

★ NUTRITION GUIDE ★

(CONTINUED)

SIDES

	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)
TRIPLE CHOCOLATE CHUNK 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
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
THINNY CHIPS®	260	100	11	2	0	0	190	39	3	3	4
JUMBO KOSHER DILL PICKLE	20	0	0	0	0	0	1710	3	2	1	1

BREAD/UNWICH® VALUES FOR 8"/16"

	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)
French Bread TBO (7, 13 & Originals)	290/570	20/35	2/3.5	0/0	0/0	0/0	570/1140	54/107	4/7	0/0	11/21
French Bread LBI (All Others)	390/790	25/50	2.5/5	0/0	0/0	0/0	790/1580	74/148	5/10	0/0	15/30
Thick Sliced Wheat (8" Only)	370	80	8	0	0	0	390	57	4	8	16
Unwich® (Lettuce Wrap) (8" Only)	0	0	0	0	0	0	0	<1	0	<1	0
Little John French TBO (Standard)	120	5	.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

DRINKS

22 OUNCES

	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)
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

★ NUTRITION GUIDE (CONTINUED) ★

— ADD-ONS & FREEBIES —

	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)							
		LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"								
HAM	EZ	15	35	70	0	10	15	0	1	1.5	0	0	0.5	0	0	0	0	0	5	15	30	170	330	660	<1	1	2	0	0	0	0	0	0	<1	1	3	6	11	
	REG	35	70	140	10	15	35	1	1.5	3.5	0	0.5	1	0	0	0	0	0	15	30	55	330	660	1330	1	2	5	0	0	0	0	0	<1	1	2	6	11	23	
	XTRA	70	140	270	15	35	70	1.5	3.5	7	0.5	1	2.5	0	0	0	0	0	30	55	115	660	1330	2650	2	5	9	0	0	0	0	1	2	5	11	23	46		
ROAST BEEF	EZ	20	45	90	5	15	25	1	1.5	3	0	0.5	1	0	0	0	0	10	20	45	120	240	490	0	0	0	0	0	0	0	0	0	0	0	0	4	8	16	
	REG	45	90	180	15	25	50	1.5	3	6	0.5	1	2.5	0	0	0	0	20	45	90	240	490	980	0	0	0	0	0	0	0	0	0	0	0	0	0	8	16	32
	XTRA	90	180	350	25	50	100	3	6	13	1	2.5	5	0	0	0	0	45	90	175	490	980	1950	0	0	0	0	0	0	0	0	0	0	0	0	16	32	65	
TURKEY BREAST	EZ	15	30	60	0	0	5	0	0	0.5	0	0	0	0	0	0	0	10	15	30	135	270	540	0	<1	1	0	0	0	0	0	0	0	0	0	3	7	14	
	REG	30	60	120	0	5	10	0	0.5	1	0	0	0	0	0	0	0	15	30	60	270	540	1070	<1	1	2	0	0	0	0	0	0	0	0	0	0	7	14	27
	XTRA	60	120	250	5	10	25	0.5	1	2.5	0	0	0	0	0	0	0	30	60	125	540	1070	2150	1	2	5	0	0	0	0	0	0	0	0	0	14	27	55	
SALAMI & CAPICOLA	EZ	40	80	160	25	50	100	2.5	5	11	1	2.5	5	0	0	0	15	30	60	260	520	1030	0	<1	2	0	0	0	0	0	0	<1	1	3	7	14	27		
	REG	80	160	320	50	100	210	5	11	22	2.5	5	10	0	0	0	30	60	120	520	1030	2070	<1	2	3	0	0	0	0	0	<1	1	2	7	14	27			
	XTRA	160	320	640	100	210	410	11	22	43	5	10	19	0	0	0	60	120	240	1030	2070	4140	2	3	7	0	0	0	0	1	2	5	14	27	55				
SALAMI	EZ	25	50	100	15	30	60	1.5	3.5	7	1	1.5	3.5	0	0	0	10	20	40	170	340	690	0	<1	1	0	0	0	0	0	0	0	<1	2	4	8	16		
	REG	50	100	190	30	60	130	3.5	7	14	1.5	3.5	7	0	0	0	20	40	80	340	690	1370	<1	1	2	0	0	0	0	0	0	<1	1	2	4	8	16		
	XTRA	100	190	390	60	130	250	7	14	27	3.5	7	14	0	0	0	40	80	160	690	1370	2740	1	2	5	0	0	0	0	0	<1	1	2	4	8	16	32		
CAPICOLA	EZ	15	30	60	10	20	40	1	2	4	0	0.5	1.5	0	0	0	<5	10	20	85	170	350	0	0	<1	0	0	0	0	0	0	0	<1	1	3	6	11		
	REG	30	60	130	20	40	80	2	4	8	0.5	1.5	3	0	0	0	10	20	40	170	350	700	0	<1	1	0	0	0	0	0	0	<1	1	3	6	11			
	XTRA	60	130	250	40	80	160	4	8	16	1.5	3	6	0	0	0	20	40	80	350	700	1390	<1	1	2	0	0	0	0	<1	1	2	6	11	23				
TUNA SALAD	EZ	60	120	240	45	90	180	5	10	20	1	1.5	3	0	0	0	5	15	30	170	350	700	<1	2	4	0	0	<1	0	<1	2	3	6	11					
	REG	120	240	490	90	180	370	10	20	41	1.5	3	6	0	0	0	15	30	60	350	700	1400	2	4	8	0	<1	2	<1	2	3	6	11	22					
	XTRA	240	490	980	180	370	740	20	41	82	3	6	12	0	0	0	30	60	115	700	1400	2800	4	8	15	<1	2	4	2	3	6	11	22	44					
BACON	EZ	60	60	120	45	45	90	4.5	4.5	9	2	2	4	0	0	0	10	10	20	240	240	480	0	0	0	0	0	0	0	0	0	0	5	5	9				
	REG	90	90	180	70	70	140	7	7	14	3	3	6	0	0	0	15	15	30	360	360	720	0	0	0	0	0	0	0	0	0	0	7	7	14				
	XTRA	180	180	360	140	140	280	14	14	28	6	6	12	0	0	0	30	30	60	720	720	1440	0	0	0	0	0	0	0	0	0	0	14	14	28				
SIDE OF KICKIN' RANCH®	1 Serving	160			140			15			2.5			0			15			310			2			0			<1			<1							
PROVOLONE CHEESE	EZ	30	60	120	20	40	80	2.5	4.5	9	1.5	2.5	5	0	0	0	5	10	25	60	120	240	0	0	<1	0	0	0	0	0	0	0	2	4	8				
	REG	60	120	240	40	80	160	4.5	9	19	2.5	5	11	0	0	0	10	25	45	120	240	470	0	<1	1	0	0	0	0	0	0	0	4	8	16				
	XTRA	120	240	470	80	160	330	9	19	38	5	11	21	0	0	0	25	45	95	240	470	940	<1	1	2	0	0	0	0	0	0	8	16	33					
AVOCADO GUAC	EZ	5	10	20	0	10	20	0	1	2	0	0	0	0	0	0	0	0	0	15	35	65	0	<1	2	0	0	<1	0	0	0	0	0	0					
	REG	10	20	45	10	20	40	1	2	4	0	0	0	0	0	0	0	0	0	35	65	130	<1	2	3	0	<1	2	4	0	0	0	0	0	<1				
	XTRA	20	45	90	20	40	80	2	4	8	0	0	1	0	0	0	0	0	0	65	130	260	2	3	6	<1	2	4	0	0	0	0	<1	2					
YELLOW MUSTARD	1 PACKET	5			0			0			0			0			0			65			0			0			0										
JIMMY MUSTARD®	EZ	0	5	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	120	240	0	0	0	0	0	0	0	0	0	0	0	0					
	REG	5	10	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	120	240	480	0	0	0	0	0	0	0	0	0	0	0	0					
	XTRA	10	20	40	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	240	480	960	0	0	0	0	0	0	0	0	0	0	0	0					
GREY POUPON®	EZ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	60	120	0	0	0	0	0	0	0	0	0	0	0	0					
	REG	0	5	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	120	240	0	0	0	0	0	0	0	0	0	0	0	0					
	XTRA	5	10	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	120	240	480	0	0	0	0	0	0	0	0	0	0	0	0					
MAYO	EZ	45	110	230	40	100	210	4.5	11	23	0.5	1.5	3.5	0	0	0	<5	10	25	40	105	210	0	0	0	0	0	0	0	0	0	0	0	0					
	REG	90	160	330	80	150	300	9	16	33	1.5	2.5	5	0	0	0	10	15	35	75	150	300	0	0	0	0	0	0	0	0	0	0	0	0					
	XTRA	110	280	560	100	250	500	11	28	56	1.5	4	8	0	0	0	10	30	55	105	250	500	0	0	0	0	0	0	0	0	0	0	0	0					
OIL & VINEGAR	EZ	10	20	40	10	20	45	1	2.5	5	0	0	0	0	0	0	0	0	0	15	25	50	0	0	0	0	0	0	0	0	0	0	0	0					
	REG	20	40	80	20	45	90	2.5	5	10	0	0	0.5	0	0	0	0	0	0	25																			