

Speedway Nutrition and Ingredients

Lunch



		<i>Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Added Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin D %</i>	<i>Calcium %</i>	<i>Iron %</i>	<i>Potassium %</i>
Lunch																
Bacon Cheeseburger		480	23	10	0.5	45	1130	43		6		25	0	15	15	7
Boneless BBQ Rib Hoagie		480	27	8	0	50	1380	44	1	5		17	0	10	10	0
Cheeseburger		430	20	9	0.5	35	940	43		6		20	0	15	15	7
Spicy Chicken And Cheese		470	17	6	0	60	1220	53	2	7	6	27	0	20	15	6
Chicken Salad Wedge		470	23	4	0	40	690	47	3	9		16	0	10	10	2
Double Turkey Select Wedge		460	19	8	0	90	1780	38	2	5		35	0	30	15	3
Italian Sub		450	24	11	0	60	1460	34		3		23	0	20	15	7
Sauces And Condiments																
Honey Mustard	6" Subwich	35	2.5	0	0		65	3		3		0	0	0	0	0
	12" Subwich	70	5	1	0	4	130	6		6		0	0	0	0	0
BBQ Sauce		15					160	4		1						

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Additional information available upon request. Item or flavor selection may vary by store.

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Bacon Cheeseburger

Angus Beef Steak: Fully Cooked Beef, Salt, Sodium Phosphate, Spices. Wheat Flour, Water, Sugar, Yeast, Contains 2% or Less of the Following: Soybean Oil, Wheat Gluten, Dough Conditioners (Datem, Mono & Diglycerides, L-Cysteine, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Salt, Malted Barley Flour, Guar Gum, Corn Syrup Solids, Calcium Sulfate, Corn Flour, Spices (Turmeric and Paprika), Artificial Flavors, Calcium Propionate (Preservative) Bacon: Cured With Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. **CONTAINS: Soy, Wheat**

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, Maltodextrin, 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**

Cheeseburger

Angus Beef Steak: Fully Cooked Beef, Salt, Sodium Phosphate, Spices. Wheat Flour, Water, Sugar, Yeast, Contains 2% or Less of the Following: Soybean Oil, Wheat Gluten, Dough Conditioners (Datem, Mono & Diglycerides, L-Cysteine, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Salt, Malted Barley Flour, Guar Gum, Corn Syrup Solids, Calcium Sulfate, Corn Flour, Spices (Turmeric and Paprika), Artificial Flavors, Calcium Propionate (Preservative). **CONTAINS: Milk, Soy, Wheat**

Spicy Chicken And Cheese

Spicy Chicken Breast (Boneless, Skinless Chicken Breasts [Rib Meat, Water, Seasoning (Salt, Sugar, Yeast Extract, Maltodextrin, Dextrose, Natural Flavors, Spices [Including Celery Seed], Vegetable Shortening [Sunflower Oil]), Vinegar, Isolated Oat Product, Sodium Phosphates, Modified Food Starch], Breading (Bleached Wheat Flour, Water, Wheat Flour, Sugar, Modified Wheat Starch, Modified Corn Starch, Salt, Maltodextrin, Spice, Natural Flavors, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Wheat Gluten, Beet Powder, Extractives Of Annatto And Paprika, Vegetable Shortening [Sunflower Oil]), Yellow Corn Flour, Extractives Of Paprika, Yeast, Dextrose, Breading Set In Vegetable Oil), Potato Roll (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Potato Flakes, Yeast, Contains 2% Or Less Of The Following: Wheat Gluten, Potato Flour, Soybean Oil, Calcium Propionate [Preservative], Corn Flour, Spices [Turmeric And Paprika], Dough Conditioners [Mono & Diglycerides, Sodium Stearoyl Lactylate, Datem, Ascorbic Acid], Artificial Flavors, Pea Proteins, Wheat Proteins, Potato Proteins, Rice Proteins, Sunflower Oil, Corn Sugar, Maltodextrins, Cornstarch, Calcium Sulfate), Pepper Jack Cheese (Pasteurized Milk, Jalapeno Peppers [Peppers, Water, Salt, Vinegar, Calcium Chloride, Sodium Benzoate, Sodium Bisulfite, Potassium Sorbate And Fd&C Yellow #5], Cheese Cultures, Salt, Calcium Chloride, Enzymes). **CONTAINS: Milk, Wheat**

Chicken Salad Wedge

Chicken Salad (Chicken) [Chicken White Meat; Water; Potassium Lactate; Sodium Tripolyphosphate; Salt]; Mayonnaise [Soybean Oil; Egg Yokes; Salt]; High Fructose Corn Syrup; Distilled Vinegar; Mustard (Distilled Vinegar; Mustard Seed; Salt; Spices); Water; Salt; Celery; Cracker Meal [Bleached Wheat Flour]; Textured Wheat Protein [Wheat Gluten; Wheat Flour]; Onions; Apple Wine Vinegar with Honey; Sugar; High Fructose Corn Syrup; Distilled Vinegar; Salt; Spices; Gulcono Dells Lactone; Granulated Garlic; Sodium Diacetate; Dried Torula Yeast; Wheatberry Bread (Wheat Flour; Water; Corn Syrup; Whole Wheat; Wheat Bran; Oatmeal; Rye Meal; Barley Flakes; Wheat Gluten; Honey; Yeast; Contains 2% or Less of the Following: Soybean Oil; Molasses; Salt; Invert Sugar; Wheat Starch; Dough Conditioners [Mono and Diglycerides; Ethoxylated Mono and Diglycerides; Soy Lecithin; Ascorbic Acid; Calcium Peroxide; Azodicarbonamide]; Yeast Nutrients [Calcium Sulfate; Ammonium Chloride]; Corn Starch; Calcium Propionate (Preservative)); Green Leaf Lettuce. **CONTAINS: Egg, Soy, Wheat**

Double Turkey Select Wedge

Turkey (Turkey Breast; Turkey Broth; Contains 2% or Less of the Following: Dextrose; Salt; Sodium Phosphate; Browned in Vegetable Oil); Wheatberry Bread (Wheat Flour; Water; Corn Syrup; Whole Wheat; Wheat Bran: Oatmeal; Rye Meal; Barley Flakes; Wheat Gluten; Honey; Yeast; Contains 2% or Less of the Following: Soybean Oil; Molasses; Salt; Invert Sugar; Wheat Starch; Dough Conditioners [Mono and Diglycerides; Ethoxylated Mono and Diglycerides; Soy Lecithin; Ascorbic Acid; Calcium Peroxide; Azodicarbonamide]; Yeast Nutrients [Calcium Sulfate; Ammonium Chloride]; Corn Starch; Calcium Propionate [Preservative]); Mild Cheddar Cheese (Pasteurized Milk; Cheese Culture; Salt; Enzymes; Annatto [Color]); Green Leaf Lettuce. **CONTAINS: Milk, Soy, Wheat**

Italian Sub

Hoagie Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Sugar, Salt, Vital Wheat Gluten, Dough Improver (Wheat Flour, Diacetyl Tartaric Acid Esters of Mono-Diglycerides (Datem), Calcium Sulfate, Guar Gum, Monoglycerides, Ammonium Sulfate, Ascorbic Acid and 2% or Less of the Following: Soybean Oil, Potassium Iodate & Enzymes), Dough Conditioner (Flour, Cultured Wheat Flour Sponge, Monocalcium Phosphate, Calcium Sulfate, Salt, Ammonium Chloride, Ammonium Sulfate, Ascorbic Acid, and Calcium Peroxide). **CONTAINS: Wheat**

Honey Mustard

CONTAINS: Egg

BBQ Sauce

TOMATO PUREE (WATER, TOMATO PASTE), HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SALT, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, NATURAL SMOKE FLAVORING, PAPRIKA, DEHYDRATED GARLIC, SODIUM BENZOATE AS A PRESERVATIVE, DEHYDRATED ONION, TURMERIC, NATURAL FLAVORINGS, SOYBEAN OIL. **CONTAINS: Soy**