

★ JIMMY JOHN'S® NUTRITION GUIDE ★

SANDWICHES

	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)
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

	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)											
	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						
SLIM 1	190	540	560	1080	100	120	180	240	11	13	19	27	6	6	6	12	0	0	0	50	50	105	900	1610	1280	3220	4	69	60	139	0	4	4	9	2	1	9	2	20	33	36	66
SLIM 2	90	440	460	880	25	45	110	90	3	5	11	11	1.5	1	1	2.5	0	0	0	45	45	90	490	1200	880	2390	<1	66	57	133	0	4	4	9	<1	0	8	0	17	30	33	59
SLIM 3	250	600	610	1200	180	210	270	410	20	23	29	45	3	3	3	6	0	0	0	30	30	60	700	1410	1080	2820	5	70	61	141	1	5	5	11	2	2	10	3	11	24	27	48
SLIM 4	70	420	430	830	5	30	90	60	0.5	3	9	6	0	0	0	0	0	0	0	30	30	60	540	1250	930	2490	2	68	59	135	0	4	4	9	<1	0	8	0	14	27	30	54
SLIM 5	280	630	650	1260	190	210	270	420	20	23	28	45	10	10	10	20	0	0	0	85	85	165	1270	1880	1660	3960	3	69	60	138	0	4	4	9	2	1	9	2	22	35	38	71
SLIM 6	240	590	600	1180	170	190	250	370	19	21	27	42	11	11	11	21	0	0	0	45	45	95	470	1180	880	2360	2	68	59	135	0	4	4	9	<1	0	8	0	17	30	33	60
#1 THE PEPE®	370	600	730	1200	250	280	330	530	28	29	36	58	8	8	17	0	0	0	70	70	135	1060	1520	1440	3040	7	50	64	100	2	4	5	8	4	3	12	7	21	29	37	59	
#2 BIG JOHN®	270	500	640	1000	170	190	260	380	20	21	28	42	3.5	3.5	7	0	0	0	60	60	120	650	1110	1030	2220	4	47	61	94	2	4	5	8	3	2	10	4	17	26	33	52	
#3 TOTALLY TUNA®	270	500	630	990	190	200	270	400	21	22	29	44	3	3	3	6	0	0	0	30	30	60	710	1170	1100	2340	9	51	65	103	3	5	6	10	5	4	12	8	12	21	28	41
#4 TURKEY TOM®	250	480	610	950	160	170	240	340	17	19	25	37	2.5	2.5	5	0	0	0	50	50	95	700	1160	1080	2320	5	48	62	96	2	4	5	8	3	2	10	4	15	23	31	47	
#5 VITO®	350	580	710	1150	230	250	310	490	25	27	34	54	11	11	11	21	0	0	0	85	85	165	1330	1790	1720	3930	9	51	65	103	2	5	6	9	5	4	12	8	23	32	39	64
#6 THE VEGGIE	440	670	810	1350	330	350	420	700	38	39	46	78	13	13	13	27	0	0	0	65	65	125	690	1160	1080	2320	7	50	64	100	3	5	6	10	3	2	11	5	18	27	34	53
J.J.B.L.T.®	360	590	730	1190	290	300	370	610	31	32	39	64	8	8	17	0	0	0	45	45	95	880	1340	1260	2680	4	47	61	94	2	4	5	8	3	2	10	4	15	24	31	47	
#7 SPICY EAST COAST ITALIAN	740	970	1110	1940	520	530	600	1070	57	59	65	117	22	22	22	45	0	0	0	180	180	355	2790	3250	3180	6510	11	54	68	108	2	5	6	10	6	5	13	10	45	54	61	108
#8 BILLY CLUB®	460	810	830	1630	270	300	360	590	31	33	39	66	10	10	10	19	0	0	0	110	110	225	1680	2370	2050	4740	7	73	64	145	2	6	5	11	4	3	12	7	37	50	53	100
#9 ITALIAN NIGHT CLUB®	580	930	950	1860	400	420	480	840	44	46	52	91	14	14	14	27	0	0	0	130	130	255	2140	2850	2530	5700	11	77	67	153	2	6	6	12	6	5	13	10	35	48	51	96
#10 HUNTERS CLUB®	480	830	840	1650	280	300	360	610	32	34	40	69	10	10	10	21	0	0	0	130	130	255	1370	2080	1760	4150	5	70	61	141	2	6	5	11	3	2	10	4	42	55	58	110
#11 COUNTRY CLUB®	430	780	800	1570	260	280	340	550	28	31	37	61	8	8	17	0	0	0	100	100	200	1590	2300	1980	4600	8	74	65	148	2	6	5	11	4	3	12	7	35	48	51	95	
#12 BEACH CLUB®	510	860	870	1710	340	360	420	730	38	40	46	81	13	13	13	27	0	0	0	95	95	190	1230	1940	1620	3980	9	74	65	149	3	7	6	13	3	2	11	5	32	45	48	90
#13 JIMMY CUBANO™	490	720	850	1440	340	360	420	710	37	38	45	77	12	12	12	25	0	0	0	90	90	175	2230	2690	2620	5390	5	47	61	95	1	4	5	8	2	1	10	3	30	38	46	76
#14 BOOTLEGGER CLUB®	330	680	700	1370	180	200	260	410	20	23	29	45	3.5	3.5	7	0	0	0	75	75	150	1180	1880	1570	3780	5	71	62	142	2	6	5	11	3	2	10	4	31	44	47	88	
#15 CLUB TUNA®	500	850	870	1710	350	370	430	750	40	42	48	83	14	14	14	27	0	0	0	65	65	125	1060	1760	1440	3520	5	71	62	142	2	6	5	11	3	2	10	4	22	35	38	70
#16 CLUB LULU®	340	690	700	1370	230	250	310	500	24	26	32	53	5	5	5	11	0	0	0	60	60	120	1180	1880	1570	3770	6	72	63	144	2	6	5	11	4	3	12	7	20	33	36	65
#17 ULTIMATE PORKER®	340	690	710	1390	240	260	320	520	25	28	33	55	6	6	6	12	0	0	0	60	60	120	1180	1880	1570	3770	6	72	63	144	2	6	5	11	4	3	12	7	20	33	36	65
THE J.J. GARGANTUAN®	730	1080	1100	2160	430	450	510	900	47	49	55	99	15	15	15	30	0	0	0	205	205	405	3170	3670	3550	7750	12	78	69	156	2	6	6	12	6	5	13	10	65	78	81	156

U = UNWICH® LETTUCE WRAP | 8F = 8" FRENCH BREAD | SW = THICK-SLICED WHEAT | 16F = 16" FRENCH BREAD
 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.
NUTRITION INFORMATION ALSO AVAILABLE ON JIMMYJOHNS.COM
 MENU ITEMS VARY BY LOCATION.

★ 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 (7, 13 & Originals)	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 (All Others)	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 (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

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
22 OUNCES											
COCA-COLA	280	0	0	0	0	0	70	73	0	73	0
DIET COKE	0	0	0	0	0	0	90	1	0	0	0
SPRITE	260	0	0	0	0	0	125	67	0	67	0
BARQ'S RED CREAM SODA	320	0	0	0	0	0	125	82	0	82	0
BARQ'S ROOT BEER	310	0	0	0	0	0	95	80	0	80	0
CAFFEINE FREE DIET COKE	0	0	0	0	0	0	90	0	0	0	0
CHERRY COCA-COLA	290	0	0	0	0	0	75	77	0	77	0
COCA-COLA ZERO SUGAR	0	0	0	0	0	0	75	0	0	0	0
DIET DR. PEPPER	0	0	0	0	0	0	95	0	0	0	0
DR. PEPPER	280	0	0	0	0	0	95	74	0	74	0
FANTA CHERRY	220	0	0	0	0	0	95	57	0	57	0
FANTA GRAPE	280	0	0	0	0	0	95	72	0	72	0
FANTA ORANGE	280	0	0	0	0	0	75	74	0	73	0
FANTA STRAWBERRY	300	0	0	0	0	0	150	79	0	78	0
FUZE RASPBERRY TEA	160	0	0	0	0	0	90	41	0	41	0
FUZE SWEET TEA	160	0	0	0	0	0	95	41	0	41	0
FUZE UNSWEET TEA	0	0	0	0	0	0	90	0	0	0	0
GLACEAU VITAMINWATER XXX	140	0	0	0	0	0	70	34	0	34	0
HI-C FLASHIN' FRUIT PUNCH	280	0	0	0	0	0	135	78	0	76	0
HI-C POPPIN' PINK LEMONADE	260	0	0	0	0	0	180	65	0	65	0
LIPTON ICED TEA (SWEET)	270	0	0	0	0	0	15	60	0	60	0
LIPTON ICED TEA (UNSWEETENED)	0	0	0	0	0	0	15	0	0	0	0
MELLO YELLO	300	0	0	0	0	0	95	80	0	80	0
MINUTE MAID LEMONADE	270	0	0	0	0	0	180	69	0	69	0
MINUTE MAID LIGHT LEMONADE	10	0	0	0	0	0	80	4	0	0	0
PIBB XTRA	270	0	0	0	0	0	100	69	0	69	0
POWERADE FRUIT PUNCH	160	0	0	0	0	0	210	39	0	39	0
POWERADE MOUNTAIN BLAST	160	0	0	0	0	0	210	40	0	40	0
SPRITE ZERO	5	0	0	0	0	0	80	0	0	0	0
30/32 OUNCES											
COCA-COLA	380/410	0/0	0/0	0/0	0/0	0/0	95/100	100/107	0/0	100/107	0/0
DIET COKE	0/0	0/0	0/0	0/0	0/0	0/0	125/130	1/1	0/0	0/0	0/0
SPRITE	350/380	0/0	0/0	0/0	0/0	0/0	170/180	91/97	0/0	91/97	0/0
BARQ'S RED CREAM SODA	440/460	0/0	0/0	0/0	0/0	0/0	170/180	112/119	0/0	112/119	0/0
BARQ'S ROOT BEER	420/440	0/0	0/0	0/0	0/0	0/0	135/140	109/116	0/0	109/116	0/0
CAFFEINE FREE DIET COKE	0/0	0/0	0/0	0/0	0/0	0/0	120/130	0/1	0/0	0/0	0/0
CHERRY COCA-COLA	400/430	0/0	0/0	0/0	0/0	0/0	105/110	105/112	0/0	105/112	0/0
COCA-COLA ZERO SUGAR	0/0	0/0	0/0	0/0	0/0	0/0	100/105	0/0	0/0	0/0	0/0
DIET DR. PEPPER	0/0	0/0	0/0	0/0	0/0	0/0	130/140	0/0	0/0	0/0	0/0
DR. PEPPER	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	0/0	101/108	0/0
FANTA CHERRY	300/320	0/0	0/0	0/0	0/0	0/0	125/135	77/82	0/0	77/82	0/0
FANTA GRAPE	380/410	0/0	0/0	0/0	0/0	0/0	130/140	98/104	0/0	98/104	0/0
FANTA ORANGE	380/410	0/0	0/0	0/0	0/0	0/0	100/105	101/108	0/0	99/106	0/0
FANTA STRAWBERRY	410/440	0/0	0/0	0/0	0/0	0/0	210/220	107/115	0/0	106/113	0/0
FUZE RASPBERRY TEA	220/230	0/0	0/0	0/0	0/0	0/0	125/135	56/59	0/0	55/59	0/0
FUZE SWEET TEA	220/230	0/0	0/0	0/0	0/0	0/0	130/140	56/60	0/0	55/59	0/0
FUZE UNSWEETENED TEA	5/5	0/0	0/0	0/0	0/0	0/0	125/135	0/1	0/0	0/0	0/0
GLACEAU VITAMINWATER XXX	180/200	0/0	0/0	0/0	0/0	0/0	100/105	47/50	0/0	46/49	0/0
HI-C FLASHIN' FRUIT PUNCH	390/410	0/0	0/0	0/0	0/0	0/0	180/200	106/113	0/0	103/110	0/0
HI-C POPPIN' PINK LEMONADE	350/370	0/0	0/0	0/0	0/0	0/0	250/260	88/94	0/0	88/94	0/0
LIPTON ICED TEA (SWEET)	370/400	0/0	0/0	0/0	0/0	0/0	20/20	94/100	0/0	94/100	0/0
LIPTON ICED TEA (UNSWEETENED)	0/0	0/0	0/0	0/0	0/0	0/0	20/20	0/0	0/0	0/0	0/0
MELLO YELLO	410/440	0/0	0/0	0/0	0/0	0/0	125/135	109/116	0/0	109/116	0/0
MINUTE MAID LEMONADE	370/400	0/0	0/0	0/0	0/0	0/0	250/260	94/100	0/0	94/100	0/0
MINUTE MAID LIGHT LEMONADE	15/15	0/0	0/0	0/0	0/0	0/0	105/115	5/5	0/0	0/0	0/0
PIBB XTRA	360/390	0/0	0/0	0/0	0/0	0/0	135/140	95/101	0/0	95/101	0/0
POWERADE FRUIT PUNCH	210/230	0/0	0/0	0/0	0/0	0/0	290/310	53/57	0/0	53/57	0/0
POWERADE MOUNTAIN BLAST	220/230	0/0	0/0	0/0	0/0	0/0	280/300	55/58	0/0	55/58	0/0
SPRITE ZERO	10/10	0/0	0/0	0/0	0/0	0/0	110/120	0/0	0/0	0/0	0/0

DRINK FLAVORS & SIZES VARY BY LOCATION

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

	Total calories (cal)					Calories from fat (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	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F	U	8F	SW	W	16F
BBQ RANCH CHICKEN CRUNCH	530	760	900	840	1520	320	340	400	400	670	36	37	44	45	74	11	11	11	14	22	0	0	0	0	0	105	105	105	105	210	1170	1640	1560	2000	3270	22	65	78	73	129	2	4	5	3	8	11	10	18	12	20	28	36	44	34	72

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

	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)	
			8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
AVAILABLE ONLY ON THE BBQ RANCH CHICKEN CRUNCH	GARLIC-HERB TORTILLA	EACH	300	x	80	x	9	x	2.5	x	0	x	0	x	800	x	47	x	1	x	3	x	9	x
	ALL-NATURAL CHICKEN	EZ	60	110	15	35	2	3.5	1	1.5	0	0	25	50	290	570	< 1	1	0	0	0	0	0	9
		REG	110	220	35	70	3.5	7	1.5	3.5	0	0	50	100	570	1140	1	2	0	0	0	0	0	18
		XTRA	220	440	70	130	7	15	3.5	7	0	0	100	200	1140	2290	2	4	0	0	0	0	< 1	36
	SLICED CHEDDAR CHEESE	EZ	70	140	50	110	6	12	3.5	7	0	0	20	40	105	210	0	0	0	0	0	0	0	4
		REG	140	280	110	220	12	24	7	14	0	0	40	80	210	420	0	0	0	0	0	0	0	8
		XTRA	280	560	220	430	24	48	14	28	0	0	80	160	420	840	0	0	0	0	0	0	0	16
	BBQ RANCH	EZ	40	80	20	40	2	4.5	0	0.5	0	0	< 5	< 5	110	220	4	8	0	0	4	8	0	0
		REG	80	150	40	80	4.5	9	0.5	1.5	0	0	< 5	10	220	430	8	17	0	0	8	16	0	0
		XTRA	150	310	80	160	9	17	1.5	2.5	0	0	10	20	430	870	17	34	0	0	16	31	0	< 1
	CRISPY SEASONED TORTILLA STRIPS	EZ	35	70	20	35	2	4	0	0	0	0	0	0	30	60	4	8	0	0	0	0	0	0
		REG	70	140	35	70	4	8	0	0	0	0	0	0	60	120	8	16	0	0	0	0	0	0
XTRA		140	280	70	150	8	16	0	0	0	0	0	0	120	240	16	32	0	0	0	0	0	0	

