



Recommended limits for a 2,000 calorie diet are 2g of saturated fat and 2,300mg of sodium.

## NUTRITION INFORMATION

### STEAK SANDWICHES

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Plain Steak	275	530	160	18	7	80	1210	55	4	3	37
Cheesesteak	332	740	310	36	19	125	2230	58	4	3	49
Pepper Steak	318	560	160	18	7	80	1320	63	4	8	37
Pepper Steak w/ Cheese	375	770	310	36	19	125	2340	66	4	8	49
Mushroom Steak	318	540	160	18	7	80	1390	56	5	3	38
Mushroom Steak w/ Cheese	375	750	310	36	19	125	2410	59	5	3	50
Pizza Steak	476	880	380	43	18	130	2550	66	6	7	57
Cheesesteak Hoagie	447	760	310	36	19	125	2240	62	5	6	50
Philly's Best	389	770	310	36	19	125	2420	64	5	6	50
Pepperoni Cheesesteak	375	940	460	53	25	165	2960	60	4	5	58

### CHICKEN SANDWICHES

Philly Chicken Plain	275	470	90	10	2.5	100	1030	58	4	4	38
Philly Chicken & Cheese	332	680	240	28	15	145	2050	61	4	4	50
Philly Chicken & Pepper	318	500	90	10	2.5	100	1150	66	4	9	38
Philly Chicken & Pepper w/ Cheese	375	710	240	28	15	145	2170	69	4	9	50
Philly Chicken & Mushroom	318	480	90	10	2.5	100	1210	59	5	4	39
Philly Chicken & Mushroom w/ Cheese	375	690	240	28	15	145	2230	62	5	4	51
Philly Pizza Chicken	476	820	310	35	14	150	2380	69	6	8	58
Philly Chicken Hoagie	447	700	240	28	15	145	2060	65	5	7	51
Philly's Best Chicken	389	710	240	28	15	145	2250	67	5	7	51
Philly Buffalo Chicken	420	870	410	47	18	170	3940	66	4	5	51
Philly BBQ Chicken	404	780	240	28	15	145	2670	87	4	26	50

### HOAGIES

Values do not include oil, vinegar or mayonnaise.

American	432	790	350	40	20	135	3250	64	5	8	45
Italian	432	960	470	54	24	145	3520	61	5	5	58
Cheese Combo	362	800	380	44	26	105	2290	64	5	5	43
Tuna	389	710	270	30	4.5	110	1470	60	8	5	51
Ham & Cheese	418	650	190	23	13	110	3170	66	5	10	45
Turkey Breast	361	440	40	4.5	0.5	50	1550	58	5	5	43

**OTHER SANDWICHES**

Values do not include oil, vinegar or mayonnaise.

Vegetarian	360	620	220	26	12	45	2170	76	7	10	23
Taylor Pork Roll	346	1040	620	71	31	170	3150	58	4	6	48
Taylor Pork Roll (on Kaiser Roll)	262	820	490	57	24	135	2370	43	2	5	37
Hamburger	221	580	290	32	12	105	490	40	2	2	32
Cheeseburger	240	650	330	38	16	120	830	41	2	2	36
Pepper Burger	249	600	290	32	12	105	570	45	2	5	32
Pizza Burger	286	630	310	34	12	105	910	44	3	4	33
Mushroom Burger	249	590	290	32	12	105	610	41	3	2	32
Philly's Best Burger	278	610	290	32	12	105	690	46	3	5	32
Kids Turkey	142	280	30	3.5	0.5	25	830	40	2	2	22
Kids Ham & Cheese	161	350	80	9	4.5	45	1480	44	2	5	21
Philly Meatball	448	1000	530	59	25	135	3050	66	6	6	50

**PHILLY PHRESH NEIGHBORHOOD SALADS**

Values do not include oil, vinegar or salad dressings.

Fishtown	354	450	260	28	4	110	820	8	5	4	42
Mayfair	335	390	220	24	4	50	1760	22	3	5	4
Italian Market	301	360	230	26	11	70	1270	9	2	5	24
South Philly (w/ Chicken)	426	460	240	28	14	145	1420	15	3	6	43
South Philly (w/ Steak)	426	520	310	36	18	125	1590	12	3	5	42

**SIDE ORDERS & OTHERS**

Burg-A-Bites (2 burgers)	114	300	120	14	5	30	480	32	2	4	14
Chicken Fingers (approx. 3 pieces)	168	510	280	31	5	75	1300	24	1	1	3
French Fries	227	380	140	16	2.5	0	1010	53	5	0	5
Cheese Fries	348	560	260	30	7	10	1970	65	5	0	7
Pizza Fries	478	650	310	35	7	10	2810	73	7	4	9
Cheesesteak Fries	518	820	400	46	13	90	2530	66	5	1	36
Onion Rings	182	480	240	28	5	0	700	52	4	8	4

**EXTRAS**

Cheese, Provolone (3 slices, 2.5 oz.)	70	250	175	20	11	50	500	2.5	0	0	18
Cheese, White American (1 slice)	19	70	50	6	4	15	340	1	0	0	4
Cheese, White American (3 slices)	57	210	150	18	12	45	1020	3	0	0	12
Cheese, Wiz (1/3 c.)	76	120	80	9	3.5	5	640	8	0	0	1
Sauce, BBQ (1/3 c.)	90	125	0	0	0	0	775	33	0	28	0
Sauce, Buffalo (1/3 c.)	75	0	0	0	0	0	2300	0	0	0	0
Sauce, Pizza (1/3 c.)	86	60	30	3	0	0	555	5	1	3	1
Peppers (1.5 oz.)	42	30	0	0	0	0	115	7.5	0	4.5	0
Mushrooms (1.5 oz.)	42	10	0	0	0	0	180	1	1	0	1
Grilled Onions (1.5 oz.)	43	55	40	4.5	0	0	5	3	1	0	0.5

Steak (6 oz.)	168	260	140	16	6	80	550	1	0	1	28
Chicken (6 oz.)	168	200	70	8	2	100	380	4	0	2	29
Pepperoni (4 slices, 1.5 oz.)	42	200	150	17	7	40	730	2	0	1.5	9
Mayonnaise (2 Tbsp.)	28	220	220	24	4	10	150	0	0	0	0
Oil (2 Tbsp.)	28	240	240	28	4	0	0	0	0	0	0
Ranch Dressing (1/3 c.)	75	300	225	25	3.75	25	700	5	0	2.5	2.5

Nutrition information compiled from Philly's Best approved manufacturers and FoodCalc®, using MenuCalc®, the restaurants resource for web-based nutrition analysis. Nutritional values are based on standard recipes and have been rounded for consistency with FDA labeling requirements. Slight variations in values may occur due to item customization, substitution of ingredients, use of an alternate supplier and/or small differences in preparation techniques.