

**Speedway LLC
Nutritionals
Lunch Menu**



	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	
Hot Lunch Sandwiches																			
Bacon Cheeseburger	490	210	24	10	0.5	1.5	6	55	1080	330	44		6	23	4%	10%	10%	15%	
Boneless BBQ Rib Hoagie	480	240	27	8	0	1	0	50	1380	10	44	1	5	17	10%	6%	15%	10%	
Chicken Tenders - 3 pcs.	340	160	19	3.5	0	9	5	50	920		21			22	0%	0%	2%	8%	
Cheeseburger	430	170	20	8	0.5	1.5	6	45	890	330	44		6	20	4%	4%	10%	15%	
Spicy Pepperjack Chicken Hoagie	390	130	14	4.5	0	4.5	3.5	35	1450	330	48	2	4	20	10%	2%	50%	15%	
Speedy Pizza																			
Pepperoni by the slice	430	170	19	8	0			35	940		48	2	5	16	0%	0%	15%	15%	
Pepperoni whole	2560	1000	113	49	1.5			200	5620		288	14	29	95			90%	90%	
Sausage by the slice (select markets)	420	160	18	8	0			30	830		48	3	5	16	0%	0%	15%	15%	
Sausage (select markets)	2490	930	105	45	1.5			190	5000		290	15	29	96			90%	90%	
In Store Made Sandwiches																			
Zesty Italian, Sub 6"	450	220	25	10	0	0	1.5	45	1440	180	35	2	4	19	50%	20%	10%	15%	
Roast Beef Sub 6"	300	70	8	3.5	0.5	0.5	2.5	25	790	360	37	3	6	19	50%	20%	10%	20%	
Turkey Sub 6"	310	80	9	2.5	0	0	1.5	25	990	240	38	3	6	19	50%	20%	10%	15%	
3 Meat Club Sub 6"	330	80	9	3	0	0.5	2.5	40	1430	350	36	2	4	22	50%	15%	10%	20%	
Roast Beef and American on Wheat	350	90	11	5	0	2	4	25	1040	390	43	3	8	20	60%	20%	15%	20%	
Turkey and American on Wheat	360	100	11	4.5	0	1.5	3.5	25	1240	220	44	3	7	20	60%	15%	15%	15%	
Chicken Salad Croissant	360	200	23	6				30	420	75	28	2	5	9	30%	10%	4%	8%	
Chicken Salad on a Bun	240	80	10	1.5		1		15	400	45	31	1	5	8	0%	2%	6%	10%	
Turkey and Lettuce on Bun	180	25	3	0		1		15	570	75	28	1	3	9	20%	4%	6%	10%	
Ham and American on Bun	240	60	7	2.5	0	1.5	2	15	760	135	31	1	5	11	4%	0%	8%	10%	
In Store Made Wraps																			
Chicken Caesar Wrap (no dressing)	510	210	23	10		3	1	40	1240	170	54	4	3	22	110%	25%	30%	20%	
Turkey, Bacon Club Wrap (no dressing)	470	180	21	9	0	3	2.5	55	1560	160	46	3	3	24	110%	25%	30%	20%	

Speedway LLC
Ingredients
Lunch Menu

Boneless BBQ Rib Hoagie

BBQ PORK RIB PATTY (PORK, BARBECUE SAUCE [TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, WATER, CORN SYRUP, DISTILLED VINEGAR, MOLASSES, SALT, MUSTARD BRAN, NATURAL HICKORY SMOKE FLAVOR, SPICES, ONION POWDER, GARLIC POWDER, SODIUM BENZOATE, CARAMEL COLOR, SUGAR, NATURAL FLAVOR], WATER, SEASONING [TOMATO POWDER (DEHYDRATED TOMATO), DEXTROSE, BROWN SUGAR, ARTIFICIAL VINEGAR (MALIC ACID, SODIUM ACETATES, LACTOSE, FUMARIC ACID, ARTIFICIAL FLAVORINGS) POWDERED WORCESTERSHIRE SAUCE (CORN SYRUP SOLIDS, SALT, GARLIC POWDER, SUGAR, SPICES, SOY SAUCE SOLIDS [WHEAT, SOYBEANS, SALT, MALTODEXTRINE, CARAMEL COLOR], TAMARIND, NATURAL FLAVOR), SPICES, SPICE EXTRACTIVE, ONION POWDER, NATURAL SMOKE FLAVOR, GARLIC POWDER], TEXTURED VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, CARAMEL COLOR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, CYANOCOBALAMIN], SALT, SODIUM PHOSPHATES), HOAGIE BUN (WHEAT FLOUR, WATER, SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, WHEAT GLUTEN, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, ACETIC ACID, LACTIC ACID, MALTED BARLEY FLOUR, CALCIUM PROPIONATE [PRESERVATIVE], DOUGH CONDITIONERS [L-CYSTEINE, ASCORBIC ACID, CALCIUM PEROXIDE], CALCIUM SULFATE, WHEAT STARCH), PICKLE SLICES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, LACTIC ACID, NATURAL FLAVORINGS, SODIUM BENZOATE, TURMERIC).

CONTAINS: MILK, SOY, WHEAT

Spicy Pepperjack Chicken

SPICY BREADED CHICKEN PATTY (CHICKEN BREAST WITH RIB MEAT, WATER, SOY PROTEIN CONCENTRATE, TRICALCIUM PHOSPHATE, SALT, SODIUM PHOSPHATE, SUGAR, SODIUM TRIPOLYPHOSPHATE, NATURAL FLAVORS, VINEGAR POWDER [MALTODEXTRIN, MODIFIED FOOD STARCH, DRIED VINEGAR], YEAST EXTRACT, TORULA YEAST, SPICES, FLAVOR [HYDROLYZED SOY PROTEIN, YEAST EXTRACT, NATURAL FLAVOR, HYDROLYZED CORN PROTEIN, CHICKEN FAT, MALTODEXTRIN, SILICON DIOXIDE], PAPRIKA, BREADED AND BATTERED WITH: BLEACHED WHEAT FLOUR, WATER, WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, BUTTERMILK POWDER, SPICES, NATURAL FLAVORS, DEXTROSE, EXTRACTIVES OF PAPRIKA, GUAR GUM, SET IN VEGETABLE OIL), HOAGIE BUN (WHEAT FLOUR, WATER, SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, WHEAT GLUTEN, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, ACETIC ACID, LACTIC ACID, MALTED BARLEY FLOUR, CALCIUM PROPIONATE [PRESERVATIVE], DOUGH CONDITIONERS [L-CYSTEINE, ASCORBIC ACID, CALCIUM PEROXIDE], CALCIUM SULFATE, WHEAT STARCH), PICKLE SLICES (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, LACTIC ACID, NATURAL FLAVORINGS, SODIUM BENZOATE, TURMERIC). MONTEREY JACK CHEESE WITH JALAPENO PEPPERS (CULTURED PASTURIZED MILK, JALAPENO PEPPERS, SALT, ENZYMES

CONTAINS: MILK, SOY, WHEAT

Breaded Chicken Tenders

PORTIONED CHICKEN BREAST TENDERS WITH RIB MEAT, WHEAT FLOUR, WATER, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, EXTRACTIVES OF PAPRIKA AND ANNATTO, FOOD STARCH, GARLIC POWDER, MODIFIED FOOD STARCH, NATURAL FLAVORS, SALT, SODIUM PHOSPHATES, SPICES, VINEGAR, WHEAT GLUTEN, XANTHAN GUM. BREADING SET IN VEGETABLE OIL. **CONTAINS: WHEAT**

Cheeseburger

HAMBURGER BUN (WHEAT FLOUR, WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DOUGH CONDITIONERS [MONOGLYCERIDES, DATEM, SODIUM STEAROYL LACTYLATE, MONO & DIGLYCERIDES, ASCORBIC ACID, L-CYSTEINE, AZODICARBONAMIDE], CALCIUM PROPIONATE [PRESERVATIVE], CORN SYRUP SOLIDS, GUAR GUM, YELLOW CORN FLOUR, SPICE OILS [TURMERIC AND ANNATTO], CALCIUM SULFATE, CASEIN, WHEAT BRAN), BEEF PATTY (BEEF, WATER, TEXTURED VEGETABLE PROTEIN [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], SEASONING [HYDROLYZED CORN PROTEIN, DEXTROSE, SALT, ONION POWDER, SPICES], SODIUM PHOSPHATES), AMERICAN CHEESE (CULTURED MILK AND SKIM MILK, CREAM, SODIUM CITRATE, SALT, COLOR ADDED, SODIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], ENZYME, SOY LECITHIN).

CONTAINS: MILK, SOY, WHEAT

Bacon cheeseburger

HAMBURGER BUN (WHEAT FLOUR, WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DOUGH CONDITIONERS [MONOGLYCERIDES, DATEM, SODIUM STEAROYL LACTYLATE, MONO & DIGLYCERIDES, ASCORBIC ACID, L-CYSTEINE, AZODICARBONAMIDE], CALCIUM PROPIONATE [PRESERVATIVE], CORN SYRUP SOLIDS, GUAR GUM, YELLOW CORN FLOUR, SPICE OILS [TURMERIC AND ANNATTO], CALCIUM SULFATE, CASEIN, WHEAT BRAN), BEEF PATTY (BEEF, WATER, TEXTURED VEGETABLE PROTEIN [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], SEASONING [HYDROLYZED CORN PROTEIN, DEXTROSE, SALT, ONION POWDER, SPICES], SODIUM PHOSPHATE), AMERICAN CHEESE (CULTURED MILK AND SKIM MILK, CREAM, SODIUM CITRATE, SALT, COLOR ADDED, SODIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], ENZYME, SOY LECITHIN), BACON (PORK, CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE).

CONTAINS: MILK, SOY, WHEAT

Pepperoni Pizza

CRUST: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, PALM OIL, SALT, GUAR GUM, ARABIC GUM, ENZYME. SAUCE: WATER, TOMATO PASTE, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, SPICES, GARLIC POWDER, XANTHAN GUM, PAPRIKA, ONION POWDER, PARMESAN CHEESE (PASTEURIZED CULTURED PART-SKIM MILK, SALT, ENZYMES). WHOLE MILK CHEESE: LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MODIFIED FOOD STARCH. PEPPERONI (PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID).

CONTAINS: MILK, SOY, WHEAT

Sausage Pizza

CRUST: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, PALM OIL, SALT, GUAR GUM, ARABIC GUM, ENZYME. SAUCE: WATER, TOMATO PASTE, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, SPICES, GARLIC POWDER, XANTHAN GUM, PAPRIKA, ONION POWDER, PARMESAN CHEESE (PASTEURIZED CULTURED PART-SKIM MILK, SALT, ENZYMES). WHOLE MILK CHEESE: LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MODIFIED FOOD STARCH. COOKED ITALIAN SAUSAGE: PORK, SPICES AND FLAVORINGS, WATER, SALT, SUGAR, SODIUM PHOSPHATES, PAPRIKA, CARAMEL COLOR.

CONTAINS: MILK, SOY, WHEAT

Chicken Caesar Wrap

GARLIC HERB TORTILLA (ENRICHED BLEACHED WHEAT FLOUR [WHEAT FLOUR, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, VEGETABLE SHORTENING [INTERESTERIFIED SOYBEAN OIL, FULLY HYDROGENATED SOYBEAN OIL], CONTAINS 2% OR LESS OF THE FOLLOWING: ONION, GARLIC, DEXTROSE, SPICES, DEHYDRATED BELL PEPPERS, PARSLEY, EXTRACTIVES OF SPICES [GARLIC AND ONION], SALT, MONO AND DIGLYCERIDES, LEAVENING [SODIUM BICARBONATE, CORN STARCH, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], FUMARIC ACID, YEAST, PRESERVATIVES [CALCIUM PROPIONATE, POTASSIUM SORBATE], CARBOXYMETHYL CELLULOSE GUM, XANTHAN GUM, ENZYMES [WHEAT STARCH, MICROCRYSTALLINE CELLULOSE], DOUGH CONDITIONER [SODIUM METABISULFITE]), BREADED CHICKEN BREAST (CHICKEN BREAST WITH RIB MEAT, BLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SALT, FLAVOR, CORN STARCH, DEXTROSE, WHEAT FLOUR, YELLOW CORN FLOUR, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE], BUTTERMILK SOLIDS, SODIUM PHOSPHATE, GUAR GUM, METHYLCELLULOSE), ROMAINE LETTUCE, PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING], NATAMYCIN [NATURAL MOLD INHIBITOR]).

CONTAINS: MILK, WHEAT

Turkey, Bacon Club Wrap

GARLIC HERB TORTILLA (ENRICHED BLEACHED WHEAT FLOUR [WHEAT FLOUR, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, VEGETABLE SHORTENING [INTERESTERIFIED SOYBEAN OIL, FULLY HYDROGENATED SOYBEAN OIL], CONTAINS 2% OR LESS OF THE FOLLOWING: ONION, GARLIC, DEXTROSE, SPICES, DEHYDRATED BELL PEPPERS, PARSLEY, EXTRACTIVES OF SPICES [GARLIC AND ONION], SALT, MONO AND DIGLYCERIDES, LEAVENING [SODIUM BICARBONATE, CORN STARCH, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE], FUMARIC ACID, YEAST, PRESERVATIVES [CALCIUM PROPIONATE, POTASSIUM SORBATE], CARBOXYMETHYL CELLULOSE GUM, XANTHAN GUM, ENZYMES [WHEAT STARCH, MICROCRYSTALLINE CELLULOSE], DOUGH CONDITIONER [SODIUM METABISULFITE]), TURKEY BREAST (TURKEY BREAST, TURKEY BROTH, DEXTROSE, SALT, SODIUM LACTATE, MODIFIED FOOD STARCH, TAPIOCA STARCH, CARRAGEENAN, SODIUM PHOSPHATE, SODIUM DIACETATE), ROMAINE LETTUCE, TOMATO, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED, ANTICAKE [POTATO STARCH, POWDERED CELLULOSE], NATAMYCIN [NATURAL MOLD INHIBITOR]), APPLEWOOD BACON (PORK CURED WITH: WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE).

CONTAINS: MILK, WHEAT