

★ 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)
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
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
SIDE OF AVOCADO SPREAD	70	60	6	0.5	0	0	200	4	3	0	1
SIDE OF KICKIN' RANCH®	160	140	15	2.5	0	15	310	2	0	<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 <small>(7, 13 & Originals)</small>	230/470	15/30	1.5/3	0/0	0/0	0/0	470/930	44/87	3/6	0/0	9/17
French Bread LBI <small>(All Others)</small>	350/710	20/45	2/4.5	0/0	0/0	0/0	710/14200	66/133	4/9	0/0	13/27
Thick Sliced Wheat <small>(8" Only)</small>	290	40	5	0	0	0	440	47	5	5	12
Unwich® (Lettuce Wrap) <small>(8" Only)</small>	0	0	0	0	0	0	0	<1	0	<1	0
Little John French TBO <small>(Standard)</small>	120	5	.5	0	0	0	240	22	1	0	4
Little John French LBI <small>(By Request)</small>	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

	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	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

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

LTO SANDWICH Total calories (cal) Calories from fat Total fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Total carbohydrate (g) Dietary Fiber (g) Sugars (g) Protein (g)

CAPRESE SALAMI PESTO	Total calories (cal)			Calories from fat			Total fat (g)			Saturated fat (g)			Trans fat (g)			Cholesterol (mg)			Sodium (mg)			Total carbohydrate (g)			Dietary Fiber (g)			Sugars (g)			Protein (g)													
	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F								
	790	1060	1070	2120	580	600	620	1200	64	66	69	132	21	21	21	42	0	0	0	0	140	140	140	280	1910	2460	2350	4930	14	65	61	130	3	6	8	12	8	7	12	15	34	44	45	88

U = UNWICH® LETTUCE WRAP | 8F = 8" FRENCH BREAD | SW = THICK-SLICED WHEAT | 16F = 16" FRENCH BREAD

LTO WRAPS 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)

	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)	
	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap
CHICKEN CAESAR WRAP	620	920	420	500	47	56	10	13	0	0	95	95	1760	2560	24	70	2	3	4	7	28	37
TUSCAN ITALIAN WRAP (FLOUR WRAP)	570	860	400	470	43	51	13	17	0	0	130	130	2210	2780	11	59	2	4	6	6	35	42
TUSCAN ITALIAN WRAP (GARLIC HERB WRAP)	570	880	400	480	43	52	13	16	0	0	130	130	2210	3040	11	62	2	4	5	7	35	41
JALAPEÑO RANCH CHICKEN WRAP	580	860	380	450	42	50	11	15	0	0	95	95	1260	1830	17	65	3	4	6	6	30	38

Calories Calories from fat Total fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Total carbohydrate (g) Dietary fiber (g) Sugars (g) Protein (g)

AVAILABLE ONLY ON THE CAPRESE SALAMI PESTO	INGREDIENT	PORTION	8"		16"		8"		16"		8"		16"		8"		16"		8"		16"		8"		16"	
			8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
FRESH MOZZARELLA	EZ	140	210	90	140	10	15	7	11	0	0	30	45	170	260	0	0	0	0	0	0	0	0	10	15	
	REG	210	430	140	270	15	30	11	21	0	0	45	90	260	520	0	0	0	0	0	0	0	15	30		
	XTRA	430	850	270	550	30	61	21	43	0	0	90	180	520	1030	0	0	0	0	0	0	0	30	61		
ROASTED TOMATOES	EZ	80	160	70	140	8	16	0	1	0	0	0	0	40	80	2	4	<1	1	1	2	2	0	<1		
	REG	160	320	140	290	16	32	1	2	0	0	0	0	80	160	4	8	1	3	2	5	5	<1	2		
	XTRA	320	640	290	570	32	64	2	4	0	0	0	0	160	330	8	15	3	6	5	10	2	4			
BASIL PESTO	EZ	25	45	20	45	2.5	4.5	0	1	0	0	0	<5	45	95	0	0	0	0	0	0	0	0	<1		
	REG	45	90	45	90	4.5	9	1	1.5	0	0	<5	5	95	190	0	<1	0	0	0	0	0	<1	2		
	XTRA	90	190	90	170	9	19	1.5	3	0	0	5	15	190	380	<1	2	0	0	0	0	2	4			
BALSAMIC GLAZE	EZ	10	15	0	0	0	0	0	0	0	0	0	0	0	0	2	4	0	0	2	4	0	0			
	REG	15	30	0	0	0	0	0	0	0	0	0	0	0	0	4	8	0	0	4	8	0	0			
	XTRA	30	60	0	0	0	0	0	0	0	0	0	0	0	0	8	15	0	0	8	15	0	0			
OIL	EZ	15	30	15	30	1.5	3.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	REG	30	60	30	60	3.5	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	XTRA	60	110	60	120	7	13	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

	INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
LTO WRAPS INGREDIENTS	GARLIC HERB WRAP	EACH	300	80	9	2.5	0	0	800	47	1	3	9
	FLOUR WRAP	EACH	290	70	8	4	0	0	570	48	2	1	8
	SEASONED CHICKEN	EZ	60	15	2	1	0	25	290	<1	0	0	9
		REG	110	35	3.5	1.5	0	50	570	1	0	0	18
		XTRA	220	70	7	3.5	0	100	1140	2	0	0	36
	CREAMY CAESAR DRESSING	EZ	90	90	10	1.5	0	5	250	1	0	<1	<1
		REG	180	170	19	3.5	0	15	500	3	0	1	1
		XTRA	360	350	39	7	0	30	990	6	0	3	3
	JALAPEÑO RANCH	EZ	50	5	0	0	0	0	120	0	0	0	0
		REG	100	10	1	10	0	10	240	0	0	0	0
		XTRA	200	20	3	20	0	20	490	2	0	2	2
	PARMESAN CHEESE	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
	MINI CROUTONS	EZ	45	15	1.5	0	0	0	140	8	0	0	2
		REG	90	25	3	0	0	0	290	15	0	0	3
		XTRA	180	50	6	0	0	0	570	30	0	0	6
	CRISPY JALAPEÑOS	EZ	60	4	0	0	0	0	20	4	0	0	0
		REG	110	8	0	0	0	0	45	9	0	0	1
		XTRA	230	16	1	0	0	0	90	18	0	2	3
RANCH SEASONING	EZ	0	0	0	0	0	0	60	0	0	0	0	
	REG	0	0	0	0	0	0	115	<1	0	0	0	
	XTRA	10	0	0	0	0	0	230	2	0	0	0	
RED PEPPER FLAKES	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	

	DESSERT / SIDE ITEM	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	FUDGE CHOCOLATE BROWNIE	EACH	350	170	19	6	0	70	135	46	2	33	4
	PESTO BOWTIE PASTA SALAD	4 oz	390	200	22	4.5	0	30	710	36	3	3	9
	DEVILED EGG POTATO SALAD	5 oz	220	130	14	3	0	150	650	17	1	7	6

MENU ITEMS VARY BY LOCATION.

★ BREAKFAST MENU ITEMS ★

Available at Select Airport Locations Only

	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)
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 (12OZ) - REGULAR	0	0	0	0	0	0	5	0	0	0	0
COFFEE (12OZ) - DECAF	0	0	0	0	0	0	5	0	0	0	0

BREAKFAST SANDWICH INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (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
VITO - 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