

Speedy Café
Nutritional Information
Breakfast & Bakery



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Breakfast Sandwiches & Burritos																		
Breakfast Burrito	530	260	30	12	0.5	2	1	230	1530	100	42	2	4	22	6%	4%	20%	15%
Maple Chicken Sausage Egg White & Cheese Muffin	320	130	14	5	0		0	60	990	150	27		3	20	4%	8%	2%	8%
Egg White and Ham Muffin	230	50	6	3.0	0	0	0.5	30	820	470	27		3	17	6%	6%	2%	10%
Sausage & Bacon Eggwich	370	290	32	12	0	2.0	3.0	290	800	110	2		1	16	15%	6%	4%	6%
Sausage Eggwich	340	270	30	11	0	2.0	3.0	285	700	110	2		1	14	15%	6%	4%	6%
Double Sausage Eggwich	570	460	52	19	0	2.0	3.0	335	1110	110	3		2	20	20%	10%	4%	6%
Double Sausage & Egg Biscuit	780	550	62	25	0	3.0	5	215	1730	115	34		3	20	20%	10%	4%	6%
Double Sausage & Egg Muffin	640	430	49	18	0	1.0	1.5	215	1240	110	26		3	20	15%	10%	2%	10%
Rodeo Biscuit	650	430	48	20	0	5	6	180	1660	150	35		3	19	15%	10%	20%	15%
Rodeo Muffin	500	310	35	13	0	3.0	2.5	180	1170	140	27		4	19	15%	10%	15%	10%
Hot Ham Egg & Swiss Croissant	360	170	20	10		2.0	5	155	670	410	25		1	19	30%	0%	40%	10%
Ham Egg & American Cheese Muffin	260	90	10	4.0	0	1.0	2.0	145	780	430	26		3	16	10%	6%	8%	15%
Chicken and Cheese Biscuit	480	240	27	13		2.0	3.5	40	1330	60	41	2	2	15	2%	2%	8%	15%
Ham Egg & American Cheese Croissant	330	160	18	8	0	2.0	5	145	820	410	26		1	15	10%	8%	2%	10%
Bacon, Sausage, Scrambled Egg & Cheese Croissant	510	330	38	15	0	2.0	4.5	175	980	90	26	1	1	17	10%	8%	2%	10%
Bacon, Egg & Cheese Croissant	320	170	19	9	0	2.0	4.5	135	740	90	26		1	12	10%	8%	2%	10%
Sausage, Egg & Cheese Waffle sandwich	600	370	42	16	0	4.5	7	185	920	125	41		19	15	20%	8%	4%	6%
Chicken & Waffle Sandwich	610	330	37	10	0	14	11	50	1260	70	52	1	19	17	25%	0%	2%	8%
Sausage, Egg & Cheese Biscuit	550	350	40	17	0	3.0	5	165	1330	115	33		2	14	6%	8%	10%	15%
Sausage, Egg & Cheese Muffin	410	240	27	10	0	1.0	1.5	165	840	110	25		2	14	6%	8%	4%	10%
Breads																		
Bagel	180	0	0.5					0	350	85	37	2	2	5			6%	15%
Biscuit	270	120	14	8		2.0	3.5		770	60	32		1	4			6%	15%
Croissant	190	80	9	4.5		1.0	3.0		320	35	24			4	6%		2%	6%
Waffle - 2 pcs	320	140	15	6	0	3.0	6	20	360	70	39		18	5				
Muffin	120	5	0.5						280	60	24		2	4	0%	2%	4%	10%
Cheese																		
American	50	35	4	2.5	0			15	180		1			2	0%		8%	0%
Cheddar	80	60	7	4.5				20	130					5	4%		15%	0%
Pepper Jack	80	60	7	4.5				20	130					5	4%		15%	0%
Provolone	70	50	6	3.5				15	150					5	4%		15%	2%
Swiss	80	50	6	3.5	0	0	2	20	20					6	4%		20%	0%
Breakfast Wraps																		
Bacon, Egg and Cheese Wrap	500	240	28	11	0	6	5	425	1510	310	36	1	3	26				
Egg and Cheese Wrap	480	230	26	10		6	5	415	1380	280	36	1	3	24				
Hot Ham Egg & Swiss Grilled Wrap	500	230	26	10	0	6	6	425	1200	600	35	1	2	29	25%		30%	25%
Rodeo Grilled Wrap	720	440	50	18	0	8	6	450	1740	310	36	1	4	29	30%	10%	25%	20%
Sausage, Egg And Cheese Wrap	660	390	44	16	0	6	5	450	1610	280	36	1	3	28				
Steak, Egg and Cheese Wrap	600	300	33	13	0	6	9	450	1780	280	38	1	3	38				
Breakfast Pizza and Bowls																		
7" Bacon Breakfast Pizza	790	310	35	16	0.5	4.0	4.0	300	2150	310	80	3	6	40	10%	6%	25%	20%
7" Ham Breakfast Pizza	730	250	29	13	0.5	4.5	4.0	265	1810	520	81	3	7	37	20%	10%	45%	35%
7" Mega Meat Breakfast Pizza	810	320	37	16	0.5	4.0	4.0	290	2160	460	81	3	7	41	20%	10%	45%	40%
Applewood Bacon Scramble Bowl	580	370	42	12	0.5	11	12	425	1380	430	25	2	2	25	20%	2%	25%	15%
Cheesy Scramble Bowl	520	330	38	10	0.5	11	12	415	1190	430	25	2	2	21	20%	2%	25%	15%
Steak Scramble Bowl	650	400	45	13	0.5	12	16	450	1590	430	27	2	3	35	20%	2%	25%	15%
Zesty Sausage Scramble Bowl	620	400	45	13	0.5	11	12	430	1430	430	25	2	2	27	20%	2%	25%	15%

Breakfast Panini																		
Bacon, Egg and American	740	440	50	15	1.0	18	9	275	1270	190	45	1	4	22	30%	10%	8%	10%
Ham, Egg and American	730	420	47	14	1.0	18	10	285	1340	680	46	1	4	26	30%	10%	8%	10%
Hot ham, Egg & Swiss	760	430	49	15	0.5	18	9	240	960	650	44	1	3	32	30%	0%	40%	10%
Rodeo Panini	1080	750	84	27	0.5	19	9	285	1740	200	45	2	4	32	35%	10%	30%	10%
Steak, Egg and Provolone	820	490	55	17	1.0	18	16	245	1420	220	44	1	3	36	30%	0%	30%	10%
Sausage, Egg and American	1040	720	82	25	1.0	18	9	335	1540	190	45	1	4	27	30%	10%	8%	10%
Sauces																		
Buffalo Sauce	25	20	2.0	0		1.0	0	3	380	0	1		0					
BBQ Sauce	15								105	30	4		4					
Chipotle Sauce	40	30	3.5	0.5		2.0	1.0		100	20	2		2					
Honey Mustard	50	45	5	1				4	95		2		2					
Italian Dressing	40	35	4	0.5				0	150		2		1					
Mayo	120	120	13	2				10	105		0		0					
Ranch	60	60	7	1				5	170		1						2%	
Signature Sauce	40	35	3.5	0.5		2	1	5	85	5	1				2%	0%	0%	
Spicy Brown Mustard	10								115								2%	4%
Ketchup	15								170		5		4		2%			
Yellow Mustard									140									
Vegetables																		
Banana Peppers									220		0							
Black Olives	30	20	2.5						100		1							
Green Peppers										15	0				0%	10%	0%	
Jalapeno Peppers									190	20	1		1		4%	2%	0%	2%
Lettuce									10	55	1				40%	8%	2%	2%
Onions									0	10	1			0	0%	0%	0%	
Pickles									220									
Tomatoes (1 slice)										45	1				3%	4%	0%	0%
Eggs																		
Grilled Egg patty	60	35	4.0	1.5		1.0	1.5	120	150	55	1			4	4%	0%	2%	4%
Egg White patty	35	0	0				0	4	180	95	1			6			0%	0%
Chicken/Pork																		
Bacon (2 slices)	40	30	3.5	1				10	140					2				
Breakfast chicken	160	90	10	2.5				25	380		8			9	2%	2%	2%	2%
Chicken Sausage	120	80	10	3.0				40	350		1		1	7				
Ham Slice	25	0	0	0				10	340		1		1	4				2%
Sausage Patty	180	160	18	6				35	230					6				0%
Fresh Baked Donuts, Cinnamon Rolls and Cookies																		
Chocolate Covered Bavarian Custard Bar	330	130	15	6		2.5	5	0	310	35	46	1	21	4			2%	10%
Chocolate Covered Plain Cake	380	190	22	8		0.5	1.5	25	380	30	42	0	23	4			4%	8%
Chocolate Covered Raspberry Bismark	370	100	12	4.5		1	2	0	210	40	64	1	45	3			2%	8%
Chocolate Covered Yeast Ring	320	130	15	6		1	2	0	350	35	41	0	15	5			0%	10%
Chocolate Covered Yeast Ring with Sprinkles	380	150	17	9		1	2	0	350	35	52	0	25	5			0%	10%
Cinnamon Sugar Old Fashioned	380	150	17	8		3	6	20	400	90	52	1	26	5		10%	6%	10%
Cinnamon Sugar Twist	240	110	12	5		0	0	0	280	0	32		7	4		8%	0%	10%
Cookies And Crème Chocolate Cake	390	170	19	8		0	0	25	410	15	51		31	4			4%	10%
Double Chocolate Cake	380	190	22	9		0.5	1.5	25	390	30	41		23	4			4%	10%
Glazed Apple Fritter	370	180	20	9		2.5	7	0	280	30	44	1	19	4			2%	10%
Glazed Chocolate Cake	360	160	18	8		0	0	25	380	5	45	0	26	4			4%	10%
Glazed Raspberry Bismark	340	60	6	3		0	0	0	190	5	68	0	48	3			2%	6%
Glazed Sour Cream (Old Fashioned)	420	150	17	8		3	6	20	410	95	63	1	36	5			6%	10%
Glazed Yeast Ring	300	100	11	5		0	0	0	340	5	48	0	21	5				10%
Plain Cake Donut	300	160	18	7		0	0	25	370	0	31	0	12	4			4%	6%
Speedy Freeze Cherry Donut	290	90	10						240	50	46		25	4				
Speedy Freeze Blue Raspberry Donut	290	90	10						240	50	46		24	4				
Vanilla Covered Yeast Ring with Sprinkles	360	120	13	7					340	5	56	0	30	5			0%	10%
White Fluff Bar with Chocolate Icing	430	190	21	10		3	8		300	60	57	2	32	4			2%	10%
White Fluff Bar with White Icing	410	150	17	8		2	6		290	30	61	1	38	4	0%	0%	2%	8%
Gourmet Chocolate Chip Cookie	370	160	18	9		2.5	6	30	210	125	52	2	31	5	4%	0%	2%	20%
Gourmet Peanut Butter Cookie	420	220	25	11		4.5	8	30	300	190	44	2	29	7	10%		4%	8%
Lemon Cooler Cookie	400	190	21	9	0	0	7	10	240	35	50		30	5				
Cinnamon Roll	660	160	18	7		5	5.0	15	610	230	114	3	56	11	10%	15%	10%	25%
Coffee Cake - 1 Slice	510	180	20	4.0				75	290		79	1	56	5			10%	8%

Speedy Café
Nutritional Information
Pizza



		Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
14" Pizza (Portion for a Whole 14" Pizza - 8 Slices)																			
Cheese Only	whole pie	2130	660	74	38	1.5	9	7	180	4740	390	281	14	25	86	50%	80%	140%	110%
	1 slice	270	80	9	5.0	0	1.0	1.0	20	590	50	35	2	3	11	6%	10%	20%	15%
Pepperoni	whole pie	2430	900	102	51	1.5	9	7	255	5740	390	281	14	25	97	50%	80%	140%	120%
	1 slice	300	110	13	6	0	1.0	1.0	30	720	50	35	2	3	12	6%	10%	20%	15%
Mega Meat (bacon, ham, sausage, pepperoni)	whole pie	2870	1190	134	63	1.5	10	8	410	7670	1400	284	15	26	129	50%	80%	150%	130%
	1 slice	360	150	17	8	0	1.0	1.0	50	960	180	36	2	3	16	6%	10%	20%	15%
Supreme (pepperoni, sausage, green pepper, mushrooms, and onion)	whole pie	2680	1060	120	57	1.5	9	7	295	6590	730	291	18	29	107	6%	20%	20%	15%
	1 slice	330	130	15	7	0	1.0	1.0	35	820	90	36	2	4	13	6%	20%	20%	15%
BBQ Chicken	whole pie	2620	820	92	48	1.0	9	7	275	6030	770	325	19	59	125	45%	60%	160%	130%
Chicken Bacon Ranch	whole pie	2940	1220	138	53	2.0	32	16	380	7190	870	289	16	28	135	60%	70%	160%	130%
Buffalo Chicken	whole pie	2760	1070	121	52	1.0	26	13	305	7150	480	291	18	28	125	45%	50%	160%	130%
Philly Steak	whole pie	2510	930	105	46	2.0	17	18	280	5910	390	281	11	24	115	45%	40%	140%	110%
14" Pizza - Create Your Own (Portion for a Whole 14" Pizza - 8 Slices)																			
Custom Pizza Base (Crust, Sauce, Cheese)	whole pie	2130	660	74	38	1.5	9	7	180	4740	390	281	14	25	86	50%	80%	140%	110%
Cheese - extra		110	80	8	5	0			30	300		1	0	0	7	6%	0%	20%	0%
Cheese - extra for 1/2 pizza		110	80	8	5	0			30	300		1			7	3%	0%	10%	0%
Bacon		170	110	13	6	0			85	910	200	0	0	0	14	0%	0%	0%	0%
Bacon - 1/2 pizza		80	60	6	3				40	450	95				7				
Banana Peppers		10	0	0	0	0			0	890		2	0	0	0	0%	0%	0%	0%
Banana Peppers - 1/2 pizza		0							400			1							
Black Olives		100	70	8	0	0			0	330		3	0	0	0	0%	0%	0%	0%
Black Olives - 1/2 pizza		50	35	4					160			2							
Green Peppers		10	0	0	0	0			0	0	100	3	0	1	0	4%	80%	0%	2%
Green Peppers - 1/2 pizza		5									50	1				2%	40%		
Ham		60	15	1.5	0.5	0	0	1.0	30	350	650	2	0	0	10				2%
Ham - 1/2 pizza		30	10	1.0	0	0	0	0	15	180	320	1	0	0	5				2%
Italian Sausage		200	160	18	7	0			40	680	170	2	0	0	8	0%	2%	4%	4%
Italian Sausage - 1/2 pizza		100	80	9	3				30	340	90	1			4			2%	2%
Jalapeno Peppers		15	0	0.5	0	0			0	950	110	3	1	1	1	20%	10%	2%	6%
Jalapeno Peppers - 1/2 pizza		10								470	55	1				10%	4%		2%
Mushrooms		15	0	0	0	0			0	170		1	1	0	1	0%	0%	0%	0%
Mushrooms - 1/2 pizza		5								85		1			1				
Onions		20	0	0	0	0			0	0	65	4	0	2	1	0%	6%	2%	0%
Onions - 1/2 pizza		10									35	2		1	0		2%		
Tomato		20								5	260	4	1	3	1	20%	25%	2%	2%
Tomato - 1/2 pizza		10								2.5	130	2		1		10%	10%		
Pepperoni		300	240	28	13	0			75	1000		0	0	0	11	0%	0%	0%	4%
Pepperoni - 1/2 pizza		150	120	14	6				35	500					5				2%

7" Personal Pizza (Portion for a Whole 7" Pizza - 4 slices)																				
Cheese	whole pie	580	160	18	10	0				45	1200	110	79	4	7	23	10%	20%	35%	30%
Pepperoni	whole pie	650	220	25	13	0				60	1440	110	79	4	7	26	10%	20%	35%	35%
Mega Meat (bacon, ham, sausage, and pepperoni)	whole pie	790	320	36	17	115				135	2190	290	81	4	8	36	15%	20%	40%	35%
Supreme (pepperoni, sausage, green pepper, mushrooms, onion)	whole pie	720	270	30	14	0				75	1690	210	82	5	8	29	15%	50%	40%	35%
Breakfast no meat - select stores	whole pie	700	250	28	13	0.5	4.0	4.0		250	1630	200	80	3	6	32	20%	10%	45%	35%
Breakfast Bacon- select stores	whole pie	790	310	35	16	0.5	4.0	4.0		300	2150	310	80	3	6	40	20%	10%	45%	35%
Breakfast Sausage- select stores	whole pie	800	330	37	16	0.5	4.0	4.0		270	1980	290	81	4	7	36	20%	10%	50%	40%
Breakfast Ham - select stores	whole pie	730	250	29	13	0.5	4.5	4.0		265	1810	520	81	3	7	37	20%	10%	45%	35%
Breakfast Mega Meat - select stores	whole pie	810	320	37	16	0.5	4.0	4.0		290	2160	460	81	3	7	41	20%	10%	45%	40%
7" Personal Pizza - Create Your Own (Portion for a Whole 7" Pizza - 4 slices)																				
Custom Pizza Base (Crust, Sauce, Cheese)	whole pie	580	160	18	10					45	1200	110	79	4	7	23	10%	20%	35%	30%
Extra Cheese		80	50	6	3.5					20	210		1		5	4%	0%	15%		
Bacon		100	60	7	3					50	520	110	0		7					
Banana Peppers		5	0	0	0					0	400		1		0					
Black Olives		50	35	4	0					0	160		2		0					
Green Peppers		0	0	0	0					0	0	40	1		0	2%	30%	0%		
Ham		30	10	1.0	0					15	180	320	1		5				2%	
Italian Sausage		100	80	9	3					20	350	90	1		5	0%	0%	2%	2%	
Jalapeno Peppers		10								0	470	55	55	1	0	0	10%	4%	0%	2%
Mushrooms		5								0	75		1	0	0	1				
Onions		0								0	0	10	1	0	0	0	0%	0%	2%	
Tomato		10										130	2		1		10%	10%	0%	
Pepperoni		70	60	7	3					20	240		0	0	0	3	0%	0%	0%	

Speedy Café
Nutritional Information
Subs



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated Fat (g)	Mono Unsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
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Sub's (White sub bun)

BBQ Chicken Sub 12"	980	310	35	16	0	0	0	140	2580	220	96	5	15	66	10%	35%	45%	45%
BBQ Chicken Sub 6"	490	150	17	8	0	0	0	70	1290	110	48	3	8	33	4%	20%	20%	20%
Buffalo Chicken Sub 12"	1020	380	43	15	0	10	4.0	135	3110	280	93	6	11	61	100%	50%	50%	45%
Buffalo Chicken Sub 6"	510	190	22	8	0	5	2	70	1550	140	47	3	5	30	50%	25%	25%	25%
Chicken Bacon Ranch Sub 12"	1080	430	48	18	0	7	3	155	2720	330	91	6	10	67	20%	50%	45%	45%
Chicken Bacon Ranch Sub 6"	540	210	24	9	0	0	0	75	1360	160	45	3	5	33	10%	25%	25%	20%
Cuban Sub 12" LTO	1070	370	42	17	0	3.5	12	215	4440	1800	87	3	12	79	15%	20%	40%	45%
Cuban Sub 6" LTO	530	190	21	9	0	2.0	6	105	2220	900	43	2	6	39	6%	10%	20%	20%
Grilled Chicken Sub - 12"	670	110	12	3.5	0	0	0	80	1730	130	86	5	7	49	0%	30%	15%	40%
Grilled Chicken Sub - 6"	340	50	6	1.5	0	0	0	40	870	65	43	2	4	24	0%	15%	6%	20%
Ham Sub - 12"	520	50	5	1.5	0	0.5	2	60	1500	1420	79	3	5	36	0%	25%	6%	30%
Ham Sub - 6"	260	25	3	1	0	0	1	30	750	710	40	1	2	18	0%	15%	4%	15%
Italian Sub - 12"	630	180	20	7	0	2	8	65	2150	260	79	3	5	31	0%	25%	8%	30%
Italian Sub - 6"	320	90	10	3.5	0	1	4	30	1080	130	40	2	3	15	0%	15%	4%	15%
Philly Steak Sub - 12"	650	150	17	5	0	0	8	75	1590	130	79	3	5	42	0%	25%	6%	25%
Philly Steak Sub - 6"	320	80	9	2.5	0	0	4	40	800	65	40	1	3	21	0%	15%	2%	15%
Pulled Pork Sub - 12" LTO	780	240	27	9	0	3.5	11	125	1870	790	78	3	5	50		20%	8%	40%
Pulled Pork Sub - 6" LTO	390	120	14	4.5	0	1.5	5	65	930	390	39	1	2	25		10%	4%	20%
Turkey Sub - 12"	510	50	6	0	0	0	0	50	2030	130	78	3	3	33	0%	25%	6%	30%
Turkey Sub - 6"	260	25	3	0	0	0	0	25	1010	65	39	1	2	16	0%	15%	2%	15%

Cheese (Amount on a 6")

American	50	35	4	2.5	0			15	180		1		0	2	4%	8%	8%	0%
Cheddar	80	60	7	4	0	0	2	20	130		0		0	5	6%	0%	15%	0%
Pepper Jack	80	60	7	4				20	140				0	5	4%	0%	15%	0%
Provolone	70	50	6	3.5				15	150				0	5	4%	15%	0%	0%
Swiss	80	50	6	3.5				20	20				0	6	4%	0%	20%	0%

Meat (Amount for a 6")

Grilled Chicken	140	45	5.0	1.5				40	470		5		2	17		2%	4%	8%
Italian Trio (Ham, pepp, salami)	120	120	80	9	3.0	0	1.0	4.0	30	680	65	2		8	0%		2%	4%
Philly Steak	130	70	8	2.5		0	4.0	40	400		2			14				
Turkey - 4 slices	60	20	2					15	620		2			10				
Ham - 4 slices	60	20	2					15	360	640	2			10				

Sauces (Amount on a 6")

BBQ Sauce	15								105	30	4		4		2%	0%	0%	0%
Carolina BBQ Sauce	15	0	0						115	25	4		3	0				
Buffalo Sauce	25	20	2.0	0		1.0	0	3	380	0	1				2%	0%	0%	0%
Chipotle Sauce	40	30	3.5	0.5	0	2.0	1.0		100	20	2		2		0%	0%	0%	0%
Honey Mustard	35	25	2.5	0		1.5	0.5		65	0	3		3		0%		0%	
Italian Dressing	15	10	1.5	0		1.0	0		90	0	1				0%	0%	0%	
Ketchup	15								170		5		4		2%			
Mayonnaise	120	120	13	2.0	0			10	105	0	0							
Ranch Dressing	60	60	7	1.0	0	3.5	1.5	5	170	0	1				0%	0%	2%	0%
Signature Sauce	50	45	5	1.0	0	3.0	1.0	5	70	0	1				0%	0%	0%	0%
Yellow Mustard									120									

Vegetables (Amount on a 6")

Banana Peppers	0								220		1	0	0	0				
Black Olives	30	20	2.5						100		1							
Cucumbers	0								0	30						2%		
Green Peppers	0									15	0					10%	0%	
Jalapeno Peppers	0								190	20	1			0	4%	2%	0%	2%
Lettuce	0								10	55	1	0			40%	8%	2%	2%
Onions	0								0	10	1	0			0%	0%	0%	0%
Pickles	0								880									
Tomatoes	5	0	0							95	2		1	0	6%	8%		

Other Items (Amount on a 6")																					
Bacon (2 slices)	50	35	4	1.5	0				10	170					3						
Sub Buns																					
White (Italian) Sub Bun 6"	200	10	1						0	400	65	38	1	2	7	0%	15%	2%	15%		
Wheat Sub Bun 6"	200	20	2	1	0	1			0	370	80	37	1	1	8	0%	15%	2%	10%		
Cheese (Amount on a 12")																					
American	100	70	8	0	0	25	350	0	0	0	4	0	0	0	0	6%	15%				
Cheddar	160	120	14	0	0	40	260	0	0	0	10	0	0	0	0	10%		30%			
Pepper Jack	160	120	14	0	0	40	280	0	0	0	10	0	0	0	0	8%		30%			
Provolone	140	110	12	0.5	3.0	30	370	60	0	0	10	0	0	0	0	8%		30%	2%		
Spicy Brown Mustard	25	0	0	0	0	0	230	0	0	0	0	0	0	0	0						
Ketchup	35	0	0	0	0	0	350	0	0	0	0	0	0	0	0	4%					
Yellow Mustard	0	0	0	0	0	0	280	0	0	0	0	0	0	0	0						
Meat (Amount for a 12")																					
Grilled Chicken	280	90	10	3.0				80	940		10	2	4	34		4%	8%	15%			
Italian Trio (Ham, pepp, salami)	390	20	2.0	0			0		790	130	76	3	3	15	0		2%	6%			
Philly Steak	260	140	15	5		0	8	75	800		3		2	27							
Turkey - 8 slices	120	40	4					60	1240		4			20					8%		
Ham - 8 slices	120	40	4					60	720	1280	4			20					0%	8%	
Sauces (Amount on a 12")																					
BBQ Sauce	35								210	60	8		7			2%	2%	0%	2%		
Carolina BBQ Sauce	35	0	0						230	50	7		6	0							
Buffalo Sauce	50	35	4.0	0.5	0	2.5	1.0	5	750	5	3		1			4%	0%	0%	0%		
Chipotle Sauce	80	60	7	1.0	0	4.0	1.5	3	200	40	4		3			2%	2%	0%	0%		
Honey Mustard	70	45	5	1.0	0	3.0	1.0	4	130	0	6		6			0%		0%	0%		
Italian Dressing	30	25	3.0	0		1.5	0.5		180	0	2		2			0%	0%	0%	0%		
Ketchup	35								350		11		9			4%					
Mayonnaise	250	240	27	4.5	0			25	210	0	1										
Ranch Dressing	120	120	14	2.0				10	310		1								2%		
Signature Sauce	100	90	10	1.5	0	6	2.5	10	140	5	3		2			2%	0%	0%	0%		
Yellow Mustard									240												
Vegetables (Amount on a 12")																					
Banana Peppers	5	0	0	0	0	0	440	0	0	0	0	0	0	0	0						
Black Olives	60	45	5.0	0	0	0	200	0	0	0	0	0	0	0	0						
Cucumbers	5	0	0	0	0	0	0	55	0	0	0	0	0	0	0			2%			
Green Peppers	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0			2%	25%		
Jalapeno Peppers	5	0	0	0	0	0	380	45	0	0	0	0	0	0	0			8%	4%	2%	
Lettuce	10	0	0	0	0	0	15	110	0	1	0	0	0	0	0			80%	15%	2%	2%
Red Onions	5	0	0	0	0	0	0	25	0	0	0	0	0	0	0			2%			
Pickles									1770												
Tomatoes	15	0	0	0	0	0	0	190	0	1	0	0	0	0	0			15%	15%	2%	
Other Items (Amount on a 12")																					
Bacon (2 slices)	50	35	4.0	0	0	10	170	0	0	0	3	0	0	0	0						
Sub Buns																					
White (Italian) Sub Bun 12"	390	20	2.0	0	0	0	790	130	3	15	0	0	0	0	0			25%	6%	25%	
Wheat Sub Bun 12"	410	40	4.5	0	1.0	0	740	160	5	15	0	0	0	0	0			25%	6%	25%	

Toppings (Amount for a Panini, Burger or Chicken)																	
Banana Peppers	0								220		1						
Jalapeno Peppers	0	0	0			0			190	20	1			0	2%	0%	2%
Black Olives	30	20	2.5						100		1						
Green Peppers	0								0	15	0			0	10%	0%	
Onions	0								0	10	1			0	0%	0%	0%
Pickles									880								
Lettuce	0								10	55	1			0	8%	2%	2%
Tomato - 2 slices	5	0	0						0	95	2		1	0	8%	0%	0%

Speedy Café
Nutritional Information
Anytime Snacks and Sides



	Calories	Calories from Fat (g)	Total Fat (g)	Saturate Fat (g)	Trans Fat (g)	Poly unsaturated Fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Tornado's																		
Bacon, Egg and Cheese	180	60	7	2				45	320		22			6	2%	2%	4%	8%
Grilled Chicken and Cheese	170	50	6	1				10	460		22			7	4%	6%	4%	15%
Steak and Cheese	180	50	6	1.5				20	340		24		1	7	4%	2%	6%	10%
Pepperjack	220	110	12	5				25	240		22			7	10%	4%	10%	10%
Sausage, Egg and Cheese	180	70	8	2				15	280		21			5	2%	2%	4%	10%
Fried Snacks and Sides - Café fryer stores																		
Apple Pie	280	150	17	5		6	2.5	0	140		31	0	13	2				6%
Chicken Fillet	350	190	22	4		11	6	50	700		17	1	1	21			2%	6%
Chicken Tender And Fry Basket	880	480	54	11	9	32	18	60	2380	390	61	4		28	0%	25%	2%	15%
Chicken Tenders - 2 Pieces	270	170	19	3.5	0	10	5	30	520		12			12	0%	0%	0%	4%
Chicken Tenders - 3 Pieces	410	260	29	5	0	15	8	45	780		18			18	0%	0%	2%	6%
Chicken Tenders - 4 Pieces	540	340	39	7	0	20	10	60	1040		24	1		25	0%	0%	2%	8%
Chicken Tenders - 5 Pieces	680	430	48	9	0.5	25	13	70	1300		30	1		31	0%	0%	2%	10%
Fries - Large	480	190	22	6	12	16	10		1560	540	51	4		4		30%	2%	6%
Fries - Small	340	140	16	4.5	9	12	7		1340	390	37	3		3		25%	2%	4%
Fries with Cheese - Large	660	310	35	13	13	16	10	50	2330	540	55	4	2	16	15%	30%	35%	6%
Fries with Cheese - Small	430	200	22	8	9	12	7	25	1730	390	39	3		9	6%	25%	20%	4%
Fries with Chili And Cheese - Large	710	350	39	15	13	16	10	60	2460	540	57	5	2	18	20%	35%	35%	10%
Fries with Chili And Cheese - Small	480	230	26	9	9	12	7	35	1900	390	40	4	1	11	10%	25%	20%	8%
Mac 'n Cheese Wedges - 4 Pieces	310	190	21	5		10	5	10	650		24	2	3	6	2%	0%	10%	4%
Mac 'n Cheese Wedges - 6 Pieces	470	280	32	8	0.5	15	7	15	980		37	3	4	9	4%	2%	15%	8%
Mozzarella Sticks - 4 Pieces	520	300	34	12	1	13	8	35	1170	170	36	4	6	17		2%	35%	4%
Mozzarella Sticks - 6 Pieces	780	450	51	18	1.5	19	12	50	1760	250	53	5	9	25		4%	60%	4%
Spuds - Large	460	300	34	4.5	0	15	13		2360	480	37	3		4		4%	2%	8%
Spuds - Small	310	200	23	3	0	10	9		1270	330	25	2		3		2%	0%	6%
Spuds with Cheese - Large	640	420	47	12	1	15	13	50	3120	480	42	3	2	15	15%	4%	35%	8%
Spuds with Cheese - Small	400	260	30	7	0.5	10	9	25	1650	330	28	2	1	8	6%	2%	15%	6%
Spuds with Chili And Cheese - Large	740	480	55	15	1	15	13	70	3390	480	44	4	3	20	25%	6%	35%	15%
Spuds with Chili And Cheese - Small	450	300	34	8	0.5	10	9	35	1780	330	29	3	2	11	10%	4%	15%	8%
Snacks and Sides - all other Cafes																		
Chicken Tenders - 2 Pieces	190	90	10	2.0	0	5	3.0	30	520		12			12	0%	0%	0%	4%
Chicken Tenders - 3 Pieces	280	140	16	2.5	0	8	4.5	45	780		18			18	0%	0%	2%	6%
Chicken Tenders - 4 Pieces	380	180	21	3.5	0	10	6	60	1040		24	1		25	0%	0%	2%	8%
Chicken Tenders - 5 Pieces	470	230	26	4.5	0	13	7	70	1300		30	1		31	0%	0%	2%	10%
Chicken Tenders And Fry Basket	650	260	29	5.0	0	13	10	60	2150	650	68	4		29	0%	15%	4%	15%
Mozzarella Cheese Sticks - 6 Ea (No Dipping Sauces)	420	210	24	9				30	960		36			18			25%	
Cheese Fries - 6 oz	360	130	15	5		3	4	25	1480	640	45	3		10	6%	15%	20%	6%
Cheese Fries - 8 oz	540	220	25	9	0.5	3.5	5	50	1970	860	62	4	2	17	15%	20%	35%	10%
Chili Cheese Fries - 6 oz	400	170	19	6		3	4	35	1620	640	47	4	1	12	10%	15%	20%	10%
Chili Cheese Fries - 8 oz	590	250	29	11	0.5	3.5	5	60	2110	860	64	5	2	19	20%	20%	35%	10%
Fries - 6 oz	270	80	9	1		3	4		1120	650	44	3		4		15%	2%	6%
Fries - 8 oz	360	100	11	1.5		4	5		1230	870	58	5		5		20%	2%	8%
Bacon Cheese Fries - 6 oz	400	170	19	7	0	3.0	4.0	50	1750	700	45	3		14				
Bacon Cheese Fries - 8 oz	630	280	32	12	0.5	3.5	5	100	2500	970	62	4	2	25				
Spuds - Large	290	130	14	1		4	9		2350	480	37	3		4		4%	2%	8%
Spuds - Small	200	90	10	0.5		2.5	6		1280	330	25	2		3		2%	0%	6%
Spuds with Cheese - Large	470	250	28	9	0.5	4	9	50	3120	480	42	3	2	15	15%	4%	35%	8%
Spuds with Cheese - Small	290	150	17	4.5		2.5	6	25	1660	330	28	2	1	8	6%	2%	15%	6%
Spuds with Chili And Cheese - Large	570	310	36	11	0.5	4	9	70	3380	480	44	4	3	20	25%	6%	35%	15%
Spuds with Chili And Cheese - Small	340	180	20	6	0	2.5	6	35	1790	330	29	3	2	11	10%	4%	15%	8%
Spuds with Cheese And Bacon - Small	340	180	20	6	0	2.5	6	50	1910	380	28	2	1	12	6%	2%	15%	6%
Spuds with Cheese And Bacon - Large	570	310	35	12	0.5	4.0	9	100	3640	590	42	3	2	23	15%	4%	35%	8%

Speedy Café
Nutritional Information
Grilled Wraps and Salads



	Calories	Calories from Fat (g)	Total Fat (g)	Saturate Fat (g)	Trans Fat (g)	Poly unsaturated Fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Grilled Wraps																		
Cuban Grilled Wrap - LTO	520	230	26	11	0	4.0	7	100	2220	780	36	1	5	34	6%		25%	20%
Pulled Pork Grilled Wrap - LTO	390	170	19	7	0	3.5	6	65	1030	430	32	1	2	23			10%	20%
BBQ Chicken Grilled Wrap	370	130	15	7	0	2.0	1.0	40	1060	150	40	2	8	18	6%	2%	15%	15%
Bacon, Egg And Cheese Grilled Wrap	360	160	19	8	0	3.0	2.5	145	1000	160	33	1	2		15%	8%	10%	15%
Buffalo Chicken Grilled Wrap	370	160	18	7	0	4.0	1.5	35	1340	110	35	2	3	16	10%	2%	20%	15%
Cheddar Bacon Ranch Wrap	400	170	20	8	0	5.0	2.0	40	1020	150	35	2	3	18	10%	4%	20%	15%
Chili & Cheddar Wrap	360	170	19	9	0	2.0	1.0	35	880	100	35	3	2	13	25%	2%	15%	20%
Chipotle Chicken Wrap	380	150	17	7	0	4.5	2.0	35	1060	200	41	3	6	17	6%	8%	20%	15%
Chorizo Scrambled Egg Cheese Wrap	470	250	28	12	0	6	8	160	1180	290	34	1	2	17	20%	6%	15%	20%
Philly Cheese Steak Wrap	460	230	26	10	0	6	8	60	1160	135	34	1	3	23	8%	0%	20%	15%
Sausage, Egg And Cheese Wrap	510	300	34	14	0	3.0	2.5	175	1130	160	33	1	2	16	15%	8%	10%	15%
Salads																		
Garden Veggie Salad (No Dressing)	250	110	12	5	0	1.5	2.5	25	510	430	30	4	7	12	50%	40%	20%	10%
Grilled Chicken Caesar Salad (No Dressing)	330	110	13	3.5	0	1.5	2.5	50	1010	310	31	4	7	26	40%	15%	20%	15%
Kickin' Chicken Salad (No Dressing)	560	270	30	8	0	10	8	70	1760	320	47	5	7	30	45%	15%	25%	15%
Side Salad (No Dressing)	50	25	3.0	2.0		0		10	60	150	3	1	2	3	20%	10%	8%	2%
Chef Salad (No Dressing)	370	190	21	9		1.5	4.5	485	1240	610	12	4	7	34	60%	25%	25%	15%

Speedy Café
Nutritional Information
Tacos and Burritos - Select Stores



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated fat (g)	Mono Unsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	added Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Bacon, Egg & Cheese Taco	220	110	13	6	0	2.0	1.5	115	540	90	16	1			11	6%		15%	8%
Bean & Cheese Taco	190	70	8	4.5	0	1.0	0	15	510	190	21	3			8	2%		15%	10%
Bean, Egg & Cheese Taco	240	100	11	6	0	2.0	1.5	110	630	240	22	3	1		11	6%		20%	10%
Sausage, Egg And Queso Burrito	530	260	30	12	0.5	2.0	1.0	230	1590	100	42	2	4		22	15%	70%	30%	20%
Chicken, Rice And Queso Burrito	460	130	15	7	0	2.0	1.0	45	1400	100	61	3	5		20	20%	25%	20%	25%
Chorizo Lunch Taco	170	80	9	3.5	0	2.0	3.0	15	470	130	16	1			6	4%		6%	8%
Chorizo, Egg & Cheese Taco	270	140	16	7	0	3.0	4.0	125	690	180	17	2	1		13	8%		20%	10%
Cilantro Chicken Taco	140	35	4.0	1.5	0	1.0	0		480	50	18	1	2		7	8%	10%	6%	8%
Egg & Cheese Taco	200	90	11	5	0	2.0	1.5	110	440	90	16	1			9	6%		15%	8%
Ground Beef Taco	140	45	5	2.5	0	1.0	0	15	450	125	15				6			6%	10%
Pork Carnitas Taco	150	50	5	2.0	0	1.0	0	20	400	50	17	1	2		9	6%	6%	8%	8%
6" Tortilla	90	25	3.0	1.5	0	1.0	0		230	50	15				2			6%	6%
Bacon	30	20	2.0	1.0				5	95						2				
Jalapenos	0	0	0						150	15	0				0	2%	2%	0%	0%
Pork Carnitas	60	25	2.5	1.0				20	170		3		1		6	6%	6%	2%	2%
Cilantro Chicken	45	10	1.0	0	0				250		4		1		4	8%	10%	2%	4%
Chorizo Crumbles	70	50	6	2.0		1.0	2.5	15	240	85	1				4	4%		2%	4%
Red Salsa	5	0	0						35		1				0	2%	4%	0%	0%
Refried Beans	45	10	1.0	0					190	150	6	2			2			0%	4%
Salsa Verde	0								20		1				0	0%	2%	0%	0%
Scrambled Eggs	45	30	3.0	1.0		1.0	1.0	95	130	45	1				3	2%		2%	2%
Shredded Cheddar	50	40	4.5	3.0				15	85		0				3	2%		10%	0%
Shredded Lettuce	0								0	35	0				0	25%	6%	0%	0%
Sour Cream	15	10	1.5	1.0				5	0		0				0	2%		0%	
Taco Beef	45	20	2.5	1.0				15	220	75	1				4			0%	4%