

	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
EXTRAS										
Steak	Half	210	141	15	6	55	53	0	0	16
	Large	420	282	30	12	110	106	0	0	32
Chicken	Half	75	15	8	0	38	240	2	0	15
	Large	150	30	15	0	76	480	3	0	30
American Cheese	Half	135	90	11	6	30	630	<1	0	6
	Large	225	150	18	10	50	1050	<1	0	10
Provolone	Half	100	70	8	6	20	240	<1	0	7
	Large	150	105	12	8	30	360	<1	0	7
Bacon	Half (1)	45	31	4	1	10	150	0	0	3
	Large (2)	90	62	7	3	20	300	0	0	9
Mushroom	Half	3	0	0	0	0	0	0	0	0
	Large	5	0	0	0	0	0	1	0	1
Pepperoni	Half	130	112	12	5	28	474	0	0	6
	Large	260	224	24	9	56	948	0	0	11
Garlic	Half	35	0	0	0	0	0	7	0	0
	Large	70	0	0	0	0	0	14	0	0
Lettuce	Half	1	0	0	0	0	1	0	0	0
	Large	1	0	0	0	0	1	0	0	0
Tomatoes	Half	12	0	0	0	0	4	2	1	0
	Large	24	0	1	0	0	8	4	1	0
Sweet Peppers	Half	20	0	0	0	0	75	5	0	0
	Large	30	0	0	0	0	113	7.5	0	0
Hot Peppers	Half	10	0	0	0	0	310	2	0	0
	Large	15	0	0	0	0	465	3	0	0
Creamy Italian Dressing	4oz	440	360	40	6	0	1040	24	0	0
Lite Italian Dressing	4oz	60	0	0	0	0	2040	12	0	0
Ranch Dressing	2oz	200	200	22	3	30	500	2	0	0
	4oz	400	400	44	6	40	1000	4	0	0
BBQ Sauce	1oz	53	0	0	0	0	220	14	0	0
	2oz	106	0	0	0	0	440	28	0	0
Pizza Sauce	1oz	15	5	1	0	0	84	3	1	1
	2oz	30	9	1	0	0	168	6	2	2
Cheese Sauce	2oz	72	40	4.5	1.5	4.5	351	6.5	0	1
	4oz	144	80	9	3	9	702	13	0	2

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



LOCATIONS

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CASTRO VALLEY

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LARKSPUR

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5524 Monterey Rd
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832 W El Camino Real
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1661 E Monte Vista Ave
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OPEN 7 DAYS A WEEK

Dine-In or Take-Out



NUTRITION INFORMATION

OUR PRIMARY FOOD INGREDIENTS:

Beef, Chicken, Cheese, Bread and Oils do not Contain Peanut Products



	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
STEAK SANDWICHES		All sandwich calories include bread and standard condiments (i.e. onions, hot/sweet peppers).								
Classic Cheese Steak	Half	510	244	27	12	85	1096	30	2	26
	Large	955	457	51	23	160	1885	56	4	51
	King	1300	688	76	35	245	2568	56	4	73
The Hoagie	Half	716	437	49	15	96	1294	32	3	26
	Large	1367	844	94	29	182	2281	60	5	51
	King	1712	1075	120	41	267	2964	60	5	73
Pizza Steak	Half	620	340	37	16	103	1264	33	3	34
	Large	1170	645	70	30	196	2311	62	6	61
	King	1530	891	97	44	281	2724	62	6	84
Motown Philly	Half	513	244	27	12	85	1096	30	2	27
	Large	960	457	51	23	160	1885	57	4	51
	King	1305	688	76	35	245	2568	57	4	73
Chillin' Chili	Half	510	244	27	13	85	1201	30	2	26
	Large	955	457	51	23	160	2095	56	4	51
	King	1300	688	76	35	245	2778	56	4	73
Pat's BBQ	Half	507	224	25	12	75	1098	38	3	27
	Large	944	412	45	21	140	1979	72	4	48
	King	1304	658	72	35	225	2392	72	4	71
The Gilroy	Half	545	244	27	12	85	1096	37	2	27
	Large	1025	457	51	23	160	1885	70	4	51
	King	1370	688	76	35	245	2568	70	4	73
Philly Joe's	Half	528	244	27	12	85	1159	31	3	28
	Large	990	457	51	23	160	2012	60	5	54
	King	1335	688	76	35	245	2695	60	5	75
Sizzlin' Pig	Half	555	275	31	14	95	1246	30	2	29
	Large	1045	519	58	25	180	2185	56	4	60
	King	1390	750	83	37	265	2868	56	4	82
Western	Half	611	278	31	13	85	1310	45	2	31
	Large	1123	509	56	24	160	2373	90	5	58
	King	1483	755	83	38	245	2786	90	5	80
South Philly	Half	493	228	25	12	75	790	33	3	28
	Large	915	421	46	21	140	1363	63	6	50
	King	1275	667	73	35	225	1776	63	6	73

	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
CHICKEN SANDWICHES		All sandwich calories include bread and standard condiments (i.e. onions, hot/sweet peppers).								
Classic Cheese Steak	Half	375	118	20	6	68	1283	31	2	25
	Large	685	205	36	11	126	2259	59	4	49
	King	895	315	99	44	328	2647	56	4	97
The Hoagie	Half	581	311	41	9	78	1481	33	3	25
	Large	1097	592	79	17	148	2655	63	5	49
	King	1307	702	142	50	349	3043	60	5	97
Pizza Steak	Half	485	214	30	10	86	1451	34	3	33
	Large	900	393	55	18	162	2685	65	6	59
	King	1125	518	120	53	364	2803	62	6	108
Motown Philly	Half	378	118	20	6	68	1283	31	2	26
	Large	690	205	36	11	126	2259	60	4	49
	King	900	315	99	44	328	2647	57	4	97
Chillin' Chili	Half	375	118	20	6	68	1388	31	2	25
	Large	685	205	36	11	126	2469	59	4	49
	King	895	315	99	44	328	2857	56	4	97
Pat's BBQ	Half	372	98	17	6	58	1285	39	2	26
	Large	674	160	30	9	106	2353	75	4	46
	King	899	285	95	44	308	2471	72	4	95
The Gilroy	Half	410	118	20	6	68	1283	38	2	25
	Large	755	205	36	11	126	2259	73	4	49
	King	965	315	99	44	328	2647	70	4	97
Philly Joe's	Half	393	118	20	6	68	1346	33	3	27
	Large	720	205	36	11	126	2386	63	5	51
	King	930	315	99	44	328	2775	60	5	99
Sizzlin' Pig	Half	420	149	23	8	78	1433	31	2	28
	Large	775	267	43	13	146	2559	59	4	58
	King	985	377	106	46	348	2947	56	4	106
Western	Half	476	152	23	7	68	1497	46	2.49	30
	Large	853	257	41	12	126	2747	93	4.8	56
	King	1078	382	106	47	328	2865	90	4.8	105
South Philly	Half	358	102	18	6	58	977	34	3	27
	Large	645	169	31	9	106	1737	66	6	48
	King	870	294	96	44	308	1855	63	6	97

	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
VEGETARIAN SANDWICHES		All sandwich calories include bread and standard condiments (i.e. onions, hot/sweet peppers).								
Original Veggie	Half	544	296	34	10	41	1365	36	4	13
	Large	1007	562	64	17	72	2366	67	7	24
Zesty Veggie	Half	352	102	12	6	30	1257	39	3	11
	Large	639	175	21	11	50	2115	75	5	19

KIDS MEALS		Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
Classic Cheese Steak			510	244	27	12	85	1096	30	2	26
Classic Chicken Cheese Steak			375	118	20	6	68	1283	31	2	25
Chicken Strips			290	100	0	2	50	800	25	1	19
Grilled Cheese			350	163	19	10	50	1270	24	2	14

SALADS		Salad calories do not include 4oz dressing.									
Side			37	0	0	0	0	195	7	1	0
Garden			79	0	1	0	0	391	13	2	1
Philly Steak			632	231	26	12	85	1074	13	2	22
Philly Chicken			362	105	19	6	68	1261	14	2	21

SIDES		Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
Steak Fries	Reg		365	80	2	0	0	284	65	4.3	7
	Large		515	113	12	0	0	538	92	7	10
Curly Fries	Reg		400	160	18	3	0	1120	56	6	6
	Large		550	220	25	4	0	1540	77	8	8
Onion Rings	Reg		297	116	13	2	0	314	36	2	3
	Large		475	185	21	3	0	502	58	3	5
Philly Cheese Fries (Steak)	Large		1036	293	31.1	7	60	667	100	5	27
Philly Cheese Fries (Chicken)	Large		766	167	24	1	42	854	102	5	26
Sweet Potato Fries	Reg		430	150	17	3	0	560	63	10	3
	Large		602	210	23	5	0	784	88	14	5
House Made Chips	Reg		387	207	24	3	0	1530	45	3	3
	Large		559	299	35	4	0	2210	65	4	4
Chicken Strips	Reg		290	100	0	2	50	800	25	1	19
	Large		464	160	0	3	80	1280	40	2	15

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