

MENU SHEETZ

Sheetz Food Menu & Price Guide (2026)

An independent, printable reference to Sheetz menu items, prices and calories, compiled and maintained by Menu Sheetz (menu-sheetz.com). Not an official Sheetz, Inc. document — prices, availability and nutrition vary by store and change over time. For live, store-specific pricing always use the official Sheetz app.

MTO MENU

Burgers & Sandwiches

Item	Price	Calories
Made-To-Order Burger	\$5.99+	250 cal
Made-To-Order Sh'tacked Burger	\$7.49+	664 cal
Chicken Sandwich	\$5.29+	350 cal
Turkey Sub	\$4.79+	307 cal
Italian Sub	\$5.59+	344 cal
Meatball Sub (6")	\$4.99+	780 cal
Classic Burger (Single)	\$3.99	550 cal
Sliderz	\$4.99+	180 cal each
6-Inch Custom Sub	\$4.99+	Varies
12-Inch Custom Sub	\$6.99+	Varies
Shnack Wrapz	\$4.49+	Varies
Turkey Wrap	\$5.99+	Varies
Grilled Chicken Salad	\$6.99+	350 cal

Appz & Sidez

Item	Price	Calories
Classic Sampler	\$6.49+	720 cal
Premium Sampler	\$8.46+	Varies
Jalapeno Poppers (6 pcs)	\$5.49	264 cal
Bucket Feast	\$24.78+	2360 cal
Jalapeno Fryz	\$9.99+	740 cal
Mozzarella Sticks	\$9.39+	1152 cal
Wisconsin Cheese Bites	\$11.39+	2032 cal
Loaded Fryz Platter	\$8.99+	745 cal

Loaded Curly Fryz Platter	\$8.99+	768 cal
Loaded Mini Hashbrowns Platter	\$8.99+	637 cal
Chicken Shnuggetz (12)	\$7.49+	566 cal
Chicken Shnuggetz (20)	\$11.99+	939 cal
Chicken Stripz	\$6.59+	373 cal
Shwingz	\$7.39+	533 cal
Boneless Bitez	\$5.99+	551 cal
Plain / Salted Pretzel	\$3.99+	410 cal
Cinnamon & Sugar Pretzel	\$3.99+	481 cal
Pizza Pretzel	\$5.99+	650 cal
Bacon Cheddar Pretzel	\$5.99+	678 cal
Cheddar Pretzel	\$4.99+	552 cal
Loaded Fries	\$4.99	400 cal

MEXAMERICAN

Tacos, Bowls & Quesadillas

Item	Price	Calories
6/\$6 Tacos	\$6.00+	Varies
Fish Street Tacos	\$7.99+	457 cal
Brisket Street Tacos	\$7.99+	492 cal
Shredded Chicken Street Tacos	\$4.99+	339 cal
Crispy Chicken Street Tacos	\$4.99+	389 cal
Taco Beef Street Tacos	\$4.99+	298 cal
Fajita Quesadilla	\$7.49+	768 cal
Cantina Bowl	\$8.19+	520 cal
Chicken & Rice Bowl	\$3.19+	307 cal
Taco Salad	\$9.99+	427 cal
Taquitoz (3)	\$3.99+	402 cal
Brisket Quesadilla	\$7.29+	1112 cal
Cheese Quesadilla	\$7.29+	760 cal
Made-To-Order Burrito	\$6.99+	300 cal
Burrito Bowl	\$6.99+	207 cal

BBQ Brisket Nachos	\$6.99+	1004 cal
Taco Beef Nachos	\$5.99+	924 cal
Walking Taco	\$6.99+	878 cal
Classic Nachos & Cheese	\$3.19+	639 cal

Extra Dipperz

Item	Price	Calories
BBQ / Ranch / Honey Mustard	\$0.60+	70-110 cal
Bleu Cheese	\$0.60+	260 cal
Buffalo	\$0.60+	5 cal
Garlic	\$0.60+	185 cal
Marinara / Salsa	\$0.60+	9-18 cal
Nacho Cheese	\$0.60+	27 cal
Peanut Butter	\$0.60+	368 cal

BREAKFAST MENU

Sandwiches, Flatz & Burritos

Item	Price	Calories
Breakfast Meltz	\$4.39+	220 cal
Waffle Sandwich	\$4.59+	722 cal
Everything Shmagel	\$4.59+	300 cal
Shmiscuit	\$3.99+	220 cal
Croissant Sandwich	\$3.99+	190 cal
Breakfast Pizza Flatz	\$5.99+	684 cal
2/\$6 Classic Breakfast Burritos	\$6.00	560 cal
Breakfast Tacos	\$3.19+	319 cal
Breakfast Quesadilla	\$7.49+	972 cal
Grande Burrito	\$4.38+	438 cal
Bacon Egg & Cheese Burrito	\$3.99+	280 cal
Sausage Egg & Cheese Burrito	\$3.99+	301 cal
Honey Wheat Roll Sub (Breakfast)	\$4.99+	235 cal
Breakfast White Sub	\$4.69	Varies

Breakfast Pretzel Sub	\$6.49	Varies
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Eat Shmart, Sidez & Shweetz

Item	Price	Calories
Farmhouse Flatbread	\$4.99+	330 cal
Wildwest Flatbread	\$4.39+	284 cal
Protein Showdown	\$4.99+	332 cal
Farmhouse Keto Cup	\$4.19+	402 cal
Cinnapocketz	\$4.89+	408 cal
French Toast Sticks	\$4.56+	456 cal
Mini Hashbrowns	\$2.14+	214 cal
Cheesy Bacon Tater Bombs	\$3.51+	351 cal
Fruit Cups, Yogurt & Oatmeal	Varies	Varies

DRINKS MENU

Sheetz Bros. Coffeez

Item	Price	Calories
Sheetz Coffee	\$2.49+	5 cal
Cinnamon Roll Hot Latte	\$4.29+	369 cal
Make Your Own Hot Latte	\$3.99+	74 cal
Make Your Own Hot Mocha	\$4.99+	46 cal
Sh'morez Hot Latte	\$4.29+	173 cal
Cinnamon Roll Iced Latte	\$4.29+	275 cal
Caramel Vanilla Iced Latte	\$4.29+	164 cal

Milkshakes, Smoothies & Specialty Drinkz

Item	Price	Calories
Sh'weet Liberty Cheezecake Shake	\$5.79+	985 cal
Create-A-Shake: Blue Raspberry	\$4.69+	617 cal
Oreo Cookie Milkshake (Large)	\$4.49+	1040 cal
Peanut Butter Cup Shake (Medium)	\$4.49+	850 cal
Strawberry Banana Smoothie (Medium)	\$4.49+	300 cal

Build Your Own Lemonade	\$3.49+	390 cal
Frosted Lemonade	\$5.39+	430 cal
Make Your Own Frozen Lemonade	\$4.69+	657 cal
Black Raspberry Frozen Lemonade	\$4.69+	953 cal
Make Your Own Refresher	\$4.59+	390 cal
Dragon Berry Refresher	\$4.59+	439 cal
Make Your Own Iced Red Bull	\$5.99+	110 cal

CHICKEN, FISH & HOT DOGS

Chicken, Fish & Hot Dogs, Bratz & Sausage

Item	Price	Calories
Chicken Tenders	\$6.49+	450 cal (approx.)
Chicken Sandwich	\$6.99+	520 cal (approx.)
Fish Sandwich	\$6.99+	480 cal (approx.)
Classic Hot Dog	\$3.49+ (approx.)	350 cal (approx.)

VALUE MENU

Budget Combos

Item	Price	Calories
2 for \$6 Classic Breakfast Burritos	2 for \$6	560 cal total

Prices and calorie counts shown are approximate, based on publicly available Sheetz information, and are provided for general reference only. Actual pricing and nutrition depend on your store location, size, and how you customize your order — always confirm exact figures in the official Sheetz app or at sheetz.com before ordering. This guide is produced independently by Menu Sheetz (menu-sheetz.com) and is not affiliated with, endorsed by, or sponsored by Sheetz, Inc. "Sheetz" is a trademark of Sheetz, Inc.

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