



Charley's Nutritional Information

*low fat = no cheese or dressing	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Carbs grams	Fiber grams	Protein grams	Sodium mg	Cholesterol mg
Philly Cheesesteak	526	18.5	7.5	0	58	3	36	1448.5	65
Low Fat	426	10.5	3.5	0	57	3	29	918.5	45
Philly Steak Deluxe	528.5	18.5	7.5	0	58.5	2.5	36	1159	65
Low Fat	428.5	10.5	3.5	0	57.5	2.5	29	919	45
BBQ Cheddar Steak	586	19.5	8.5	0	70	3	36	1528.5	75
Low Fat	476	10.5	3.5	0	69	3	29	1248.5	45
Bacon 3cheese Steak	645	30	13	0	54.5	2	43	1467	92.5
Low Fat	490	17.5	6	0	53	2	32	1177	55
Steak Sicilian	570	24	9.5	0	54	2	37	1497	85
Low Fat	520	20	7.5	0	53.5	2	33.5	1377	75
Philly Chicken	518.5	15.5	6.5	0	58.5	2.5	41	999	85
Low Fat	418.5	7.5	2.5	0	57.5	2.5	34	759	65
Chicken Buffalo	531	16	6.5	0	60.5	4	41.5	1413.5	85
Low Fat	431	8	2.5	0	59.5	4	34.5	1076.5	65
Chicken Teriyaki	527	15.5	7.5	0	60	3	42.5	1231.5	90
Low Fat	427	7.5	2.5	0	59	3	34.5	1171.5	65
Chicken Cordon Bleu	595	22	9	0	58	2	45.5	1045	110
Low Fat	495	14	4	0	57	2	37.5	985	85
Chicken Bacon Club	580	22.5	10	0	54	2	45	1077	100
Low Fat	480	14.5	5	0	53	2	37	1017	75
Turkey Cheddar Melt	444	11.5	5.5	0	54.5	2	31	1422	67
Low Fat	334	2.5	0.5	0	53.5	2	24	1142	37
Ultimate Club	517	19.5	8.5	0	54.5	2	32	1586	71.5
Low Fat	407	10.5	3.5	0	53.5	2	25	1306	41.5
Italian Deli	427	11.5	5	0	54.5	2	28	1286	51.5
Low Fat	327	3.5	1	0	53.5	2	21	1046	31.5
Philly Ham & Swiss	438.5	12.5	5.5	0	58.5	2.5	26	1192	45
Low Fat	338.5	4.5	1.5	0	57.5	2.5	19	952	25
Philly Veggie	452	15	7.5	0	62.5	3	22	901	37.5
Low Fat	297	2.5	0.5	0	61	3	11	611	0



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Grilled Salads									
Grilled Chicken	281	12.5	5	0	14	4.75	31	925	80
Chicken Teriyaki	292	12.5	5	0	16	4.75	31.5	1435	80
Buffalo Chicken	296	13	5	0	16.5	5.75	31.5	1340	80
Grilled Steak	291	15.5	6	0	14	4.75	26	1085	60
Fresh Garden	141	7.5	3	0	13	4.75	7	775	15
Fries									
Regular	611	45.5	7.5	0	42	1.5	5	584	0
Large	733	55	9.5	0	50.5	2	6	681	0
Kid's	366	27	4	4	25	1	3	290	0
Cheddar Cheese	1054	84	15.5	4	55	2	14	1752	23
Cheddar & Bacon	1089	87	16.5	4	55	2	16	1862	28
Ranch & Bacon	1149	95	17	0	51	2	15	1492	33
Cheddar, Ranch & Bacon	1249	103	19	4	57	2	16	2192	33
Chicken Tenders									
5 piece	334	20	3.5	0	17	2	22	1102	67
Kid's	200	12	1.5	0	10	1	13	660	40
Lemonade									
Original 16 oz	162	0	0	0	40	0	2	0	0
Kiwi or Strawberry 16 oz	202	0	0	0	50	0	2	0	0
Misc.									
Bun	260	2.5	0.5	0	52	2	9	510	0
Wrap	190	5	1	0	30	9	14	620	0
Tomato	9	0	0	0	2		0.5	4	0
Lettuce	2	0	0	0	0.25	0.25	0	1	0
Mayonnaise	50	5.5	0.75	0	0	0	0	45	2.5