

JIMMY JOHN'S®

ALLERGEN INFORMATION

Jimmy John's serves from-scratch food made with excellent ingredients, and we are committed to providing you with the most up-to-date allergen and nutrition information from our suppliers.

Please note that because individual foods may come into contact with each other during preparation of your sandwich, and because of shared utensils and equipment, we cannot guarantee that our food is free from any allergens. If you have any special requests or concerns related to allergies or other dietary restrictions, please inform your cashier when placing your order.

This guide is updated periodically; we suggest you check back each time you order with us. Still have questions? Contact our Customer Service team [here](#).

| Standard Menu Item Ingredients | Milk | Soy | Wheat | Gluten | Eggs | Fish | Shellfish ⚠ | Tree Nuts ⚠ | Peanuts ⚠ | Sesame |
|----------------------------------|------|-----|-------|--------|------|------|----------------|----------------|--------------|--------|
| French Bread | | | √ | √ | | | | | | |
| Sliced Wheat | | | √ | √ | | | | | | |
| Unwich® (Lettuce Wrap) | | | | | | | | | | |
| Ham | | | | | | | | | | |
| Turkey | | | | | | | | | | |
| Roast Beef | | | | | | | | | | |
| Salami | | | | | | | | | | |
| Capocollo | | | | | | | | | | |
| Bacon | | | | | | | | | | |
| Tuna Salad | | √ | √ | √ | √ | √ | | | | |
| Provolone Cheese | √ | | | | | | | | | |
| Avocado Spread | | | | | | | | | | |
| Hellmann's® Mayo | | | | | √ | | | | | |
| Yellow Mustard | | | | | | | | | | |
| Oil & Vinegar | | | | | | | | | | |
| Oregano-Basil | | | | | | | | | | |
| Lettuce, Tomato, Cucumber, Onion | | | | | | | | | | |



Jimmy John's – Alliance Kitchen #9600, located at 1425 Ellsworth Industrial Blvd NW, Atlanta, GA 30318, is a shared kitchen and additional allergens, peanut, shellfish, and tree nut allergens are present in this kitchen. Shared kitchen operations involve shared cooking, preparation areas and tools; for that reason the possibility and risk exists for allergen-containing food items to come in contact with other food products.

√ = Contains

JIMMY JOHN'S®

ALLERGEN INFORMATION

| Standard Menu Item Ingredients (Cont.) | Milk | Soy | Wheat | Gluten | Eggs | Fish | Shellfish ⚠ | Tree Nuts ⚠ | Peanuts ⚠ | Sesame |
|---|------|-----|-------|--------|------|------|----------------|----------------|--------------|--------|
| Jimmy Peppers® | | | | | | | | | | |
| Pickles | | | | | | | | | | |
| Chocolate Chip Cookie | √ | √ | √ | √ | √ | | | | | |
| Oatmeal Raisin Cookie | √ | √ | √ | √ | √ | | | | | |
| Fudge Chocolate Brownie | √ | √ | √ | √ | √ | | | | | |
| Regular Jimmy Chips® | | | | | | | | | | |
| Thinny Chips® | | | | | | | | | | |
| Salt & Vinegar Jimmy Chips® | √ | | | √ | | | | | | |
| Jalapeño Jimmy Chips® | | | | | | | | | | |
| BBQ Jimmy Chips® | | | | √ | | | | | | |
| Pesto Bowtie Pasta Salad | √ | | √ | √ | √ | | | | | |
| Homestyle Potato Salad | | √ | | | √ | | | | | |
| Garlic Herb Tortilla | | | √ | √ | | | | | | |
| Flour Tortilla | | | √ | √ | | | | | | |
| Seasoned Chicken | | | | | | | | | | |
| Caesar Dressing | √ | √ | | | √ | √ | | | | |
| Shaved Parmesan | √ | | | | | | | | | |
| Croutons | √ | | √ | √ | | | | | | |
| Ranch Seasoning | √ | √ | | | | | | | | |
| Jalapeño Ranch | √ | | | | √ | | | | | |
| Crispy Jalapeños | | | √ | √ | | | | | | |
| Red Pepper Flakes | | | | | | | | | | |



Jimmy John's – Alliance Kitchen #9600, located at 1425 Ellsworth Industrial Blvd NW, Atlanta, GA 30318, is a shared kitchen and additional allergens, peanut, shellfish, and tree nut allergens are present in this kitchen. Shared kitchen operations involve shared cooking, preparation areas and tools; for that reason the possibility and risk exists for allergen-containing food items to come in contact with other food products.

√ = Contains

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| Limited Time Offer Ingredients and Items - *Available at participating locations for a limited time. | Milk | Soy | Wheat | Gluten | Eggs | Fish | Shellfish ⚠ | Tree Nuts ⚠ | Peanuts ⚠ | Sesame |
|---|------|-----|-------|--------|------|------|----------------|----------------|--------------|--------|
| Meatballs* | √ | √ | √ | √ | | | | | | |
| Marinara Sauce* | | | | | | | | | | |
| Mozzarella Cheese, Sliced* | √ | | | | | | | | | |
| Sliced Cheddar Cheese* | √ | | | | | | | | | |
| Horseradish Sauce* | | √ | | | √ | | | | | |
| Crispy Fried Onions* | | | √ | √ | | | | | | |
| Crispy Seasoned Tortilla Strips* | | | | | | | | | | |
| Lemon Berry Cobbler Cookie* | √ | √ | √ | √ | √ | | | | | |
| S'mores Blondie* | √ | √ | √ | √ | √ | | | | | |
| Ranch* | √ | | | | √ | | | | | |
| Lobster Seafood Salad* | √ | √ | √ | √ | √ | √ | √ | | | |
| Roasted Tomatoes* | | | | | | | | | | |
| Balsamic Glaze* | | | | | | | | | | |
| Basil Pesto* | √ | | | | | | | | | |
| Oil* | | | | | | | | | | |
| Minute Maid Premium Lemonade Classic Style* | | | | | | | | | | |
| Minute Maid Premium Strawberry Lemonade* | | | | | | | | | | |

| Breakfast Menu Item Ingredients - *Available at participating locations only. | Milk | Soy | Wheat | Gluten | Eggs | Fish | Shellfish ⚠ | Tree Nuts ⚠ | Peanuts ⚠ | Sesame |
|--|------|-----|-------|--------|------|------|----------------|----------------|--------------|--------|
| Egg Patty* | √ | | | | √ | | | | | |
| Black Pepper* | | | | | | | | | | |

⚠ Jimmy John's – Alliance Kitchen #9600, located at 1425 Ellsworth Industrial Blvd NW, Atlanta, GA 30318, is a shared kitchen and additional allergens, peanut, shellfish, and tree nut allergens are present in this kitchen. Shared kitchen operations involve shared cooking, preparation areas and tools; for that reason the possibility and risk exists for allergen-containing food items to come in contact with other food products.

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NUTRITION INFORMATION

SANDWICHES - LITTLE JOHNS

| | 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 |
| Little John BLT | 300 | 160 | 16 | 4.5 | 0 | 25 | 680 | 24 | 2 | 1 | 12 |

SANDWICHES - 8" FRENCH

| | 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.® | 590 | 300 | 32 | 8 | 0 | 45 | 1340 | 47 | 4 | 2 | 24 |
| SPICY EAST COAST ITALIAN | 850 | 450 | 49 | 17 | 0 | 155 | 3020 | 53 | 5 | 5 | 46 |
| 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 |

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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JIMMY JOHN'S®

NUTRITION INFORMATION

SANDWICHES - 8" FRENCH (CONT.)

| | 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® | 710 | 350 | 38 | 13 | 0 | 90 | 2630 | 48 | 4 | 2 | 38 |
| BOOTLEGGERS 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 | 930 | 440 | 49 | 10 | 0 | 95 | 2330 | 75 | 5 | 4 | 38 |
| JALAPEÑO RANCH CHICKEN | 850 | 390 | 44 | 11 | 0 | 95 | 1810 | 68 | 6 | 5 | 40 |
| TUSCAN ITALIAN | 840 | 410 | 45 | 13 | 0 | 130 | 2760 | 62 | 5 | 5 | 45 |

SANDWICHES - 16" FRENCH

| | 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.® | 1190 | 610 | 64 | 17 | 0 | 95 | 2680 | 94 | 8 | 4 | 47 |
| SPICY EAST COAST ITALIAN | 1700 | 900 | 98 | 34 | 0 | 310 | 6040 | 107 | 10 | 11 | 91 |
| 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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SANDWICHES - 16" FRENCH (CONT.)

| | 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® | 1410 | 700 | 75 | 25 | 0.5 | 175 | 5250 | 95 | 8 | 3 | 76 |
| 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 | 1790 | 880 | 98 | 20 | 0 | 185 | 4660 | 150 | 9 | 8 | 76 |
| JALAPEÑO RANCH CHICKEN | 1700 | 790 | 87 | 22 | 0.5 | 190 | 3630 | 137 | 11 | 10 | 81 |
| TUSCAN ITALIAN | 1690 | 820 | 90 | 27 | 0 | 260 | 5520 | 123 | 10 | 10 | 89 |

SANDWICHES - UNWICH®

| | 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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NUTRITION INFORMATION

SANDWICHES - UNWICH® (CONT.)

| | 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 | 620 | 420 | 47 | 10 | 0 | 95 | 1780 | 24 | 2 | 4 | 28 |
| JALAPEÑO RANCH CHICKEN | 580 | 380 | 42 | 11 | 0 | 95 | 1260 | 17 | 3 | 6 | 30 |
| TUSCAN ITALIAN | 570 | 400 | 43 | 13 | 0 | 130 | 2210 | 11 | 2 | 5 | 35 |

SANDWICHES - SLICED WHEAT

| | 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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SANDWICHES - SLICED WHEAT (CONT.)

| | 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 | 910 | 470 | 52 | 10 | 0 | 95 | 2220 | 71 | 6 | 9 | 39 |
| JALAPEÑO RANCH CHICKEN | 860 | 420 | 47 | 11 | 0 | 95 | 1700 | 64 | 7 | 10 | 42 |
| TUSCAN ITALIAN | 850 | 440 | 48 | 13 | 0 | 130 | 2650 | 57 | 7 | 10 | 46 |

SANDWICHES - GARLIC HERB WRAP

| | 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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| SANDWICHES - GARLIC HERB WRAP (CONT.) | | | | | | | | | | | |
|---------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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 | 930 | 510 | 56 | 13 | 0 | 95 | 2610 | 75 | 3 | 6 | 35 |
| JALAPEÑO RANCH CHICKEN | 880 | 460 | 51 | 14 | 0 | 95 | 2090 | 69 | 4 | 7 | 37 |
| TUSCAN ITALIAN | 880 | 480 | 52 | 16 | 0 | 130 | 3040 | 62 | 4 | 7 | 41 |

| SANDWICHES - FLOUR WRAP | | | | | | | | | | | |
|-------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| FLOUR WRAP | 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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NUTRITION INFORMATION

SANDWICHES - FLOUR WRAP (CONT.)

| | 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 | 910 | 500 | 55 | 14 | 0 | 95 | 2350 | 71 | 3 | 5 | 36 |
| JALAPEÑO RANCH CHICKEN | 860 | 450 | 50 | 15 | 0 | 95 | 1830 | 65 | 4 | 6 | 38 |
| TUSCAN ITALIAN | 860 | 470 | 51 | 17 | 0 | 130 | 2780 | 58 | 4 | 6 | 42 |

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NUTRITION INFORMATION

DESSERTS & SIDES

| | 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 |
| 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 Jalapeño Ranch | 150 | 140 | 15 | 2.5 | 0 | 15 | 380 | 2 | 0 | 2 | 2 |
| Pesto Bowtie Pasta Salad | 390 | 200 | 22 | 4.5 | 0 | 30 | 710 | 36 | 3 | 3 | 9 |
| Homestyle Potato Salad | 220 | 130 | 14 | 3 | 0 | 150 | 650 | 17 | 1 | 7 | 6 |

BREAD / UNWICH® / WRAPS

| | 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

| | 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

| | 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 | | | | | | | | | | | |
|--------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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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JIMMY JOHN'S®

NUTRITION INFORMATION

ADD-ONS - LITTLE JOHNS

| | 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 |

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NUTRITION INFORMATION

| ADD-ONS - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS | | | | | | | | | | | | |
|--|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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 |

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NUTRITION INFORMATION

ADD-ONS - 16" FRENCH

| | 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 |

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NUTRITION INFORMATION

FREEBIES - LITTLE JOHNS

| | 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.)

| | 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 |
| Ranch Seasoning | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 |
| | REG | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| | XTRA | 0 | 0 | 0 | 0 | 0 | 0 | 105 | <1 | 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 |
| Crispy Jalapeños | EZ | 25 | 15 | 2 | 0 | 0 | 0 | 10 | 2 | 0 | 0 | 0 |
| | REG | 50 | 35 | 4 | 0 | 0 | 0 | 20 | 4 | 0 | 0 | <1 |
| | XTRA | 100 | 70 | 7 | 0.5 | 0 | 0 | 40 | 8 | <1 | <1 | 1 |
| Jalapeño Ranch | EZ | 25 | 20 | 2.5 | 0 | 0 | <5 | 60 | 0 | 0 | 0 | 0 |
| | REG | 50 | 45 | 5 | 0.5 | 0 | <5 | 120 | 0 | 0 | 0 | 0 |
| | XTRA | 100 | 90 | 10 | 1.5 | 0 | 10 | 240 | <1 | 0 | <1 | <1 |

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

| | 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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| FREEBIES - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS (CONT.) | | | | | | | | | | | | |
|---|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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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| FREEBIES - 8" FRENCH / UNWICH® / SLICED WHEAT / WRAPS | | | | | | | | | | | | |
|---|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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) |
| 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 |
| Ranch Seasoning | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| | REG | 0 | 0 | 0 | 0 | 0 | 0 | 105 | <1 | 0 | 0 | 0 |
| | XTRA | 10 | 0 | 0 | 0 | 0 | 0 | 210 | 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 |
| Crispy Jalapeños | EZ | 60 | 35 | 4 | 0 | 0 | 0 | 20 | 4 | 0 | 0 | <1 |
| | REG | 110 | 70 | 8 | 0.5 | 0 | 0 | 45 | 9 | <1 | <1 | 1 |
| | XTRA | 230 | 150 | 16 | 1.5 | 0 | 0 | 90 | 18 | 2 | 2 | 3 |
| Jalapeño Ranch | EZ | 50 | 45 | 5 | 0.5 | 0 | <5 | 120 | 0 | 0 | 0 | 0 |
| | REG | 100 | 90 | 10 | 1.5 | 0 | 10 | 240 | <1 | 0 | <1 | <1 |
| | XTRA | 200 | 180 | 20 | 3 | 0 | 20 | 490 | 2 | 0 | 2 | 2 |

| FREEBIES - 16" FRENCH | | | | | | | | | | | | |
|-----------------------|----------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| | 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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FREEBIES - 16" FRENCH (CONT.)

| | 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) |
|-----------------|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| 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 |
| Ranch Seasoning | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 75 | <1 | 0 | 0 | 0 |
| | REG | 5 | 0 | 0 | 0 | 0 | 0 | 150 | 1 | 0 | 0 | 0 |
| | XTRA | 10 | 0 | 0 | 0 | 0 | 0 | 300 | 2 | 0 | 0 | 0 |

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NUTRITION INFORMATION

FREEBIES - 16" FRENCH (CONT.)

| | 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) |
|-------------------|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| 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 |
| Crispy Jalapeños | EZ | 100 | 70 | 7 | 0.5 | 0 | 0 | 40 | 8 | < 1 | < 1 | 1 |
| | REG | 210 | 130 | 15 | 1 | 0 | 0 | 80 | 17 | 2 | 1 | 2 |
| | XTRA | 420 | 270 | 30 | 2.5 | 0 | 0 | 160 | 33 | 3 | 3 | 5 |
| Jalapeño Ranch | EZ | 100 | 90 | 10 | 1.5 | 0 | 10 | 240 | < 1 | 0 | < 1 | < 1 |
| | REG | 200 | 180 | 20 | 3 | 0 | 20 | 490 | 2 | 0 | 2 | 2 |
| | XTRA | 390 | 350 | 39 | 6 | 0 | 40 | 980 | 4 | 0 | 4 | 4 |

BREAKFAST MENU ITEMS - AVAILABLE AT SELECT LOCATIONS ONLY

| | 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 |

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| BREAKFAST MENU ITEM INGREDIENTS - AVAILABLE AT SELECT LOCATIONS ONLY | | | | | | | | | | | | |
|--|----------|-------------------|-------------------|-------------------|-------------------|------------------|------------------|-------------------|-------------------|-------------------|-------------|-------------|
| | 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 |
| LIMITED TIME OFFER ITEMS - HOT 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 | 1080 | 480 | 54 | 12 | 0 | 140 | 2340 | 87 | 7 | 5 | 55 | |
| Chicken Bacon Ranch | 980 | 460 | 50 | 14 | 0 | 115 | 2300 | 74 | 6 | 4 | 46 | |
| Meatball Marinara | 850 | 360 | 38 | 15 | 1 | 90 | 1980 | 80 | 7 | 4 | 41 | |

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| LIMITED TIME OFFER INGREDIENTS - HOT 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) |
| Meatballs | EZ | 150 | 110 | 12 | 4.5 | 0 | 30 | 380 | 3 | <1 | 0 | 8 |
| | REG | 310 | 220 | 24 | 9 | 1 | 60 | 770 | 6 | 1 | <1 | 17 |
| | XTRA | 620 | 440 | 48 | 19 | 1.5 | 120 | 1540 | 12 | 2 | 2 | 33 |
| Marinara | EZ | 15 | 5 | 0 | 0 | 0 | 0 | 95 | 2 | 0 | 1 | 0 |
| | REG | 30 | 15 | 0 | 0 | 0 | 0 | 190 | 3 | <1 | 2 | <1 |
| | XTRA | 60 | 25 | 0 | 0 | 0 | 0 | 370 | 7 | 1 | 4 | 1 |
| 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 |
| Mozzarella Cheese, Sliced | EZ | 60 | 40 | 4.5 | 2.5 | 0 | 15 | 150 | 1 | 0 | 0 | 5 |
| | REG | 130 | 80 | 9 | 5 | 0 | 30 | 290 | 2 | 0 | <1 | 10 |
| | XTRA | 260 | 160 | 17 | 10 | 0.5 | 55 | 590 | 5 | 0 | 2 | 21 |
| Ranch Seasoning | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| | REG | 0 | 0 | 0 | 0 | 0 | 0 | 85 | <1 | 0 | 0 | 0 |
| | XTRA | 5 | 0 | 0 | 0 | 0 | 0 | 170 | 1 | 0 | 0 | 0 |
| 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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| LIMITED TIME OFFER ITEMS - HOT 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 | 2160 | 960 | 108 | 24 | 0 | 280 | 4680 | 175 | 13 | 11 | 111 |
| Chicken Bacon Ranch | 1960 | 910 | 100 | 28 | 0.5 | 225 | 4610 | 150 | 12 | 8 | 92 |
| Meatball Marinara | 1700 | 710 | 75 | 29 | 2.5 | 175 | 3970 | 161 | 15 | 8 | 83 |

| LIMITED TIME OFFER INGREDIENTS - HOT 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) |
| Meatballs | EZ | 310 | 220 | 24 | 9 | 1 | 60 | 770 | 6 | 1 | <1 | 17 |
| | REG | 620 | 440 | 48 | 19 | 1.5 | 120 | 1540 | 12 | 2 | 2 | 33 |
| | XTRA | 1240 | 870 | 97 | 38 | 3.5 | 240 | 3070 | 24 | 5 | 3 | 67 |
| Marinara | EZ | 30 | 15 | 0 | 0 | 0 | 0 | 190 | 3 | <1 | 2 | <1 |
| | REG | 60 | 25 | 0 | 0 | 0 | 0 | 370 | 7 | 1 | 4 | 1 |
| | XTRA | 110 | 50 | 0 | 0 | 0 | 0 | 750 | 14 | 2 | 8 | 2 |
| 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 |
| Mozzarella Cheese, Sliced | EZ | 130 | 80 | 9 | 5 | 0 | 30 | 290 | 2 | 0 | <1 | 10 |
| | REG | 260 | 160 | 17 | 10 | 0.5 | 55 | 590 | 5 | 0 | 2 | 21 |
| | XTRA | 520 | 320 | 35 | 20 | 1 | 110 | 1170 | 10 | 0 | 3 | 42 |
| Ranch Seasoning | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 75 | <1 | 0 | 0 | 0 |
| | REG | 5 | 0 | 0 | 0 | 0 | 0 | 150 | 1 | 0 | 0 | 0 |
| | XTRA | 10 | 0 | 0 | 0 | 0 | 0 | 300 | 2 | 0 | 0 | 0 |
| 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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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) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Lobster Seafood Salad – 8" French | 590 | 170 | 19 | 2.5 | 0 | 100 | 2260 | 69 | 4 | 6 | 29 |
| Lobster Seafood Salad – Flour Wrap | 610 | 230 | 25 | 6 | 0 | 100 | 2280 | 65 | 2 | 7 | 26 |
| Mega Lobster Seafood Salad – 8" French | 670 | 180 | 19 | 2.5 | 0 | 140 | 3040 | 77 | 4 | 9 | 38 |
| Lobster Seafood Salad – Little John | 360 | 90 | 10 | 1.5 | 0 | 90 | 1870 | 39 | 2 | 6 | 23 |
| Caprese Salami Pesto – 8" French | 1060 | 600 | 66 | 21 | 0 | 140 | 2460 | 65 | 6 | 8 | 44 |
| Caprese Salami Pesto – Garlic & Herb Wrap | 1090 | 660 | 73 | 24 | 0 | 140 | 2740 | 65 | 5 | 9 | 41 |
| Caprese Salmi Pesto – Unwich® | 790 | 580 | 64 | 21 | 0 | 140 | 1910 | 14 | 3 | 8 | 34 |
| Caprese Salami Pesto – Sliced Wheat | 1070 | 620 | 69 | 21 | 0 | 140 | 2350 | 61 | 8 | 12 | 45 |
| Minute Maid Premium Lemonade Classic Style | 260 | 0 | 0 | 0 | 0 | 0 | 45 | 67 | 0 | 64 | 0 |
| Minute Maid Premium Lemonade Classic Style | 350 | 0 | 0 | 0 | 0 | 0 | 65 | 92 | 0 | 87 | 0 |
| Minute Maid Premium Strawberry Lemonade | 280 | 0 | 0 | 0 | 0 | 0 | 45 | 72 | 0 | 68 | 0 |
| Minute Maid Premium Strawberry Lemonade | 380 | 0 | 0 | 0 | 0 | 0 | 60 | 98 | 0 | 93 | 0 |

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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) |
|-----------------------------|---------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Roasted Tomatoes | EZ | 80 | 70 | 8 | 0 | 0 | 0 | 40 | 2 | <1 | 1 | 0 |
| | REG | 160 | 140 | 16 | 1 | 0 | 0 | 80 | 4 | 1 | 2 | <1 |
| | XTRA | 320 | 290 | 32 | 2 | 0 | 0 | 160 | 8 | 3 | 5 | 2 |
| Mozzarella, Sliced | EZ | 140 | 90 | 10 | 7 | 0 | 30 | 170 | 0 | 0 | 0 | 10 |
| | REG | 210 | 140 | 15 | 11 | 0 | 45 | 260 | 0 | 0 | 0 | 15 |
| | XTRA | 430 | 270 | 30 | 21 | 0 | 90 | 520 | 0 | 0 | 0 | 30 |
| Balsamic Glaze | EZ | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 |
| | REG | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 |
| | XTRA | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 8 | 0 |
| Basil Pesto | EZ | 25 | 20 | 2.5 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| | REG | 45 | 45 | 4.5 | 1 | 0 | <5 | 95 | 0 | 0 | 0 | <1 |
| | XTRA | 90 | 90 | 9 | 1.5 | 0 | 5 | 190 | <1 | 0 | 0 | 2 |
| Oregano-Basil | EZ | 0 | 0 | 0 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | 0 |
| | REG | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | <1 | 0 | 0 |
| | XTRA | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 0 | 0 |
| 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 | 290 | 190 | 21 | 10 | 0 | 120 | 2060 | 3 | 0 | 2 | 24 |
| Oil | EZ | 15 | 15 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | REG | 30 | 30 | 3.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | XTRA | 60 | 60 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lobster Seafood Salad | EZ | 80 | 0 | 0 | 0 | 0 | 40 | 780 | 8 | 0 | 3 | 9 |
| | REG | 150 | 10 | 1 | 0 | 0 | 85 | 1560 | 17 | 0 | 6 | 18 |
| | XTRA | 300 | 15 | 1.5 | 0 | 0 | 165 | 3120 | 33 | 0 | 12 | 36 |
| Lobster Seafood Salad- MEGA | EZ | 110 | 5 | 0.5 | 0 | 0 | 60 | 1170 | 12 | 0 | 5 | 14 |
| | REG | 230 | 10 | 1 | 0 | 0 | 125 | 2340 | 25 | 0 | 9 | 27 |
| | XTRA | 450 | 25 | 2.5 | 0 | 0 | 250 | 4680 | 50 | 0 | 18 | 54 |

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SEASONAL ADD-ONS

| | 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) |
|-----------------------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Red Velvet Cookie | 410 | 171 | 19 | 13 | 0.5 | 65 | 330 | 56 | 1 | 33 | 5 |
| Red Velvet Brownie | 310 | 126 | 14 | 6 | 0 | 15 | 170 | 44 | 1 | 28 | 3 |
| Lemon Berry Cobbler Cookie | 350 | 108 | 12 | 5 | 0 | 10 | 230 | 56 | 1 | 29 | 3 |
| S'mores Blondie | 350 | 234 | 26 | 10 | 0.5 | 95 | 210 | 47 | 1 | 30 | 3 |

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