



2,000 calories a day is used for general nutrition advise, but calorie needs vary.

NUTRITION & ALLERGENS

Values do not include condiments.																					
Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy	Sesame	Gluten
Cooper Classic Cheesesteak	457	1160	560	63	25	0	185	2660	74	7	5	69	x	-	-	-	-	x	-	x	x
Philly Classic Cheesesteak (Plain Roll)	414	930	420	47	21	0	160	2410	62	2	2	53	x	-	-	-	-	x	x	-	x
Philly Classic Cheesesteak (Seeded Roll)	435	1090	500	55	21	0	160	2580	78	7	5	60	x	-	-	-	-	x	x	x	x
Philly's Best Cheesesteak (Plain Roll)	470	950	420	47	21	0	160	2560	68	3	6	54	x	-	-	-	-	x	x	-	x
Philly's Best Cheesesteak (Seeded Roll)	493	1110	500	55	21	0	160	2730	84	8	9	61	x	-	-	-	-	x	x	x	x
Sweet Pepper Cheesesteak (Plain Roll)	456	960	420	47	21	0	160	2520	70	2	8	53	x	-	-	-	-	x	x	-	x
Sweet Pepper Cheesesteak (Seeded Roll)	477	1120	500	55	21	0	160	2690	86	7	11	60	x	-	-	-	-	x	x	x	x
Mushroom Cheesesteak (Plain Roll)	457	940	420	47	21	0	160	2510	64	3	2	54	x	-	-	-	-	x	x	-	x
Mushroom Cheesesteak (Seeded Roll)	480	1100	500	55	21	0	160	2690	80	8	5	61	x	-	-	-	-	x	x	x	x
Pizza Steak (Plain Roll)	533	980	410	45	17	0	135	1780	69	4	8	61	x	-	-	-	-	x	-	-	x
Pizza Steak (Seeded Roll)	554	1140	480	54	17	0	135	1950	85	9	11	68	x	-	-	-	-	x	-	x	x
Cheesesteak Hoagie (Plain Roll)	529	950	420	47	21	0	160	2420	66	3	5	54	x	-	-	-	-	x	x	-	x
Cheesesteak Hoagie (Seeded Roll)	550	1110	500	55	21	0	160	2590	82	8	8	61	x	-	-	-	-	x	x	x	x
Philly Philly Cheesesteak (Plain Roll)	717	1560	810	91	41	0	325	4230	66	2	2	96	x	-	-	-	-	x	x	-	x
Philly Philly Cheesesteak (Seeded Roll)	738	1720	890	99	42	0	325	4400	82	7	5	103	x	-	-	-	-	x	x	x	x

Values do not include condiments.																					
Cooper Classic Chicken Cheesesteak	457	1030	430	48	20	0	210	2540	74	7	5	78	x	-	-	-	-	x	-	x	x
Philly Classic Chicken Cheesesteak (Plain Roll)	414	800	290	32	16	0	185	2300	62	2	2	62	x	-	-	-	-	x	x	-	x
Philly Classic Chicken Cheesesteak (Seeded Roll)	435	960	360	41	16	0	185	2470	78	7	5	69	x	-	-	-	-	x	x	x	x
Philly's Best Chicken Cheesesteak (Plain Roll)	472	830	290	32	16	0	185	2440	68	3	6	63	x	-	-	-	-	x	x	-	x
Philly's Best Chicken Cheesesteak (Seeded Roll)	493	990	360	41	16	0	185	2610	84	8	9	70	x	-	-	-	-	x	x	x	x
Sweet Pepper Chicken Cheesesteak (Plain Roll)	456	830	290	32	16	0	185	2410	70	2	8	62	x	-	-	-	-	x	x	-	x
Sweet Pepper Chicken Cheesesteak (Seeded Roll)	477	990	360	41	16	0	185	2580	86	7	11	69	x	-	-	-	-	x	x	x	x
Mushroom Chicken Cheesesteak (Plain Roll)	459	810	290	32	16	0	185	2410	64	3	2	63	x	-	-	-	-	x	x	-	x
Mushroom Chicken Cheesesteak (Seeded Roll)	478	970	360	41	16	0	185	2570	80	8	5	70	x	-	-	-	-	x	x	x	x
Pizza Chicken (Plain Roll)	533	860	280	31	12	0	155	1670	69	4	8	70	x	-	-	-	-	x	-	-	x
Pizza Chicken (Seeded Roll)	554	1020	350	39	12	0	155	1840	85	9	11	77	x	-	-	-	-	x	-	x	x
Chicken Cheesesteak Hoagie (Plain Roll)	529	820	290	32	16	0	185	2300	66	3	5	63	x	-	-	-	-	x	x	-	x
Chicken Cheesesteak Hoagie (Seeded Roll)	550	980	370	41	16	0	185	2470	82	8	8	70	x	-	-	-	-	x	x	x	x
Philly Philly Chicken Cheesesteak (Plain Roll)	717	1310	550	62	31	0	375	4000	66	2	2	113	x	-	-	-	-	x	x	-	x
Philly Philly Chicken Cheesesteak (Seeded Roll)	738	1470	630	70	32	0	375	4170	82	7	5	120	x	-	-	-	-	x	x	x	x

Values do not include condiments.																					
Sharp Italian	486	1200	650	73	29	0	200	3770	79	8	8	65	x	-	-	-	-	x	-	x	x
Classic Italian (Plain Roll)	436	940	440	50	21	0	145	2630	65	3	5	54	x	-	-	-	-	x	-	-	x
Classic Italian (Seeded Roll)	457	1100	520	59	22	0	145	2800	81	8	8	61	x	-	-	-	-	x	-	x	x
Philly Club (Plain Roll)	362	590	160	17	4	0	70	1950	64	3	7	40	-	-	-	-	-	x	-	-	x
Philly Club (Seeded Roll)	383	750	240	26	4.5	0	70	2120	80	8	10	47	-	-	-	-	-	x	-	x	x
Turkey Breast (Plain Roll)	366	470	50	5	0	0	50	1500	62	3	5	40	-	-	-	-	-	x	-	-	x
Turkey Breast (Seeded Roll)	387	630	130	14	0.5	0	50	1670	78	8	8	47	-	-	-	-	-	x	-	x	x
Ham & Cheese (Plain Roll)	423	680	210	23	11	0	125	3090	70	3	10	44	x	-	-	-	-	x	x	-	x
Ham & Cheese (Seeded Roll)	444	840	290	32	11	0	125	3260	86	8	13	51	x	-	-	-	-	x	x	x	x
Cheese Combo (Plain Roll)	368	830	380	42	23	0	120	2200	68	3	5	42	x	-	-	-	-	x	x	-	x
Cheese Combo (Seeded Roll)	389	990	450	50	23	0	120	2370	84	8	8	49	x	-	-	-	-	x	x	x	x
Tuna (Plain Roll)	423	810	380	42	7	0	90	1490	62	3	5	47	-	x	x	-	-	x	-	-	x
Tuna (Seeded Roll)	444	970	460	51	8	0	90	1660	78	8	8	54	-	x	x	-	-	x	-	x	x

Values do not include condiments.																					
Hot Veggie (Plain Roll)	385	710	290	33	15	0	80	2320	82	5	12	25	x	-	-	-	-	x	x	-	x
Hot Veggie (Seeded Roll)	406	870	370	41	15	0	80	2490	98	10	15	32	x	-	-	-	-	x	x	x	x
Taylor Pork Roll (on Kaiser Roll)	242	740	440	50	22	0	120	2160	42	3	4	36	-	-	-	-	-	x	-	-	x
Buffalo Chicken Cheesesteak (Plain Roll)	459	800	290	32	16	0	185	4010	62	2	2	62	x	-	-	-	-	x	x	-	x
Buffalo Chicken Cheesesteak (Seeded Roll)	480	960	360	41	16	0	185	4180	78	7	5	69	x	-	-	-	-	x	x	x	x



NUTRITION & ALLERGENS

PHILLY SPECIALTIES & BURGERS (cont.)

Values do not include condiments.

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy	Sesame	Gluten
Philly Meatball (Plain Roll)	448	1050	510	57	23	0	135	2340	75	4	10	54	x	x	-	-	-	-	x	x	-	x
Philly Meatball (Seeded Roll)	469	1210	590	65	24	0	135	2510	91	9	13	61	x	x	-	-	-	-	x	x	x	x
Chicken Parmesan (Plain Roll)	487	1170	560	62	16	0	135	2270	93	6	10	59	x	-	-	-	-	-	x	-	-	x
Chicken Parmesan (Seeded Roll)	508	1330	630	70	17	0	135	2440	109	11	13	66	x	-	-	-	-	-	x	-	x	x
Cheeseburger	244	660	340	38	16	2.5	125	840	40	3	1	39	x	-	-	-	-	-	x	x	-	x
Philly's Best Burger	302	690	340	38	16	2.5	125	990	46	4	5	40	x	-	-	-	-	-	x	x	-	x

PHILLY PHRESH NEIGHBORHOOD SALADS

Values do not include oil, vinegar or salad dressings.

Fishtown	326	380	260	29	5	0	65	650	6	2	4	27	-	x	x	-	-	-	-	-	-
Mayfair	393	570	330	37	6	0	85	2040	30	4	5	30	-	-	-	-	-	-	x	-	x
Italian Market	299	340	210	24	11	0	70	990	9	2	5	22	x	-	-	-	-	-	-	-	-
South Philly (w/ Chicken)	501	550	290	31	16	0	185	1720	12	3	4	53	x	-	-	-	-	-	-	x	-
South Philly (w/ Steak)	501	680	420	46	21	0	160	1840	12	3	4	44	x	-	-	-	-	-	-	x	-

SIDES

Values do not include condiments.

Chicken Tenders (3 pieces)	181	540	330	37	6	0	85	950	24	2	2	29	-	-	-	-	-	-	x	-	-	x
French Fries	170	350	150	17	2.5	0	0	740	38	2	2	2	-	-	-	-	-	-	-	-	-	-
Cheese Fries	294	510	260	29	5	0	10	1460	50	2	2	4	x	-	-	-	-	-	-	-	-	-
Pizza Fries	418	590	310	34	5	0	10	1710	58	4	8	6	x	-	-	-	-	-	-	-	-	-
Cheesesteak Fries	578	980	490	55	13	0	90	2160	62	3	3	35	x	-	-	-	-	-	-	-	-	-
Onion Rings	155	410	230	26	4	0	0	480	38	2	3	5	x	-	-	-	-	-	x	-	-	x

EXTRAS

Cheese, Provolone (3 slices, 2.5 oz.)	70	250	160	18	10	0	50	480	3	0	0	18	x	-	-	-	-	-	-	-	-	-
Cheese, White American (1 slice)	19	70	54	6	3.5	0	20	340	1	0	0	3	x	-	-	-	-	-	-	x	-	-
Cheese, White American (4 slices)	76	280	220	24	14	0	80	1360	4	0	0	12	x	-	-	-	-	-	-	x	-	-
Cheese, Cooper Sharp White American (5 slices, 3.5oz)	99	350	290	32	18	0	105	1450	0	0	0	21	x	-	-	-	-	-	-	-	-	-
Cheese, Wiz (1/2 c.)	113	150	100	11	2.5	0	10	660	11	0	0	2	x	-	-	-	-	-	-	-	-	-
Sauce, Buffalo (2oz.)	60	0	0	0	0	0	0	2280	0	0	0	0	-	-	-	-	-	-	-	-	-	-
Sauce, Pizza (1/2 c.)	124	80	45	5	0	0	0	250	8	2	6	2	-	-	-	-	-	-	-	-	-	-
Sweet Peppers (1.5 oz.)	42	30	0	0	0	0	0	115	8	0	6	0	-	-	-	-	-	-	-	-	-	-
Mushrooms (1.5 oz.)	45	10	0	0	0	0	0	110	2	1	0	0	-	-	-	-	-	-	-	-	-	-
Grilled Onions (1.5 oz.)	49	80	60	6	1	0	0	0	4	0	2	0	-	-	-	-	-	-	-	-	-	-
Steak (8 oz.)	227	350	180	20	7	0	80	460	0	0	0	30	-	-	-	-	-	-	-	-	-	-
Chicken (8 oz.)	227	220	50	6	1.5	0	105	350	0	0	0	39	-	-	-	-	-	-	-	-	-	-
Pepperoni (4 slices, 1.5 oz.)	42	200	150	17	7	0	40	650	2	0	2	9	-	-	-	-	-	-	-	-	-	-
Bacon (3 slices)	25	160	110	13	4	0	25	410	0	0	0	8	-	-	-	-	-	-	-	-	-	-
Mayonnaise (2 Tbsp.)	28	200	200	22	4	0	10	150	0	0	0	0	-	x	-	-	-	-	-	-	-	-
Oil (2 Tbsp.)	28	260	260	28	4	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-
Ranch Dressing (2oz.)	57	200	200	22	3	0	20	510	2	0	2	0	x	x	-	-	-	-	-	-	-	-

x = Contains

Nutrition information compiled from Philly's Best approved manufacturers/distributors 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. Please be advised that our food may contain or come into contact with common allergens including dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or sesame. While we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are completely safe for customers with severe allergies.