

Speedy Café Nutritional Information

Breakfast & Bakery



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %	Calcium %	Iron %	Potassium %
Breakfast Panini Sandwiches																
Bacon, Egg & Cheese Panini		660	47	14	0.5	190	1570	36	3	3	1	23	6	15	15	4
Ham, Egg & Cheese Panini		650	45	14	0.5	200	1770	36	2	3	1	25	4	15	15	7
Sausage, Egg & Cheese Panini		880	70	22	0.5	230	1730	36	2	3		24	4	15	15	4
Breakfast Bowls																
Bacon & Egg Scramble Bowl		570	41	11	0.5	425	1380	25	2	2		26	10	20	15	9
Sausage & Egg Breakfast Bowl		700	56	16	0.5	450	1420	25	2	2		25	10	20	15	9
Steak & Egg Breakfast Bowl		650	45	13	0.5	450	1590	27	2	3		35	10	20	15	9
Breakfast Sandwiches																
Double Sausage, Egg & Cheese Biscuit		780	62	26	0	190	1820	33		2	1	21	2	20	15	3
Double Sausage & Cheese Eggwich		570	52	20	0	310	1200	2		1		21	4	15	6	3
Ham, Egg & Cheese Croissant		310	17	7	0	135	830	27		4	4	15	2	10	10	4
Rodeo Muffin		520	35	13	0	185	1100	30		4		20	2	20	10	3
Sausage, Bacon & Cheese Eggwich		370	32	12	0	280	840	2		1		17	4	8	6	3
Sausage & Cheese Eggwich		340	30	11	0	275	750	2				15	4	8	6	3
Bacon, Egg & Cheese Croissant		310	17	8	0	125	670	27		4	3	13	2	10	10	2
Chicken & Cheese Biscuit		470	27	13	0	25	1380	40	2	1	1	15	0	10	15	2
Sausage, Bacon, Scrambled Egg & Cheese Croissant		490	35	14	0	160	900	27		4	3	17	2	10	10	2
Sausage, Egg & Cheese Biscuit		550	40	17	0	155	1370	33		2	1	14	2	15	15	3
Sausage, Egg & Cheese Muffin		420	27	10	0	155	810	27		2		15	2	15	10	3
Breakfast Wraps																
Steak, Egg & Provolone Wrap		600	33	13	0	450	1780	38	1	3		38	10	30	20	6
Bacon, Egg & Cheese Grilled Wrap		330	16	7	0	125	960	32	1	2		14	2	15	15	4
Sausage, Egg & Cheese Grilled Wrap		480	32	13	0	155	1090	32	1	2		15	2	15	15	4
Cookies																
Gourmet Chocolate Chip Cookie		370	18	9	0	30	210	52	2	31		5	0	2	20	3
Gourmet Peanut Butter Cookie		420	25	11	0	30	300	44	2	29		7	0	4	8	4
Donuts																

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Chocolate Covered Cake Donut		380	22	8	0	25	380	42		23		4	0	4	8	1
Chocolate Glazed Donut	1 Donut	320	15	6	0		350	41		15		5	0	0	10	1
	6 Donuts	1900	91	39	0		2100	244	3	91		32	0	2	70	4
	12 Donuts	3790	182	78	0		4210	488	6	183		64	0	2	140	8
Chocolate Glazed Sprinkle Donut	1 Donut	390	19	8	0		350	51		22		5	0	0	10	1
	6 Donuts	2320	112	50	0		2100	308	3	134		32	0	2	70	4
	12 Donuts	4640	224	99	0		4210	616	6	268		64	0	2	140	8
Chocolate Croissant	Plain	340	20	12	0	70	390	42	2	7	5	8	0	2	15	2
Cinnamon Cruffin		410	17	7	0	10	450	57	2	19	17	6	0	15	6	2
Cinnamon Sugar Old Fashion Donut		380	17	8	0	20	400	52	1	26	8	5	0	4	10	2
Cinnamon Sugar Twist		240	12	5	0		280	32		7	5	4	0	0	10	0
Cookies And Creme Donut		390	19	8	0	25	410	51		31		4	0	4	10	0
Double Chocolate Cake Donut		380	22	9	0	25	390	41		23		4	0	4	10	1
Glazed Apple Fritter		370	20	9	0		280	44	1	19		4	0	2	10	1
Glazed Chocolate Cake Donut		360	18	8	0	25	380	45		26		4	0	4	10	0
Glazed Twist Donut		300	12	5	0		280	46		20		4	0	0	10	0
Glazed Donut	1 Donut	300	11	5	0		340	48		21		5	0	0	10	0
	6 Donuts	1830	66	30	0		2050	285		127		30	0	0	60	1
	12 Donuts	3660	132	60	0		4090	570		254		60	0	0	120	2
Jelly Filled Donut		340	6	3	0		190	69		51		3	0	0	6	0
Cake Donut		300	18	7	0	25	370	31		12		4	0	4	6	0
Vanilla Covered Donut with Sprinkles		370	15	7	0		340	55		27		5	0	0	10	0
White Fluff Bar with Chocolate Icing		430	21	10	0		300	57	2	32		4	0	2	10	1
Cream Filled Donut		310	15	7	0		330	41		18		4	0	4	6	1
Glazed Sour Creme Donut		390	19	10	0	10	350	52		29		3	0	8	8	1

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Pizza



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %	Calcium %	Iron %	Potassium %
Cafe 14 Inch Pizza																
Large Cheese Pizza	One Slice	260	9	5	0	20	580	35	2	3		11	0	15	15	2
	Whole	2110	74	38	1.5	180	4680	277	16	21	1	85	0	110	110	14
Large Mega Meat Pizza	One Slice	320	14	7	0	35	800	35	2	3		15	0	15	15	3
	Whole	2600	112	52	2	290	6410	282	18	22	2	117	0	120	120	26
Large Pepperoni Pizza	One Slice	290	11	5	0	25	680	35	2	3		12	0	15	15	2
	Whole	2290	90	43	1.5	215	5420	278	16	21	2	94	0	110	110	17
Large Supreme Pizza	One Slice	310	13	6	0	30	750	36	3	3		13	0	15	15	3
	Whole	2480	101	48	2	235	5980	289	21	25	2	106	0	120	120	26
Cafe 7 Inch Pizza																
Personal Bacon Breakfast Pizza	Two Slices	400	17	8	0	140	990	40	2	3		20	2	20	20	3
	Whole Pizza	790	35	15	0.5	280	1980	81	3	7		39	6	35	35	7
Personal Cheese Pizza	Two Slices	290	9	5	0	20	610	40	2	3		11	0	15	15	2
	Whole Pizza	570	19	10	0	45	1220	79	5	6		23	0	30	30	4
Personal Mega Meat Breakfast Pizza	Two Slices	390	17	8	0	135	950	40	2	3		19	2	20	20	3
	Whole Pizza	780	34	15	0.5	270	1910	81	4	7		38	6	35	40	7
Personal Mega Meat Pizza	Two Slices	370	16	7	0	45	930	40	3	3		17	0	15	20	4
	Whole Pizza	750	32	15	0	85	1860	81	5	7		34	0	30	35	9
Personal Pepperoni Pizza	Two Slices	320	12	6	0	30	740	40	2	3		13	0	15	15	3
	Whole Pizza	640	24	11	0	60	1490	79	5	6		26	0	30	35	5
Personal Supreme Pizza	Two Slices	350	14	6	0	30	830	41	3	4		15	0	15	20	4
	Whole Pizza	690	27	13	0	65	1650	82	6	7		29	0	30	35	8
Personal Sausage Breakfast Pizza		400	19	8	0	135	990	41	2	3		18	2	20	20	3
Toppings																
Bacon	One Slice (14")	25	2	0.5	0	5	95	0				2	0	0	0	0
	Personal Pizza (7")	90	7	2.5	0	30	350	1				7	0	0	2	2
	Whole Pizza (14")	100	8	3	0	30	390	1				8	0	0	2	3

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Banana Peppers	Personal Pizza (7")	0	0	0	0		400	1				0	0	0	0	0
	Whole Pizza (14")	10	0	0	0		800	2				0	0	0	0	0
Black Olives	Personal Pizza (7")	50	4	0	0		160	2				0	0	0	0	0
	Whole Pizza (14")	100	8	0	0		330	3				0	0	0	0	0
Green Peppers	Personal Pizza (7")	0	0	0	0		0	1				0	0	0	0	1
	Whole Pizza (14")	10	0	0	0		0	3		1		0	0	0	2	2
Italian Sausage	Personal Pizza (7")	80	6	2	0	10	200	1				5	0	2	4	3
	Whole Pizza (14")	150	11	4	0	20	390	3	2			10	0	4	8	5
Jalapeno Peppers	Personal Pizza (7")	5	0	0	0		450	1				0	0	0	0	0
	Whole Pizza (14")	10	0	0	0		890	2				0	0	0	0	0
Mushrooms	Personal Pizza (7")	5	0	0	0		80	1				1	0	0	0	0
	Whole Pizza (14")	15	0	0	0		170	1	1			1	0	0	0	0
Pepperoni	Personal Pizza (7")	60	5	2	0	12	270	0				3	0	0	0	1
	Whole Pizza (14")	180	15	5	0	35	740	1				8	0	2	2	3
Red Onions	Personal Pizza (7")	0	0	0	0		0	1				0	0	0	0	0
	Whole Pizza (14")	20	0	0	0		0	4		2		1	0	0	0	1
Tomato	Personal Pizza (7")	10	0	0	0		0	2		1		0	0	0	0	3
	Whole Pizza (14")	20	0	0	0		5	4	1	3		1	0	0	2	6

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Subwiches, Wraps, and Paninis



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %	Calcium %	Iron %	Potassium %
Subwiches																
BBLT Subwich		820	54	16	0	75	1850	51	2	6		35	2	15	10	9
Big Philly Steak Subwich		900	56	19	1.5	125	1690	54		8	1	44	2	30	25	12
Breakfast Bacon Subwich		530	37	12	0	250	1330	27		2		23	2	15	10	4
Breakfast Double Meat Subwich		710	55	18	0	285	1560	27		2		27	2	15	10	4
Breakfast Sausage Subwich		660	51	17	0	275	1370	27		2		22	2	15	10	4
Buffalo Chicken Ranch Subwich		1140	72	19	0.5	110	3040	78	3	7		46	2	35	20	10
Chicken Bacon Ranch Subwich		950	49	17	0	155	2390	62	4	10		65	0	35	25	9
Maple Bacon Monty		830	43	15	0	140	2760	55	2	6		58	2	30	10	30
Primo Italiano Subwich		960	61	24	0	160	3340	57	3	9		49	2	30	15	18
Super Greek Subwich		620	24	4.5	0	60	2180	60	3	10		41	20	10	15	36
Turano White Sub Bun		240	3.5	1	0		430	44		2		9	0	4	6	2
Wraps																
BBQ Chicken Grilled Wrap		370	14	6	0	40	1060	40	2	8		19	0	15	15	3
Cheddar, Bacon, Ranch, Chicken Grilled Wrap		390	19	7	0	40	1030	35	2	3		19	0	20	15	3
Chipotle Chicken Grilled Wrap		380	16	6	0	35	1060	40	2	6		17	0	20	15	4
Philly Cheese Steak Wrap		470	26	10	0	60	1160	35	1	3		24	0	20	15	3
Paninis																
BBQ Chicken Panini		810	52	17	0.5	90	1820	47	4	10	1	39	2	30	20	4
Chicken Bacon Ranch Panini		850	58	18	0.5	100	1820	41	4	5	1	39	2	30	20	3
Grilled Cheese Panini	American Cheese	520	37	11	0.5		1160	35	2	2		12	2	15	10	2
	Cheddar Cheese	590	43	14	0.5	40	990	34	2	2		17	2	25	10	2
	Pepper Jack Cheese	590	41	14	0.5	45	990	36	2	2		17	2	25	10	2
	Provolone Cheese	580	40	13	0.5	30	1090	35	2	2		18	2	30	10	3
	Swiss Cheese	590	41	14	0.5	40	810	34	2	2		21	2	4	10	2
Turkey, Bacon, Swiss Panini		810	59	17	1	85	1890	36	3	2	1	33	2	4	15	2
Toppings																

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American Cheese	6" Subwich	45	4	2.5	0		220	0				2	0	6	0	0
	12" Subwich	90	8	5	0		440	1				5	0	10	0	1
Banana Peppers	6" Sandwich	0	0	0	0		220	1				0	0	0	0	0
	12" Sandwich	5	0	0	0		440	1				0	0	0	0	0
BBQ Sauce	6" Subwich	15	0	0	0		105	4		4		0	0	0	0	1
	12" Subwich	35	0	0	0		210	8		7		0	0	0	2	1
Black Olives	6" Subwich	30	2.5	0	0		100	1				0	0	0	0	0
	12" Subwich	60	5	0	0		200	2				0	0	0	0	0
Buffalo Sauce	6" Subwich	25	2	0	0	3	380	1				0	0	0	0	0
	12" Subwich	50	4	0.5	0	5	750	3		1		0	0	0	0	0
Chipotle Sauce	6" Subwich	40	3.5	0.5	0		100	2		2		0	0	0	0	0
	12" Subwich	80	7	1	0	3	200	4		3		0	0	0	0	1
Cucumbers	6" Subwich	0	0	0	0		0	1				0	0	0	0	1
	12" Subwich	10	0	0	0		0	1				0	0	0	0	2
Green Peppers	6" Subwich	0	0	0	0		0	0				0	0	0	0	0
	12" Subwich	0	0	0	0		0	1				0	0	0	0	1
Grilled Chicken	6" Subwich	140	5	1.5	0	40	470	5		2		17	0	4	8	0
	12" Subwich	280	10	3	0	80	940	10	2	4		34	0	6	15	0
Ham	1 Slice	15	0.5	0	0	10	130	0				2	0	0	0	1
	2 Slices	30	1.5	0.5	0	15	260	0				5	0	0	0	2
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
Italian Seasoning		0	0	0	0		0	0				0	0	0	0	0
Italian Sub Bun	6" Subwich	200	1	0	0		400	38	1	2		7	0	2	15	1
	12" Subwich	390	2	0	0		790	76	3	3		15	0	4	25	3
Jalapeno Peppers	6" Subwich	0	0	0	0		180	0				0	0	0	0	0
	12" Subwich	0	0	0	0		360	1				0	0	0	0	0
Ketchup	6" Subwich	20	0	0	0		170	5		4	3	0	0	0	0	0
	12" Subwich	45	0	0	0		350	11		9	7	0	0	0	0	0

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Lettuce	6" Subwich	0	0	0	0		10	1				0	0	0	2	1
	12" Subwich	10	0	0	0		15	2				1	0	2	2	2
Maple Bacon Aioli		150	16	2.5	0	15	130	2				0	0	0	0	0
Mayonnaise	6" Subwich	120	13	2	0	10	105	0				0	0	0	0	0
	12" Subwich	250	27	4.5	0	25	210	1				0	0	0	0	0
Mild Cheddar Cheese	6" Subwich	80	7	4	0	20	135	0				5	0	10	0	0
	12" Subwich	160	14	8	0	40	270	0				10	0	25	0	1
Onions	6" Subwich	0	0	0	0		0	1				0	0	0	0	0
	12" Subwich	5	0	0	0		0	1				0	0	0	0	0
Pepper Jack Cheese	6" Subwich	80	6	4	0	20	135	1				5	0	10	0	0
	12" Subwich	160	13	8	0	45	270	1				10	2	25	0	1
Philly Steak	6" Subwich	130	7	3	0	35	340	3		2		11	0	0	8	4
	12" Subwich	250	14	6	1	70	680	6		4	1	23	0	2	15	8
Pickles	6" Subwich	0	0	0	0		880	0				0	0	0	0	0
	12" Subwich	0	0	0	0		1770	0				0	0	0	0	0
Pizza Sauce	6" Subwich	25	0	0	0		330	6	3	2	1	1	0	2	2	4
	12" Subwich	35	0	0	0		440	9	4	3	1	1	0	2	4	6
Provolone Cheese	6" Subwich	70	6	3.5	0	15	180	0				5	0	10	0	1
	12" Subwich	150	11	7	0	30	370	1				11	2	25	2	1
Ranch Dressing	6" Subwich	60	7	1	0	5	170	1				0	0	2	0	0
	12" Subwich	130	13	2	0	10	350	2				1	0	2	0	0
Red Onions	6" Subwich	0	0	0	0		0	1				0	0	0	0	0
	12" Subwich	5	0	0	0		0	2				0	0	0	0	1
Sharp Cheddar Cheese	6" Subwich	80	7	4	0	20	130	0				5	0	10	0	0
	12" Subwich	170	14	8	0	40	260	1				10	0	25	0	0
Shredded Cheddar Cheese	6" Subwich	60	4.5	2.5	0	15	90	0				4	0	8	0	0
	12" Subwich	110	9	5	0	30	180	0				7	0	15	0	0
Spinach	6" Subwich	0	0	0	0		5	0				0	0	0	2	1
	12" Subwich	0	0	0	0		10	0				0	0	2	2	2

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Swiss Cheese	6" Subwich	80	6	4	0	20	45	0				7	0	0	0	0
	12" Subwich	160	12	8	0	40	90	0				14	0	0	0	0
Tomato	2 Slices	5	0	0	0		0	2		1		0	0	0	0	2
	4 Slices	15	0	0	0		0	3		2		1	0	0	2	4
Turano Wheat Sub Bun		260	3.5	0.5	0		490	51	6	8	6	12	0	4	20	3
Turkey	4 Slices	90	3	0	0	40	930	2				14	0	0	4	0
	8 Slices	180	6	0	0	75	1850	3				27	0	0	6	0
White Cheddar	6" Subwich	90	7	4	0	20	140	1				5	0	10	0	0
	12" Subwich	170	14	8	0	40	280	1				10	0	25	0	1
Yellow Mustard	6" Subwich	0	0	0	0		120	0				0	0	0	0	0
	12" Subwich	0	0	0	0		240	0				0	0	0	0	0

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Anytime Snacks and Sides



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %	Calcium %	Iron %	Potassium %
Fruit																
Apple		90	0	0	0	0	0	25	4	19	0	0	0	0	2	4
Banana		110	0	0	0	0	0	27	3	14	1	0	0	0	2	9
Orange		60	0	0	0	0	0	15	3	12	1	0	4	0	0	5
Snacks And Sides																
Classic Speedy Spuds	Small	170	9	1.5	0		1380	21	1			1	0	0	0	6
	Large	250	14	2	0		2500	31	2			2	0	0	0	8
Cheese Speedy Spuds	Small	260	16	5	0	25	1760	24	1			7	0	15	0	6
	Large	430	27	10	0	50	3260	36	2	1		14	0	25	0	8

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