



CHARLEYS PHILLY STEAKS' USA NUTRITION FACTS FOR 3-SIZE MENU

3-SIZE MENU SANDWICHES

	Calories from fat	Calories	Total Fat (g)	Saturated Fat (g)	Transfat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit. A %	Vit. C %	Calcium %	Iron %	Allergen Information							
																Egg	Soy	Nuts	Fish	Wheat	Dairy		
Philly Cheesesteak - Small	390	130	15	7	0.5	70	1030	39	2	5	27	4	15	25	20	X					X	X	
Philly Cheesesteak - Regular	640	220	24	11	1	125	1690	58	3	7	48	8	25	35	35	X					X	X	
Philly Cheesesteak - Large	900	310	34	16	1.5	180	2370	80	4	10	70	10	35	50	50	X					X	X	
Bacon 3-Cheese - Small	480	200	22	11	.5	85	1060	38	2	4	34	8	4	20	15	X					X	X	
Bacon 3-Cheese - Regular	720	280	31	14	1	135	1600	56	2	6	54	8	8	40	35	X					X	X	
Bacon 3-Cheese - Large	1020	390	44	20	1.5	200	2350	78	3	9	78	10	10	50	50	X					X	X	
BBQ Cheddar Steak - Small	520	200	23	9	.5	70	1040	49	2	9	30	6	8	25	30	X					X	X	
BBQ Cheddar Steak - Regular	840	330	37	15	1	130	1780	76	3	17	53	10	15	40	45	X					X	X	
BBQ Cheddar Steak - Large	1180	450	50	20	1.5	185	2550	105	5	25	76	15	20	50	70	X					X	X	
Pepperoni Steak - Small	500	220	24	10	.5	80	1240	37	2	3	33	6	15	25	20	X					X	X	
Pepperoni Steak - Regular	780	330	37	16	1	140	1950	55	3	5	57	8	25	40	35	X					X	X	
Pepperoni Steak - Large	1080	450	50	22	1.5	200	2690	76	4	8	81	10	35	50	50	X					X	X	
Philly Chicken - Small	370	100	11	5	0	80	1030	39	2	5	29	4	15	25	15	X					X	X	
Philly Chicken - Regular	590	150	17	8	.5	140	1690	58	4	7	53	8	25	35	25	X					X	X	
Philly Chicken - Large	830	210	23	11	1	205	2380	80	6	11	77	10	35	50	35	X					X	X	
Chicken California - Small	430	170	18	7	0	70	1020	36	2	3	31	6	2	25	15	X	X					X	X
Chicken California - Regular	690	250	28	11	.5	135	1670	52	3	4	56	8	2	40	25	X	X					X	X
Chicken California - Large	950	340	38	14	1	195	2350	72	5	6	81	10	4	50	35	X	X					X	X
Chicken Teriyaki - Small	410	100	12	6	0	75	890	43	2	8	32	4	4	25	15	X						X	X
Chicken Teriyaki - Regular	630	160	18	9	.5	140	1300	62	4	10	57	8	6	40	25	X						X	X
Chicken Teriyaki - Large	890	220	24	12	1	200	1870	86	5	14	83	10	8	60	35	X						X	X
Chicken Buffalo - Small	380	110	12	6	0	70	1530	40	3	3	32	15	10	25	15	X	X					X	X
Chicken Buffalo - Regular	610	160	18	9	0	130	2440	60	4	5	56	20	15	40	25	X	X					X	X
Chicken Buffalo - Large	860	220	25	13	.5	190	3370	82	6	7	82	25	20	50	35	X	X					X	X
Italian Deluxe - Small	450	180	20	8	0	65	1780	38	1	4	28	6	2	25	15	X						X	X
Italian Deluxe - Regular	750	320	36	14	1	120	3250	58	2	7	49	8	4	40	25	X						X	X
Italian Deluxe - Large	1060	460	51	20	1	175	4740	80	3	11	71	10	6	50	35	X						X	X
Turkey Cheddar Melt - Small	410	120	13	7	0	65	1780	40	1	4	31	6	2	25	15	X						X	X
Turkey Cheddar Melt - Regular	670	190	21	10	0	115	3280	62	2	6	56	8	2	35	30	X						X	X
Turkey Cheddar Melt - Large	930	250	28	14	0.5	160	4810	86	3	9	81	10	2	50	40	X						X	X
Ultimate Club - Small	430	150	17	8	0	75	1880	39	1	6	30	6	4	25	15	X						X	X
Ultimate Club - Regular	710	240	27	13	0.5	135	3460	61	2	9	56	8	6	35	25	X						X	X
Ultimate Club - Large	980	340	37	17	0.5	180	4660	83	3	13	75	10	8	50	35	X						X	X
Veggie Delight - Small	350	120	14	8	0	35	780	40	2	5	17	8	25	35	15	X						X	X
Veggie Delight - Regular	450	130	15	8	0	35	940	59	4	7	20	10	50	40	20	X						X	X
Veggie Delight - Large	610	180	20	10	0.5	50	1310	82	5	11	26	10	70	50	25	X						X	X

FRIES

	Calories from fat	Calories	Total Fat (g)	Saturated Fat (g)	Transfat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit. A %	Vit. C %	Calcium %	Iron %	Allergen Information						
																Egg	Soy	Nuts	Fish	Wheat	Dairy	
Original Fries	400	200	22	7	0	0	510	46	8	0	5	0	2	2	4							
Cheese Gourmet Fries	550	280	31	11	0	5	1250	62	10	2	6	4	2	8	6							X
Cheese & Bacon Gourmet Fries	620	330	37	13	0	10	1490	63	10	2	11	4	4	8	6							X
Buffalo Ranch Gourmet Fries	630	370	41	11	0	5	1390	61	10	1	6	10	10	4	6	X						X
Ultimate Gourmet Fries	720	440	49	14	0	15	1360	61	10	2	11	2	4	6	6	X						X
Chili & Cheese Gourmet Fries	580	290	33	11	0	10	1130	62	11	1	10	6	4	6	8	X						X

* 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 soy oil.

BEVERAGES

	Calories from fat	Calories	Total Fat (g)	Saturated Fat (g)	Transfat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit. A %	Vit. C %	Calcium %	Iron %	Allergen Information						
																Egg	Soy	Nuts	Fish	Wheat	Dairy	
Coke (20 oz)	160	0	0	0	0	0	40**	44	0	44	0	0	0	0	0							
Diet Coke (20 oz)	0	0	0	0	0	0	15**	0	0	0	0	0	0	0	0							
Coke Zero (20 oz)	0	0	0	0	0	0	5**	0	0	0	0	0	0	0	0							
Sprite (20 oz)	160	0	0	0	0	0	35**	42	0	42	0	0	0	0	0							
Fanta Orange (20 oz)	170	0	0	0	0	0	0**	47	0	47	0	0	0	0	0							
Barq's Root Beer (20 oz)	180	0	0	0	0	0	20**	49	0	49	0	0	0	0	0							
Hi-C Flashin' Fruit Punch (20 oz)	170	0	0	0	0	0	15**	46	0	46	0	0	160	0	0							
Dr. Pepper (20 oz)	150	0	0	0	0	0	50**	42	0	42	0	0	0	0	0							
Lemonade - Regular (20 oz)	210	0	0	0	0	0	0**	55	0	53	1	0	30	0	0							
Lemonade - Large (28 oz)	290	0	0	0	0	0	0**	74	0	72	2	0	40	0	0							
Lemonade Signature Blueberry - Reg	250	0	0	0	0	0	0**	64	1	61	2	0	30	0	0							
Lemonade Signature Peach - Reg	240	0	0	0	0	0	0**	63	0	61	2	0	30	0	0							
Lemonade Signature Strawberry - Reg	250	0	0	0	0	0	0**	64	0	62	2	0	35	0	0							
Lemonade Signature Blueberry - Lg	350	0	0	0	0	0	0**	91	1	87	2	0	40	0	0							
Lemonade Signature Peach - Lg	340	0	0	0	0	0	0**	90	1	87	2	0	40	0	0							
Lemonade Signature Strawberry - Lg	350	0	0	0	0	0	0**	92	1	88	2	0	50	0	2							
Iced Tea (20 oz)	0	0	0	0	0	0	0**	1	0	0	0	0	0	0	0							
Iced Tea (28 oz)	0	0	0	0	0	0	0**	1	0	0	0	0	0	0	0							

BREAKFAST

	Calories from fat	Calories	Total Fat (g)	Saturated Fat (g)	Transfat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit. A %	Vit. C %	Calcium %	Iron %	Allergen Information							
																Egg	Soy	Nuts	Fish	Wheat	Dairy		
Egg & Cheese Sandwich	410	180	20	6	0	385	670	36	1	3	21	15	2	20	20	X					X	X	
Bacon, Egg & Cheese Sandwich	490	240	26	9	0	400	800	36	1	4	25	15	4	20	20	X					X	X	
Sausage, Egg & Cheese Sandwich	590	300	33	11	0	435	1170	36	1	3	34	15	2	20	25	X	X					X	X
Steak, Egg & Cheese Sandwich	520	220	25	9	0	425	890	36	1	3	36	15	2	20	30	X	X					X	X
Bacon, Egg & Cheese Omelet Platter	1010	570	63	18	0.5	605	1640	74	10	5	36	20	2	35	30	X						X	X
Sausage, Egg & Cheese Omelet Platter	1110	630	70	20	0	635	2010	73	10	4	44	20	2	35	35	X	X					X	X
Steak, Egg & Cheese Omelet Platter	1050	560	62	18	0.5	630	1730	74	10	5	47	20	0	35	35	X	X					X	X
Veggie Omelet Platter	970	520	57	16	0	585	1520	80	12	8	33	25	45	35	30	X						X	X
Hashbrowns	460	260	29	6	0	0	670	45	9	0	4	0	0	2	6								
Combo Hashbrowns & Coffee	460	260	29	6	0	0	680	45	9	0	4	0	0	2	6								