



NUTRITION SURVIVAL GUIDE TO

JIMMY JOHN'S

CALORIES AND MACRONUTRIENTS

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

SANDWICHES (UNWICH LETTUCE WRAP)

THE J.J. GARGANTUAN®	710	63	10	1	6	47	7.7
Veggie Club (#13)	630	33	9	2	2	55	2.9
Italian Night Club (#9)	560	33	9	1	6	44	5.3
Club Tuna (#15)	500	27	9	2	4	40	2.9
Beach Club (#12)	470	31	8	2	2	38	3
Hunter's Club (#10)	460	40	4	1	2	32	3.2
Billy Club (#8)	440	35	6	1	3	31	4
Gourmet Smoked Ham Club (#7)	420	30	9	1	4	29	4.2
Vegetarian (#6)	410	17	7	2	2	37	1.7
Country Club (#11)	410	33	7	1	3	28	3.9
Pepe (#1)	350	19	6	1	3	28	2.6
Vito (#5)	340	22	7	1	5	25	3.3
Ultimate Ham BLT (#17)	330	18	5	1	3	26	2.9
Bootlegger Club (#14)	320	30	4	1	2	21	2.8
Club Lulu (#16)	320	21	4	1	2	25	2.6
J.J.B.L.T.®	290	9	3	1	2	26	1.6
Sorry Charlie (#3)	280	11	7	2	4	22	1.8
Tuna Salad (SLIM 3)	270	11	5	1	3	22	1.8
Big John (#2)	260	16	3	1	2	20	1.5
Italian (SLIM 5)	230	22	3	0	3	20	3.2
Turkey Tom (#4)	230	14	4	1	2	18	1.7
Ham & Cheese (SLIM 1)	190	19	4	0	2	11	2.2
Cheese (SLIM 6)	170	16	3	0	1	18	1.2
Roast Beef (SLIM 2)	100	16	1	0	1	3	1.1
Turkey (SLIM 4)	70	14	2	0	1	1	1.3

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SANDWICHES (8" FRENCH BREAD)

THE J.J. GARGANTUAN®	1100	78	83	7	6	50	9.7
Veggie Club (#13)	1020	48	82	8	2	58	4.8
Italian Night Club (#9)	950	48	82	7	6	46	7.2
Club Tuna (#15)	890	42	82	8	4	43	4.9
Beach Club (#12)	860	46	81	8	2	40	5
Hunter's Club (#10)	850	55	77	7	2	35	5.1
Billy Club (#8)	830	50	79	7	3	33	5.9
Gourmet Smoked Ham Club (#7)	810	45	82	7	4	32	6.2
Country Club (#11)	800	48	80	7	3	31	5.9
Ultimate Ham BLT (#17)	720	33	78	7	3	28	4.9
Bootlegger Club (#14)	710	45	77	7	2	23	4.8
Club Lulu (#16)	710	36	77	7	2	27	4.6
Vegetarian (#6)	690	28	60	7	2	39	3.1

1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Italian (SLIM 5)	660	37	75	5	2	23	5.1
Tuna Salad (SLIM 3)	650	26	77	6	2	25	3.7
Pepe (#1)	630	30	59	6	3	30	4
Vito (#5)	620	33	60	6	5	27	4.7
Cheese (SLIM 6)	610	31	75	5	0	21	3.1
Ham & Cheese (SLIM 1)	570	34	76	5	1	13	4.2
J.J.B.L.T.®	570	20	56	6	2	28	3
Sorry Charlie (#3)	560	22	60	7	4	24	3.2
Big John (#2)	540	27	56	6	2	22	2.9
Turkey Tom (#4)	510	25	57	6	2	20	3.1
Roast Beef (SLIM 2)	480	31	73	5	0	6	3.1
Turkey (SLIM 4)	450	29	74	5	0	3	3.3

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SANDWICHES (9 GRAIN WHEAT)

THE J.J. GARGANTUAN®	1070	79	67	6	14	55	8.7
Veggie Club (#13)	990	49	66	7	10	63	3.8
Italian Night Club (#9)	920	49	66	6	14	52	6.2
Club Tuna (#15)	860	43	66	7	12	48	3.9
Beach Club (#12)	830	47	65	7	10	46	4
Hunter's Club (#10)	820	56	61	6	10	40	4.1
Billy Club (#8)	800	51	63	6	11	39	4.9
Gourmet Smoked Ham Club (#7)	780	46	66	6	12	37	5.2
Vegetarian (#6)	770	33	64	7	10	45	2.7
Country Club (#11)	770	49	64	6	11	36	4.9
Pepe (#1)	710	35	63	6	11	36	3.5
Vito (#5)	700	38	64	6	13	33	4.2
Ultimate Ham BLT (#17)	690	34	62	6	11	34	3.9
Bootlegger Club (#14)	680	46	61	6	10	29	3.8
Club Lulu (#16)	680	37	61	6	10	33	3.6
J.J.B.L.T.®	650	25	60	6	10	34	2.5
Sorry Charlie (#3)	640	27	64	7	12	30	2.7
Italian (SLIM 5)	630	38	59	4	10	28	4.1
Tuna Salad (SLIM 3)	620	27	61	5	10	30	2.7
Big John (#2)	620	32	60	6	10	28	2.4
Turkey Tom (#4)	590	30	61	6	10	26	2.7
Cheese (SLIM 6)	580	32	59	4	8	26	2.1
Ham & Cheese (SLIM 1)	540	35	60	4	9	19	3.2
Roast Beef (SLIM 2)	450	32	57	4	8	11	2.1
Turkey (SLIM 4)	420	30	58	4	8	9	2.3

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

SANDWICHES (16" FRENCH BREAD)

THE J.J. GARGANTUAN®	2190	156	166	14	12	99	19.3
Veggie Club (#13)	2040	96	164	16	4	115	9.6
Italian Night Club (#9)	1890	96	164	14	12	92	14.5
Club Tuna (#15)	1770	84	164	16	8	85	9.8
Beach Club (#12)	1720	92	162	16	4	80	9.9
Hunter's Club (#10)	1690	110	154	14	4	69	10.2
Billy Club (#8)	1660	100	158	14	6	66	11.9
Gourmet Smoked Ham Club (#7)	1610	90	164	14	8	63	12.3
Country Club (#11)	1590	96	160	14	6	61	11.7
Ultimate Ham BLT (#17)	1430	66	156	14	6	56	9.7
Bootlegger Club (#14)	1410	90	154	14	4	46	9.5
Sliced Turkey & Bacon (#16)	1410	72	154	14	4	54	9.1
Vegetarian (#6)	1380	56	120	14	4	78	6.2
Pepe (#1)	1250	60	118	12	6	59	8
Vito (#5)	1230	66	120	12	10	54	9.4
J.J.B.L.T.®	1130	40	112	12	4	56	6
Sorry Charlie (#3)	1110	44	120	14	8	48	6.4
Big John (#2)	1070	54	112	12	4	44	5.8
Turkey Tom (#4)	1010	50	114	12	4	39	6.2

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SIDES

Triple Chocolate Chunk Cookie	410	5	56	0	32	19	0.7
Oatmeal Raisin Cookie	370	6	57	3	31	13	1
Regular Jimmy Chips® (per bag)	300	4	34	2	2	18	0.4
BBQ Jimmy Chips® (per bag)	300	4	34	2	2	18	0.6
Jalapeño Jimmy Chips® (per bag)	300	4	34	2	2	18	0.8
Salt & Vinegar Jimmy Chips® (per bag)	300	2	34	2	4	16	1
Thinny Chips (per bag)	260	4	40	2	4	10	0.4
Jumbo Kosher Dill Pickle	20	1	4	4	1	0	5.2

BREAD/UNWICH

Giant 16" French Bread LBI	780	30	146	10	0	5	3.9
Giant 16" French Bread TBO	560	22	106	8	0	4	2.8
8" French Bread LBI	390	15	73	5	0	3	2
9-Grain Hand-Sliced Wheat	360	16	57	4	8	8	1
8" French Bread TBO	280	11	53	4	0	2	1.4
Unwich® (Lettuce Wrap)	5	0	1	0	1	0	0

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

DRINKS (30 OZ)

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Fanta® Grape	450	0	122	-	122	0	-
Fanta® Strawberry	450	0	120	-	120	0	-
Hi-C® Poppin' Pink Lemonade®	450	0	120	-	115	0	-
Minute Maid® Lemonade	410	0	109	-	105	0	-
Fanta® Cherry	410	0	111	-	111	0	-
Barq's® Root Beer	400	0	113	-	113	0	-
Mello Yello®	400	0	109	-	109	0	-
Hi-C® Flashin' Fruit Punch®	400	0	111	-	111	0	-
Fanta® Orange	400	0	113	-	110	0	-
Coca-Cola® Cherry	380	0	105	-	105	0	-
Dr. Pepper®	380	0	101	-	101	0	-
Lipton® Iced Tea (Sweet)	370	0	94	-	94	0	-
Coca-Cola®	350	0	98	-	98	0	-
Sprite®	350	0	95	-	95	0	-
Pibb Xtra®	350	0	98	-	98	0	-
Barq's® Red Cream Soda	330	0	87	-	87	0	-
Powerade® Mountain Blast	200	0	53	-	53	0	-
Powerade® Fruit Punch	200	0	53	-	50	0	-
Vitaminwater®XXX	180	0	50	-	49	0	-
Fuze® Raspberry Tea	150	0	38	-	38	0	-
Fuze® Sweet Tea	150	0	38	-	38	0	-
Minute Maid® Light Lemonade	60	0	15	-	8	0	-
Diet Coke®	0	0	0	-	0	0	-
Coca-Cola Zero®	0	0	0	-	0	0	-
Sprite Zero®	0	0	0	-	0	0	-
Diet Dr. Pepper®	0	0	0	-	0	0	-
Lipton® Iced Tea (Unsweetened)	0	0	0	-	0	0	-
Fuze® Unsweetened Tea	0	0	0	-	0	0	-