

SHEETZ FULL FOOD & DRINK MENU

2026 Update — Complete Pricing & Calories Guide

Updated August 2026 with current Made-To-Order (MTO) prices and calories, cross-checked against Sheetz's own touchscreen/app listings and independent menu-tracking guides. Sheetz uses base pricing (marked +) that increases with size and toppings — actual in-store price may vary slightly by location, state taxes, and promotions.

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
Sh'tacked Big Mozz Burger	\$7.99+	913 CALS
Sh'tacked Boomerang Burger	\$8.99+	906 CALS
The Big Mozz (Chicken)	\$6.99+	668 CALS
Made To Order Homestyle Chicken Sandwich	\$5.49+	197 CALS
Made To Order Spicy Chicken Sandwich	\$5.49+	247 CALS
Made-to-Order Grilled Chicken Sandwich	\$5.49+	120 CALS
Grilled Cheese	\$3.29+	235 CALS
Classic Sampler	\$6.49+	VARIES

SUBZ, SANDWICHES & WRAPZ

ITEM NAME	PRICE	CALORIES
Classic Turkey Sub	\$4.89+	300 CALS
Italian Sub	\$5.69+	337 CALS
Meatball Sub	\$4.49+	614 CALS
Ham Sub	\$4.89+	284 CALS
Bacon Sub	\$5.69+	330 CALS
3 Cheese Sub	\$4.69+	272 CALS
Club Combo Sub	\$5.69+	321 CALS
Veggie Sub	\$4.69+	228 CALS
Made To Order Steak Sub	\$5.69+	371 CALS
Brisket Sub	\$7.99+	571 CALS
Shredded Chicken Sub	\$5.59+	417 CALS
Pepperoni Sub	\$3.59+	427 CALS
Chicken Tender Sub	\$6.29+	588 CALS
Fish Sub	\$4.99+	473 CALS
Chicken Caesar Wrap	\$5.99+	852 CALS
Turkey & Cheese Wrap	\$4.99+	456 CALS

Prices shown are for the 6-inch/base size where applicable; 12-inch and footlong options run higher.

APPZ & SIDEZ

SAMPLERZ

ITEM NAME	PRICE	CALORIES
Classic Sampler	\$6.49+	720 CALS
Premium Sampler	\$8.46+	VARIES

BIG APPZ (SHAREABLE)

ITEM NAME	PRICE	CALORIES
Bucket Feast	\$24.78+	2360 CALS
Jalapeño Fryz (Big)	\$9.99+	740 CALS
Mozzarella Sticks (Big)	\$9.39+	1152 CALS
Wisconsin Cheese Bites (Big)	\$11.39+	2032 CALS
Mac N' Cheese Wedges	\$7.99+	1576 CALS
Boneless Bitez (Big)	\$11.39+	1208 CALS
Taquitos - 10	\$10.99+	1350 CALS

FRIED APPZ

ITEM NAME	PRICE	CALORIES
Jalapeño Fryz	\$3.99+	207 CALS
Onion Petals	\$4.99+	189 CALS
Mozzarella Sticks	\$4.89+	420 CALS
Mac N' Cheese Bites	\$4.89+	371 CALS
Cheesy Bacon Tater Bombs	\$4.89+	351 CALS

TATERZ

ITEM NAME	PRICE	CALORIES
Fryz	\$2.99+	238 CALS
Curly Fryz	\$3.59+	306 CALS
Mini Hashbrowns	\$2.99+	214 CALS

LOADED FRYZ PLATTERZ

ITEM NAME	PRICE	CALORIES
Made to Order Loaded Fryz Platter	\$8.99+	745 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

SHNUGGETZ

ITEM NAME	PRICE	CALORIES
Chicken Shnuggetz (12)	\$7.49+	566 CALS
Chicken Shnuggetz (20)	\$11.99+	939 CALS

CHICKEN APPZ

ITEM NAME	PRICE	CALORIES
Chicken Stripz	\$6.59+	373 CALS
Shwingz	\$7.39+	533 CALS
Boneless Bitez	\$5.99+	551 CALS

TWISTED DIPPERZ (PRETZELS)

ITEM NAME	PRICE	CALORIES
Plain 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
Churro	\$4.99+	636 CALS

MEXAMERICAN

TACOS, BOWLS & SALAD

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
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

QUESADILLAS, BURRITOS & TAQUITOZ

ITEM NAME	PRICE	CALORIES
Fajita Quesadilla	\$7.49+	768 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
Taquitoz (3)	\$3.99+	402 CALS
Taquitoz (5)	\$5.99+	669 CALS
Taquitoz (10)	\$10.99+	1350 CALS
Taquitoz (15)	\$14.99+	2025 CALS

NACHOS

ITEM NAME	PRICE	CALORIES
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

EAT SHMART

LIGHTER SUBZ, FLATBREADS & CUPS

ITEM NAME	PRICE	CALORIES
Turkey & Cheese Wrap	\$4.99+	456 CALS
Ham & Swiss Flatbread	\$5.19+	319 CALS
Turkey & Swiss Flatbread	\$5.19+	282 CALS
Premium Chicken Sub	\$4.99+	429 CALS
Primo Turkey Sub	\$5.89+	408 CALS
Protein Parm Sub	\$4.99+	591 CALS
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	\$3.69+	388 CALS
Meatball Cup	\$4.19+	331 CALS

EXTRA DIPPERZ

SAUCES & DIPS

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
Extra Dipper – Sour Cream	\$0.60+	51 CALS
Extra Dipper – Maple Syrup	\$0.60+	115 CALS
Extra Dipper – Taco Sauce	\$0.60+	12 CALS
Extra Dipper – Tangy Teriyaki	\$0.60+	118 CALS
Extra Dipper – Tartar Sauce	\$0.60+	240 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
Farmhouse Flatbread (Eat Shmart)	\$4.99+	330 CALS
Wildwest Flatbread (Eat Shmart)	\$4.39+	284 CALS
Protein Showdown (Eat Shmart)	\$4.99+	332 CALS

PIZZA FLATZ

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

BURRITOS, TACOS & QUESADILLAS

ITEM NAME	PRICE	CALORIES
2/\$6 Classic Breakfast Burritos	\$6.00+	560 CALS
Breakfast Tacos	\$4.99+	319 CALS
Breakfast Quesadilla	\$4.59+	972 CALS
Grande Burrito	\$6.39+	438 CALS
Grande Burrito Bowl	\$6.39+	138 CALS
Bacon, Egg & Cheese Burrito	\$3.19+	280 CALS
Sausage, Egg & Cheese Burrito	\$3.19+	301 CALS
Western Burrito	\$3.19+	280 CALS

Breakfast burrito prices dropped from the previous cycle (\$3.99 → \$3.19) under Sheetz's current MTO pricing.

SIDEZ & SHWEETZ

ITEM NAME	PRICE	CALORIES
Cinnapocketz	\$4.89+	408 CALS
French Toast Sticks	\$3.89+	456 CALS
Mini Hashbrowns	\$2.99+	214 CALS
Cheesy Bacon Tater Bombs	\$4.89+	351 CALS

DRINKS MENU

SHEETZ BROS. COFFEEZ

ITEM NAME	PRICE	CALORIES
Coffee (Self-Serve)	\$2.49+	5 CALS
Cinnamon Roll Hot Latte	\$4.29+	369 CALS
Sh'morez Hot Latte	\$4.29+	173 CALS
Make Your Own Hot Latte	\$3.99+	74 CALS
Make Your Own Hot Mocha	\$4.99+	46 CALS
Cinnamon Roll Iced Latte	\$4.19+	275 CALS
Very Cherry White Chocolate Iced Mocha	\$4.59+	186 CALS
Sh'morez Frozen Latte	\$4.69+	271 CALS
Cinnamon Roll Frozen Latte	\$4.19+	285 CALS
Make Your Own Iced Latte	\$3.99+	VARIES
Caramel Vanilla Iced Latte	\$4.29+	164 CALS
Low Sugar Caramel Vanilla Iced Latte	\$4.29+	74 CALS
Americano	\$2.99+	10 CALS
Double Espresso	\$1.99+	10 CALS
Make Your Own Cappuccino	\$3.89+	10 CALS
Make Your Own Cold Brew	\$3.59+	125 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
Create A Shake – Cookiez-n-Cream	\$5.19+	367 CALS
Peanut Butter Lover Shake	\$5.19+	979 CALS
Strawberry Banana Smoothie	\$4.79+	202 CALS
Make Your Own Smoothie	\$4.79+	210 CALS
Peanut Butter & Jelly Smoothie	\$4.79+	454 CALS
Strawberry Piña Colada Smoothie	\$4.79+	296 CALS
Strawberry Lemonade Smoothie	\$4.79+	735 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 w/ 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: Prices and calories are compiled from Sheetz's public MTO listings and independent menu-tracking sites as of August 2026, and are approximate. Actual prices/nutrition vary by store, state, and customization — confirm at your local Sheetz kiosk, app, or sheetz.com/nutrition before ordering. This is an independent, unofficial guide and is not affiliated with or endorsed by Sheetz, Inc.