



CHARLEYS PHILLY STEAKS USA NUTRITION FACTS

PHILLY CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Chicken Philly (w/White American) - Small	370	100	11g	5g	0g	80mg	1030mg	39g	2g	5g	29g	4%	15%	25%	15%	X				
Chicken Philly (w/White American) - Regular	590	150	17g	9g	0.5g	140mg	1690mg	58g	4g	7g	53g	8%	25%	35%	25%	X	X	X		
Chicken Philly (w/White American) - Large	830	210	23g	11g	1g	205mg	2380mg	80g	6g	11g	77g	10%	35%	50%	35%	X	X	X		
Chicken Philly (w/Provolone) - Small	370	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	6%	15%	25%	15%	X	X	X		
Chicken Philly (w/Provolone) - Regular	600	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	8%	25%	40%	25%	X	X	X		
Chicken Philly (w/Provolone) - Large	840	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	10%	35%	50%	35%	X	X	X		
Chicken California - Small	430	170	18g	7g	0g	70mg	1020mg	36g	2g	3g	31g	6%	2%	25%	15%	X	X	X		
Chicken California - Regular	690	250	28g	11g	0.5g	135mg	1670mg	52g	3g	4g	56g	8%	2%	40%	25%	X	X	X		
Chicken California - Large	950	340	38g	14g	1g	195mg	2350mg	72g	5g	6g	81g	10%	4%	50%	35%	X	X	X		
Chicken Buffalo - Small	380	110	12g	6g	0g	70mg	1530mg	40g	3g	3g	32g	6%	15%	25%	15%	X	X	X		
Chicken Buffalo - Regular	610	160	18g	9g	0g	130mg	2440mg	60g	4g	5g	56g	20%	15%	40%	25%	X	X	X		
Chicken Buffalo - Large	860	220	25g	13g	0.5g	190mg	3370mg	82g	6g	7g	82g	25%	20%	50%	35%	X	X	X		
Chicken Buffalo (w/Diced Jalapeños) - Small	380	110	12g	6g	0g	70mg	1530mg	40g	3g	3g	32g	6%	15%	25%	15%	X	X	X		
Chicken Buffalo (w/Diced Jalapeños) - Regular	620	160	18g	9g	0g	130mg	2670mg	60g	5g	6g	57g	25%	15%	40%	25%	X	X	X		
Chicken Buffalo (w/Diced Jalapeños Provolone) - Large	860	220	25g	13g	0.5g	190mg	3730mg	83g	7g	8g	82g	35%	25%	50%	40%	X	X	X		
Chicken Teriyaki - Small	390	100	12g	6g	0g	70mg	760mg	30g	2g	5g	32g	4%	2%	25%	15%	X	X	X		
Chicken Teriyaki - Regular	630	160	18g	9g	0.5g	140mg	1300mg	62g	4g	10g	57g	8%	6%	40%	25%	X	X	X		
Chicken Teriyaki - Large	890	220	24g	12g	1g	200mg	1870mg	86g	5g	14g	83g	10%	8%	60%	35%	X	X	X		
Philly Cheesesteak - Small	390	130	15g	7g	0.5g	70mg	1030mg	39g	2g	5g	27g	4%	15%	25%	20%	X	X	X		
Philly Cheesesteak - Regular	640	220	24g	11g	1g	125mg	1690mg	58g	3g	7g	48g	8%	25%	35%	35%	X	X	X		
Philly Cheesesteak - Large	900	310	34g	16g	1.5g	180mg	2370mg	80g	4g	10g	70g	10%	35%	50%	50%	X	X	X		
Pepperoni Steak - Small	500	220	24g	10g	0g	80mg	1240mg	37g	2g	3g	33g	6%	15%	25%	20%	X	X	X		
Pepperoni Steak - Regular	780	330	37g	16g	1g	140mg	1950mg	55g	3g	5g	57g	8%	25%	40%	35%	X	X	X		
Pepperoni Steak - Large	1080	450	50g	22g	1.5g	200mg	2690mg	76g	4g	8g	81g	10%	35%	50%	50%	X	X	X		
Cheesesteak Bomb - Small	490	210	24g	10g	0.5g	90mg	1360mg	38g	2g	5g	31g	4%	4%	25%	20%	X	X	X		
Cheesesteak Bomb - Regular	770	330	37g	15g	1g	155mg	2130mg	57g	2g	7g	53g	6%	6%	35%	35%	X	X	X		
Cheesesteak Bomb - Large	1060	440	50g	21g	1.5g	215mg	2920mg	79g	3g	10g	76g	8%	8%	50%	50%	X	X	X		
Bacon 3 Cheesesteak - Small	480	200	22g	11g	0.5g	85mg	1060mg	38g	2g	4g	34g	4%	35%	20%	35%	X	X	X		
Bacon 3 Cheesesteak - Regular	720	280	31g	14g	1g	135mg	1600mg	56g	2g	6g	54g	8%	8%	40%	35%	X	X	X		
Bacon 3 Cheesesteak - Large	1020	390	44g	20g	1.5g	200mg	2350mg	78g	3g	9g	78g	10%	10%	50%	50%	X	X	X		
BBQ Steak - Small	380	90	10g	4g	0g	45mg	1190mg	51g	2g	15g	22g	2%	8%	8%	20%	X	X	X		
BBQ Steak - Regular	670	160	18g	7g	0.5g	85mg	2200mg	84g	3g	29g	42g	6%	15%	15%	40%	X	X	X		
BBQ Steak - Large	970	240	27g	11g	1g	130mg	3240mg	119g	4g	43g	62g	8%	25%	25%	50%	X	X	X		
BBQ Cheddar Steak - Small	520	200	23g	9g	0.5g	70mg	1040mg	49g	2g	9g	30g	6%	8%	25%	30%	X	X	X		
BBQ Cheddar Steak - Regular	840	330	37g	15g	1g	130mg	1780mg	76g	3g	17g	53g	10%	15%	40%	45%	X	X	X		
BBQ Cheddar Steak - Large	1180	450	50g	20g	1.5g	185mg	2550mg	105g	5g	25g	76g	15%	20%	50%	70%	X	X	X		
Jalapeño Steak - Small	390	130	15g	7g	0.5g	70mg	1150mg	38g	2g	4g	27g	6%	4%	25%	20%	X	X	X		
Jalapeño Steak - Regular	640	220	24g	11g	1g	125mg	1920mg	57g	3g	7g	48g	10%	8%	35%	35%	X	X	X		
Jalapeño Steak - Large	900	310	34g	16g	1.5g	180mg	2730mg	79g	4g	10g	69g	15%	10%	50%	50%	X	X	X		
Ultimate Club - Small	430	150	17g	8g	0g	75mg	1880mg	39g	1g	6g	30g	6%	4%	25%	15%	X	X	X		
Ultimate Club - Regular	710	240	27g	13g	0.5g	135mg	3460mg	61g	2g	9g	56g	8%	6%	35%	25%	X	X	X		
Ultimate Club - Large	980	340	37g	17g	0.5g	180mg	4660mg	83g	3g	13g	75g	10%	8%	50%	35%	X	X	X		
Italian Deluxe - Small	450	180	20g	8g	0g	65mg	1780mg	38g	1g	4g	28g	6%	2%	25%	15%	X	X	X		
Italian Deluxe - Regular	750	320	36g	14g	1g	120mg	3250mg	58g	2g	7g	49g	8%	4%	40%	25%	X	X	X		
Italian Deluxe - Large	1060	460	51g	20g	1g	175mg	4740mg	80g	3g	11g	71g	10%	6%	50%	35%	X	X	X		
Turkey Cheddar Melt - Small	470	120	13g	7g	0g	65mg	1780mg	40g	1g	4g	31g	6%	2%	25%	15%	X	X	X		
Turkey Cheddar Melt - Regular	610	190	21g	10g	0g	115mg	3280mg	62g	2g	6g	56g	8%	2%	35%	30%	X	X	X		
Turkey Cheddar Melt - Large	930	250	28g	14g	0.5g	160mg	4810mg	86g	3g	9g	81g	10%	2%	50%	40%	X	X	X		
Veggie Delight - Small	390	130	14g	8g	0g	35mg	780mg	48g	4g	9g	19g	10%	90%	40%	15%	X	X	X		
Veggie Delight - Regular	500	140	15g	8g	0g	35mg	950mg	69g	6g	12g	23g	15%	130%	40%	20%	X	X	X		
Veggie Delight - Large	680	180	21g	10g	0.5g	50mg	1320mg	96g	9g	18g	30g	20%	180%	50%	30%	X	X	X		

FREE TOPPINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Lettuce - Small	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	25%	0%	0%	0%					
Lettuce - Regular	0	0	0g	0g	0g	0mg	0mg	<1g	<1g	0g	0g	50%	2%	0%	2%					
Lettuce - Large	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g	70%	2%	2%	2%					
Tomato - Small	5	0	0g	0g	0g	0mg	0mg	0g	0g	<1g	0g	4%	6%	0%	0%					
Tomato - Regular	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	8%	10%	0%	0%					
Tomato - Large	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	10%	15%	0%	0%					
Mayo - Small	50	50	6g	0g	0g	<5mg	40mg	0g	0g	0g	0g	0%	0%	0%	0%		X			
Mayo - Regular	100	100	11g	1.5g	0g	10mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%		X			
Mayo - Large	150	150	17g	2.5g	0g	10mg	120mg	<1g	0g	0g	0g	0%	0%	0%	0%		X			
Pickles - Small	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Regular	0	0	0g	0g	0g	0mg	260mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Large	0	0	0g	0g	0g	0mg	390mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Small	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Regular	0	0	0g	0g	0g	0mg	230mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Large	0	0	0g	0g	0g	0mg	350mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Jalapeños - Small	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	4%	2%	0%	2%					
Jalapeños - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	8%	4%	0%	2%					
Jalapeños - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	10%	4%	0%	2%					

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

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Original Fries	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	0%	2%	2%	4%					
Cheese Gourmet Fries	550	280	31g	11g	0g	<5mg	1250mg	62g	10g	2g	6g	4%	2%	8%	6%					X
Cheese and Bacon Gourmet Fries	690	380	42g	15g	0g	20mg	1730mg	63g	10g	2g	6g	4%	4%	8%	6%					X
Ultimate Gourmet Fries	790	490	54g	16g	0g	25mg	1600mg	61g	10g	3g	15g	2%	4%	6%	6%	X				X
Nacho Deluxe Fries	850	510	57g	19g	0g	45mg	2300mg	66g	11g	5g	20g	20%	15%	20%	10%					X
NOM NOM FRIES																				
Cheese	550	280	31g	11g	0g	<5mg	1250mg													