

JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - LITTLE JOHNS

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Little John 1	300	140	15	4	0	35	770	25	2	2	15
Little John 2	250	100	11	2	0	30	560	24	2	1	13
Little John 3	250	100	11	1.5	0	15	590	26	3	2	10
Little John 4	240	90	10	1.5	0	25	580	24	2	1	12
Little John 5	290	120	13	5	0	40	900	26	2	2	16
Little John 6	340	180	20	7	0	30	580	25	3	1	13

SANDWICHES - 8" FRENCH

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	540	120	13	6	0	50	1610	69	4	1	33
SLIM 2	440	45	5	1	0	45	1200	66	4	0	30
SLIM 3	600	210	23	3	0	30	1410	70	5	2	24
SLIM 4	420	30	3	0	0	30	1250	68	4	0	27
SLIM 5	630	210	23	10	0	85	1980	69	4	1	35
SLIM 6	590	190	21	11	0	45	1180	68	4	0	30
THE PEPE®	600	260	29	9	0	70	1570	50	4	4	29
BIG JOHN®	500	190	21	3.5	0	60	1110	47	4	2	26
TOTALLY TUNA®	510	200	22	3	0	40	1160	51	5	4	21
TURKEY TOM®	480	170	19	2.5	0	50	1160	48	4	2	23
VITO®	570	240	26	11	0	85	1850	52	5	4	32
THE VEGGIE	670	340	38	14	0.5	60	1260	50	5	3	27
J.J.B.L.T.®	710	310	33	8	0	45	1580	70	6	2	28
SPICY EAST COAST ITALIAN	1020	500	54	18	0	160	3440	77	7	5	50
BILLY CLUB®	810	290	32	10	0	110	2360	73	6	4	50
ITALIAN NIGHT CLUB®	930	420	46	14	0	130	2850	77	6	5	48
HUNTER'S CLUB®	830	300	34	10	0	130	2080	70	6	2	55
COUNTRY CLUB®	780	270	30	9	0	100	2350	74	6	4	48

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JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - 8" FRENCH (CONT.)

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BEACH CLUB®	850	360	39	14	0.5	95	2050	75	7	3	45
JIMMY CUBANO®	830	360	38	13	0	90	3330	71	6	2	43
BOOTLEGGER CLUB®	680	200	23	3.5	0	90	1890	71	6	2	44
CLUB TUNA®	860	360	40	14	0.5	85	1980	76	7	4	42
CLUB LULU®	690	250	26	5	0	65	1760	71	6	2	35
ULTIMATE PORKER®	690	260	28	6	0	60	1890	72	6	3	33
THE J.J. GARGANTUAN®	1080	450	49	15	0	205	3930	78	6	5	78
CHICKEN CAESAR	870	390	43	9	0	90	2160	79	5	3	39
KICKIN' RANCH® CHICKEN WRAP	800	380	42	12	0.5	95	1970	60	6	4	39
TUSCAN ITALIAN	840	410	45	13	0	130	2760	62	5	5	45

SANDWICHES - 16" FRENCH

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	1080	240	27	12	0	105	3220	139	9	2	66
SLIM 2	880	90	11	2.5	0	90	2390	133	9	0	59
SLIM 3	1200	410	45	6	0	60	2820	141	11	3	49
SLIM 4	830	60	6	0	0	60	2490	135	9	0	54
SLIM 5	1260	420	45	20	0	165	3960	138	9	2	71
SLIM 6	1180	370	42	21	0	95	2360	135	9	0	60
THE PEPE®	1190	520	57	17	0.5	135	3150	100	8	7	59
BIG JOHN®	1000	380	42	7	0	120	2220	94	8	4	52
TOTALLY TUNA®	1020	390	44	6	0	75	2320	103	10	8	41
TURKEY TOM®	950	340	37	5	0	95	2320	96	8	4	47
VITO®	1150	480	52	22	0.5	165	3700	103	19	9	64
THE VEGGIE	1340	680	74	28	1.5	125	2530	101	10	6	54
J.J.B.L.T.®	1430	620	66	17	0	95	3170	140	11	4	56
SPICY EAST COAST ITALIAN	2050	1000	108	36	0.5	320	3860	153	14	11	101
BILLY CLUB®	1610	590	65	20	0.5	225	4730	146	11	7	101
ITALIAN NIGHT CLUB®	1860	840	91	27	0	255	5700	153	12	10	96

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JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - 16" FRENCH (CONT.)

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HUNTER'S CLUB®	1650	610	69	21	0	255	4150	141	11	4	110
COUNTRY CLUB®	1560	550	60	17	0.5	200	4710	148	11	7	96
BEACH CLUB®	1710	710	78	28	1.5	185	4090	149	13	6	91
JIMMY CUBANO®	1660	720	77	25	0.5	175	6660	142	12	4	86
BOOTLEGGER CLUB®	1370	410	45	7	0	185	3780	142	11	4	88
CLUB TUNA®	1730	730	80	29	1.5	170	3970	151	13	9	84
CLUB LULU®	1370	500	53	11	0	125	3520	142	11	4	70
ULTIMATE PORKER®	1390	520	55	12	0	120	3770	144	11	7	65
THE J.J. GARGANTUAN®	2160	890	98	30	.5	405	7850	156	13	11	156
CHICKEN CAESAR	1740	780	87	18	0	180	4330	158	9	7	77
KICKIN' RANCH® CHICKEN WRAP	1590	750	83	23	1	190	3940	120	11	8	77
TUSCAN ITALIAN	1690	820	90	27	0	260	5520	123	10	10	89

SANDWICHES - UNWICH®

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	190	100	11	6	0	50	900	4	0	2	20
SLIM 2	90	25	3	1.5	0	45	490	<1	0	<1	17
SLIM 3	250	180	20	3	0	30	700	5	1	2	11
SLIM 4	70	5	0.5	0	0	30	540	2	0	<1	14
SLIM 5	280	190	20	10	0	85	1270	3	0	2	22
SLIM 6	240	170	19	11	0	45	470	2	0	<1	17
THE PEPE®	370	250	27	9	0	70	1110	7	2	4	21
BIG JOHN®	270	170	20	3.5	0	60	650	4	2	3	17
TOTALLY TUNA®	280	180	20	3	0	40	700	9	3	5	12
TURKEY TOM®	250	160	17	2.5	0	50	700	5	2	3	15
VITO®	350	230	25	11	0	85	1380	9	2	5	24
THE VEGGIE	440	330	36	14	0.5	60	800	8	3	3	19
J.J.B.L.T.®	360	290	31	8	0	45	880	4	2	3	15
SPICY EAST COAST ITALIAN	620	440	48	17	0	155	2550	11	2	6	37

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JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - UNWICH® (CONT.)

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BILLY CLUB®	460	270	30	10	0	110	1660	7	2	4	37
ITALIAN NIGHT CLUB®	580	400	44	14	0	130	2140	11	2	6	35
HUNTER'S CLUB®	480	280	32	10	0	130	1370	5	2	3	42
COUNTRY CLUB®	430	260	28	8	0	100	1590	8	2	4	35
BEACH CLUB®	500	330	37	14	0.5	95	1340	9	3	3	32
JIMMY CUBANO®	480	340	36	13	0	90	2160	5	1	2	30
BOOTLEGGER CLUB®	330	180	20	3.5	0	90	1180	5	2	3	31
CLUB TUNA®	510	340	38	14	0.5	85	1280	10	3	5	29
CLUB LULU®	340	230	24	5	0	65	1060	5	2	3	22
ULTIMATE PORKER®	340	240	25	6	0	60	1180	6	2	4	20
THE J.J. GARGANTUAN®	730	420	47	15	0	205	3220	12	2	6	65
CHICKEN CAESAR	600	370	42	9	0	90	1610	28	2	4	29
KICKIN' RANCH® CHICKEN WRAP	520	360	40	12	0.5	95	1420	9	3	5	29
TUSCAN ITALIAN	570	400	43	13	0	130	2210	11	2	5	35

SANDWICHES - SLICED WHEAT

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	470	140	16	6	0	50	1390	50	5	6	32
SLIM 2	370	70	8	1.5	0	45	930	47	5	5	28
SLIM 3	530	230	25	3	0	30	1140	51	6	7	23
SLIM 4	350	50	6	0	0	30	980	49	5	5	26
SLIM 5	560	220	25	11	0	85	1760	50	5	6	34
SLIM 6	520	200	23	11	0	45	1020	49	5	5	29
THE PEPE®	650	290	32	9	0	70	1550	54	6	9	33
BIG JOHN®	550	220	25	3.5	0	60	1080	51	6	7	29
TOTALLY TUNA®	570	230	25	3	0	40	1140	55	7	9	24
TURKEY TOM®	530	200	22	2.5	0	50	1130	52	6	7	26
VITO®	630	270	30	11	0	85	1820	55	7	9	35
THE VEGGIE	720	370	41	14	0.5	60	1240	54	7	8	30

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NUTRITION INFORMATION

SANDWICHES - SLICED WHEAT (CONT.)											
Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
J.J.B.L.T.®	650	330	36	8	0	45	1310	51	6	7	27
SPICY EAST COAST ITALIAN	880	430	47	17	0	155	3000	62	10	11	50
BILLY CLUB®	740	310	35	10	0	110	2090	54	6	9	49
ITALIAN NIGHT CLUB®	840	390	43	14	0	130	2580	62	10	11	47
HUNTER'S CLUB®	760	320	37	11	0	125	1860	51	6	7	54
COUNTRY CLUB®	710	290	33	9	0	100	2080	55	6	9	46
BEACH CLUB®	790	380	42	14	0.5	95	1780	55	7	8	44
JIMMY CUBANO®	760	380	41	13	0	90	2600	51	6	7	41
BOOTLEGGER CLUB®	620	220	25	3.5	0	90	1620	52	6	7	43
CLUB TUNA®	800	380	43	14	0.5	85	1710	56	7	9	41
CLUB LULU®	620	270	29	5	0	65	1490	52	6	7	33
ULTIMATE PORKER®	630	280	30	6	0	60	1620	53	6	8	31
THE J.J. GARGANTUAN®	1010	470	52	15	0	205	3660	59	7	11	77
CHICKEN CAESAR	880	420	47	9	0	90	2050	74	6	8	40
KICKIN' RANCH® CHICKEN WRAP	810	400	45	12	0.5	95	1860	56	7	9	40
TUSCAN ITALIAN	850	440	48	13	0	130	2650	57	7	10	46

SANDWICHES - GARLIC HERB WRAP											
Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	490	180	19	9	0	50	1780	55	2	3	27
SLIM 2	400	110	12	4	0	45	1320	52	2	2	23
SLIM 3	550	270	29	6	0	30	1530	56	3	4	18
SLIM 4	370	90	10	2.5	0	30	1370	53	2	2	21
SLIM 5	590	260	29	13	0	85	2150	54	2	3	29
SLIM 6	540	240	27	14	0.5	45	1410	53	2	2	24
THE PEPE®	670	330	36	11	0	70	1940	58	3	6	28
BIG JOHN®	580	260	29	6	0	60	1470	55	3	4	24
TOTALLY TUNA®	570	270	30	6	0	30	1540	60	4	6	19
TURKEY TOM®	550	240	26	5	0	50	1520	57	3	4	22

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NUTRITION INFORMATION

SANDWICHES - GARLIC HERB WRAP (CONT.)

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
VITO®	650	310	34	13	0	85	2210	60	4	6	30
THE VEGGIE	750	410	45	17	0.5	60	1630	59	4	5	25
J.J.B.L.T.®	670	370	40	11	0	45	1710	55	3	4	22
SPICY EAST COAST ITALIAN	930	510	56	20	0	155	3430	62	4	7	44
BILLY CLUB®	760	350	39	12	0	110	2480	58	3	6	44
ITALIAN NIGHT CLUB®	880	470	52	16	0	130	3020	62	4	7	42
HUNTER'S CLUB®	780	360	41	13	0	125	2250	56	3	4	49
COUNTRY CLUB®	740	330	37	11	0	100	2470	60	3	6	41
BEACH CLUB®	810	410	46	17	0.5	95	2170	60	4	5	39
JIMMY CUBANO®	780	420	45	15	0	90	2990	56	3	4	36
BOOTLEGGER CLUB®	640	260	29	6	0	90	2010	57	3	4	38
CLUB TUNA®	850	370	40	14	0.5	75	1990	76	7	4	42
CLUB LULU®	640	310	33	8	0	65	1880	57	3	4	29
ULTIMATE PORKER®	650	320	34	9	0	60	2010	58	3	5	26
THE J.J. GARGANTUAN®	1030	500	56	18	0	205	4050	63	4	7	72
CHICKEN CAESAR	900	460	51	12	0	90	2440	79	3	5	35
KICKIN' RANCH® CHICKEN WRAP	830	440	49	14	0.5	95	2250	60	4	6	35
TUSCAN ITALIAN	880	480	52	16	0	130	3040	62	4	7	41

SANDWICHES - FLOUR WRAP

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	470	170	18	10	0	50	1520	51	2	2	28
SLIM 2	380	100	11	5	0	45	1060	48	2	1	24
SLIM 3	530	260	28	7	0	30	1270	52	3	3	19
SLIM 4	350	80	9	4	0	30	1110	49	2	1	22
SLIM 5	570	250	28	15	0	85	1890	50	2	2	30
SLIM 6	520	230	26	15	0.5	45	1150	49	2	1	25
THE PEPE®	650	320	35	13	0	70	1680	54	3	5	29
BIG JOHN®	560	250	28	8	0	60	1210	51	3	3	25

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JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - FLOUR WRAP (CONT.)

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOTALLY TUNA®	550	260	29	7	0	30	1280	56	4	5	20
TURKEY TOM®	530	230	25	6	0	50	1260	53	3	3	23
VITO®	630	300	33	15	0	85	1950	56	4	5	31
THE VEGGIE	730	400	44	18	0.5	60	1370	55	4	4	26
J.J.B.L.T. ®	650	360	39	12	0	45	1450	51	3	3	23
SPICY EAST COAST ITALIAN	910	510	55	21	0	155	3170	58	4	6	45
BILLY CLUB®	740	340	38	14	0	110	2220	54	3	5	45
ITALIAN NIGHT CLUB®	860	460	51	18	0	130	2760	58	4	6	43
HUNTER'S CLUB®	760	350	40	15	0	125	1990	52	3	3	50
COUNTRY CLUB®	720	320	36	13	0	100	2210	56	3	5	42
BEACH CLUB®	790	410	45	18	0.5	95	1910	56	4	4	40
JIMMY CUBANO®	760	410	44	17	0	90	2730	52	3	3	37
BOOTLEGGER CLUB®	620	250	28	8	0	90	1750	53	3	3	39
CLUB TUNA®	780	420	46	18	0.5	75	1850	57	4	5	37
CLUB LULU®	620	300	32	9	0	65	1620	53	3	3	30
ULTIMATE PORKER®	630	310	33	10	0	60	1750	54	3	4	27
THE J.J. GARGANTUAN®	1010	500	55	19	0	205	3790	59	4	6	73
CHICKEN CAESAR	880	450	50	13	0	90	2180	75	3	4	36
KICKIN' RANCH® CHICKEN WRAP	810	430	48	16	0.5	95	1990	56	4	5	36
TUSCAN ITALIAN	860	470	51	17	0	130	2780	58	4	6	42

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JIMMY JOHN'S®

NUTRITION INFORMATION

DESSERTS & SIDES

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Cookie	410	170	19	12	0	50	290	56	<1	32	5
Oatmeal Raisin Cookie	370	120	13	8	0	50	390	57	3	31	6
Fudge Chocolate Brownie	350	170	19	6	0	70	135	46	2	33	4
Regular Jimmy Chips®	300	160	18	3	0	0	180	33	2	3	3
BBQ Jimmy Chips®	290	140	16	3	0	0	230	34	2	5	3
Jalapeño Jimmy Chips®	290	150	17	3	0	0	320	33	2	3	3
Salt & Vinegar Jimmy Chips®	290	150	17	3	0	0	360	33	2	3	3
Jumbo Kosher Dill Pickle	20	0	0	0	0	0	1710	3	2	1	1
Side Of Avocado Spread	70	60	6	0.5	0	0	200	4	3	0	1
Kickin' Ranch® "Soup"	690	650	72	12	1	30	1490	7	<1	4	3
Side Of Kickin' Ranch®	180	170	19	3	0	10	390	2	0	1	<1
Side of Homestyle Ranch	150	150	17	2.5	0	15	380	2	0	2	0
Homestyle Ranch – 6oz portion	590	580	65	9	0	60	1470	6	0	6	0
Pesto Bowtie Pasta Salad	280	150	16	3	0	20	520	26	2	2	6
Homestyle Potato Salad	220	130	14	3	0	150	650	17	1	7	6

BREAD / UNWICH® / WRAPS

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
8" French TBO	230	15	1.5	0	0	0	470	44	3	0	9
16" French TBO	470	30	2	0	0	0	930	87	6	0	17
8" French LBI	350	20	2	0	0	0	710	66	4	0	13
16" French LBI	710	45	4.5	0	0	0	1420	133	9	0	27
Thick-Sliced Wheat	290	40	5	0	0	0	440	47	5	5	12
Unwich® (Lettuce Wrap)	0	0	0	0	0	0	0	< 1	0	< 1	0
Little John French TBO (Standard)	120	5	0.5	0	0	0	240	22	1	0	4
Little John French LBI (By Request)	200	10	1	0	0	0	390	37	2	0	7
Flour Wrap	290	50	6	3	0	0	670	50	2	0	7
Garlic & Herb Wrap	300	80	9	2.5	0	0	800	47	1	3	9

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NUTRITION INFORMATION

FOUNTAIN DRINKS - 22 OZ

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coca-Cola	280	0	0	0	0	0	70	73	0	73	0
Diet Coke	0	0	0	0	0	0	90	1	0	0	0
Sprite	260	0	0	0	0	0	125	67	0	67	0
Dr Pepper	280	0	0	0	0	0	95	74	0	74	0
Barq's Red Creme Soda	320	0	0	0	0	0	125	82	0	82	0
Barq's Root Beer	310	0	0	0	0	0	95	80	0	80	0
Caffeine Free Diet Coke	0	0	0	0	0	0	90	0	0	0	0
Cherry Coca-Cola	290	0	0	0	0	0	75	77	0	77	0
Coca-Cola Zero Sugar	0	0	0	0	0	0	75	0	0	0	0
Diet Dr Pepper	0	0	0	0	0	0	95	0	0	0	0
Fanta Cherry	220	0	0	0	0	0	95	57	0	57	0
Fanta Grape	280	0	0	0	0	0	95	72	0	72	0
Fanta Orange	280	0	0	0	0	0	75	74	0	73	0
Fanta Strawberry	300	0	0	0	0	0	150	79	0	78	0
Fuze Raspberry Tea	160	0	0	0	0	0	90	41	0	41	0
Fuze Sweet Tea	160	0	0	0	0	0	95	41	0	41	0
Fuze Unsweet Tea	0	0	0	0	0	0	90	0	0	0	0
Glaceau vitaminwater xxx	140	0	0	0	0	0	70	34	0	34	0
Hi-C Flashin Fruit Punch	280	0	0	0	0	0	135	78	0	76	0
Hi-C Poppin' Pink Lemonade	260	0	0	0	0	0	180	65	0	65	0
Lipton Iced Tea (Sweet)	270	0	0	0	0	0	15	60	0	60	0
Lipton Iced Tea (Unsweetened)	0	0	0	0	0	0	15	0	0	0	0
Mello Yello	300	0	0	0	0	0	95	80	0	80	0
Minute Maid Lemonade	270	0	0	0	0	0	180	69	0	69	0
Minute Maid Light Lemonade	10	0	0	0	0	0	80	4	0	0	0
Pibb Xtra	270	0	0	0	0	0	100	69	0	69	0
Powerade Fruit Punch	160	0	0	0	0	0	210	39	0	39	0
Powerade Mountain Berry Blast	160	0	0	0	0	0	210	40	0	40	0
Sprite Zero	5	0	0	0	0	0	80	0	0	0	0

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NUTRITION INFORMATION

FOUNTAIN DRINKS – 30/32 OZ																						
Item	Calories		Calories from Fat		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
Coca-Cola	380	410	0	0	0	0	0	0	0	0	0	0	95	100	100	107	0	0	100	107	0	0
Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	125	130	1	1	0	0	0	0	0	0
Sprite	350	380	0	0	0	0	0	0	0	0	0	0	170	180	91	97	0	0	91	97	0	0
Dr Pepper	380	410	0	0	0	0	0	0	0	0	0	0	130	140	101	108	0	0	101	108	0	0
Barq's Red Crème Soda	440	460	0	0	0	0	0	0	0	0	0	0	170	180	112	119	0	0	112	119	0	0
Barq's Root Beer	420	440	0	0	0	0	0	0	0	0	0	0	135	140	109	116	0	0	109	116	0	0
Caffeine Free Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	120	130	0	1	0	0	0	0	0	0
Cherry Coca-Cola	400	430	0	0	0	0	0	0	0	0	0	0	105	110	105	112	0	0	105	112	0	0
Coca-Cola Zero Sugar	0	0	0	0	0	0	0	0	0	0	0	0	100	105	0	0	0	0	0	0	0	0
Diet Dr Pepper	0	0	0	0	0	0	0	0	0	0	0	0	130	140	0	0	0	0	0	0	0	0
Fanta Cherry	300	320	0	0	0	0	0	0	0	0	0	0	125	135	77	82	0	0	77	82	0	0
Fanta Grape	380	410	0	0	0	0	0	0	0	0	0	0	130	140	98	104	0	0	98	104	0	0
Fanta Orange	380	410	0	0	0	0	0	0	0	0	0	0	100	105	101	108	0	0	99	106	0	0
Fanta Strawberry	410	440	0	0	0	0	0	0	0	0	0	0	210	220	107	115	0	0	106	113	0	0
Fuze Raspberry Tea	220	230	0	0	0	0	0	0	0	0	0	0	125	135	56	59	0	0	55	59	0	0
Fuze Sweet Tea	220	230	0	0	0	0	0	0	0	0	0	0	130	140	56	60	0	0	55	59	0	0
Fuze Unsweet Tea	5	5	0	0	0	0	0	0	0	0	0	0	125	135	0	1	0	0	0	0	0	0
Glacéau vitaminwater xxx	180	200	0	0	0	0	0	0	0	0	0	0	100	105	47	50	0	0	46	49	0	0
Hi-C Flashin Fruit Punch	390	410	0	0	0	0	0	0	0	0	0	0	180	200	106	113	0	0	103	110	0	0
Hi-C Poppin' Pink Lemonade	350	370	0	0	0	0	0	0	0	0	0	0	250	260	88	94	0	0	88	94	0	0
Lipton Iced Tea (Sweet)	370	400	0	0	0	0	0	0	0	0	0	0	20	20	94	100	0	0	94	100	0	0
Lipton Iced Tea (Unsweetened)	0	0	0	0	0	0	0	0	0	0	0	0	20	20	0	0	0	0	0	0	0	0
Mello Yello	410	440	0	0	0	0	0	0	0	0	0	0	125	135	109	116	0	0	109	116	0	0
Minute Maid Lemonade	370	400	0	0	0	0	0	0	0	0	0	0	250	260	94	100	0	0	94	100	0	0
Minute Maid Light Lemonade	15	15	0	0	0	0	0	0	0	0	0	0	105	115	5	5	0	0	0	0	0	0
Pibb Xtra	360	390	0	0	0	0	0	0	0	0	0	0	135	140	95	101	0	0	95	101	0	0
Powerade Fruit Punch	210	230	0	0	0	0	0	0	0	0	0	0	290	310	53	57	0	0	53	57	0	0
Powerade Mountain Berry Blast	220	230	0	0	0	0	0	0	0	0	0	0	280	300	55	58	0	0	55	58	0	0
Sprite Zero	10	10	0	0	0	0	0	0	0	0	0	0	110	120	0	0	0	0	0	0	0	0

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NUTRITION INFORMATION

BOTTLED DRINKS											
Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dasani®	0	0	0	0	0	0	0	0	0	0	0
Coke® (20 oz)	240	0	0	0	0	0	75	65	0	65	0
Diet Coke® (20 oz)	0	0	0	0	0	0	70	0	0	0	0
Sprite® (20 oz)	230	0	0	0	0	0	110	64	0	64	0

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ADD-ONS - LITTLE JOHNS												
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham	EZ	15	0	0	0	0	5	170	< 1	0	0	3
	REG	35	10	1	0	0	15	330	1	0	< 1	6
	XTRA	70	15	1.5	0.5	0	30	660	2	0	1	11
Roast Beef	EZ	20	5	1	0	0	10	120	0	0	0	4
	REG	45	15	1.5	0.5	0	20	240	0	0	0	8
	XTRA	90	25	3	1.5	0	45	490	0	0	0	16
Turkey	EZ	15	0	0	0	0	10	135	0	0	0	3
	REG	30	0	0	0	0	15	270	< 1	0	0	7
	XTRA	60	5	0.5	0	0	30	540	1	0	0	14
Salami & Capocollo	EZ	40	25	2.5	1	0	15	260	0	0	0	3
	REG	80	50	5	2.5	0	30	520	< 1	0	< 1	7
	XTRA	160	100	11	5	0	60	1030	2	0	1	14
Salami	EZ	25	15	1.5	1	0	10	170	0	0	0	2
	REG	50	30	3.5	1.5	0	20	340	< 1	0	0	4
	XTRA	100	60	7	3.5	0	40	690	1	0	< 1	8
Capocollo	EZ	15	10	1	0	0	< 5	85	0	0	0	1
	REG	30	20	2	0.5	0	10	170	0	0	0	3
	XTRA	60	40	4	1.5	0	20	350	< 1	0	< 1	6
Tuna Salad	EZ	70	45	5	.5	0	10	170	< 1	0	0	3
	REG	130	90	10	1.5	0	20	340	2	0	< 1	5
	XTRA	260	180	20	3	0	40	690	4	< 1	2	11
Bacon	EZ	60	45	4.5	2	0	10	240	0	0	0	5
	REG	90	70	7	3	0	15	360	0	0	0	7
	XTRA	180	140	14	6	0	30	720	0	0	0	14
All-Natural Chicken	EZ	30	10	1	0	0	15	140	0	0	0	5
	REG	60	15	2	1	0	25	290	< 1	0	0	9
	XTRA	110	35	3.5	1.5	0	50	580	1	0	0	18
Provolone Cheese	EZ	30	20	2.5	1.5	0	5	60	0	0	0	2
	REG	60	40	4.5	2.5	0	10	120	0	0	0	4
	XTRA	120	80	9	5	0	25	240	< 1	0	0	8
Shaved Parmesan	EZ	15	10	1	0.5	0	< 5	35	0	0	0	1
	REG	30	20	2	1.5	0	5	65	0	0	0	2
	XTRA	60	35	4	2.5	0	15	130	< 1	< 1	0	5
Avocado Spread	EZ	5	0	0	0	0	0	15	0	0	0	0
	REG	10	10	1	0	0	0	35	< 1	0	0	0
	XTRA	20	20	2	0	0	0	65	2	< 1	0	0
Cheddar Cheese, Sliced	EX	45	30	3.5	2	0	10	65	0	0	0	3
	REG	90	60	7	4.5	0	20	130	0	0	0	5
	XTRA	170	130	14	9	0	45	260	< 1	0	0	11

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ADD-ONS - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS												
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham	EZ	35	10	1	0	0	15	330	1	0	< 1	6
	REG	70	15	1.5	0.5	0	30	660	2	0	1	11
	XTRA	140	35	3.5	1	0	55	1330	5	0	2	23
Roast Beef	EZ	45	15	1.5	0.5	0	20	240	0	0	0	8
	REG	90	25	3	1.5	0	45	490	0	0	0	16
	XTRA	180	50	6	2.5	0	90	980	0	0	0	33
Turkey	EZ	30	0	0	0	0	15	270	< 1	0	0	7
	REG	60	5	0.5	0	0	30	540	1	0	0	14
	XTRA	120	10	1	0	0	60	1070	2	0	0	27
Salami & Capocollo	EZ	80	50	5	2.5	0	30	520	< 1	0	< 1	7
	REG	160	100	11	5	0	60	1030	2	0	1	14
	XTRA	320	210	22	10	0	120	2070	3	0	2	27
Salami	EZ	50	30	3.5	1.5	0	20	340	< 1	0	0	4
	REG	100	60	7	3.5	0	40	690	1	0	< 1	8
	XTRA	190	130	14	7	0	80	1370	2	0	1	16
Capocollo	EZ	30	20	2	0.5	0	10	170	0	0	0	3
	REG	60	40	4	1.5	0	20	350	< 1	0	< 1	6
	XTRA	130	80	8	3	0	40	700	1	0	1	11
Tuna Salad	EZ	130	90	10	1.5	0	20	340	2	0	< 1	5
	REG	260	180	20	3	0	40	690	4	< 1	2	11
	XTRA	520	360	40	6	0	75	1380	8	2	3	22
Bacon	EZ	60	45	4.5	2	0	10	240	0	0	0	5
	REG	90	70	7	3	0	15	360	0	0	0	7
	XTRA	180	140	14	6	0	30	720	0	0	0	14
All-Natural Chicken	EZ	60	15	2	1	0	25	290	< 1	0	0	9
	REG	110	35	3.5	1.5	0	50	580	1	0	0	18
	XTRA	220	70	7	3.5	0	100	1150	2	0	0	37
Provolone Cheese	EZ	60	40	4.5	2.5	0	10	120	0	0	0	4
	REG	120	80	9	5	0	25	240	< 1	0	0	8
	XTRA	240	160	19	11	0	45	470	1	0	0	16
Shaved Parmesan	EZ	30	20	2	1.5	0	5	65	0	0	0	2
	REG	60	35	4	2.5	0	15	130	< 1	< 1	0	5
	XTRA	110	70	8	5	0	25	260	1	1	0	9
Avocado Spread	EZ	10	10	1	0	0	0	35	< 1	0	0	0
	REG	25	20	2	0	0	0	65	2	1	0	0
	XTRA	45	40	4	0.5	0	0	130	3	2	0	< 1
Cheddar Cheese, Sliced	EZ	90	60	7	4.5	0	20	130	0	0	0	5
	REG	170	130	14	9	0	45	260	< 1	0	0	11

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		XTRA	340	250	28	18	0	90	530	1	0	0	21
ADD-ONS - 16" FRENCH													
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Ham	EZ	70	15	1.5	0.5	0	30	660	2	0	1	11	
	REG	140	35	3.5	1	0	55	1330	5	0	2	23	
	XTRA	270	70	7	2.5	0	115	2650	9	0	5	46	
Roast Beef	EZ	90	25	3	1.5	0	45	490	0	0	0	16	
	REG	180	50	6	2.5	0	90	980	0	0	0	33	
	XTRA	350	100	13	5	0	175	1950	0	0	0	65	
Turkey	EZ	80	10	1	0	0	40	710	2	0	0	18	
	REG	130	15	1.5	0	0	65	1080	3	0	0	28	
	XTRA	250	25	2.5	0	0	125	2150	5	0	0	55	
Salami & Capocollo	EZ	160	100	11	5	0	60	1030	2	0	1	14	
	REG	320	210	22	10	0	120	2070	3	0	2	27	
	XTRA	640	410	43	19	0	240	4140	7	0	5	55	
Salami	EZ	100	60	7	3.5	0	40	690	1	0	<1	8	
	REG	190	130	14	7	0	80	1370	2	0	1	16	
	XTRA	390	250	27	14	0	160	2740	5	0	2	32	
Capocollo	EZ	60	40	4	1.5	0	20	350	<1	0	<1	6	
	REG	130	80	8	3	0	40	700	1	0	1	11	
	XTRA	250	160	16	6	0	80	1390	2	0	2	23	
Tuna Salad	EZ	260	180	20	3	0	40	690	4	<1	2	11	
	REG	520	360	40	6	0	75	1380	8	2	3	22	
	XTRA	1040	730	80	12	0	155	2750	15	4	6	43	
Bacon	EZ	120	90	9	4	0	20	480	0	0	0	9	
	REG	180	140	14	6	0	30	720	0	0	0	14	
	XTRA	360	280	28	12	0	60	1440	0	0	0	28	
All-Natural Chicken	EZ	110	35	3.5	1.5	0	50	580	1	0	0	18	
	REG	220	70	7	3.5	0	100	1150	2	0	0	37	
	XTRA	440	130	15	7	0	200	2310	4	0	<1	73	
Provolone Cheese	EZ	120	80	9	6	0	25	290	<1	0	0	8	
	REG	230	160	18	11	0.5	45	580	1	0	0	17	
	XTRA	460	320	35	23	1.5	90	1160	3	0	<1	34	
Shaved Parmesan	EZ	60	35	4	2.5	0	15	130	<1	<1	0	5	
	REG	110	70	8	5	0	25	260	1	1	0	9	
	XTRA	220	150	16	10	0	50	530	2	2	0	18	
Avocado Spread	EZ	20	20	2	0	0	0	65	2	<1	0	0	
	REG	45	40	4	0	0	0	130	3	2	0	<1	
	XTRA	90	80	8	1	0	0	260	6	4	0	2	
Cheddar Cheese, Sliced	EZ	170	130	14	9	0	45	260	<1	0	0	11	
	REG	340	250	28	18	0	90	530	1	0	0	21	
	XTRA	690	510	56	36	0	180	1060	2	0	<1	42	

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FREEBIES - LITTLE JOHNS

Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yellow Mustard	EZ	0	0	0	0	0	0	15	0	0	0	0
	REG	0	0	0	0	0	0	30	0	0	0	0
	XTRA	0	0	0	0	0	0	60	0	0	0	0
Yellow Mustard	1 PACKET	5	0	0	0	0	0	65	0	0	0	0
Hellmann's Mayo	EZ	45	40	4.5	0.5	0	< 5	40	0	0	0	0
	REG	90	80	9	1.5	0	10	75	0	0	0	0
	XTRA	110	100	11	1.5	0	10	105	0	0	0	0
Oil & Vinegar	EZ	10	10	1	0	0	0	15	0	0	0	0
	REG	20	20	2.5	0	0	0	25	0	0	0	0
	XTRA	40	45	5	0	0	0	50	0	0	0	0
Oregano-Basil	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	0	0	0	0
	XTRA	0	0	0	0	0	0	0	< 1	0	0	0
Caesar Dressing	EZ	30	30	3.5	0.5	0	< 5	90	0	0	0	0
	REG	60	60	7	1	0	< 5	180	< 1	0	0	0
	XTRA	130	120	14	2.5	0	10	350	2	0	< 1	< 1
Sliced Pickles	EZ	0	0	0	0	0	0	60	0	0	0	0
	REG	0	0	0	0	0	0	115	0	0	0	0
	XTRA	0	0	0	0	0	0	230	0	0	0	0
Onion	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	< 1	0	0	0
	XTRA	5	0	0	0	0	0	0	2	0	< 1	0
Jimmy Peppers®	EZ	0	0	0	0	0	0	45	0	0	0	0
	REG	0	0	0	0	0	0	85	0	0	0	0
	XTRA	0	0	0	0	0	0	170	< 1	< 1	0	0
Cucumber	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	0	0	0	0
	XTRA	0	0	0	0	0	0	0	< 1	0	0	0

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NUTRITION INFORMATION

FREEBIES - LITTLE JOHNS (CONT.)

Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tomato	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	< 1	0	< 1	0
	XTRA	10	0	0	0	0	0	0	2	< 1	1	0
Lettuce	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	< 1	0	0	0
	XTRA	5	0	0	0	0	0	0	1	< 1	< 1	0
Mini Croutons	EZ	30	5	1	0	0	0	90	5	0	< 1	< 1
	REG	60	15	1.5	0	0	0	180	10	0	1	2
	XTRA	120	30	3	0	0	0	370	20	< 1	3	3
Kickin' Ranch®	EZ	25	25	2.5	0	0	0	55	0	0	0	0
	REG	50	50	5	1	0	< 5	110	< 1	0	0	0
	XTRA	100	100	11	2	0	< 5	220	1	0	< 1	0

FREEBIES - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS

Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yellow Mustard	EZ	0	0	0	0	0	0	30	0	0	0	0
	REG	0	0	0	0	0	0	60	0	0	0	0
	XTRA	0	0	0	0	0	0	120	0	0	0	0
Yellow Mustard	1 PACKET	5	0	0	0	0	0	65	0	0	0	0

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NUTRITION INFORMATION

FREEBIES - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS (CONT.)												
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hellmann's Mayo	EZ	110	100	11	1.5	0	10	105	0	0	0	0
	REG	160	150	16	2.5	0	15	150	0	0	0	0
	XTRA	280	250	28	4	0	30	250	0	0	0	0
Oil & Vinegar	EZ	20	20	2.5	0	0	0	25	0	0	0	0
	REG	40	45	5	0	0	0	50	0	0	0	0
	XTRA	80	90	10	0.5	0	0	100	0	0	0	0
Oregano-Basil	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	< 1	0	0	0
	XTRA	0	0	0	0	0	0	0	1	< 1	0	0
Caesar Dressing	EZ	60	60	7	1	0	< 5	180	< 1	0	0	0
	REG	130	120	14	2.5	0	10	350	2	0	< 1	< 1
	XTRA	250	250	27	5	0	20	700	4	0	2	2
Sliced Pickles	EZ	0	0	0	0	0	0	115	0	0	0	0
	REG	0	0	0	0	0	0	230	0	0	0	0
	XTRA	0	0	0	0	0	0	460	< 1	< 1	0	0
Onion	EZ	0	0	0	0	0	0	0	< 1	0	0	0
	REG	5	0	0	0	0	0	0	2	0	< 1	0
	XTRA	15	0	0	0	0	0	0	3	< 1	1	0
Jimmy Peppers®	EZ	0	0	0	0	0	0	85	0	0	0	0
	REG	0	0	0	0	0	0	170	< 1	< 1	0	0
	XTRA	5	0	0	0	0	0	340	1	1	0	0
Cucumber	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	< 1	0	0	0
	XTRA	0	0	0	0	0	0	0	1	0	< 1	0
Tomato	EZ	0	0	0	0	0	0	0	< 1	0	< 1	0
	REG	10	0	0	0	0	0	0	2	< 1	1	0
	XTRA	15	0	0	0	0	0	0	4	1	2	< 1
Lettuce	EZ	0	0	0	0	0	0	0	< 1	0	0	0
	REG	5	0	0	0	0	0	0	1	< 1	< 1	0
	XTRA	15	0	0	0	0	0	10	3	1	2	< 1

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NUTRITION INFORMATION

FREEBIES - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS (CONT.)												
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Homestyle Ranch	EZ	50	50	5	0.5	0	<5	120	0	0	0	0
	REG	100	100	11	1.5	0	10	240	<1	0	<1	0
	XTRA	190	190	21	3	0	20	480	2	0	2	0
Horseradish Sauce	EZ	45	40	4	0	0	< 5	130	1	0	< 1	0
	REG	90	80	8	0	0	10	260	3	0	2	0
	XTRA	180	150	17	0	0	15	510	5	< 1	3	< 1
Mini Croutons	EZ	60	15	1.5	0	0	0	180	10	0	1	2
	REG	120	30	3	0	0	0	370	20	< 1	3	3
	XTRA	240	60	6	0.5	0	0	730	39	1	5	6
Kickin' Ranch®	EZ	50	50	5	1	0	<5	110	<1	0	0	0
	REG	100	100	11	2	0	<5	220	1	0	<1	0
	XTRA	210	190	22	3.5	0	10	450	2	0	1	<1

FREEBIES - 16" FRENCH												
Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yellow Mustard	EZ	0	0	0	0	0	0	60	0	0	0	0
	REG	0	0	0	0	0	0	120	0	0	0	0
	XTRA	0	0	0	0	0	0	240	0	0	0	0
Yellow Mustard	1 PACKET	5	0	0	0	0	0	65	0	0	0	0
Hellmann's Mayo	EZ	230	210	23	3.5	0	25	210	0	0	0	0
	REG	330	300	33	5	0	35	300	0	0	0	0
	XTRA	500	450	50	8	0	50	450	0	0	0	0
Oil & Vinegar	EZ	40	45	5	0	0	0	50	0	0	0	0
	REG	80	90	10	0.5	0	0	100	0	0	0	0
	XTRA	170	170	19	1.5	0	0	200	0	0	0	0

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NUTRITION INFORMATION

FREEBIES - 16" FRENCH (CONT.)

Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Homestyle Ranch	EZ	100	100	11	1.5	0	10	240	<1	0	<1	0
	REG	190	190	21	3	0	20	480	2	0	2	0
	XTRA	390	380	42	6	0	40	970	4	0	4	0
Horseradish Sauce	EZ	90	80	8	0	0	10	260	3	0	2	0
	REG	180	150	17	0	0	15	510	5	<1	3	<1
	XTRA	360	300	34	0	0	30	1030	11	1	7	1
Oregano-Basil	EZ	0	0	0	0	0	0	0	<1	0	0	0
	REG	0	0	0	0	0	0	0	1	<1	0	0
	XTRA	10	0	0	0	0	0	0	2	1	0	0
Caesar Dressing	EZ	130	120	14	2.5	0	10	350	2	0	<1	<1
	REG	250	250	27	5	0	20	700	4	0	2	2
	XTRA	510	490	55	10	0	40	1410	8	0	4	4
Sliced Pickles	EZ	0	0	0	0	0	0	230	0	0	0	0
	REG	0	0	0	0	0	0	460	<1	<1	0	0
	XTRA	10	0	0	0	0	0	920	2	2	0	0
Onion	EZ	5	0	0	0	0	0	0	2	0	<1	0
	REG	15	0	0	0	0	0	0	3	<1	1	0
	XTRA	25	0	0	0	0	0	0	6	1	3	<1
Jimmy Peppers®	EZ	0	0	0	0	0	0	170	<1	<1	0	0
	REG	5	0	0	0	0	0	340	1	1	0	0
	XTRA	10	0	0	0	0	0	690	2	2	0	0
Cucumber	EZ	0	0	0	0	0	0	0	<1	0	0	0
	REG	0	0	0	0	0	0	0	1	0	<1	0
	XTRA	10	0	0	0	0	0	0	2	0	1	0
Tomato	EZ	10	0	0	0	0	0	0	2	<1	1	0
	REG	15	0	0	0	0	0	0	4	1	2	<1
	XTRA	35	0	0	0	0	0	10	7	2	5	2
Lettuce	EZ	5	0	0	0	0	0	0	1	<1	<1	0
	REG	15	0	0	0	0	0	10	3	1	2	<1
	XTRA	30	0	0	0	0	0	20	6	2	4	2
Mini Croutons	EZ	120	30	3	0	0	0	370	20	<1	3	3
	REG	240	60	6	0.5	0	0	730	39	1	5	6
	XTRA	480	110	13	1	0	0	1470	78	2	10	12
Kickin' Ranch®	EZ	100	100	11	2	0	<5	220	1	0	<1	0
	REG	210	190	22	3.5	0	10	450	2	0	1	<1
	XTRA	410	390	43	7	0.5	20	890	4	<1	2	2

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BREAKFAST MENU ITEMS - AVAILABLE AT SELECT LOCATIONS ONLY

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham, Egg & Cheese Breakfast Sandwich	440	170	19	6	0	165	1280	37	2	1	27
Bacon, Egg & Cheese Breakfast Sandwich	430	200	22	7	0	145	860	35	2	0	20
Vito, Egg & Cheese Breakfast Sandwich	490	220	24	9	0	190	1610	36	2	1	29
Coffee (12 Oz) - Regular	0	0	0	0	0	0	5	0	0	0	0
Coffee (12 Oz) - Decaf	0	0	0	0	0	0	5	0	0	0	0

BREAKFAST MENU ITEM INGREDIENTS - AVAILABLE AT SELECT LOCATIONS ONLY

Item	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
4" French Bread	EACH	180	10	1	0	0	0	350	33	2	0	7
Mayo - Breakfast Sandwich Portion	EZ	20	20	2	0	0	< 5	20	0	0	0	0
	REG	40	35	4	0.5	0	< 5	35	0	0	0	0
	XTRA	80	70	8	1	0	10	75	0	0	0	0
Ham - Breakfast Sandwich Portion	EZ	35	10	1	0	0	15	330	1	0	< 1	6
	REG	70	15	1.5	0.5	0	30	660	2	0	1	11
	XTRA	140	35	3.5	1	0	55	1330	5	0	2	23
Bacon - Breakfast Sandwich Portion	EZ	30	25	2.5	1	0	< 5	120	0	0	0	2
	REG	60	45	4.5	2	0	10	240	0	0	0	5
	XTRA	150	120	12	5	0	25	600	0	0	0	12
Salami & Capocollo - Breakfast Sandwich Portion	EZ	80	50	5	2.5	0	30	520	< 1	0	< 1	7
	REG	160	100	11	5	0	60	1030	2	0	1	14
	XTRA	320	210	22	10	0	120	2070	3	0	2	27
Provolone Cheese - Breakfast Sandwich Portion	EZ	30	20	2.5	1.5	0	5	60	0	0	0	2
	REG	60	40	4.5	2.5	0	10	120	0	0	0	4
	XTRA	120	80	9	5	0	25	240	< 1	0	0	8
Fried Egg Patty	EZ	45	35	4	1	0	60	55	< 1	0	0	2
	REG	90	70	8	1.5	0	120	105	1	0	0	5
	XTRA	190	140	15	3.5	0	240	210	2	0	0	10
Black Pepper	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	0	0	0	0
	XTRA	0	0	0	0	0	0	0	0	0	0	0

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NUTRITION INFORMATION

NEW - TOASTED SANDWICHES – 8" French											
Sandwich	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roast Beef & Cheddar	1140	530	59	15	0	155	2430	88	7	5	59
Chicken Bacon Ranch	920	430	47	13	0	110	2210	73	6	4	45
Ultimate Italian	1110	520	56	19	0	180	3960	80	6	7	68
Ham & Three Cheese Melt	1000	450	49	21	1	155	2910	73	4	3	59

NEW - TOASTED SANDWICHES – 8" French												
LTO Only Ingredients	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham	EZ	70	15	1.5	0.5	0	30	660	2	0	1	11
	REG	140	35	3.5	1	0	55	1330	5	0	2	23
	XTRA	270	70	7	2.5	0	115	2650	9	0	5	46
Homestyle Ranch	EZ	50	50	5	0.5	0	<5	120	0	0	0	0
	REG	100	100	11	1.5	0	10	240	<1	0	<1	0
	XTRA	190	190	21	3	0	20	480	2	0	2	0
Sliced Cheddar Cheese – Double Portion	EZ	170	130	14	9	0	45	260	<1	0	0	11
	REG	340	250	28	18	0	90	530	1	0	0	21
	XTRA	690	510	56	36	0	180	1060	2	0	<1	42
Oil & Vinegar	EZ	10	10	1	0	0	0	15	0	0	0	0
	REG	20	20	2.5	0	0	0	25	0	0	0	0
	XTRA	40	45	5	0	0	0	50	0	0	0	0
Oregano & Basil	EZ	0	0	0	0	0	0	0	<1	<1	0	0
	REG	10	0	0	0	0	0	0	2	1	0	0
	XTRA	15	0	0	0	0	0	0	4	3	0	<1
Sliced Cheddar Cheese	EZ	90	60	7	4.5	0	20	130	0	0	0	5
	REG	170	130	14	9	0	45	260	<1	0	0	11
	XTRA	340	250	28	18	0	90	530	1	0	0	21
Horseradish Sauce	EZ	45	40	4	0	0	<5	130	1	0	<1	0
	REG	90	80	8	0	0	10	260	3	0	2	0
	XTRA	180	150	17	0	0	15	510	5	<1	3	<1
Crispy Fried Onions	EZ	80	50	6	0	0	0	35	7	0	<1	<1
	REG	170	100	11	1	0	0	70	15	<1	1	2
	XTRA	330	200	22	1.5	0	0	135	29	2	3	3

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NUTRITION INFORMATION

NEW - TOASTED SANDWICHES – 16" French											
Sandwich	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roast Beef & Cheddar	2270	1050	118	30	0	315	4860	175	13	11	118
Chicken Bacon Ranch	1840	850	93	26	0.5	220	4410	147	11	8	91
Ultimate Italian	2230	1040	112	38	0.5	360	7910	159	13	13	136
Ham & Three Cheese Melt	2000	900	99	41	1.5	305	5810	146	9	5	118

NEW - TOASTED SANDWICHES – 16" French												
LTO Only Ingredients	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham	EZ	140	35	3.5	1	0	55	1330	5	0	2	23
	REG	270	70	7	2.5	0	115	2650	9	0	5	46
	XTRA	550	140	14	4.5	0	230	5300	18	0	9	91
Homestyle Ranch	EZ	100	100	11	1.5	0	10	240	<1	0	<1	0
	REG	190	190	21	3	0	20	480	2	0	2	0
	XTRA	390	380	42	6	0	40	970	4	0	4	0
Sliced Cheddar Cheese – Double Portion	EZ	340	250	28	18	0	90	530	1	0	0	21
	REG	690	510	56	36	0	180	1060	2	0	<1	42
	XTRA	1370	1010	113	72	0	355	2110	4	0	2	85
Oil & Vinegar	EZ	20	20	2.5	0	0	0	25	0	0	0	0
	REG	40	45	5	0	0	0	50	0	0	0	0
	XTRA	80	90	10	0.5	0	0	100	0	0	0	0
Oregano & Basil	EZ	10	0	0	0	0	0	0	2	1	0	0
	REG	15	0	0	0	0	0	0	4	3	0	<1
	XTRA	30	0	0.5	0	0	0	0	8	5	0	1
Sliced Cheddar Cheese	EZ	170	130	14	9	0	45	260	<1	0	0	11
	REG	340	250	28	18	0	90	530	1	0	0	21
	XTRA	690	510	56	36	0	180	1060	2	0	<1	42
Horseradish Sauce	EZ	90	80	8	0	0	10	260	3	0	2	0
	REG	180	150	17	0	0	15	510	5	<1	3	<1
	XTRA	360	300	34	0	0	30	1030	11	1	7	1
Crispy Fried Onions	EZ	170	100	11	1	0	0	70	15	<1	1	2
	REG	330	200	22	1.5	0	0	135	29	2	3	3
	XTRA	670	400	45	3.5	0	0	270	58	3	5	6

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NUTRITION INFORMATION

LIMITED TIME OFFER ITEMS												
Sandwich	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Minute Maid Premium Lemonade Classic Style 22oz	260	0	0	0	0	0	45	67	0	64	0	
Minute Maid Premium Lemonade Classic Style 30 oz	350	0	0	0	0	0	65	92	0	87	0	
Minute Maid Premium Strawberry Lemonade 22 oz	280	0	0	0	0	0	45	72	0	68	0	
Minute Maid Premium Strawberry Lemonade 30 oz	380	0	0	0	0	0	60	98	0	93	0	
Red Velvet Cookie	410	171	19	13	0.5	65	330	56	1	33	5	
Kickin' Ranch Jimmy Chips®	290	153	17	3	0	0	350	33	2	4	3	
Turkey Bacon Ranch & Three Cheese Melt	1140	620	68	24	1	155	2800	71	4	2	57	
Chicken & Three Cheese Melt	1010	490	54	22	1	145	2190	69	4	<1	55	
Three Cheese Melt	1030	540	60	29	1.5	140	1860	69	4	<1	47	
8" Wheat Baguette	360	60	6	1	0	0	650	60	5	8	14	
Side Salad	280	180	20	2.5	0	15	690	25	4	8	4	
Side Caesar Salad	380	260	29	7	0	30	1030	23	2	6	10	
Ham Protein Stacker	490	220	24	9	0	90	1950	29	2	4	36	
Turkey Protein Stacker	480	200	22	7	0	95	1700	27	2	1	41	
Italian Protein Stacker	610	330	36	13	0	125	2350	29	2	4	39	
LIMITED TIME OFFER INGREDIENTS												
LTO Only Ingredients	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. NUTRITION INFORMATION ALSO AVAILABLE ON JIMMYJOHNS.COM
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