



# Nutrition Guide and Facts

## OTHER MENU ITEMS

CALORIES  
 CALORIES FROM FAT  
 TOTAL FAT (G)  
 SATURATED FAT (G)  
 CHOLESTEROL (MG)  
 SODIUM (MG)  
 CARBOHYDRATES (G)  
 DIETARY FIBER (G)  
 PROTEIN (G)  
 PORTION SIZE (G)

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	PROTEIN (G)	PORTION SIZE (G)
<b>SALADS</b>										
PHILLY STEAK SALAD	272.5	161.5	18	8	66	579.5	9	3	19.5	340.5
PHILLY CHICKEN SALAD	219.5	99.5	11	4	63	678	10	3	20	340.5
ITALIAN SALAD	305.5	165	19	11	50.5	1373	10	3	25	355.5
GARDEN SALAD	48.5	1	0	0	0	340.5	10	3.5	4	272.5
SIDE SALAD	31.5	0	0	0	0	327	9	2	1.5	167.5
<b>CHICKEN BREAST PIECES</b>										
5 PIECES	333	12.5	22	2	83	1019	21	0	31	156
7 PIECES	438.5	16.5	29	3	109.5	1342.5	27.5	0	41	205.5
<b>STEAK FRIES</b>										
SMALL	320	80	8	2.5	0	66.5	53.5	5.5	5.5	224
LARGE	480	120	12	4	0	100	60	8	8	336
<b>TWISTER FRIES</b>										
SMALL	320	140	16	4	0	840	40	4	4	168
LARGE	480	210	24	6	0	1260	60	6	6	252
<b>ONION RINGS</b>										
SMALL	190	80	9	1.5	0	400	25	1	2	88
LARGE	309	130	15	2.4	0	650	41	1.6	3	143

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

All information is based on The Cheese 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.



# Nutrition Guide and Facts

CAUTION: May Be Habit Forming!®

## 7" SANDWICHES

CALORIES  
 CALORIES FROM FAT  
 TOTAL FAT (G)  
 SATURATED FAT (G)  
 CHOLESTEROL (MG)  
 SODIUM (MG)  
 CARBOHYDRATES (G)  
 DIETARY FIBER (G)  
 PROTEIN (G)  
 PORTION SIZE (G)

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	PROTEIN (G)	PORTION SIZE (G)
<b>STEAK SANDWICHES</b>										
PHILLY CHEESE	572	326	37.5	12	76	1046.5	40	2.5	25	239.5
PIZZA CHEESE	602	336.5	38.5	13	76	1036.5	38	3	28.5	273
MUSHROOM & CHEESE	578	327	37.5	12	76	1048	37	3	26	268
GARLIC & CHEESE	592	326.5	37.5	12	76	1048.5	40.5	3	26	253.5
DELUXE CHEESE	608	337	38.5	13	76	1038	39	3.5	29.5	301.5
PLAIN	492	266.5	30.5	8	56	636.5	36	2.5	21	217
BBQ CHEESE	612	326.5	37.5	12	76	1536.5	44	2.5	26	267.5
PEPPERONI & CHEESE	732	438.5	49.5	18	109	1537.5	39	3	34.5	301.5
HOAGIE W/ CHEESE	802	527	59.5	17	88	1224	39.5	3	25.5	310
SPINACH CHEESE	587	328	37.5	12	76	1081	38.5	4.5	27.5	310
CHILI PEPPER CHEESE	592	326	37.5	12	76	1496.5	40	3.5	25	304.5
BACON CHEESE	652	389.5	44.5	14.5	91	1296.5	36	2.5	29	244
<b>CHICKEN SANDWICHES</b>										
PHILLY CHEESE	519	265	31	8.5	73	1145	37	2.5	25	239.5
PIZZA CHEESE	549	275	32	9	73	1135	39	3	29	273
MUSHROOM & CHEESE	525	265.5	31	8	73	1146.5	38	3	26	268
GARLIC & CHEESE	539	235	31	9	73	1147	41	3	26	253.5
DELUXE CHEESE	555	275.5	32	9	73	1136.5	40	3.5	30	301.5
PLAIN	439	205	24	4	53	735	37	2.5	21	217
BBQ CHEESE	559	265	31	8	73	1635	45	2.5	26	267.5
PEPPERONI & CHEESE	679	377	43	14	106	1636	40	3	35	301.5
HOAGIE W/ CHEESE	749	466	53	13	85	1322	40	3	25.5	310
SPINACH CHEESE	534	266.5	31	8	73	1179.5	39	4.5	28	310
CHILI PEPPER CHEESE	539	265	31	8	73	1595	41	3.5	25	304.5
BACON CHEESE	599	328	38	11	88	1395	37	2.5	29	244
<b>OTHER SANDWICHES</b>										
ITALIAN HOAGIE	722	414	48	14	82.5	2441	40	2.5	34	319.5
ORIGINAL VEGETARIAN	280	78.5	9	4	20	1079	37	6	15	254
ZESTY VEGGIE	295	76	9	4	20	782.5	43.5	3.6	12	243

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

All information is based on The Cheese 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.



# Nutrition Guide and Facts

## 10" SANDWICHES

CALORIES  
CALORIES FROM FAT  
TOTAL FAT (G)  
SATURATED FAT (G)  
CHOLESTEROL (MG)  
SODIUM (MG)  
CARBOHYDRATES (G)  
DIETARY FIBER (G)  
PROTEIN (G)  
PORTION SIZE (G)

STEAK SANDWICHES										
PHILLY CHEESE	980	582	66	21.5	127	1935	57.5	4	39	396
PIZZA CHEESE	990.5	567	64	21	117	1790	61.5	5	42	449
MUSHROOM & CHEESE	992.5	583.5	66	21.5	127	1938	59.5	5	41	453
GARLIC & CHEESE	1020.5	582	66	21.5	127	1939	66.5	4.5	41	424.5
DELUXE CHEESE	1002.5	568.5	64	21	117	1793	63.5	6	44	506
PLAIN	820.5	462	52	13.5	87	1115	57.5	4	31	351
BBQ CHEESE	1060.5	582	66	21.5	127	2915	73.5	4	41	452
PEPPERONI & CHEESE	1120.5	669	75	26	150	2291	62.5	5	48	477.5
HOAGIE W/ CHEESE	1441	994	110	31.4	151	2290	64.5	5	39.5	538
SPINACH CHEESE	1001.5	585	66	21.5	127	1971	61	6.5	42	495.5
CHILI PEPPER CHEESE	1020.5	582	66	21.5	127	2935	65.5	6	39	526
BACON CHEESE	1140.5	708	80	26.5	157	2435	57.5	4	47	404.5
KING	1250.5	833.5	87.52	31.35	203.33	2380.4	57.5	3.9	57.57	503.88
<b>CHICKEN SANDWICHES</b>										
PHILLY CHEESE	893.5	489.5	55.5	16	120	2082	58.5	4	39	396
PIZZA CHEESE	903.5	474.5	53	15	110	1937	62.5	5	42.5	449
MUSHROOM & CHEESE	905.5	491	55.5	16	120	2085.5	60.5	5	41	453
GARLIC & CHEESE	933.5	489.5	55.5	16	120	2086	67.5	4.5	41	424.5
DELUXE CHEESE	915.5	476	53.5	15.5	110	1940.5	64.5	6	44.5	506
PLAIN	733.5	369.5	41.5	8	80	1262	58.5	4	31	351
BBQ CHEESE	973.5	489.5	55.5	16	120	3062	74.5	4	41	452
PEPPERONI & CHEESE	1033.5	576.5	64.5	22	142.5	2438	63.5	5	48.5	477.5
HOAGIE W/ CHEESE	1354	891.5	99.5	26	144	2437	65.5	5	40	538
SPINACH CHEESE	914.5	492	55.5	16	120	2118.5	62	6.5	42.5	495.5
CHILI PEPPER CHEESE	933.5	489.5	55.5	16	120	2982	66.5	6	39	526
BACON CHEESE	1053.5	615.5	69.5	21	150	2582	58.5	4	47	404.5
KING	1110.5	619.3	70.35	22.05	192.9	2626.1	59.3	3.9	57.95	503.88
<b>OTHER SANDWICHES</b>										
ITALIAN HOAGIE	1314	788	89.5	26	155	4615.5	61.5	4	60	564
ORIGINAL VEGETARIAN	481	153	16	8.5	40	1985.5	59.5	9.5	24.5	439
ZESTY VEGGIE	506	146.5	16	8.5	40	1385	74	5.5	20.5	391.5

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

All information is based on The Cheese 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.



# Nutrition Guide and Facts

## 15" SANDWICHES

CALORIES  
CALORIES FROM FAT  
TOTAL FAT (G)  
SATURATED FAT (G)  
CHOLESTEROL (MG)  
SODIUM (MG)  
CARBOHYDRATES (G)  
DIETARY FIBER (G)  
PROTEIN (G)  
PORTION SIZE (G)

STEAK SANDWICHES										
PHILLY CHEESE	1843.5	1098.5	126.5	45	220	3812	111	8	70	744
PIZZA CHEESE	1863.5	1068.5	122.5	44	200	3522	119	9	77	850
MUSHROOM & CHEESE	1867.5	1101.5	126.5	44.5	220.5	3818	115	9	74	857
GARLIC & CHEESE	1923.5	1098.5	126.5	45	220.5	3820	129	9	74	800.5
DELUXE CHEESE	1887.5	1071.5	122.5	44	200.5	3528	123	12	81	963.5
PLAIN	1523.5	858.5	98.5	29	140.5	2172	111	8	54	653
BBQ CHEESE	2003.5	1098.5	126.5	45	220.5	5772	143	8	74	856
PEPPERONI & CHEESE	2123.5	1272.5	144.5	54	266.5	4524	121	10	89	907
HOAGIE W/ CHEESE	2539	1702.5	192.5	60	256.5	4347	123	10	71.5	999
SPINACH CHEESE	1885.5	1103.5	126.5	45	220.5	3884	118	13	77	942
CHILI PEPPER CHEESE	1913.5	1098.5	126.5	45	220.5	5372	125	11	70	967
BACON CHEESE	2163.5	1350.5	154.5	55	280.5	4812	111	8	86	761
<b>CHICKEN SANDWICHES</b>										
PHILLY CHEESE	1698.5	944	109	35.5	213	4057.5	113	8	70.5	744
PIZZA CHEESE	1718.5	914	105.5	34.5	193	3767.5	121	9	77.5	850
MUSHROOM & CHEESE	1722.5	947.5	109.5	35.5	213	4064	117	9	74.5	857
GARLIC & CHEESE	1778.5	944	109.5	35.5	213	4065.5	131	9	74.5	800.5
DELUXE CHEESE	1742.5	917.5	105.5	34.5	193	3774	125	12	81.5	963.5
PLAIN	1378.5	704	81.5	19.5	133	2417.5	113	8	54.5	653.5
BBQ CHEESE	1858.5	994	109.5	35.5	213	6017.5	145	8	74.5	856
PEPPERONI & CHEESE	1978.5	1118	127.5	44.5	259	4769.5	123	10	89.4	907
HOAGIE W/ CHEESE	2394.5	1548	175.5	50.5	249	4592.5	125	10	72	999
SPINACH CHEESE	1740.5	949.5	109.5	35.5	213	4130	120	13	77.5	942
CHILI PEPPER CHEESE	1768.5	944	109.5	35.5	213	5617.5	127	11	70.5	967
BACON CHEESE	2018.5	1196	137.5	45.5	273	5057.5	113	8	86.5	761
<b>OTHER SANDWICHES</b>										
ITALIAN HOAGIE	2903	1684	189	61.5	295.5	9145	162	8	99	1139
ORIGINAL VEGETARIAN	921	302	34	22	80	3894.5	111.5	16.5	45.5	773
ZESTY VEGGIE	970	293	34	22	80	2765	138.5	11	41	731

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

All information is based on The Cheese 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.