

# ★ 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	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F
LITTLE JOHN 1	300	140	15	4	0	35	770	25	2	2	15	15	2	2	2	2	2	2	2	2	2	15	15
LITTLE JOHN 2	250	100	11	2	0	30	560	24	2	2	30	24	2	2	2	2	2	2	2	2	13	13	
LITTLE JOHN 3	250	100	11	1.5	0	15	590	26	3	2	15	26	3	2	2	2	2	2	2	2	10	10	
LITTLE JOHN 4	240	90	10	1.5	0	25	580	24	2	1	25	24	2	1	1	1	1	1	1	1	12	12	
LITTLE JOHN 5	290	120	13	5	0	40	900	26	2	2	40	26	2	2	2	2	2	2	2	2	16	16	
LITTLE JOHN 6	340	180	20	7	0	30	580	25	3	1	30	25	3	1	1	1	1	1	1	1	13	13	
LITTLE JOHN BLT	300	160	16	4.5	0	25	680	24	2	1	25	24	2	1	1	1	1	1	1	1	12	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	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F	U	8F	16F																	
<b>SLIM 1</b>	190	540	470	1080	100	140	240	11	13	16	27	6	6	12	0	0	0	50	50	105	900	1610	1390	3220	4	69	50	139	0	4	5	9	2	1	6	2	20	33	32	66	
<b>SLIM 2</b>	90	440	370	880	25	45	70	90	3	5	8	11	1.5	1.5	2.5	0	0	45	45	90	490	1200	930	2390	<1	66	47	133	0	4	5	9	<1	0	5	0	17	30	28	59	
<b>SLIM 3</b>	250	600	530	1200	160	210	290	410	20	23	25	45	3	3	6	0	0	30	30	60	700	1410	1140	2820	5	70	51	141	1	5	6	11	2	2	7	3	11	24	23	49	
<b>SLIM 4</b>	70	420	350	830	5	30	50	60	0.5	3	6	6	0	0	0	0	0	30	30	60	540	1250	960	2490	2	68	49	135	0	4	5	9	<1	0	5	0	14	27	26	54	
<b>SLIM 5</b>	280	630	560	1260	190	210	220	420	20	23	25	45	10	10	11	20	0	85	85	165	1270	1960	1760	3960	3	69	50	138	0	4	5	9	2	1	6	2	22	35	34	71	
<b>SLIM 6</b>	240	590	520	1180	170	190	200	370	19	21	23	42	11	11	11	21	0	45	45	95	470	1180	1020	2360	2	68	49	135	0	4	5	9	<1	0	5	0	17	30	29	60	
<b>#1 THE PEPE®</b>	370	600	650	1200	250	260	290	530	28	29	32	58	8	8	9	17	0	70	70	135	1060	1520	1550	3040	7	50	54	100	2	4	6	8	4	3	9	7	21	29	33	59	
<b>#2 BIG JOHN®</b>	270	500	550	1000	170	190	220	380	20	21	25	42	3.5	3.5	7	0	0	60	60	120	650	1110	1080	2220	4	47	51	94	2	4	6	8	3	2	7	4	17	26	29	52	
<b>#3 TOTALLY TUNA®</b>	270	500	550	990	190	200	230	400	21	22	26	44	3	3	6	0	0	30	30	60	710	1170	1150	2340	9	51	55	103	3	5	7	10	5	4	9	8	12	21	24	41	
<b>#4 TURKEY TOM®</b>	250	480	530	950	160	170	200	340	17	19	22	37	2.5	2.5	5	0	0	50	50	95	700	1160	1130	2320	5	48	52	96	2	4	6	8	3	2	7	4	15	23	26	47	
<b>#5 VITO®</b>	350	580	610	1150	230	250	290	490	25	27	25	54	11	11	11	21	0	85	85	165	1330	1790	1770	3590	9	51	60	103	2	5	10	9	5	4	10	8	23	32	36	64	
<b>#6 THE VEGGIE</b>	440	670	720	1350	350	370	700	38	39	41	78	13	13	14	27	0	0	65	65	125	690	1160	1240	2320	7	50	54	100	3	5	7	10	3	2	8	5	18	27	30	53	
<b>J.J.B.L.T.®</b>	360	590	650	1190	290	300	330	610	31	32	36	64	8	8	17	0	0	45	45	95	880	1340	1310	2680	4	47	51	94	2	4	6	8	3	2	7	4	15	24	27	47	
<b>#7 SPICY EAST COAST ITALIAN</b>	620	850	880	1700	440	450	490	98	49	47	98	17	17	17	34	0	0	155	155	310	2550	3020	3000	6040	11	53	62	107	2	5	10	10	6	5	11	11	37	46	50	91	
<b>#8 BILLY CLUB®</b>	460	810	740	1630	270	300	310	590	31	33	35	66	10	10	19	0	0	110	110	225	1660	2370	2150	4740	7	73	54	145	2	6	6	11	4	3	9	7	37	50	49	100	
<b>#9 ITALIAN NIGHT CLUB®</b>	560	930	840	1860	400	420	390	840	44	46	43	91	14	14	14	27	0	0	130	130	235	2140	2650	2580	5700	11	77	62	153	2	6	10	12	6	5	11	10	35	48	47	96
<b>#10 HUNTERS CLUB®</b>	480	830	760	1650	280	300	320	610	32	34	37	69	10	10	11	21	0	0	130	130	255	1370	2080	1880	4150	5	70	51	141	2	6	6	11	3	2	7	4	42	55	54	110
<b>#11 COUNTRY CLUB®</b>	430	780	710	1570	260	280	290	550	28	31	33	61	8	8	9	17	0	0	100	100	200	1590	2300	2080	4600	8	74	55	148	2	6	6	11	4	3	9	7	35	48	46	95
<b>#12 BEACH CLUB®</b>	510	860	790	1710	340	360	380	730	38	40	42	81	13	13	14	27	0	0	95	95	190	1230	1940	1780	3880	9	74	55	149	3	7	7	13	3	2	8	5	32	45	44	90
<b>#13 JIMMY CUBANO™</b>	490	720	770	1440	340	360	380	710	37	38	41	77	12	12	13	25	0	0	90	90	175	2230	2690	2720	5390	5	47	51	95	1	4	6	8	2	1	7	3	30	38	41	76
<b>#14 BOOTLEGGERS CLUB®</b>	330	680	620	1370	180	200	220	410	20	23	25	45	3.5	3.5	7	0	0	90	90	185	1180	1690	1620	3780	5	71	52	142	2	6	6	11	3	2	7	4	31	44	43	88	
<b>#15 CLUB TUNA®</b>	500	850	780	1710	350	370	390	750	40	42	43	83	14	14	14	27	0	0	75	75	150	1180	1690	1720	3770	10	73	56	151	3	7	7	13	5	4	10	8	29	42	41	84
<b>#16 CLUB LULU®</b>	340	690	620	1370	230	250	270	500	24	26	29	53	5	5	11	0	0	65	65	125	1060	1760	1490	3520	5	71	52	142	2	6	6	11	3	2	7	4	22	35	33	70	
<b>#17 ULTIMATE PORKER®</b>	340	690	630	1390	240	260	280	520	25	28	30	55	6	6	12	0	0	60	60	120	1180	1690	1620	3770	6	72	53	144	2	6	6	11	4	3	8	7	20	33	31	65	
<b>THE J.J. GARGANTUAN®</b>	730	1080	990	2160	430	450	420	900	47	49	47	99	15	15	15	30	0	0	205	205	405	3170	3670	3610	7750	12	78	63	156	2	6	10	12	6	5	11	10	65	78	77	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 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)
<b>CHOCOLATE CHIP COOKIE</b>	410	170	19	12	0	50	290	56	<1	32	5
<b>OATMEAL RAISIN COOKIE</b>	370	120	13	8	0	50	390	57	3	31	6
<b>REGULAR JIMMY CHIPS®</b>	300	160	18	3	0	0	180	33	2	3	3
<b>BBQ JIMMY CHIPS®</b>	290	140	16	3	0	0	230	34	2	5	3
<b>JALAPEÑO JIMMY CHIPS®</b>	290	150	17	3	0	0	320	33	2	3	3
<b>SALT &amp; VINEGAR JIMMY CHIPS®</b>	290	150	17	3	0	0	360	33	2	3	3
<b>THINNY CHIPS®</b>	260	100	11	2	0	0	190	39	3	3	4
<b>JUMBO KOSHER DILL PICKLE</b>	20	0	0	0	0	0	1710	3	2	1	1
<b>SIDE OF AVOCADO SPREAD</b>	70	60	6	0.5	0	0	200	4	3	0	1
<b>SIDE OF KICKIN' RANCH®</b>	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)
<b>French Bread TBO</b> <small>(7, 13 &amp; Originals)</small>	230/470	15/30	1.5/3	0/0	0/0	0/0	470/930	44/87	3/6	0/0	9/17
<b>French Bread LBI</b> <small>(All Others)</small>	350/710	20/45	2/4.5	0/0	0/0	0/0	710/1420	66/133	4/9	0/0	13/27
<b>Thick Sliced Wheat</b> <small>(8" Only)</small>	290	40	5	0	0	0	440	47	5	5	12
<b>Unwich® (Lettuce Wrap)</b> <small>(8" Only)</small>	0	0	0	0	0	0	0	<1	0	<1	0
<b>Little John French TBO</b> <small>(Standard)</small>	120	5	.5	0	0	0	240	22	1	0	4
<b>Little John French LBI</b> <small>(By Request)</small>	200	10	1	0	0	0	390	37	2	0	7

## DRINKS

### 22 OUNCES

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>COCA-COLA</b>	280	0	0	0	0	0	70	73	0	73	0
<b>DIET COKE</b>	0	0	0	0	0	0	90	1	0	0	0
<b>SPRITE</b>	260	0	0	0	0	0	125	67	0	67	0
<b>BARQ'S RED CREAM SODA</b>	320	0	0	0	0	0	125	82	0	82	0
<b>BARQ'S ROOT BEER</b>	310	0	0	0	0	0	95	80	0	80	0
<b>CAFFEINE FREE DIET COKE</b>	0	0	0	0	0	0	90	0	0	0	0
<b>CHERRY COCA-COLA</b>	290	0	0	0	0	0	75	77	0	77	0
<b>COCA-COLA ZERO SUGAR</b>	0	0	0	0	0	0	75	0	0	0	0
<b>DIET DR. PEPPER</b>	0	0	0	0	0	0	95	0	0	0	0
<b>DR. PEPPER</b>	280	0	0	0	0	0	95	74	0	74	0
<b>FANTA CHERRY</b>	220	0	0	0	0	0	95	57	0	57	0
<b>FANTA GRAPE</b>	280	0	0	0	0	0	95	72	0	72	0
<b>FANTA ORANGE</b>	280	0	0	0	0	0	75	74	0	73	0
<b>FANTA STRAWBERRY</b>	300	0	0	0	0	0	150	79	0	78	0
<b>FUZE RASPBERRY TEA</b>	160	0	0	0	0	0	90	41	0	41	0
<b>FUZE SWEET TEA</b>	160	0	0	0	0	0	95	41	0	41	0
<b>FUZE UNSWEET TEA</b>	0	0	0	0	0	0	90	0	0	0	0
<b>GLACEAU VITAMINWATER XXX</b>	140	0	0	0	0	0	70	34	0	34	0
<b>HI-C FLASHIN' FRUIT PUNCH</b>	280	0	0	0	0	0	135	78	0	76	0
<b>HI-C POPPIN' PINK LEMONADE</b>	260	0	0	0	0	0	180	65	0	65	0
<b>LIPTON ICED TEA (SWEET)</b>	270	0	0	0	0	0	15	60	0	60	0
<b>LIPTON ICED TEA (UNSWEETENED)</b>	0	0	0	0	0	0	15	0	0	0	0
<b>MELLO YELLO</b>	300	0	0	0	0	0	95	80	0	80	0
<b>MINUTE MAID LEMONADE</b>	270	0	0	0	0	0	180	69	0	69	0
<b>MINUTE MAID LIGHT LEMONADE</b>	10	0	0	0	0	0	80	4	0	0	0
<b>PIBB XTRA</b>	270	0	0	0	0	0	100	69	0	69	0
<b>POWERADE FRUIT PUNCH</b>	160	0	0	0	0	0	210	39	0	39	0
<b>POWERADE MOUNTAIN BLAST</b>	160	0	0	0	0	0	210	40	0	40	0
<b>SPRITE ZERO</b>	5	0	0	0	0	0	80	0	0	0	0

### 30/32 OUNCES

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

DRINK FLAVORS & SIZES VARY BY LOCATION



# ★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

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

CHICKEN SALAD BACON SANDWICH	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	U	8F	SW	16F												
	430	660	710	1310	310	320	350	650	34	35	39	71	7	7	7	14	0	0	0	0	65	65	65	130	1070	1540	1510	3070	8	51	55	102	2	5	7	10	3	3	8	6	17	25	29	51

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

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)

CHICKEN CAESAR WRAP TUSCAN ITALIAN WRAP JALAPEÑO RANCH CHICKEN WRAP CHICKEN SALAD BACON WRAP	Unwich®		Wrap		Unwich®		Wrap		Unwich®		Wrap		Unwich®		Wrap		Unwich®		Wrap		Unwich®		Wrap	
	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap
	620	920	420	500	47	56	10	13	0	0	95	95	1760	2560	24	70	2	3	4	7	28	37		
	570	860	400	470	43	51	13	17	0	0	130	130	2210	2780	11	59	2	4	6	6	35	42		
	580	860	380	450	42	50	11	15	0	0	95	95	1260	1830	17	65	3	4	6	6	30	38		
	430	710	310	380	34	42	7	11	0	0	65	65	1070	1640	8	55	2	4	3	4	17	25		

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

AVAILABLE ONLY ON THE CHICKEN SALAD BACON SANDWICH / WRAP	INGREDIENT	PORTION	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"	8" OR WRAP	16"
	FLOUR WRAP	EACH	290	N/A	70	N/A	8	N/A	4	N/A	0	N/A	0	N/A	570	N/A	48	N/A	2	N/A	1	N/A	8	N/A
	CHICKEN SALAD	EZ	90	180	60	110	6	13	1.5	2.5	0	0	20	40	340	670	2	3	0	<1	0	0	6	11
REG		180	360	110	230	13	25	2.5	5	0	0	40	75	670	1350	3	7	<1	2	0	<1	11	22	
XTRA		360	730	230	450	25	50	5	10	0	0	75	155	1350	2700	7	14	2	3	<1	2	22	44	

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)

AVAILABLE ONLY ON THE CHICKEN CAESAR WRAP	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	1.5	0	5	65	0	0	0	2
		REG	60	35	4	2.5	0	15	130	<1	<1	0	5
		XTRA	110	70	8	5	0	25	260	1	1	0	9
	MINI CROUTONS	EZ	45	15	1.5	0	0	0	140	8	0	0	2
		REG	90	25	3	0	0	0	290	15	0	0	3
		XTRA	180	50	6	0	0	0	570	30	0	0	6
	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 TUSCAN ITALIAN WRAP	FLOUR WRAP	EACH	290	70	8	4	0	0	570	48	2	1	8
	PARMESAN CHEESE	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

# ★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

	INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>AVAILABLE ONLY ON THE JALAPEÑO RANCH CHICKEN WRAP</b>	<b>FLOUR WRAP</b>	EACH	290	70	8	4	0	0	570	48	2	1	8
	<b>SEASONED CHICKEN</b>	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
	<b>JALAPEÑO RANCH</b>	EZ	50	5	0	0	0	0	120	0	0	0	0
		REG	100	10	1	10	0	10	240	0	0	0	0
		XTRA	200	20	3	20	0	20	490	2	0	2	2
	<b>CRISPY JALAPEÑOS</b>	EZ	60	4	0	0	0	0	20	4	0	0	0
		REG	110	8	0	0	0	0	45	9	0	0	1
		XTRA	230	16	1	0	0	0	90	18	0	2	3
	<b>RED PEPPER FLAKES</b>	EZ	0	0	0	0	0	0	0	0	0	0	0
		REG	0	0	0	0	0	0	0	0	0	0	0
		XTRA	0	0	0	0	0	0	0	0	0	0	0

DESSERT / SIDE ITEM	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)
<b>RED VELVET COOKIE</b>	410	170	19	13	0.5	65	330	56	1	33	5
<b>FUDGE CHOCOLATE BROWNIE</b>	350	170	19	6	0	70	135	46	2	33	4
<b>PESTO BOWTIE PASTA SALAD</b>	390	200	22	4.5	0	30	710	36	3	3	9
<b>BAKED POTATO SALAD</b>	290	210	23	5	0	30	580	16	2	2	4
<b>DEVILED EGG POTATO SALAD</b>	220	130	14	3	0	150	650	17	1	7	6

# ★ BREAKFAST MENU ITEMS ★

Available at Select Airport Locations Only

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>HAM, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	440	170	19	6	0	165	1280	37	2	1	27
<b>BACON, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	430	200	22	7	0	145	860	35	2	0	20
<b>VITO, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	490	220	24	9	0	190	1610	36	2	1	29
<b>COFFEE (12OZ) - REGULAR</b>	0	0	0	0	0	0	5	0	0	0	0
<b>COFFEE (12OZ) - DECAF</b>	0	0	0	0	0	0	5	0	0	0	0

BREAKFAST SANDWICH INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>4" FRENCH BREAD</b>	each	180	10	1	0	0	0	350	33	2	0	7
<b>MAYO - BREAKFAST SANDWICH PORTION</b>	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
<b>HAM - BREAKFAST SANDWICH PORTION</b>	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
<b>BACON - BREAKFAST SANDWICH PORTION</b>	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
<b>VITO - BREAKFAST SANDWICH PORTION</b>	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
<b>PROVOLONE CHEESE - BREAKFAST SANDWICH PORTION</b>	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
<b>FRIED EGG PATTY</b>	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
<b>BLACK PEPPER</b>	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