

ADD-ONS & FREEBIES

VALUES FOR 8"/16"

★ NUTRITION GUIDE ★

(CONTINUED)

DRINKS

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
22 OUNCES											
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
BARQ'S RED CREAM 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
DR. PEPPER	280	0	0	0	0	0	95	74	0	74	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 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
30/32 OUNCES											
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
BARQ'S RED CREAM 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
DR. PEPPER	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	0/0	101/108	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 UNSWEETENED TEA	5/5	0/0	0/0	0/0	0/0	0/0	125/135	0/1	0/0	0/0	0/0
GLACEAU 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 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

DRINK FLAVORS & SIZES VARY BY LOCATION

TRADEMARKS, LOGOS, AND SERVICE MARKS DISPLAYED ARE TRADEMARKS OF JIMMY JOHN'S OR OF THIRD PARTIES. *WARNING: THE DEPARTMENT OF HEALTH ADVISES THAT EATING RAW OR UNDER-COOKED MEAT, POULTRY, SEAFOOD, SHELLFISH, EGGS, OR SPROUTS POSSES A HEALTH RISK TO EVERYONE, BUT ESPECIALLY THE ELDERLY, CHILDREN, PREGNANT WOMEN, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS. THE CONSUMPTION OF SUCH RAW OR UNDER-COOKED FOOD ITEMS MAY RESULT IN AN INCREASED RISK OF FOODBORNE ILLNESS. FOR FURTHER INFORMATION, CONTACT YOUR PHYSICIAN OR LOCAL PUBLIC HEALTH DEPARTMENT.

	Portion	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carb. (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
HAM	EZ	45/90	10/25	1/2.5	0/1	0/0	20/40	450/880	2/3	0/0	<1/2	8/15
	REG	70/140	15/35	1.5/3.5	0.5/1	0/0	30/55	660/1330	2/5	0/0	1/2	11/23
	XTRA	140/270	35/70	3.5/7	1/2.5	0/0	55/115	1330/2650	5/9	0/0	2/5	23/46
ROAST BEEF	EZ	45/90	15/25	1.5/3	0.5/1	0/0	20/45	220/450	0/0	0/0	0/0	8/16
	REG	90/180	25/50	3/6	1/2.5	0/0	45/90	450/900	0/0	0/0	0/0	16/32
	XTRA	180/350	50/100	6/13	2.5/5	0/0	90/175	900/1800	0/0	0/0	0/0	32/65
TURKEY BREAST	EZ	40/80	0/10	0/1	0/0	0/0	20/40	360/710	<1/2	0/0	0/0	9/18
	REG	60/120	5/10	0.5/1	0/0	0/0	30/60	540/1070	1/2	0/0	0/0	14/27
	XTRA	120/250	10/25	1/2.5	0/0	0/0	60/125	1070/2150	2/5	0/0	0/0	27/55
SALAMI & CAPICOLA	EZ	90/180	60/120	6/12	2.5/5	0/0	35/65	570/1150	<1/2	0/0	<1/1	8/16
	REG	160/320	100/210	11/22	5/10	0/0	60/120	1030/2070	2/3	0/0	1/2	14/27
	XTRA	320/640	210/410	22/43	10/19	0/0	120/240	2070/4140	3/7	0/0	2/5	27/55
SALAMI	EZ	50/100	30/60	3.5/7	1.5/3.5	0/0	20/40	340/690	<1/1	0/0	0/<1	4/8
	REG	100/190	60/130	7/14	3.5/7	0/0	40/80	690/1370	1/2	0/0	<1/1	8/16
	XTRA	190/390	130/250	14/27	7/14	0/0	80/160	1370/2740	2/5	0/0	1/2	16/32
CAPICOLA	EZ	40/80	25/50	2.5/5	1/2	0/0	15/25	230/470	0/<1	0/0	0/<1	4/8
	REG	60/130	40/80	4/8	1.5/3	0/0	20/40	350/700	<1/1	0/0	<1/1	6/11
	XTRA	130/250	80/160	8/16	3/6	0/0	40/80	700/1390	1/2	0/0	1/2	11/23
TUNA SALAD	EZ	120/240	90/180	10/20	1.5/3	0/0	15/30	350/700	2/4	0/<1	<1/2	6/11
	REG	240/490	180/370	20/41	3.5/7	0/0	30/60	700/1400	4/8	<1/2	2/3	11/22
	XTRA	490/980	370/740	41/82	6/12	0/0	60/115	1400/2800	8/15	2/4	3/6	22/44
BACON	EZ	60/120	45/90	4.5/9	2/4	0/0	10/20	240/480	0/0	0/0	0/0	5/9
	REG	90/180	70/140	7/14	3/6	0/0	15/30	360/720	0/0	0/0	0/0	7/14
	XTRA	180/360	140/280	14/28	6/12	0/0	30/60	720/1440	0/0	0/0	0/0	14/28
PROVOLONE CHEESE	EZ	60/120	40/80	4.5/9	2.5/5	0/0	10/25	120/240	0/<1	0/0	0/0	4/8
	REG	120/240	80/160	9/19	5/11	0/0	25/45	240/470	<1/1	0/0	0/0	8/16
	XTRA	240/470	160/330	19/38	11/21	0/0	45/95	470/940	1/2	0/0	0/0	16/33
AVOCADO GUAC	EZ	10/20	10/20	1/2	0/0	0/0	0/0	35/65	<1/2	0/<1	0/0	0/0
	REG	20/45	20/40	2/4	0/0	0/0	0/0	65/130	2/3	<1/2	0/0	0/<1
	XTRA	45/90	40/80	4/8	0/1	0/0	0/0	130/260	3/6	2/4	0/0	<1/2
SIDE OF KICKIN' RANCH®	1 Serving	160	140	15	2.5	0	15	310	2	0	<1	<1
	1 Packet	5	0	0	0	0	0	65	0	0	0	0
YELLOW MUSTARD	EZ	0/5	0/0	0/0	0/0	0/0	0/0	60/120	0/0	0/0	0/0	0/0
	REG	5/10	0/0	0/0	0/0	0/0	0/0	120/240	0/0	0/0	0/0	0/0
	XTRA	10/20	0/0	0/0	0/0	0/0	0/0	240/480	0/0	0/0	0/0	0/0
GREY POUPON®	EZ	5/10	0/0	0/0	0/0	0/0	0/0	120/240	0/0	0/0	0/0	0/0
	REG	10/20	0/0	0/0	0/0	0/						