

★ 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)	
	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F
LITTLE JOHN 1	300	560	1080	100	140	15	4	0	0	0	35	770	25	2	2	2	2	2	2	2	2	15
LITTLE JOHN 2	250	440	880	25	100	11	2	0	0	0	30	560	24	2	2	2	2	2	2	2	13	
LITTLE JOHN 3	250	600	1200	180	210	270	410	20	23	29	45	3	3	6	0	0	0	0	0	0	15	590
LITTLE JOHN 4	240	420	840	5	30	90	60	0.5	3	6	0	0	0	0	0	0	0	0	0	0	25	580
LITTLE JOHN 5	290	630	1260	190	210	270	420	20	23	28	45	10	10	10	20	0	0	0	0	0	40	900
LITTLE JOHN 6	340	500	1000	170	190	250	370	19	21	27	42	11	11	11	21	0	0	0	0	0	30	580
LITTLE JOHN BLT	300	540	1080	100	140	15	4	0	0	0	25	680	24	2	2	2	2	2	2	2	13	

	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	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	8F	U	
SLIM 1	190	540	1080	100	120	180	240	11	13	19	27	6	6	12	0	0	0	0	0	0	50	50	105	900
SLIM 2	440	460	880	25	45	110	90	3	5	11	11	1.5	1	2.5	0	0	0	0	0	0	45	45	90	490
SLIM 3	250	600	1200	180	210	270	410	20	23	29	45	3	3	6	0	0	0	0	0	0	30	30	60	700
SLIM 4	70	420	840	5	30	90	60	0.5	3	6	0	0	0	0	0	0	0	0	0	0	30	30	60	540
SLIM 5	280	630	1260	190	210	270	420	20	23	28	45	10	10	10	20	0	0	0	0	0	85	85	165	1270
SLIM 6	240	590	1180	170	190	250	370	19	21	27	42	11	11	11	21	0	0	0	0	0	45	45	95	470
#1 THE PEPE®	370	600	1200	250	260	330	530	28	29	36	58	8	8	17	0	0	0	0	0	0	70	70	135	1060
#2 BIG JOHN®	270	500	1000	170	190	260	380	20	21	28	42	3.5	3.5	7	0	0	0	0	0	0	60	60	120	650
#3 TOTALLY TUNA®	270	500	1000	190	200	270	400	21	22	29	44	3	3	6	0	0	0	0	0	0	30	30	60	710
#4 TURKEY TOM®	250	480	960	160	170	240	340	17	19	25	37	2.5	2.5	5	0	0	0	0	0	0	50	50	95	700
#5 VITO®	350	580	1150	230	250	310	490	25	27	34	54	11	11	11	21	0	0	0	0	0	85	85	165	1330
#6 THE VEGIE	440	670	1340	350	420	700	38	39	46	78	13	13	13	27	0	0	0	0	0	0	65	65	125	690
J.J.B.I.®	360	590	1180	290	300	370	610	31	32	39	64	8	8	17	0	0	0	0	0	0	45	45	95	880
#7 SPICY EAST COAST ITALIAN	740	970	1940	520	530	600	1070	57	59	65	117	22	22	45	0	0	0	0	0	0	180	180	355	2790
#8 BILLY CLUB®	460	810	1620	270	300	360	590	31	33	39	66	10	10	19	0	0	0	0	0	0	110	110	225	1680
#9 ITALIAN NIGHT CLUB®	580	930	1860	400	420	480	840	44	46	52	91	14	14	27	0	0	0	0	0	0	130	130	255	2140
#10 HUNTERS CLUB®	480	830	1660	280	300	360	610	32	34	40	69	10	10	21	0	0	0	0	0	0	130	130	255	1370
#11 COUNTRY CLUB®	430	780	1560	260	280	340	550	28	31	37	61	8	8	17	0	0	0	0	0	0	95	95	190	1230
#12 BEACH CLUB®	510	860	1720	340	360	420	730	38	40	46	81	13	13	27	0	0	0	0	0	0	100	100	200	1590
#13 JIMMY CUBANO™	480	720	1440	340	360	420	710	37	38	45	77	12	12	25	0	0	0	0	0	0	90	90	175	2230
#14 BOOTLEGER CLUB®	330	680	1360	180	200	260	410	20	23	29	45	3.5	3.5	7	0	0	0	0	0	0	90	90	185	1180
#15 CLUB TUNA®	500	850	1700	350	370	430	750	40	42	48	83	14	14	27	0	0	0	0	0	0	75	75	150	1180
#16 CLUB LULU®	340	690	1380	230	250	310	500	24	26	32	53	5	5	11	0	0	0	0	0	0	65	65	125	1060
#17 ULTIMATE PORKER®	340	690	1380	240	260	320	520	25	28	33	55	6	6	12	0	0	0	0	0	0	60	60	120	1180
THE J.J. GARGANTUAN®	730	1080	2160	430	450	510	900	47	49	55	99	15	15	30	0	0	0	0	0	0	205	205	405	3170

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 JIMMY JOHN'S.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	710/1420	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

BOTTLED 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)	Added Sugars (g)	Protein (g)
Dasani®	0	0	0	0	0	0	0	0	0	0	0	0
Coke® (20 oz)	240	0	0	0	0	0	75	65	0	65	65	0
Diet Coke® (20oz)	0	0	0	0	0	0	70	0	0	0	0	0
Sprite® (20 oz)	230	0	0	0	0	0	110	64	0	64	64	0
Simply Lemonade® (11.5 oz)	160	0	0	0	0	0	20	42	0	40	39	0
Monster Energy® Original Green (16 oz)	230	0	0	0	0	0	370	58	0	54	54	0

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

DRINK FLAVORS & SIZES VARY BY LOCATION

★ NUTRITION GUIDE ★

(CONTINUED)

— ADD-ONS & FREEBIES —

PORTION	Total Calories (cal)			Calories from fat (fat cal)			Total Fat (g)			Saturated fat (g)			Trans fat (g)			Cholesterol (mg)			Sodium (mg)			Total carb. (g)			Dietary fiber (g)			Sugars (g)			Protein (g)						
	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"	LJ	8"	16"				
HAM	EZ	15	35	70	0	10	15	0	1	1.5	0	0	0.5	0	0	0	0	0	5	15	30	170	330	660	<1	1	2	0	0	0	0	<1	1	3	6	11	
	REG	35	70	140	10	15	35	1	1.5	3.5	0	0.5	1	0	0	0	0	0	15	30	55	330	660	1330	1	2	5	0	0	0	<1	1	2	6	11	23	
	XTRA	70	140	270	15	35	70	1.5	3.5	7	0.5	1	2.5	0	0	0	0	0	30	55	115	660	1330	2650	2	5	9	0	0	0	1	2	5	11	23	46	
ROAST BEEF	EZ	20	45	90	5	15	25	1	1.5	3	0	0.5	1	0	0	0	0	10	20	45	120	240	490	0	0	0	0	0	0	0	0	0	0	4	8	16	
	REG	45	90	180	15	25	50	1.5	3	6	0.5	1	2.5	0	0	0	0	20	45	90	240	490	980	0	0	0	0	0	0	0	0	0	0	0	8	16	32
	XTRA	90	180	350	25	50	100	3	6	13	1	2.5	5	0	0	0	0	45	90	175	490	980	1950	0	0	0	0	0	0	0	0	0	0	16	32	65	
TURKEY BREAST	EZ	15	30	60	0	0	5	0	0	0.5	0	0	0	0	0	0	0	10	15	30	135	270	540	0	<1	1	0	0	0	0	0	0	0	3	7	14	
	REG	30	60	120	0	5	10	0	0.5	1	0	0	0	0	0	0	0	15	30	60	270	540	1070	<1	1	2	0	0	0	0	0	0	0	7	14	27	
	XTRA	60	120	250	5	10	25	0.5	1	2.5	0	0	0	0	0	0	0	30	60	125	540	1070	2150	1	2	5	0	0	0	0	0	0	14	27	55		
SALAMI & CAPOCCOLLO	EZ	40	80	160	25	50	100	2.5	5	11	1	2.5	5	0	0	0	15	30	60	260	520	1030	0	<1	2	0	0	0	0	0	<1	1	3	7	14		
	REG	80	160	320	50	100	210	5	11	22	2.5	5	10	0	0	0	30	60	120	520	1030	2070	<1	2	3	0	0	0	0	<1	1	2	7	14	27		
	XTRA	160	320	640	100	210	410	11	22	43	5	10	19	0	0	0	60	120	240	1030	2070	4140	2	3	7	0	0	0	1	2	5	14	27	55			
SALAMI	EZ	25	50	100	15	30	60	1.5	3.5	7	1	1.5	3.5	0	0	0	10	20	40	170	340	690	0	<1	1	0	0	0	0	0	<1	2	4	8	16		
	REG	50	100	190	30	60	130	3.5	7	14	1.5	3.5	7	0	0	0	20	40	80	340	690	1370	<1	1	2	0	0	0	0	<1	1	4	8	16			
	XTRA	100	190	390	60	130	250	7	14	27	3.5	7	14	0	0	0	40	80	160	690	1370	2740	1	2	5	0	0	0	<1	1	2	8	16	32			
CAPOCCOLLO	EZ	15	30	60	10	20	40	1	2	4	0	0.5	1.5	0	0	0	<5	10	20	85	170	350	0	<1	0	0	0	0	0	0	<1	1	3	6	11		
	REG	30	60	130	20	40	80	2	4	8	0.5	1.5	3	0	0	0	10	20	40	170	350	700	0	<1	1	0	0	0	0	<1	1	3	6	11			
	XTRA	60	130	250	40	80	160	4	8	16	1.5	3	6	0	0	0	20	40	80	350	700	1390	<1	1	2	0	0	0	<1	1	2	6	11	23			
TUNA SALAD	EZ	60	120	240	45	90	180	5	10	20	1	1.5	3	0	0	0	5	15	30	170	350	700	<1	2	4	0	0	<1	0	<1	2	3	6	11			
	REG	120	240	490	90	180	370	10	20	41	1.5	3	6	0	0	0	15	30	60	350	700	1400	2	4	8	0	<1	2	<1	2	3	6	11	22			
	XTRA	240	490	980	180	370	740	20	41	82	3	6	12	0	0	0	30	60	115	700	1400	2800	4	8	15	<1	2	4	2	3	6	11	22	44			
BACON	EZ	60	60	120	45	45	90	4.5	4.5	9	2	2	4	0	0	0	10	10	20	240	240	480	0	0	0	0	0	0	0	0	0	5	5	9			
	REG	90	90	180	70	70	140	7	7	14	3	3	6	0	0	0	15	15	30	360	360	720	0	0	0	0	0	0	0	0	0	7	7	14			
	XTRA	180	180	360	140	140	280	14	14	28	6	6	12	0	0	0	30	30	60	720	720	1440	0	0	0	0	0	0	0	0	14	14	28				
PROVOLONE CHEESE	EZ	30	60	120	20	40	80	2.5	4.5	9	1.5	2.5	5	0	0	0	5	10	25	60	120	240	0	<1	0	0	0	0	0	0	2	4	8				
	REG	60	120	240	40	80	160	4.5	9	19	2.5	5	11	0	0	0	10	25	45	120	240	470	0	<1	1	0	0	0	0	0	0	4	8	16			
	XTRA	120	240	470	80	160	330	9	19	38	5	11	21	0	0	0	25	45	95	240	470	940	<1	1	2	0	0	0	0	0	8	16	33				
AVOCADO SPREAD	EZ	5	10	20	0	10	20	0	1	2	0	0	0	0	0	0	0	0	0	15	35	65	0	<1	2	0	0	<1	0	0	0	0	0	0			
	REG	10	20	45	0	20	40	1	2	4	0	0	0	0	0	0	0	0	0	35	65	130	<1	2	3	0	<1	2	0	0	0	0	0	<1			
	XTRA	20	45	90	0	40	80	2	4	8	0	0	1	0	0	0	0	0	0	65	130	260	2	3	6	<1	2	4	0	0	0	0	<1	2			
YELLOW MUSTARD	PACKET	5			0			0			0			0			0			65			0			0			0			0					
JIMMY MUSTARD®	EZ	0	5	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	120	240	0	0	0	0	0	0	0	0	0	0	0	0			
	REG	5	10	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	120	240	480	0	0	0	0	0	0	0	0	0	0	0	0	0		
	XTRA	10	20	40	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	240	480	960	0	0	0	0	0	0	0	0	0	0	0	0	0		
GREY POUPON®	EZ	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	60	120	0	0	0	0	0	0	0	0	0	0	0	0			
	REG	0	5	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	120	240	0	0	0	0	0	0	0	0	0	0	0	0			
	XTRA	5	10	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	120	240	480	0	0	0	0	0	0	0	0	0	0	0	0			
MAYO	EZ	45	110	230	40	100	210	4.5	11	23	0.5	1.5	3.5	0	0	0	<5	10	25	40	105	210	0	0	0	0	0	0	0	0	0	0	0	0			
	REG	90	160	330	80	150	300	9	16	33	1.5	2.5	5	0	0	0	10	15	35	75	150	300	0	0	0	0	0	0	0	0	0	0	0	0			
	XTRA	110	280	560	100	250	500	11	28	56	1.5	4	8	0	0	0	10	30	55	105	250	500	0	0	0	0	0	0	0	0	0	0	0	0			
OIL & VINEGAR	EZ	10	20	40	10	20	45	1	2.5	5	0	0	0	0	0	0	0	0	15	25	50	0	0	0	0	0	0	0	0	0	0	0	0	0			
	REG	20	40	80	20	45	90	2.5	5	10	0	0.5	1	0	0	0	0	0	25	50	100	0	0	0	0	0	0	0	0	0	0	0	0	0			
	XTRA	40	80	170	45	90	170	5	10	19	0	0.5	1.5	0	0	0	0	0	50	100	200	0	0	0	0	0	0	0	0	0	0	0	0	0			
OREGANO-BASIL	EZ																																				

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

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)	
	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	510	47	56	10	13	0	0	95	95	1780	2580	24	70	2	2	4	7	28	37
THAI CHICKEN WRAP	440	720	230	300	26	34	4.5	8	0	0	60	60	1030	1600	28	76	2	4	15	16	21	29

AVAILABLE ONLY ON THE CHICKEN CAESAR WRAP	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)
	GARLIC HERB WRAP	each	300	80	9	2.5	0	0	800	47	1	3	9
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	
PARMESAN CHEESE	EZ	30	20	2.5	1.5	0	5	75	0	0	0	2	
	REG	60	40	4.5	2.5	0	15	150	<1	0	0	4	
	XTRA	110	80	9	5	0	25	300	1	0	0	8	
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	
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		

AVAILABLE ONLY ON THE THAI CHICKEN WRAP	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)
	GARLIC HERB 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	
THAI SATAY SAUCE	EZ	40	10	1	0	0	0	150	7	0	6	0	
	REG	80	15	2	0	0	0	290	14	0	12	<1	
	XTRA	150	35	3.5	0.5	0	0	580	27	<1	24	2	
CRISPY CARROT NOODLES	EZ	60	40	4.5	0	0	0	30	5	0	<1	0	
	REG	120	80	9	0.5	0	0	60	9	<1	1	<1	
XTRA	240	160	17	1.5	0	0	120	19	2	2	2		