113	g	120	35	4	2	0	50	1420	6	0	6	16
Hamburger Patty, serving	111	g	340	230	26	8	2	90	80	0	0	0	27
Gyro Meat, serving	113	g	180	80	8	2.0	0	60	1060	4	1	1	23
Pastrami, serving	113	g	300	220	24	10.0	0	80	950	0	0	0	24
Steak, serving	128	g	140	45	5	1.5	0	80	290	1	0	1	19
Turkey, serving	113	g	100	20	2	0	0	60	1320	2	0	2	20
Cheese													
American, White	1	oz	110	80	9	5	0	0	520	1	0	0	5
Provolone	1	oz	100	70	8	4	0	20	240	1	0	0	7
Philly Cheese	1	oz	35	25	2.5	0	0	0	150	3	0	0	0

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Toppings - Sandwich														
Bacon	0.5	oz	60	40	5	1.5	0	0	20	300	0	0	0	6
Cucumber	1	oz	5	0	0	0	0	0	0	0	1	0	0	0
Green Pepper	0.8	oz	5	0	0	0	0	0	0	0	1	0	1	0
Lettuce	2.0	oz	10	0	0	0	0	0	0	0	2	1	1	1
Mushrooms	0.8	oz	5	0	0	0	0	0	0	0	1	0	0	1
Olives	0.5	oz	15	15	2	0	0	0	0	105	1	1	0	0
Onions	1.5	oz	20	0	0	0	0	0	0	0	4	1	2	1
Sauerkraut	2.0	oz	10	0	0	0	0	0	0	370	2	2	1	0
Tomato	1	oz	5	0	0	0	0	0	0	0	2	0	1	0
Pineapple	1.5	oz	25	0	0	0	0	0	0	0	7	1	6	0
Toppings - Baked Potato														
Bacon	0.5	oz	60	40	5	1.5	0	0	20	300	0	0	0	6
Broccoli	4.0	ea	10	0	0	0	0	0	0	10	2	1	0	1
Cheddar Cheese	2.0	oz	220	160	18	10	0	0	60	360	0	0	0	14
Philly Cheese	1	oz	35	25	2.5	0	0	0	0	150	3	0	0	0
Chives	1	t.	0	0	0	0	0	0	0	0	0	0	0	0
Sour Cream	1	oz	60	50	5	3	0	0	15	10	1	0	1	1
Sauces/Dressings														
Mayonnaise, Dijon	1	oz	110	100	11	2	0	0	10	400	3	0	0	0
Mayonnaise, Regular	1	oz	200	200	22	3	0	0	20	150	0	0	0	0
Dressing, Ranch	1	oz	150	140	16	3	0	0	5	140	2	0	1	1
Dressing, Thousand Island	1	oz	130	110	12	2	0	0	15	250	4	0	3	0
Honey Mustard	1	oz	40	10	1	0	0	0	0	200	7	1	6	1
BBQ Sauce	1	oz	50	0	0	0	0	0	0	290	12	0	9	0
Buffalo Sauce	1	oz	10	5	0	0	0	0	0	710	1	0	0	0
Teriyaki Sauce	1	oz	25	0	0	0	0	0	0	960	3	0	3	2
Tzatziki Sauce	1	oz	50	35	4	4	0	0	0	70	2	0	1	0
Oil, serving	0.3	oz	80	80	9	1.5	0	0	0	0	0	0	0	0
Beverages														
Great Steak Lemonade, Regular	22	oz	250	0	0	0	0	0	0	5	65	1	63	0
Great Steak Lemonade, Large	32	oz	410	0	0	0	0	0	0	5	105	1	102	0
Coffee	12	oz	5	0	0	0	0	0	0	5	0	0	0	0
Orange Juice	12	oz	190	0	0	0	0	0	0	50	48	0	47	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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