Sheetz Menu with Prices and Calories 2026

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Made to Order Subs

Item	Price	Calories
Turkey Sub	$4.99	235
Ham & Cheese Sub	$4.99	197
Italian Sub	$4.99	247
Roast Beef Sub	$4.99	576
Chicken Bacon Ranch Sub	$6.19	376
Philly Cheesesteak Sub	$6.19	289
Buffalo Chicken Sub	$5.69	321
Meatball Sub	$7.99	571
Veggie Sub	$5.79	453
Tuna Sub	$5.79	470
BLT Sub	$4.69	228
Cheese Steak	$5.59	417

Sheetz Pizza Flatz

Item	Price	Calories
Cheese Pizza (Medium)	$8.99	1192
Pepperoni Pizza (Medium)	$9.99	772
Veggie Pizza (Medium)	$9.99	772
Hawaiian Pizza (Medium)	$10.99	1305
Meat Lovers Pizza (Medium)	$11.99	1305
BBQ Chicken Pizza (Medium)	$10.99	952
Buffalo Chicken Pizza (Medium)	$10.99	952
Custom Pizza (Medium)	$8.99	1192

Eat Shmart Healthy Options

Item	Price	Calories
Grilled Chicken Salad	$6.99	300
Veggie Wrap	$5.49	350
Turkey Sub (6-inch)	$5.99	450
Grilled Chicken Sandwich	$5.99	400
Classic Garden Salad	$4.99	250
Patriot Berry Smoothie	$4.99	340
MTO Salad	$8.39	22
Green Smoothie	$4.49	210
Mixed Berry Smoothie	$3.99	210
Strawberry Banana Smoothie	$3.99	210

Breakfast Menu

Item	Price	Calories
Classic Breakfast Burrito (2 for $6)	$6.00	560
Breakfast Sandwich	$4.39	220
Egg & Cheese MTO	$3.99	190
Sausage, Egg & Cheese MTO	$4.59	300
Bacon, Egg & Cheese MTO	$4.59	260
Breakfast Wrap	$4.59	235
Breakfast Bowl	$4.59	722

Dogz, Brats & Sausage

Item	Price	Calories
Classic Hot Dog	$1.00	140
Cheese Dog	$2.99	328
Bacon Cheese Dog	$2.19	328
Bratwurst Sausage	$9.88	700
Sausage Platter	$18.96	3144

Sides & Appetizers

Item	Price	Calories
Mozzarella Sticks (6 pc)	$3.99	410
Loaded Nachos	$4.99	470
Jalapeño Poppers (6 pc)	$3.99	330
Chicken Tenders (4 pc)	$4.49	440
Onion Rings	$2.99	230
Mac'n Cheese Bites	$3.49	370
Fried Pickles	$3.49	215
Pretzel Bites (Small)	$2.49	230
Cheese Quesadilla	$3.99	320
Tater Tots	$2.49	330
Sweet Potato Fries	$2.99	413

Kids Menu

Item	Price	Calories
Kids Chicken Nuggets Meal	$6.16	470
Kids Grilled Cheese	$2.69	250
Kids Mini Corn Dogs	$4.39	440
Kids Mac & Cheese	$2.50	470
Kids Apple Slices	$4.59	70
Kids Carrot Sticks	$4.59	100
Kids Fruit Cup	$5.59	60

Drinks & Frozen Beverages

Item	Price	Calories
Featured Drink	$4.79	105
Iced Latte	$5.19	250
Frozen Lemonade	$4.59	205
Sh'pangled Strawberry Cheesecake Shake	$5.79	985
Red White & Boom Slush	$3.99	420
Firecracker Frozen Lemonade	$3.49	380
Bros. Nitro Cold Brew	$3.49	60
Premium Hot Chocolate	$3.79	180
Take Home Coffee (12oz Bros. Medium Roast)	$1.99	0
Cold Brew Coffee	$3.79	122
Double Espresso	$1.99	10

Desserts & Bakery

Item	Price	Calories
Chocolate Chip Cookie	$0.99	220
Brownie	$1.49	280
Cinnamon Pretzel	$2.49	350
Glazed Donut	$1.29	300
Chocolate Donut	$1.29	310
Blueberry Muffin	$1.99	400
Apple Turnover	$2.29	360
Salted Caramel Cookie	$0.99	250
Chocolate Fudge Sundae	$3.99	420
Ben & Jerry's Sundae	$6.49	600

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.