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Nutritional Information

Nutrition

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Menu Item	Serv. Size (g)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cold Subs (does not include vinegar, oil nor mayonnaise unless indicated)																
#1 BLT																
In a Tub	233	280	190	21	9	0	45	790	8	2	5	14	20	20	4	4
Wheat Mini	235	465	160	19	7.5	0	30	1100	53	4	7	18	10	15	2	15
Wheat Regular	348	570	240	26	10	0	45	1450	63	5	10	25	20	20	4	25
Wheat Giant	672	1130	470	52	21	0.5	90	2860	125	11	19	48	40	35	10	45
White Mini	235	420	120	15	6.5	0	30	1130	55	2	5	18	15	15	1	20
White Regular	348	570	230	26	10.5	0	45	1450	64	4	8	25	20	20	4	25
White Giant	672	1240	410	46	19	0	90	3260	156	7	15	52	40	35	10	50
#2 Jersey Shore Favorite																
In a Tub	326	270	120	14	7	0	80	1060	12	2	5	26	30	20	30	8
Wheat Mini	267	425	100	12	5	0	40	990	55	4	7	22	15	15	20	20
Wheat Regular	440	560	170	18	8	0	80	1700	67	5	11	37	30	20	30	30
Wheat Giant	815	1040	290	32	14	0.5	135	3100	131	11	20	66	50	35	50	50
White Mini	271	390	80	9	5	0	40	1020	57	2	5	22	20	15	20	20
White Regular	440	570	160	18	8.5	0	80	1700	67	4	9	38	30	20	30	30
White Giant	815	1150	230	26	13	0.5	135	3500	162	7	16	69	50	35	50	55
#3 American Classic																
In a Tub	326	270	120	14	7	0	80	1310	11	2	5	26	30	20	30	8
Wheat Mini	284	435	110	13	5.5	0	45	1320	54	4	7	25	15	15	20	20
Wheat Regular	440	560	170	18	8	0	80	1960	65	5	11	37	30	20	30	30
Wheat Giant	815	1030	290	32	15	0.5	135	3520	129	11	19	66	50	35	50	50
White Mini	284	400	80	9	2.5	0	45	1350	56	2	5	24	20	15	20	20
White Regular	440	560	160	18	8.5	0	80	1960	66	4	8	38	30	20	30	30
White Giant	815	1140	230	26	13	0.5	135	3900	160	7	15	69	50	35	50	55
#4																
In a Tub	319	270	120	14	6	0	70	810	13	2	5	25	30	20	30	10
Wheat Mini	271	425	100	12	5	0	35	930	55	4	7	22	15	15	20	20
Wheat Regular	433	550	170	18	7	0	70	1470	68	5	11	36	30	20	30	30
Wheat Giant	794	1020	280	31	13	0.5	110	2590	133	11	20	62	50	35	50	55
White Mini	271	390	80	9	4.5	0	35	960	57	2	5	22	20	15	20	25

White Regular	433	560	160	18	7.5	0	70	1460	68	4	9	37	30	20	30	30
White Giant	794	1120	230	26	12	0.5	110	2980	163	7	16	66	50	35	50	65
#5 Super Sub																
In a Tub	340	290	130	14	7	0	85	1150	13	2	5	29	30	20	30	10
Wheat Mini	300	455	110	13	5.5	0	50	1260	56	4	7	27	15	15	20	20
Wheat Regular	455	580	170	19	8	0	85	1800	67	5	11	40	30	20	30	30
Wheat Giant	843	1070	300	33	14	0.5	140	3280	133	11	20	70	50	35	50	55
White Mini	300	425	90	10	5	0	50	1300	58	2	5	27	20	15	20	25
White Regular	455	580	170	19	8.5	0	85	1800	68	4	9	40	30	20	30	35
White Giant	843	1180	240	27	13	0.5	140	3670	160	7	16	74	50	35	50	65
#6 Roast Beef & Provolone																
In a Tub	347	430	180	20	9	1	125	190	9	2	5	52	30	20	30	25
Wheat Mini	299	535	140	17	6.5	0	75	690	56	4	7	40	15	15	20	30
Wheat Regular	462	720	230	25	10	1	125	840	64	5	11	63	30	20	30	45
Wheat Giant	872	1360	410	45	19	2	230	1600	126	11	19	117	50	35	50	85
White Mini	299	500	120	13	6.5	0.5	75	720	55	2	5	40	20	15	20	30
White Regular	462	730	220	25	10.5	1	125	840	64	4	8	64	30	20	30	45
White Giant	872	1470	350	39	18	1.5	230	2000	157	7	15	121	50	35	50	85
#7 Turkey Breast & Provolone																
In a tub	326	250	100	11	6	0	65	930	9	2	5	30	30	20	30	8
Wheat Mini	284	425	100	11	4.5	0	35	1100	53	4	7	27	15	15	20	20
Wheat Regular	440	540	140	16	6	0	65	1590	64	5	11	41	30	20	30	30
Wheat Giant	843	1030	250	27	12	0.5	115	3100	126	11	19	77	50	35	50	50
White Mini	284	390	70	8	4.5	0	35	1140	55	2	5	26	20	15	20	20
White Regular	440	550	140	15	6.5	0	65	1590	64	4	8	41	30	20	30	30
White Giant	843	1140	190	22	10	0.5	115	3500	157	7	15	81	50	35	50	55
#8 Club Sub with Mayonnaise																
In a Tub	375	600	430	47	14	0	100	1610	11	2	5	32	30	20	30	8
Wheat Mini	317	600	260	30	8.5	0	60	1500	54	4	7	29	20	15	20	20
Wheat Regular	490	890	470	52	15	0	100	2260	66	5	11	43	30	20	30	30
Wheat Giant	900	1590	790	88	26	1	170	4000	130	11	20	78	50	35	50	50
White Mini	317	570	230	26	8.5	0	60	1540	56	2	5	29	20	15	20	25
White Regular	490	890	470	52	15.5	0.5	100	2260	67	4	9	44	30	20	30	30
White Giant	900	1690	730	82	25	1	170	4400	160	7	15	81	60	35	50	55
#9 Club Supreme with Mayonnaise																
In a Tub	375	650	430	47	13	0.5	120	910	11	2	5	45	25	20	20	20
Wheat Mini	324	645	260	30	8.5	0	75	1160	54	4	7	38	15	15	15	25
Wheat Regular	490	940	470	52	14	0.5	120	1560	66	5	11	56	25	20	25	40
Wheat Giant	921	1710	820	90	27	1.5	215	3060	130	11	20	102	50	35	45	65
White Mini	324	610	240	27	8.5	0	75	1190	56	2	5	38	15	15	15	30
White Regular	490	940	460	52	14.5	0.5	120	1560	66	4	9	56	25	20	25	40
White Giant	921	1820	760	85	25	1	215	3440	160	7	15	106	50	35	45	75
#10 Tuna																
In a Tub	347	620	490	55	8	0	55	680	12	3	5	21	25	20	6	10
Wheat Mini	299	645	330	37	6.5	0	30	980	56	5	7	22	15	15	4	20

Wheat Regular	462	910	540	59	9	0	55	1330	66	6	11	32	25	20	8	30
Wheat Giant	872	1700	980	109	18	0.5	95	2520	131	11	20	59	50	40	15	55
White Mini	299	600	300	34	5.5	0	30	1010	57	3	5	22	15	15	4	25
White Regular	462	910	530	59	9.5	0	55	1330	67	4	9	32	25	20	8	35
White Giant	872	1800	920	103	17	0.5	95	2900	162	8	16	63	50	40	15	65
#11																
In a Tub	326	340	190	21	9	0	70	1420	11	2	5	27	30	20	30	8
Wheat Mini	264	435	120	14	5.5	0	30	1100	54	4	7	21	15	15	20	20
Wheat Regular	440	630	230	25	10	0	70	2080	66	5	11	38	30	20	30	30
Wheat Giant	815	1150	390	43	18	0.5	115	3700	130	11	19	66	50	35	50	50
White Mini	264	400	100	11	5.5	0	30	1140	56	2	5	21	20	15	20	20
White Regular	440	630	230	25	10.5	0	70	2080	67	4	8	38	30	20	30	30
White Giant	815	1250	330	38	17	0.5	115	4100	160	7	15	70	50	35	50	55
#12																
In a Tub	354	460	210	23	10	1	135	320	9	2	5	54	30	20	30	25
Wheat Mini	306	565	170	20	7.5	0	80	820	53	4	7	42	15	15	20	30
Wheat Regular	469	750	250	28	11	1	135	970	66	5	11	65	30	20	30	45
Wheat Giant	858	1370	450	50	21	1.5	225	1990	127	11	19	109	50	35	50	75
White Mini	306	535	140	16	7.5	0.5	80	850	55	2	5	41	20	15	20	30
White Regular	469	760	250	27	11.5	1	135	970	65	4	8	65	30	20	30	45
White Giant	858	1480	400	44	19	1.5	225	2380	157	7	15	113	50	35	50	85
#13 Original Italian																
In a Tub	369	390	200	22	10	0	95	1600	14	2	5	34	30	20	30	10
Wheat Mini	320	525	160	19	7.5	0	60	1530	57	4	7	31	15	15	20	25
Wheat Regular	483	680	250	27	11	0	95	2250	68	5	11	45	30	20	30	30
Wheat Giant	893	1280	470	51	20	0.5	165	4180	135	11	20	80	50	35	50	55
White Mini	320	490	140	16	7.5	0	60	1560	59	2	5	31	20	15	20	25
White Regular	483	680	240	27	10.5	0	95	2250	69	4	9	45	30	20	30	30
White Giant	893	1390	410	46	19	0.5	165	4560	165	7	16	83	50	35	50	65
#14 Veggie																
In a Tub	333	460	290	32	19	1	100	290	14	3	7	31	45	60	90	6
Wheat Mini	277	515	180	21	10.5	0.5	50	720	55	5	8	25	25	30	45	20
Wheat Regular	447	720	300	33	18	1	75	900	65	6	11	45	50	60	100	25
Wheat Giant	843	1340	540	60	33	2	135	1760	130	12	21	80	90	110	170	45
White Mini	277	475	150	17	10.5	0.5	50	750	57	3	6	25	25	30	45	20
White Regular	447	750	330	36	20.5	1	100	940	69	5	10	42	45	60	90	30
White Giant	843	1450	490	54	31	2	135	2150	160	8	17	83	90	110	170	50
Chicken Salad with Mayonnaise																
White Mini	190	535	260	29	4.5	0	50	1010	51	1	2	18	0	0	1	15
White Regular	268	780	440	49	7.5	0	80	1380	58	1	3	25	0	0	2	20
White Giant	507	1590	805	89.5	14.5	0	150	2930	142	3	6	53	0	0	4	45
Wheat Mini	190	556	290	32	5	0	50	980	49	3	4	18	0	0	2	15
Wheat Regular	268	790	465	51.5	8	0	80	1340	56	3	5	26	0	0	2	20
Wheat Giant	507	1490	860	95	15.5	0.5	150	2550	111	6	10	49	0	0	4	35

		Condiments														
Lettuce Mini	50	5	0	0	0	0	0	0	1	1	1	0	4	2	0	2
Lettuce Regular	99	15	0	0	0	0	0	10	3	1	2	1	10	4	2	2
Lettuce Giant	198	30	5	0	0	0	0	20	6	2	4	2	20	10	4	4
Onions Mini	14	5	0	0	0	0	0	0	1	0	1	0	0	2	0	0
Onions Regular	28	10	0	0	0	0	0	0	3	0	1	0	0	2	0	0
Onions Giant	57	25	0	0	0	0	0	0	6	1	3	1	0	4	2	0
Tomatoes Mini	43	10	0	0	0	0	0	0	2	1	1	0	8	10	0	0
Tomatoes Regular	64	10	0	0	0	0	0	0	3	1	2	1	10	15	0	0
Tomatoes Giant	106	20	0	0	0	0	0	5	4	1	3	1	20	25	2	2
Mayonnaise Mini	18	130	120	14	2	0	5	100	1	0	0	0	0	0	0	0
Mayonnaise Regular & in a Tub	35	250	250	28	4	0	15	200	1	0	0	0	2	0	0	0
Mayonnaise Giant	57	410	400	44	7	0	20	320	2	0	0	1	4	0	2	2
Vinegar Mini	15	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vinegar Regular & in a Tub	30	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vinegar Giant	60	10	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Oil Mini	15	130	130	15	2	0	0	0	0	0	0	0	0	0	0	0
Oil Regular & in a Tub	30	270	270	30	3.5	0	0	0	0	0	0	0	0	0	0	0
Oil Giant	60	530	530	60	7	0	0	0	0	0	0	0	0	0	0	0
Sprinklings (Mayo, Vinegar & Oil) Mini	48	260	260	29	4	0	5	100	1	0	0	0	0	0	0	0
Sprinklings (Mayo, Vinegar & Oil) Regular & in a Tub	95	520	510	58	8	0	15	200	1	0	0	0	2	0	0	2
Sprinklings (Mayo, Vinegar & Oil) Giant	176	950	930	104	14	0	20	330	2	0	0	1	4	0	2	4
Hot Subs																
#15 Meatball & Cheese																
Wheat Regular	384	890	470	52	21	2	95	1950	72	6	12	39	20	4	40	35
Wheat Giant	738	1680	860	96	42	4	170	3790	143	12	23	70	30	8	60	65
White Regular	384	890	460	51	51.5	2	95	1950	72	5	10	39	20	4	40	40
White Giant	738	1790	810	90	38	3.5	170	4180	173	9	19	74	35	8	60	75
#17 Chicken Philly																
Wheat Regular	370	630	230	25	13	0	175	1730	65	4	12	39	20	50	25	30
Wheat	723	1250	450	50	28	1.5	350	3440	129	8	23	77	35	90	50	50

Wheat	370	630	220	25	13.5	0	175	1730	68	3	10	39	20	50	25	30
Regular																
White Giant	723	1360	390	44	26	1	350	3830	160	5	19	81	35	90	50	55
#17 Steak Philly																
Wheat	370	620	210	24	11	0.5	125	1700	64	4	11	41	20	50	25	25
Regular																
Wheat	723	1230	430	47	26	2	255	3390	126	8	21	80	35	90	50	45
Giant																
White	370	620	210	23	11.5	0.5	125	1700	64	3	9	43	20	50	25	30
Regular																
White Giant	723	1340	370	41	22	1.5	255	3780	157	5	16	84	35	90	50	55
#43 Chipotle Steak																
Wheat	411	900	500	55	16	0.5	145	2180	66	4	11	42	20	50	30	25
Regular																
Wheat	819	1810	990	110	34	2	290	4340	133	8	21	83	40	90	60	45
Giant																
White	411	910	490	55	16.5	1	145	2180	67	3	9	42	20	50	30	30
Regular																
White Giant	819	1900	930	104	33	1.5	290	4730	163	5	16	86	40	90	60	55
#43 Chipotle Chicken																
Wheat	411	910	510	56	19	0	195	2200	68	4	12	40	20	50	30	30
Regular																
Wheat	819	1830	1020	113	41	1.5	390	4390	136	8	23	80	40	90	60	50
Giant																
White	411	920	510	56	18.5	0.5	195	2200	68	3	10	41	20	50	30	30
Regular																
White Giant	819	1940	960	107	37	1	390	4780	166	5	19	83	40	90	60	55
#18 Grilled Chicken																
Wheat	362	670	300	33	5	0	65	1290	60	4	8	34	15	10	6	30
Regular																
Wheat	680	1330	610	67	15	0.5	130	2550	120	8	14	66	25	20	10	55
Giant																
White	362	670	300	33	5.5	0	65	1290	61	3	6	34	15	10	6	30
Regular																
White Giant	680	1440	550	61	10	0	130	2940	150	4	9	69	25	20	10	55
#18 Chicken Parmesan																
Wheat	313	650	200	22	7	0	60	1590	77	5	7	37	10	2	25	30
Regular																
Wheat	710	1420	480	53	19	1	140	3520	158	11	19	81	35	8	70	55
Giant																
White	313	650	200	22	7.5	0	60	1590	77	4	6	37	10	2	25	30
Regular																
White Giant	710	1530	420	47	18	1	140	3900	188	7	14	85	35	6	70	65
#19 BBQ Beef																
Wheat	320	710	150	16	5	0	110	1520	83	4	23	59	6	0	6	50
Regular																
Wheat	567	1280	260	29	10	1.5	185	2680	155	8	37	101	10	0	10	85
Giant																
White	320	720	150	16	5.5	0.5	110	1520	84	3	20	59	8	0	6	50
Regular																
White Giant	567	1390	210	23	9	1	185	2070	186	4	33	105	10	0	10	85
#20 Pastrami & Swiss																
Wheat	306	580	160	18	8	0.5	95	2660	60	3	8	45	4	0	25	35
Regular																
Wheat	588	1220	380	42	21	1.5	195	4760	121	6	16	88	15	0	70	65
Giant																
White	306	590	160	17	8.5	0.5	95	2660	61	2	6	45	6	0	25	40
Regular																
White Giant	588	1330	320	36	20	1.5	195	5150	151	3	11	92	15	0	70	65
#20 Reuben																
Wheat	348	700	250	27	9	0	95	2680	72	5	14	41	6	15	25	35

Wheat Regular	695	1440	520	60	23	1.5	205	5120	142	9	24	87	15	30	70	65
Wheat Giant	348	710	240	27	9.5	0.5	95	2680	73	3	11	42	6	15	25	40
White Regular	695	1550	470	52	22	1.5	205	5500	172	6	20	90	15	30	70	75
#56 Big Kahuna																
Wheat Regular	405	670	250	28	14	1	140	2070	65	5	12	43	25	50	30	30
Wheat Giant	780	1340	510	56	29	2	280	3990	130	9	22	85	50	90	60	50
White Regular	405	680	250	28	14.5	1	140	2060	66	3	10	44	25	50	30	30
White Giant	780	1450	450	50	28	1.5	280	4380	160	5	18	89	50	90	60	55
#56 Big Kahuna Chicken																
Wheat Regular	405	680	270	29	16	0.5	190	2090	66	5	13	42	25	50	30	30
Wheat Giant	780	1360	530	59	33	1.5	375	4040	132	9	25	83	50	90	60	50
White Regular	405	690	260	29	16.5	0.5	190	2090	67	3	11	42	25	20	30	30
White Giant	780	1470	470	53	32	1	375	4430	162	5	21	80	50	90	60	55
Chipotle Turkey																
Wheat Regular	495	865	460	50	14	0.5	95	2140	67	6	10	44	30	20	40	30
Wheat Giant	929	1630	850	94	25	1.5	160	4030	132	11	19	78	50	35	60	55
White Regular	495	870	450	50	14.5	0.5	95	2140	67	4	8	44	30	20	40	35
White Giant	929	1730	790	88	24	1	160	4400	163	7	15	82	50	35	60	65
Sausage																
Wheat Regular	327	600	240	27	8	0	65	1690	66	5	12	26	8	50	4	30
Wheat Giant	652	1190	490	59	16	0.5	135	3370	131	10	23	51	15	100	8	55
White Regular	327	600	240	26	7.5	0	65	1690	66	4	10	26	8	50	4	35
White Giant	652	1300	430	48	15	0	135	3760	162	7	19	55	15	100	8	65
Teriyaki Chicken Cheese Steak																
Wheat Regular	426	680	230	25	13	0	175	3900	74	4	20	42	20	50	25	35
Wheat Giant	850	1350	450	50	28	1.5	350	7790	148	9	39	84	35	100	50	65
White Regular	426	680	220	25	13.5	0	175	3900	75	3	18	43	20	50	25	35
White Giant	850	1460	280	44	26	1	350	8180	179	5	34	88	40	100	50	65
Buffalo Chicken Cheese Steak																
Wheat Regular	575	940	500	55	19	0	185	4070	73	5	17	43	80	90	30	30
Wheat Giant	1127	1870	1000	111	39	1.5	370	8120	145	11	31	85	160	180	60	55
White Regular	575	940	500	55	19.5	0	185	4070	74	4	14	43	80	90	30	35
White Giant	1127	1980	940	105	38	1	370	8510	176	7	27	88	160	180	60	65
California Cheese Steak																
Wheat Regular	497	870	460	51	15	0.5	140	1920	65	5	12	42	40	20	25	30
Wheat Giant	971	1740	930	103	32	2	280	3800	130	10	23	82	70	30	50	50
White Regular	497	880	460	51	15.5	1	140	1920	66	4	10	42	40	20	25	30
White Giant	971	1850	870	97	31	1.5	280	4200	160	6	19	86	70	30	50	55

Wrap	423	580	190	22	9	0	70	1630	64	5	11	34	35	20	50	30
Wheat Wrap	423	570	190	22	9	0	70	1550	63	8	5	33	30	20	50	25
#5 Super Sub																
Flour tortilla wrap	444	600	200	22	10	0	85	1820	65	7	6	38	30	20	50	30
Reduced Carb Wrap	442	560	190	21	10	0	85	2010	55	31	5	41	30	20	45	15
Spinach Wrap	444	600	200	22	10	0	85	1990	65	5	8	38	35	20	50	35
Tomato Wrap	444	600	200	22	10	0	85	1970	64	5	11	38	35	20	50	30
Wheat Wrap	444	590	200	22	10	0	85	1890	63	8	5	37	30	20	50	25
#6 Roast Beef & Provolone																
Flour Tortilla Wrap	451	740	250	28	12	1	125	860	61	7	6	61	30	20	50	45
Reduced Carb Wrap	449	700	250	27	12	1	125	1050	51	31	5	64	30	20	45	30
Spinach Wrap	451	740	250	28	12	1	125	1030	61	5	8	61	35	20	60	50
Tomato Wrap	451	740	250	28	12	1	125	1010	60	5	11	61	35	20	60	45
Wheat Wrap	451	730	250	28	12	1	125	930	59	8	5	60	30	20	60	40
#7 Turkey Breast & Provolone																
Flour tortilla wrap	430	560	170	19	8	0	65	1600	61	7	6	39	30	20	50	25
Reduced Carb Wrap	428	520	160	18	8	0	65	1790	51	31	5	42	30	20	45	15
Spinach Wrap	430	560	170	19	9	0	65	1770	61	5	8	39	35	20	50	30
Tomato Wrap	430	560	170	19	9	0	65	1750	60	5	11	39	35	20	50	25
Wheat Wrap	430	550	170	19	8	0	65	1670	59	8	5	38	30	20	50	20
#8 Club Sub with Mayonnaise																
Flour Tortilla Wrap	479	910	500	55	16	0	100	2280	63	7	6	41	30	20	50	30
Reduced Carb Wrap	477	870	490	54	16	0	100	2470	53	31	5	44	30	20	45	15
Spinach Wrap	479	910	500	55	17	0	100	2450	63	5	8	41	35	20	50	35
Tomato Wrap	479	910	500	55	17	0	100	2430	62	5	11	41	35	20	50	30
Wheat Wrap	479	900	500	55	16	0	100	2350	61	8	5	40	30	20	50	25
#9 Club Supreme with Mayonnaise																
Flour Tortilla Wrap	479	960	500	55	16	0.5	120	1580	63	7	6	54	25	20	40	40
Reduced carb wrap	477	920	490	54	16	0.5	120	1770	53	31	5	57	25	20	35	25
Spinach wrap	479	960	500	55	16	0.5	120	1750	63	5	8	54	30	20	45	45
Tomato wrap	479	960	500	55	16	0.5	120	1730	62	5	11	54	30	20	45	40
Wheat wrap	479	950	500	55	16	0.5	120	1650	61	8	5	53	25	20	45	35
#10 Tuna																

Carb Wrap	372	870	490	54	23	2	95	2150	59	32	7	40	20	4	50	20
Spinach Wrap	374	910	500	55	23	2	95	2130	69	6	10	37	25	4	60	40
Tomato Wrap	374	910	500	55	23	2	95	2110	68	6	13	37	25	4	60	35
Wheat Wrap	374	900	500	55	23	2	95	2030	67	9	7	36	20	4	60	30
#17 Chicken Philly																
Flour Tortilla Wrap	359	650	250	28	15	0	175	1750	62	6	8	37	20	50	40	25
Reduced Carb Wrap	357	610	250	27	15	0	175	1940	52	30	7	40	20	50	35	15
Spinach Wrap	359	650	250	28	16	0	175	1920	62	4	10	37	20	50	45	30
Tomato Wrap	359	650	250	28	16	0	175	1900	61	4	13	37	20	50	45	25
Wheat Wrap	359	640	250	28	15	0	175	1820	60	7	7	36	20	50	45	20
#17 Steak Philly																
Flour Tortilla Wrap	359	640	240	27	13	0.5	125	1720	61	6	7	39	20	50	40	25
Reduced Carb Wrap	357	600	230	26	13	0.5	125	1910	51	30	6	42	20	50	35	10
Spinach Wrap	359	640	240	27	13	0.5	125	1890	61	4	9	39	20	50	45	30
Tomato Wrap	359	640	240	27	13	0.5	125	1870	60	4	12	39	20	50	45	25
Wheat Wrap	359	630	240	27	13	0.5	125	1790	59	7	6	38	20	50	45	20
#43 Chipotle Steak																
Flour Tortilla Wrap	400	920	520	58	18	0.5	145	2190	64	6	6	40	20	50	45	25
Reduced Carb Wrap	398	880	520	57	18	0.5	145	2380	54	30	5	43	20	50	40	10
Spinach Wrap	400	920	520	58	19	0.5	145	2360	64	4	8	40	25	50	50	30
Tomato Wrap	400	920	520	58	19	0.5	145	2340	63	4	11	40	25	50	50	25
Wheat Wrap	400	910	520	58	18	0.5	145	2260	62	7	5	39	20	50	50	20
#43 Chipotle Chicken Philly																
Flour Tortilla Wrap	400	940	540	60	20	0	195	2220	65	6	8	38	20	50	45	30
Reduced Carb Wrap	398	900	530	59	20	0	195	2410	55	30	7	41	20	50	40	15
Spinach Wrap	400	940	540	60	21	0	195	2390	65	4	10	38	25	50	50	35
Tomato Wrap	400	940	540	60	21	0	195	2370	64	4	13	38	25	50	50	30
Wheat Wrap	400	930	540	60	20	0	195	2290	63	7	7	37	20	50	50	25
#18 Grilled Chicken																
Flour tortilla wrap	352	690	330	37	7	0	65	1300	58	6	3	32	15	10	25	30
Reduced Carb Wrap	350	650	320	36	7	0	65	1490	48	30	2	35	15	10	20	15
Spinach Wrap	352	690	330	37	8	0	65	1470	58	4	5	32	20	10	30	35

Tomato Wrap	352	690	330	37	8	0	65	1450	57	4	8	32	20	10	30	30
Wheat Wrap	352	680	330	37	7	0	65	1370	56	7	2	31	15	10	30	25
#18 Chicken Parmesan																
Flour Tortilla Wrap	303	670	230	25	9	0	60	1610	74	7	4	35	10	2	45	30
Reduced Carb Wrap	301	630	220	24	9	0	60	1800	64	31	3	38	10	2	40	15
Spinach Wrap	303	670	230	25	9	0	60	1780	74	5	6	35	15	2	50	35
Tomato Wrap	303	670	230	25	9	0	60	1760	73	5	9	35	15	2	50	30
Wheat Wrap	303	660	230	25	9	0	60	1680	72	8	3	34	10	2	50	25
#19 Barbecue Beef																
Flour tortilla wrap	310	740	180	20	7	0	110	1540	80	6	18	57	6	0	25	50
Reduced Carb Wrap	308	700	170	19	7	0	110	1730	70	30	17	60	6	0	20	35
Spinach Wrap	310	740	180	20	7	0	110	1710	80	4	20	57	10	0	30	50
Tomato Wrap	310	740	108	20	7	0	110	1690	79	4	23	57	10	0	30	50
Wheat Wrap	310	730	180	20	7	0	110	1610	78	7	17	56	6	0	30	45
#20 Pastrami & Swiss																
Flour Tortilla Wrap	295	610	190	21	9	0.5	95	2680	58	5	4	43	4	0	40	35
Reduced Carb Wrap	293	570	180	20	9	0.5	95	2870	48	29	3	46	4	0	35	20
Spinach Wrap	295	610	190	21	10	0.5	95	2850	58	3	6	43	8	0	45	40
Tomato Wrap	295	610	190	21	10	0.5	95	2830	57	3	9	43	8	0	45	35
Wheat Wrap	295	600	190	21	9	0.5	95	2750	56	6	3	42	4	0	45	30
#20 Reuben																
Flour Tortilla Wrap	338	720	280	31	11	0	95	2700	70	7	9	39	4	15	45	35
Reduced carb wrap	336	680	270	30	11	0	95	2890	60	31	8	42	4	15	40	20
Spinach wrap	338	720	280	31	11	0	95	2870	70	5	11	39	8	15	50	40
Tomato wrap	338	720	280	31	11	0	95	2850	69	5	14	39	8	15	50	35
Wheat wrap	338	710	280	31	11	0	95	2770	68	8	8	38	4	15	50	30
#56 Big Kahuna																
Flour Tortilla Wrap	395	690	280	31	16	1	140	2080	62	6	7	41	25	50	50	25
Reduced Carb wrap	393	650	270	30	16	1	140	2270	52	30	6	44	25	50	45	15
Spinach wrap	395	690	280	31	16	1	140	2250	62	4	9	41	30	50	50	30
Tomato wrap	395	690	280	31	16	1	140	2230	61	4	12	41	30	50	50	25
Wheat wrap	395	680	280	31	16	1	140	2150	60	7	6	40	25	50	50	20
#56 Big Kahuna Chicken																

Flour Tortilla Wrap	395	710	300	33	18	0.5	190	2110	64	6	9	40	25	50	50	30
Reduced Carb Wrap	393	670	290	32	18	0.5	190	2300	54	30	8	43	25	50	45	15
Spinach Wrap	395	710	300	33	18	0.5	190	2280	64	4	11	40	30	50	50	35
Tomato Wrap	395	710	300	33	18	0.5	190	2260	63	4	14	40	30	50	50	30
Wheat Wrap	395	700	300	33	18	0.5	190	2180	62	7	8	39	25	50	50	25

Chipotle Turkey

Flour Tortilla Wrap	485	890	480	54	16	0.5	95	2160	64	7	6	42	30	20	60	30
Reduced Carb Wrap	483	850	480	53	16	0.5	95	2350	54	31	5	45	30	20	50	15
Spinach Wrap	485	890	480	54	17	0.5	95	2330	64	5	8	42	30	20	60	35
Tomato Wrap	485	890	480	54	17	0.5	95	2310	63	5	11	42	30	20	60	30
Wheat Wrap	485	880	480	54	16	0.5	95	2230	62	8	5	41	30	20	60	25

Sausage

Flour Tortilla wrap	317	620	270	30	9	0	65	1710	63	7	8	24	8	50	20	30
Reduced Carb Wrap	315	580	260	29	9	0	65	1900	53	31	7	27	8	50	15	15
Spinach Wrap	317	620	270	30	10	0	65	1880	63	5	10	24	10	50	25	35
Tomato Wrap	317	620	270	30	10	0	65	1860	62	5	13	24	10	50	25	30
Wheat Wrap	317	610	270	30	9	0	65	1780	61	8	7	23	8	50	25	25

Teriyaki Chicken Cheese Steak

Flour Tortilla Wrap	416	700	250	28	15	0	175	3920	71	6	15	40	20	50	45	35
Reduced Carb Wrap	414	660	250	27	15	0	175	4110	61	30	14	43	20	50	40	20
Spinach Wrap	416	700	250	28	16	0	175	4090	71	4	17	40	20	50	50	40
Tomato Wrap	416	700	250	28	16	0	175	4070	70	4	20	40	20	50	50	35
Wheat Wrap	416	690	250	28	15	0	175	3990	69	7	14	39	20	50	50	30

Buffalo Chicken Cheese Steak

Flour Tortilla Wrap	565	960	530	59	21	0	185	4090	70	7	12	41	80	90	50	30
Reduced Carb Wrap	563	920	520	58	21	0	185	4280	60	31	11	44	80	90	45	20
Spinach Wrap	565	960	530	59	21	0	185	4260	70	5	14	41	80	90	50	35
Tomato Wrap	565	960	530	59	21	0	185	4240	69	5	17	41	80	90	50	30
Wheat Wrap	565	950	530	59	21	0	185	4160	68	8	11	40	80	90	50	25

California Cheese Steak

Flour tortilla Wrap Reduced	487	890	490	55	17	0.5	140	1940	63	7	8	40	40	20	45	30
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Carb Wrap	485	870	500	55	19	0	190	2150	54	31	8	41	40	20	40	15
Spinach Wrap	487	890	490	55	18	0.5	140	2110	63	5	10	40	40	20	50	35
Tomato Wrap	487	890	490	55	18	0.5	140	2090	62	5	13	40	40	20	50	30
Wheat Wrap	487	880	490	55	17	0.5	140	2010	61	8	7	39	40	20	50	25

California Cheese Steak Chicken

Flour Tortilla Wrap	487	910	510	56	19	0	190	1960	64	7	9	38	40	20	45	30
Reduced Carb Wrap	485	870	500	55	19	0	190	2150	54	31	8	41	40	20	40	15
Spinach Wrap	487	910	510	56	20	0	190	2130	64	5	11	38	40	20	50	35
Tomato Wrap	487	910	510	56	20	0	190	2110	63	5	14	38	40	20	50	30
Wheat Wrap	487	900	510	56	19	0	190	2030	62	8	8	37	40	20	50	25

Wraps

Grilled Veggie	487	910	510	57	22	1	105	1480	69	8	10	36	40	60	100	25
Chicken Caesar	345	580	210	23	5	0	65	1470	58	6	4	33	10	4	30	30
Buffalo Chicken	416	740	340	37	14	0	95	2990	62	6	6	40	45	40	45	30
Baja Chicken	444	610	200	23	11	0	90	2640	63	8	7	40	40	10	45	35
Grilled Ham & Cheese	402	740	370	41	13	0	80	1980	63	5	11	29	30	25	50	25
Grilled Roast Beef & Cheese	430	830	400	45	14	0.5	100	1170	65	5	12	42	30	25	50	35
Turkey With Honey Mustard Sauce	373	540	180	20	4	0	50	1700	63	7	10	30	15	15	20	25

Salads

Tossed Salad	343	50	5	0.5	0	0	0	20	11	5	7	3	90	120	6	8
Chef Salad	449	240	90	10	5	0	60	960	12	5	7	25	100	120	25	10
Grilled Chicken Caesar Salad	356	510	320	35	9	0	95	1480	11	2	5	34	80	30	40	15
Tuna Salad	513	690	540	60	9	0	55	740	15	5	7	24	100	120	8	15

DRESSINGS (2 TBSP)

Blue cheese	30	120	110	12	2.5	0	20	320	2	0	2	1	0	0	0	0
Caesar	30	150	130	15	2.5	0	15	390	2	0	1	2	0	0	6	0
Chipotle Mayo	28	180	180	20	3	0	20	150	0	0	0	0	0	0	0	0
Golden Italian	30	110	100	11	1.5	0	0	290	3	0	2	0	0	0	0	0
Golden Italian (packet)	42	110	100	11	2	0	<5	410	2	0	2	0	0	0	0	0
Italian Light (packet)	42	80	80	9	1.5	0	0	370	0	0	0	0	0	0	0	0
Italian Fat Free	31	10	0	0	0	0	0	290	3	0	2	0	0	0	0	0
Ranch	30	120	110	12	2	0	10	240	2	0	1	0	0	0	0	0

Russian	28	160	140	16	2.5	0	10	200	4	0	4	0	0	0	0	
Cookies & Brownies																
Chocolate Brownie (Private Label)	42.5	170	70	7	1.5	0	0	80	23	0	17	2	0	0	0	6
Chocolate Chip Cookie	43	200	100	11	4	2	15	150	24	<1	16	2	0	0	2	6
Chocolate Chip with Candy Pieces Cookie	43	200	100	11	4	2.5	15	160	24	<1	15	2	0	0	2	6
Chocolate Chip Walnut Cookie	43	210	110	12	3.5	2.5	15	150	23	<1	14	2	0	0	0	6
Chocolate Chocolate Chip Cookie	43	180	60	7	2.5	1	20	110	26	1	18	2	2	0	0	8
Chocolate Chunk Cookie	43	200	100	11	4	2	15	140	24	0	15	2	0	0	2	8
Oatmeal Raisin Cookie	43	180	60	7	1.5	2	10	115	26	1	16	2	0	0	0	4
Peanut Butter Cookie	43	200	100	12	2.5	1.5	15	210	21	<1	14	4	2	0	0	4
Peanut Butter Cookie (David's)	43	210	120	14	4	0	15	250	17	1	9	5	0	0	4	4
Peanut Butter Chocolate Chip Cookie	43	210	100	11	3.5	1.5	10	180	23	1	16	3	2	0	0	6
Sugar Cookie	43	180	80	8	3	1.5	20	240	26	0	13	2	8	0	0	4
Sugar Cookie (David's)	43	170	70	8	4.5	0	20	240	23	0	11	2	0	0	2	4
White Chip Macadamia Nut (David's)	43	190	90	10	4.5	0	15	100	24	1	16	2	0	0	2	4
Soups																
Beef Steak and Black Bean (bowl)	372	210	25	3	0.5	0	15	1490	31	13	4	15	10	2	10	8
Beef Steak and Black Bean (cup)	248	140	20	2	0	0	10	990	21	9	3	10	8	2	6	6
Boston Clam Chowder (bowl)	362	190	90	9	3	0.5	20	1540	22	1	0	7	6	10	2	10
Boston Clam Chowder (cup)	241	130	60	6	2	0	15	1030	15	0	0	5	4	8	2	8
Broccoli Cheese	372	210	120	14	8	0	40	1660	12	1	3	6	15	15	10	4

with Florets (bowl)																
Broccoli Cheese with Florets (cup)	248	140	80	9	5	0	25	1100	8	0	2	4	10	10	6	2
Cape Cod Clam Chowder (bowl)	372	210	80	9	3	1.5	15	1670	26	1	2	6	10	0	6	6
Cape Cod Clam Chowder (cup)	248	140	50	6	2	1	10	1110	17	0	1	4	6	0	4	4
Chicken Gumbo (bowl)	372	150	60	7	2.5	0	30	1540	17	2	3	6	6	0	6	6
Chicken Gumbo (cup)	258	100	40	4.5	1.5	0	20	1020	11	1	2	4	4	0	4	4
Chicken Noodle (bowl)	372	140	45	5	1.5	0	25	1370	17	0	1	6	0	0	0	4
Chicken Noodle (cup)	248	90	30	3.5	1	0	15	910	11	0	0	4	0	0	0	2
Chicken Pot Pie (bowl)	372	350	190	21	8	4.5	70	1870	30	2	5	11	40	25	4	50
Chicken Pot Pie (cup)	248	230	130	14	5	3	45	1240	20	1	3	7	25	15	2	35
Chicken Tortilla (bowl)	372	210	40	4.5	1.5	30	0	1520	33	7	3	12	6	0	6	15
Chicken Tortilla (cup)	248	140	25	3	1	20	0	1010	22	5	2	8	4	0	4	10
Cream of Broccoli (bowl)	372	140	80	9	4.5	0	25	1830	13	2	4	4	15	10	8	4
Cream of Broccoli (cup)	248	90	50	6	3	0	15	1220	9	1	3	3	10	8	4	2
Cream of Potato (bowl)	372	270	110	12	8	0	40	1220	26	2	1	3	4	0	4	16
Cream of Potato (cup)	248	180	70	8	5	0	25	810	17	1	0	2	2	0	2	4
Creamy Tomato Bisque (bowl)	362	130	50	6	1	0.5	0	1700	17	1	8	2	15	8	8	4
Creamy Tomato Bisque (cup)	241	90	35	4	1	0	0	1130	11	1	5	1	10	6	6	2
French Onion (bowl)	372	120	15	1.5	0	0	0	1420	23	5	5	5	15	2	10	6
French Onion (cup)	248	80	10	1	0	0	0	940	15	3	3	3	10	2	6	4
Italian Style Wedding (bowl)	362	170	60	7	3.5	0	15	1510	20	1	2	8	50	4	4	8

Italian Style Wedding (cup)	241	120	45	5	2.5	0	10	1000	13	1	1	5	30	4	4	6
Lumberjack Mixed Vegetable (bowl)	362	180	60	7	3	0	10	1970	25	7	6	4	35	6	6	6
Lumberjack Mixed Vegetable (cup)	241	120	40	4.5	2	0	5	1320	16	5	4	2	25	4	4	4
Maryland Style Crab (bowl)	372	110	5	1	0	0	15	1480	18	3	6	6	40	2	6	6
Maryland Style Crab (cup)	248	70	5	0.5	0	0	10	980	12	2	4	4	25	2	4	4
Masterpiece Broccoli Cheese with Florets (bowl)	372	290	140	15	7	0	75	1790	24	2	12	11	10	25	40	4
Masterpiece Broccoli Cheese with Florets (cup)	248	190	90	10	4.5	0	50	1190	16	1	8	7	8	15	25	2
Masterpiece Chicken & Dumplings (bowl)	372	370	240	27	10	3.5	65	1570	24	1	6	10	35	0	10	6
Masterpiece Chicken & Dumplings (cup)	248	250	160	18	7	2.5	45	1040	16	0	4	7	25	0	6	4
Minestrone (bowl)	372	110	40	4.5	1	1	0	2320	12	0	9	5	0	0	6	4
Minestrone (cup)	248	70	25	3	0.5	0.5	0	1540	8	0	6	3	0	0	4	2
Our Old Fashioned Chicken Noodle (bowl)	372	140	25	3	1	0	85	1870	17	1	2	11	10	0	0	10
Our Old Fashioned Chicken Noodle (cup)	248	90	20	2	0.5	0	55	1240	11	0	1	7	8	0	0	6
Potato with Bacon (bowl)	362	200	70	8	2	0	10	1620	27	2	3	5	20	6	4	4
Potato with Bacon (cup)	241	130	45	5	1.5	0	5	1080	18	1	2	4	15	4	2	2
Spicy Chili with Beans (bowl)	409	360	110	12	5	0.5	60	1690	37	10	7	24	20	6	20	25
Spicy Chili with Beans (cup)	273	240	70	8	3.5	0.5	40	1130	25	7	5	16	15	4	15	15
Split Pea with Ham (bowl)	362	220	20	2.5	1	0	10	1570	37	4	6	14	80	2	4	10
Split Pea with Ham	241	150	15	1.5	0.5	0	5	1050	25	3	4	9	50	2	2	6

(cup) Timberline Chili with Beans	372	420	120	14	5	1	50	1030	47	11	14	27	15	15	15	35
(bowl) Timberline Chili with Beans (cup)	248	280	80	9	3.5	0.5	30	680	31	7	9	18	8	10	10	25
Tomato Florentine (bowl)	372	140	15	1.5	0	0	0	1600	26	2	9	5	15	0	10	10
Tomato Florentine (cup)	248	90	10	1	0	0	0	1060	17	1	6	3	10	0	6	6
Vegetable Beef & Barley (bowl)	372	140	40	4.5	1.5	0	15	1570	17	3	2	8	15	0	6	4
Vegetable Beef & Barley (cup)	248	90	25	3	1	0	10	1040	11	2	1	5	10	0	4	2
Vegetarian Vegetable (bowl)	372	120	5	1	0	0	0	1280	27	6	6	3	15	10	6	6
Vegetarian Vegetable (cup)	248	80	5	0.5	0	0	0	850	18	4	4	2	10	6	4	4
Wild and Brown Rice with Chicken (bowl)	372	470	200	23	7	1	115	1370	26	2	2	39	15	0	6	15
Wild and Brown Rice with Chicken (cup)	248	310	140	15	4.5	0.5	75	910	17	1	1	26	10	0	4	10
Wisconsin Cheese (bowl)	362	340	210	24	7	0	30	1800	24	1	12	7	4	2	15	2
Wisconsin Cheese (cup)	241	220	140	16	4.5	0	20	1200	16	0	8	5	2	2	8	2
Fountain Drinks																
Mountain Dew	22 oz	310	0	0	0	0	0	130	84	0	84	0	0	0	0	0
Mountain Dew	32 oz	450	0	0	0	0	0	190	123	0	123	0	0	0	0	0
Mountain Dew Diet	22 oz	0	0	0	0	0	0	95	0	0	0	0	0	0	0	0
Mountain Dew Diet	32 oz	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0
Mug Root Beer	22 oz	290	0	0	0	0	0	120	79	0	79	0	0	0	0	0
Mug Root Beer	32 oz	430	0	0	0	0	0	170	115	0	115	0	0	0	0	0
Mug Root Beer Diet	22 oz	0	0	0	0	0	0	125	0	0	0	0	0	0	0	0
Mug Root Beer Diet	32 oz	0	0	0	0	0	0	180	0	0	0	0	0	0	0	0
Pepsi	22 oz	270	0	0	0	0	0	65	75	0	75	0	0	0	0	0
Pepsi	32 oz	400	0	0	0	0	0	95	109	0	109	0	0	0	0	0

	Breads															
White Sub Roll Mini	100	240	10	1	0.5	0	0	600	50	1	2	9	0	0	1	15
White Sub Roll Regular	114	280	15	1.5	0.5	0	0	690	58	1	3	10	0	0	2	20
White Sub Roll Giant	227	680	30	3.5	1.5	0	0	1670	140	3	6	25	0	0	4	45
Wheat Sub Roll Mini	100	260	40	4	1	0	0	570	48	3	4	9	0	0	2	15
Wheat Sub Roll Regular	114	290	40	4.5	1	0	0	650	55	3	5	11	0	0	2	20
Wheat Sub Roll Giant	227	580	85	9	2.5	0.5	0	1290	109	6	10	21	0	0	4	35
White Flour Tortilla	104	310	70	8	2.5	0	0	670	52	5	1	9	0	0	20	20
White Reduced Carb Tortilla	102	270	60	7	2.5	0	0	860	42	29	0	12	0	0	15	6
Wheat Reduced Carb Tortilla	102	270	60	7	2.5	0	0	860	42	30	0	12	0	0	15	6
Spinach Herb Tortilla	104	310	70	8	3	0	0	840	52	3	3	9	4	0	25	25
Tomato Basil Tortilla	104	310	70	8	3	0	0	820	51	3	6	9	4	0	25	20
Golden Wheat Tortilla	104	300	70	8	2.5	0	0	740	50	6	0	8	0	0	25	15

Kid's Meal Subs (does not include vinegar, oil nor mayonnaise)

	#3 American Classic															
White	150	240	40	4.5	2.5	1	25	785	37	2	2	13	6	5	3	13
Wheat	150	220	59	6.5	8.5	1	25	690	30	3	3	10	6	5	3	10
	#7 Turkey Breast and Provolone															
White	160	250	41	4.5	2	1	20	760	36	2	2	16	6	5	3	13
Wheat	160	225	54	6	2	1	20	665	29	3	3	14	6	5	3	10
	#11															
White	155	260	59	6.5	3	1	25	850	38	2	2	13	6	5	3	13
Wheat	155	235	72	8	3	1	25	755	29	3	3	12	6	5	3	10

Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our menu items are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product.