

# JIMMY JOHN'S™

## NUTRITION INFORMATION

Nutrient data was calculated based on JJ's recipes and nutrition information provided by JJ's ingredient suppliers.

Nutrient analysis software: Genesis R&D from ESHA Research. Nutrient values are rounded based on the Ontario Healthy Menu Choices Act and Health Canada's nutrition labelling regulations.

n/a = nutrient not available due to lack of supplier data.

6" SANDWICHES													
	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Chicken Bacon Ranch</b>	720	34	8	0.4	63	3	3	40	100	1530	600	225	4.5
<b>Beach Club</b>	660	33	7	0.4	64	4	2	27	50	1360	300	225	5
<b>Spicy Buffalo Chicken Melt</b>	650	29	8	0.3	64	3	3	32	60	1430	550	225	4.5
<b>Meatball Parmesan</b>	920	55	20	1	68	4	3	37	90	1840	n/a	450	6.5
<b>Italian Club</b>	790	43	10	0.4	64	3	3	37	85	1880	n/a	250	6
<b>Country Club</b>	680	32	7	0.4	63	3	2	35	65	1660	n/a	225	5
<b>Sweet Chili Chicken</b>	710	31	11	0.5	71	3	10	37	90	1740	450	400	4.5
<b>Bootlegger Club</b>	700	33	7	0.4	64	3	2	37	75	1650	n/a	225	6
<b>Hunter's Club</b>	710	34	8	0.5	64	3	2	38	85	1640	400	225	6.5
<b>Jimmy Cubano</b>	690	35	8	0.4	63	3	2	31	60	2030	500	250	6
<b>The Pepe</b>	590	31	6	0.4	54	2	2	24	50	1220	400	225	4
<b>Totally Tuna</b>	700	42	7	0.5	56	3	3	24	50	1170	350	225	4
<b>The Veggie</b>	670	38	11	0.5	57	4	2	23	50	1040	300	400	4
<b>Turkey Tom</b>	600	31	6	0.4	55	3	2	26	50	1220	n/a	225	4.5
<b>J.J.B.L.T</b>	710	38	9	0.4	63	3	2	28	60	1450	350	225	4.5

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12" SANDWICHES													
	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Chicken Bacon Ranch</b>	1440	68	17	1	126	5	6	80	200	3070	1200	450	9.5
<b>Beach Club</b>	1330	66	14	1	128	8	5	54	100	2720	n/a	450	10
<b>Spicy Buffalo Chicken Melt</b>	1290	57	15	0.5	129	7	5	63	125	2860	1100	500	9.5
<b>Meatball Parmesan</b>	1840	111	40	2	137	8	6	75	180	3680	950	950	13
<b>Italian Club</b>	1570	85	20	1	127	7	5	73	170	3740	n/a	500	11.5
<b>Country Club</b>	1350	64	13	1	125	6	5	69	135	3320	n/a	450	10.5
<b>Sweet Chili Chicken</b>	1430	63	21	1	143	5	20	73	180	3470	900	750	9
<b>Bootlegger Club</b>	1390	65	14	1	127	6	4	73	155	3300	n/a	450	12
<b>Hunter's Club</b>	1420	68	15	1	128	5	3	75	175	3270	800	450	13
<b>Jimmy Cubano</b>	1390	71	16	1	125	6	4	62	125	4070	1000	500	12.5
<b>The Pepe</b>	1190	62	13	1	108	5	4	49	95	2440	750	400	8
<b>Totally Tuna</b>	1400	84	15	1	113	6	6	49	100	2330	650	450	8
<b>The Veggie</b>	1340	77	21	1	114	7	4	47	105	2080	600	800	8
<b>Turkey Tom</b>	1200	62	13	1	109	6	4	51	100	2450	n/a	450	9
<b>J.J.B.L.T</b>	1430	77	18	1	126	5	5	57	115	2900	700	450	9

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UNWICHES													
	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Chicken Bacon Ranch</b>	420	31	8	0.4	5	1	3	29	100	900	500	225	0.8
<b>Beach Club</b>	360	30	6	0.4	6	2	2	16	50	730	n/a	200	1.25
<b>Spicy Buffalo Chicken Melt</b>	340	26	7	0.3	6	1	3	21	60	790	450	225	0.9
<b>Meatball Parmesan</b>	620	53	19	1	10	2	3	26	90	1210	n/a	450	2.5
<b>Italian Club</b>	480	40	10	0.4	5	1	3	26	85	1240	400	250	2
<b>Country Club</b>	370	29	6	0.4	4	1	2	24	65	1020	n/a	200	1.5
<b>Sweet Chili Chicken</b>	410	29	10	0.5	13	0	10	25	90	1100	350	350	0.5
<b>Bootlegger Club</b>	390	30	7	0.4	5	1	2	26	75	1020	225	200	2.25
<b>Hunter's Club</b>	410	31	7	0.5	6	1	2	27	85	1000	350	200	2.5
<b>Jimmy Cubano</b>	390	33	7	0.4	4	1	2	20	60	1400	400	225	2.5
<b>The Pepe</b>	330	29	6	0.4	3	1	2	15	50	660	300	200	0.7
<b>Totally Tuna</b>	440	40	7	0.5	6	1	3	15	50	610	250	200	0.5
<b>The Veggie</b>	400	36	10	0.5	6	2	2	14	50	490	225	400	0.5
<b>Turkey Tom</b>	330	28	6	0.4	4	1	2	16	50	670	n/a	200	1
<b>J.J.B.L.T</b>	410	36	8	0.4	4	1	2	17	60	820	250	200	0.8

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## NUTRITION INFORMATION

INDIVIDUAL ITEMS													
	Calories (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Bacon Chips (14g)</b>	60	4	1.5	0	1	0	0	5	15	250	75	0	0.2
<b>Shredded Chicken (2.5oz/71g)</b>	80	1	0.3	0	1	0	0	17	50	210	250	5	0
<b>Cheddar Cheese (1 slice/24g)</b>	90	8	4.5	0.2	0	0	0	5	25	180	20	150	0.1
<b>Arugula (10g)</b>	3	0	0	0	0	0	0	0.3	0	3	40	15	0.2
<b>Kickin Ranch Aioli (21g)</b>	70	8	0.5	0.1	1	0	1	0.4	5	105	30	15	0.1
<b>Mayo (1oz/28g)</b>	190	21	1.5	0.2	0	0	0	0.3	10	190	5	2	0.1
<b>Turkey (46g)</b>	40	0.5	0.2	0	1	0	0	9	20	360	n/a	10	0.7
<b>Provolone Cheese (25g)</b>	80	6	4	0.2	1	0	0	6	20	115	20	175	0.1
<b>Avocado Spread (14g)</b>	40	3.5	0.4	0	2	2	0	0	0	100	125	5	0.2
<b>Shredded Lettuce (21g)</b>	3	0	0	0	1	0	0	0.2	0	2	30	5	0.1
<b>Tomato Slices (13g)</b>	2	0	0	0	0	0	0	0.1	0	1	30	0	0
<b>Ranch Spread/Dressing (1oz/28g)</b>	120	12	2	0.1	1	0	1	0.1	0	0	10	10	0
<b>Buffalo Shredded Chicken (2.5oz/71g)</b>	70	1	0.2	0	1	0	0	14	40	520	225	5	0.1
<b>Jimmy Peppers (14g)</b>	2	0	0	0	0	0	0	0	0	150	125	10	0.5
<b>Garlic Butter Spread (1oz/28g)</b>	200	23	3	0.1	0	0	0	0.1	0	220	10	0	0
<b>Meatballs (5 pieces/71g)</b>	180	13	5	0.4	3	1	0	12	40	430	300	40	1.25
<b>Marinara Sauce (1oz/28g)</b>	20	0.5	0	0	3	0	2	0.4	0	130	n/a	10	0.2
<b>Shredded Parmesan (1oz/28g)</b>	120	10	6	0.3	1	0	0	7	30	290	20	175	0

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<b>Fresh Basil (2g)</b>	0	0	0	0	0	0	0	0.1	0	0	5	5	0.1
<b>Basil Oregano Mix (1.5g)</b>	4	0.1	0	0	1	1	0	0.2	0	1	30	30	0.9
<b>Ham (42g)</b>	40	1	0.2	0	0	0	0	8	15	350	200	5	0.3
<b>Roast Beef (46g)</b>	60	1.5	0.5	0	1	0	0	10	30	350	100	5	1.25
<b>Prepared Tuna (2.5oz/71g)</b>	140	12	1	0.1	2	0	7	7	20	300	125	10	0.2
<b>Capocollo (32g)</b>	70	4	1.5	0	0	0	0	6	20	310	n/a	5	0.2
<b>Salami (16g)</b>	70	6	2	0	0	0	0	4	15	250	75	5	0.2
<b>Oil Vinegar Mix (2g)</b>	15	1.5	0	0	0	0	0	0	0	15	0	0	0
<b>Thai Sweet Chili Chicken (2.5oz/71g)</b>	90	0.5	0.2	0	7	0	6	13	40	240	200	5	0
<b>Mustard (14g)</b>	0	0	0	0	0	0	0	0.1	0	150	20	10	0.2
<b>Pickles (36g)</b>	4	0	0	0	1	0	0	0.4	0	330	50	15	1.25
<b>Red Onions (8g)</b>	3	0	0	0	1	0	0	0.1	0	0	10	0	0
<b>Pickled Onions (20g)</b>	10	0	0	0	2	0	1	0.1	0	170	15	5	0.1
<b>Sriracha Aioli (1oz/28g)</b>	130	14	1	0.1	2	0	2	0.2	5	390	20	0	0
<b>Kickin Ranch Aioli Side (2oz/57g)</b>	200	21	2	0.2	2	0	2	1	10	280	75	40	0.2
<b>Sriracha Aioli Side (2oz/57g)</b>	270	28	2	0.2	5	0	4	0.3	15	790	40	0	0.1
<b>Marinara Sauce Side (2oz/57g)</b>	35	1.5	0	0	5	0	4	1	0	270	n/a	20	0.5
<b>Jumbo Pickle (1 each/163g)</b>	15	0	0	0	3	2	0	2	0	1500	225	75	0.5