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JIMMY JOHN'S® NUTRITION GUIDE

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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	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									
LITTLE JOHN 1	300		560	1080	100	120	180	240	11	13	19	27	6	6	6	12	0	0	0	0	0	50	50	50	105	900	1610	1290	3220	4	69	60	139	0	4	4	9	2	1	9	2	2	15		
LITTLE JOHN 2	250		440	880	25	45	110	90	3	5	11	11	1.5	1	1	2.5	0	0	0	0	0	45	45	45	90	490	1200	880	2390	<1	66	57	133	0	4	4	9	<1	0	8	0	17	30	33	59
LITTLE JOHN 3	250		600	1200	180	210	270	410	20	23	29	45	3	3	3	6	0	0	0	0	0	30	30	30	60	700	1410	1090	2820	5	70	61	141	1	5	5	11	2	2	10	3	11	24	27	49
LITTLE JOHN 4	240		420	830	5	30	90	60	0.5	3	9	6	0	0	0	0	0	0	0	0	0	30	30	30	60	540	1250	930	2490	2	68	59	135	0	4	4	9	<1	0	8	0	14	27	30	54
LITTLE JOHN 5	290		630	1260	190	210	270	420	20	23	28	45	10	10	10	20	0	0	0	0	0	85	85	85	165	1270	1980	1660	3960	3	69	60	138	0	4	4	9	2	1	9	2	22	35	38	71
LITTLE JOHN 6	340		590	1180	170	190	250	370	19	21	27	42	11	11	11	21	0	0	0	0	0	45	45	45	95	470	1180	860	2360	2	68	59	135	0	4	4	9	<1	0	8	0	17	30	33	60
LITTLE JOHN BLT	300		600	1200	250	280	330	530	28	29	36	58	8	8	8	17	0	0	0	0	0	70	70	70	135	1060	1520	1440	3040	7	50	64	100	2	4	5	8	4	3	12	7	21	29	37	59
#1 THE PEPE®	370	600	730	1200	250	280	330	530	28	29	36	58	8	8	8	17	0	0	0	0	0	70	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	3.5	7	0	0	0	0	0	60	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	0	0	30	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	2.5	5	0	0	0	0	0	50	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	0	0	85	85	85	165	1330	1790	1720	3590	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	0	0	65	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.I.®	360	590	730	1190	290	300	370	610	31	32	39	64	8	8	8	17	0	0	0	0	0	45	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	0	0	180	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	0	0	110	110	110	225	1660	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	1980	400	420	480	840	44	46	52	91	14	14	14	27	0	0	0	0	0	130	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	0	0	130	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	8	17	0	0	0	0	0	100	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	0	0	95	95	95	190	1230	1940	1620	3890	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	0	0	90	90	90	175	2230	2690	2620	5390	5	47	61	95	1	4	5	8	2	1	10	3	30	38	46	76
#14 BOOTLEGGERS CLUB®	330	680	700	1370	180	200	260	410	20	23	29	45	3.5	3.5	3.5	7	0	0	0	0	0	90	90	90	185	1180	1890	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	0	0	75	75	75	150	1180	1890	1570	3770	10	75	66	151	3	7	6	13	5	4	12	8	29	42	45	84
#16 CLUB LULU®	340	690	700	1370	230	250	310	500	24	26	32	53	5	5	5	11	0	0	0	0	0	65	65	65	125	1060	1760	1440	3520	5	71	62	142	2	6	5	11	3	2	10	4	22	35	38	70
#17 ULTIMATE PORKER®	340	690	710	1390	240	260	320	520	25	28	33	55	6	6	6	12	0	0	0	0	0	60	60	60	120	1180	1890	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	0	0	205	205	205	405	3170	3870	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 JIMMY JOHNS.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 T80 (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 T80 (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

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)	Sugars (g)	Protein (g)
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

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)					
PORTION	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	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	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	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	10	20	45	120	240	490	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	20	45	90	240	490	980	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	45	90	175	490	980	1950	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	10	15	30	135	270	540	0	<1	1	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	15	30	60	270	540	1070	<1	1	2	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	30	60	125	540	1070	2150	1	2	5	0	0	0	0	0	0	14	27	55	
SALAMI & CAPOCCOLO	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	<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	
	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	0	<1	1	2	8	16	32
CAPOCCOLO	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	0	<1	0	0	0	0	0	<1	1	3	6	
	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	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	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	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	10	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	20	40	80	2	4	8	0	0	1	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		
	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		
	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		
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		
	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	0	15	25	50	0	0	0	0	0	0	0	0	0	0	0		
	REG	20	40	80	20	45	90	2.5	5	10	0	0	0.5	0	0	0	0	0	0	25	50	100	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	0	50	100	200	0	0	0	0	0	0	0	0	0	0	0	0	
OREGANO-BASIL	EZ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0	0		
	REG	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	1	0	0	<1	0	0	0	0	0		
	XTRA	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	1	2	0	<1	1	0	0	0	0		
SLICED PICKLES	EZ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	115	230	0	0	0	0	0	0	0	0	0	0	0		
	REG	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	115	230	460	0	0	<1	0	0	<1	0	0	0	0	0	0	
	XTRA	0	0	10	0	0	0																												

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

SANDWICH	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	U	8F	SW	16F	U	8F	SW	16F
ZESTY GARDEN TURKEY CLUB	690	910	1050	1830	510	520	590	1040	56	57	64	115	12	12	12	24	0	0	0	0	85	85	85	165	1470	1930	1850	3860	14	57	71	114	3	5	6	11	6	5	13	10	30	39	46	77

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

		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 ZESTY GARDEN TURKEY CLUB	INGREDIENT	PORTION	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
	HERBED AIOLI	EZ	120	240	110	220	12	25	1.5	3.5	0	0	10	15	135	270	0	0	0	0	0	0	0	< 1
		REG	240	480	220	440	25	49	3.5	7	0	0	15	35	270	530	0	< 1	0	< 1	0	0	< 1	1
		XTRA	480	960	440	890	49	99	7	13	0	0	35	70	530	1060	< 1	1	< 1	1	0	0	1	3
	PANKO & CHEESE CRISP BLEND	EZ	15	30	0	5	0	0.5	0	0	0	0	0	0	15	25	2	4	0	0	0	0	< 1	1
		REG	30	60	5	10	0.5	1.5	0	0.5	0	0	0	< 5	25	55	4	9	0	< 1	0	0	1	3
		XTRA	60	120	10	25	1.5	2.5	0.5	1.5	0	0	< 5	5	55	110	9	17	< 1	1	0	< 1	3	6
	PICKLED RED ONIONS	EZ	0	10	0	0	0	0	0	0	0	0	0	0	35	75	1	2	0	0	< 1	2	0	0
		REG	10	20	0	0	0	0	0	0	0	0	0	0	75	150	2	5	0	0	2	4	0	0
		XTRA	20	40	0	0	0	0	0	0	0	0	0	0	150	290	5	10	0	0	4	8	0	0
	SLOW ROASTED TOMATOES	EZ	80	160	70	140	8	16	0	1	0	0	0	0	40	80	2	4	< 1	1	1	2	0	< 1
		REG	160	320	140	290	16	32	1	2	0	0	0	0	80	160	4	8	1	3	2	5	< 1	2
		XTRA	320	640	290	570	32	64	2	4	0	0	0	0	160	330	8	15	3	6	5	10	2	4