

SHEETZ FULL FOOD & DRINK MENU

Complete Pricing & Calories Guide

MTO MENU

BURGERS & SANDWICHES

ITEM NAME	PRICE	CALORIES
Made To Order Burger	\$5.99+	250 CALS
Made To Order Sh'tacked Burger	\$7.49+	664 CALS
Chicken Sandwich	\$5.29+	350 CALS
Turkey Sub	\$4.79+	307 CALS
Italian Sub	\$5.59+	344 CALS
Meatball Sub (6")	\$4.99+	780 CALS
Classic Burger (Single)	\$3.99	550 CALS

APPZ & SIDEZ

ITEM NAME	PRICE	CALORIES
Classic Sampler	\$6.49+	720 CALS
Premium Sampler	\$8.46+	Varies
Jalapeno Poppers (6 pcs)	\$5.49	264 CALS
Bucket Feast	\$24.78+	2360 CALS
Jalapeno Fryz	\$9.99+	740 CALS
Mozzarella Sticks	\$9.39+	1152 CALS
Wisconsin Cheese Bites	\$11.39+	2032 CALS
Made to Order Loaded Fryz Platter	\$8.99+	745 CALS
Made To Order Loaded Curly Fryz Platter	\$8.99+	768 CALS
Made to Order Loaded Mini Hashbrowns Platter	\$8.99+	637 CALS
Big Tex Loaded Fryz	\$8.99+	853 CALS
Boomin' Voodoo Loaded Fryz	\$10.99+	1437 CALS
Buffalo Banger Loaded Fryz	\$10.99+	1381 CALS
Cheezy Cajun Loaded Fryz	\$8.99+	1211 CALS
Chicken Shnuggetz (12)	\$7.49+	566 CALS
Chicken Shnuggetz (20)	\$11.99+	939 CALS
Chicken Shnuggetz (40)	\$22.99+	1915 CALS
Chicken Stripz	\$6.59+	373 CALS
Shwingz	\$7.39+	533 CALS
Boneless Bitez	\$5.99+	551 CALS
Plain Pretzel	\$3.99+	410 CALS
Salted Pretzel	\$3.99+	410 CALS
Cinnamon & Sugar Pretzel	\$3.99+	481 CALS
Pizza Pretzel	\$5.99+	650 CALS
Bacon Cheddar Pretzel	\$5.99+	678 CALS
Cheddar Pretzel	\$4.99+	552 CALS

MEXAMERICAN

ITEM NAME	PRICE	CALORIES
6/\$6 Tacos	\$6.00+	Varies
Fish Street Tacos	\$7.99+	457 CALS
Brisket Street Tacos	\$7.99+	492 CALS
Shredded Chicken Street Tacos	\$4.99+	339 CALS
Crispy Chicken Street Tacos	\$4.99+	389 CALS
Taco Beef Street Tacos	\$4.99+	298 CALS
Fajita Quesadilla	\$7.49+	768 CALS
Cantina Bowl	\$8.19+	520 CALS
Chicken & Rice Bowl	\$3.19+	307 CALS
Rice and Beans	\$2.49+	207 CALS
Taco Salad	\$9.99+	427 CALS
Taquitoz (3)	\$3.99+	402 CALS
Taquitoz (5)	\$5.99+	669 CALS
Taquitoz (10)	\$10.99+	1350 CALS
Taquitoz (15)	\$14.99+	2025 CALS
Brisket Quesadilla	\$7.29+	1112 CALS
Shredded Chicken Quesadilla	\$7.49+	962 CALS
Steak Quesadilla	\$7.49+	916 CALS
Cheese Quesadilla	\$7.29+	760 CALS
Made To Order Burrito	\$6.99+	300 CALS
Burrito Bowl	\$6.99+	207 CALS
BBQ Brisket Nachos	\$6.99+	1004 CALS
Boomin' Onion Brisket Nachos	\$8.99+	1125 CALS
Taco Beef Nachos	\$5.99+	924 CALS
Walking Taco	\$6.99+	878 CALS
Southwest Chicken Nachos	\$7.99+	990 CALS
Side of Nachos & Dipper	\$2.99+	109 CALS
Classic Nachos & Cheese	\$3.19+	639 CALS
Nachos Grande	\$4.19+	531 CALS
		636 CALS

ITEM NAME	PRICE	CALORIES
Churro	\$4.99+	

EXTRA DIPPERZ

ITEM NAME	PRICE	CALORIES
Extra Dipper – BBQ	\$0.60+	81 CALS
Extra Dipper – Bleu Cheese	\$0.60+	260 CALS
Extra Dipper – Boom Boom	\$0.60+	238 CALS
Extra Dipper – Buffalo	\$0.60+	5 CALS
Extra Dipper – Buffalo Garlic Blitz	\$0.60+	118 CALS
Extra Dipper – Garlic	\$0.60+	185 CALS
Extra Dipper – Golden BBQ	\$0.50+	109 CALS
Extra Dipper – Honey Mustard	\$0.60+	72 CALS
Extra Dipper – Italian Dressing	\$0.60+	60 CALS
Extra Dipper – Jalapeno Ranch	\$0.60+	162 CALS
Extra Dipper – Marinara	\$0.60+	18 CALS
Extra Dipper – Nacho Cheese	\$0.60+	27 CALS
Extra Dipper – Peanut Butter	\$0.60+	368 CALS
Extra Dipper – Ranch	\$0.60+	81 CALS
Extra Dipper – Salsa	\$0.60+	9 CALS
Extra Dipper – Shweet & Sour	\$0.60+	101 CALS

BREAKFAST MENU

SANDWICHES

ITEM NAME	PRICE	CALORIES
Breakfast Meltz	\$4.39+	220 CALS
Waffle Sandwich	\$4.59+	722 CALS
Everything Shmagel	\$4.59+	300 CALS
Shmagel	\$4.59+	260 CALS
Shmuffin	\$3.99+	150 CALS
Shmiscuit	\$3.99+	220 CALS
Croissant	\$3.99+	190 CALS
Sourdough Sandwich	\$4.59+	235 CALS

PIZZA FLATZ

ITEM NAME	PRICE	CALORIES
Breakfast Pizza Flatz	\$5.99+	684 CALS

BURRITOS & TACOS

ITEM NAME	PRICE	CALORIES
2/\$6 Classic Breakfast Burritos	\$6.00+	560 CALS
Breakfast Tacos	\$3.19+	319 CALS
Breakfast Quesadilla	\$7.49+	972 CALS
Grande Burrito	\$4.38+	438 CALS
Grande Burrito Bowl	\$3.99+	138 CALS
Bacon Egg & Cheese Burrito	\$3.99+	280 CALS
Sausage Egg & Cheese Burrito	\$3.99+	301 CALS
Western Burrito	\$3.99+	280 CALS

EAT SHMART

ITEM NAME	PRICE	CALORIES
Farmhouse Flatbread	\$4.99+	330 CALS
Wildwest Flatbread	\$4.39+	284 CALS
Protein Showdown	\$4.99+	332 CALS
Farmhouse Keto Cup	\$4.19+	402 CALS
Mexican Keto Cup	\$4.19+	392 CALS
Sausage Keto Cup	\$4.19+	388 CALS

SIDEZ & SHWEETZ

ITEM NAME	PRICE	CALORIES
Cinnapocketz	\$4.89+	408 CALS
French Toast Sticks	\$4.56+	456 CALS
Mini Hashbrowns	\$2.14+	214 CALS
Cheesy Bacon Tater Bombs	\$3.51+	351 CALS

DRINKS MENU

BROS. COFFEEZ

ITEM NAME	PRICE	CALORIES
Cinnamon Roll Hot Latte	\$4.29+	369 CALS
Sheetz Coffee	\$2.49+	5 CALS
Make Your Own Hot Latte	\$3.99+	74 CALS
Make Your Own Hot Mocha	\$4.99+	46 CALS
Sh'morez Hot Latte	\$4.29+	173 CALS
Cinnamon Roll Iced Latte	\$4.29+	275 CALS
Very Cherry White Chocolate Iced Mocha	\$4.99+	186 CALS
Sh'morez Frozen Latte	\$4.99+	271 CALS
Cinnamon Roll Frozen Latte	\$4.99+	285 CALS
Make Your Own Iced Latte	\$3.99+	74 CALS
Caramel Vanilla Iced Latte	\$4.29+	164 CALS
Low Sugar Caramel Vanilla Iced Latte	\$4.29+	84 CALS

MILKSHAKES & SMOOTHIES

ITEM NAME	PRICE	CALORIES
Sh'weet Liberty Cheezecake Shake	\$5.79+	985 CALS
Create A Shake Blue Raspberry	\$4.69+	617 CALS
Oreo Cookie Milkshake (Large)	\$4.49+	1040 CALS
Peanut Butter Cup Shake (Medium)	\$4.49+	850 CALS
Strawberry Banana Smoothie (Medium)	\$4.49+	300 CALS

SPECIALTY DRINKZ

ITEM NAME	PRICE	CALORIES
Make Your Own Hot Chai	\$4.09+	137 CALS
Make Your Own Iced Chai	\$2.89+	137 CALS
Make Your Own Hot Chocolate	\$4.39+	350 CALS
Build Your Own Lemonade	\$3.49+	390 CALS
Frosted Lemonade	\$5.39+	430 CALS
Make Your Own Frozen Lemonade	\$4.69+	657 CALS
Frozen Peach Lemonade	\$4.69+	Varies
Shpiced Honeycrisp Frozen Lemonade	\$4.69+	214 CALS
Black Raspberry Frozen Lemonade	\$4.69+	953 CALS
Make Your Own Refresher	\$4.59+	390 CALS
Strawberry with Mango Popping Bubblez Refresher	\$4.59+	660 CALS
Dragon Berry Peach Refresher	\$4.59+	455 CALS
Strawberry Dragon Fruit Refresher	\$4.59+	519 CALS
Dragon Berry Refresher	\$4.59+	439 CALS
Make Your Own Craft'd Red Bull	\$5.99+	174 CALS
Make Your Own Iced Red Bull	\$5.99+	110 CALS
White Peach Iced Red Bull	\$5.99+	110 CALS

Disclaimer: Item prices and nutrition facts are subject to change across different franchise or gas station locations.

Source: sheetzmenuguide.com