

★ 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)
THE FRENCHIE	760	300	34	17	0	115	2130	75	5	2	37
LITTLE JOHN 1	300	140	15	4	0	35	770	25	2	2	15
LITTLE JOHN 2	250	100	11	2	0	30	560	24	2	1	13
LITTLE JOHN 3	250	100	11	1.5	0	15	590	26	3	2	10
LITTLE JOHN 4	240	90	10	1.5	0	25	580	24	2	1	12
LITTLE JOHN 5	290	120	13	5	0	40	900	26	2	2	16
LITTLE JOHN 6	340	180	20	7	0	30	580	25	3	1	13
LITTLE JOHN BLT	300	160	16	4.5	0	25	680	24	2	1	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	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
SLIM 1	190	580	560	1160	100	120	180	250	11	14	19	27	6	6	6	12	0	0	0	0	50	50	50	105	900	1690	1290	3370	4	77	60	154	0	5	4	10	2	1	9	2	20	34	36	69
SLIM 2	90	480	460	960	25	50	110	100	3	6	11	11	1.5	1	1	2.5	0	0	0	0	45	45	45	90	490	1280	880	2550	<1	74	57	148	0	5	4	10	<1	0	8	0	17	31	33	62
SLIM 3	250	640	610	1280	180	210	270	420	20	23	29	46	3	3	3	6	0	0	0	0	30	30	30	60	700	1490	1090	2980	5	78	61	155	1	6	5	12	2	2	10	3	11	26	27	52
SLIM 4	70	460	430	910	5	30	90	60	0.5	3	9	6	0	0	0	0	0	0	0	0	30	30	30	60	540	1330	930	2650	2	75	59	150	0	5	4	10	<1	0	8	0	14	29	30	57
SLIM 5	280	670	650	1340	190	210	270	420	20	23	28	45	10	10	10	20	0	0	0	0	85	85	85	165	1270	2060	1660	4120	3	76	60	152	0	5	4	10	2	1	9	2	22	37	38	74
SLIM 6	240	630	600	1260	170	190	250	380	19	21	27	43	11	11	11	21	0	0	0	0	45	45	45	95	470	1260	860	2520	2	75	59	150	0	5	4	10	<1	0	8	0	17	31	33	63
#1	370	650	730	1300	250	270	330	530	28	30	36	59	8	8	8	17	0	0	0	0	70	70	70	135	1060	1630	1440	3250	7	60	64	120	2	5	5	9	4	3	12	7	21	31	37	63
#2	270	550	640	1110	170	190	260	380	20	22	28	43	3.5	3.5	3.5	7	0	0	0	0	60	60	60	120	650	1210	1030	2430	4	57	61	114	2	5	5	9	3	2	10	4	17	28	33	56
#3	270	550	630	1100	190	200	270	410	21	22	29	45	3	3	3	6	0	0	0	0	30	30	30	60	710	1280	1100	2560	9	61	65	123	3	6	6	11	5	4	12	8	12	23	28	45
#4	250	530	610	1060	160	170	240	350	17	19	25	38	2.5	2.5	2.5	5	0	0	0	0	50	50	50	95	700	1260	1080	2530	5	58	62	116	2	5	5	9	3	2	10	4	15	25	31	51
#5	350	630	710	1260	230	250	310	500	25	27	34	54	11	11	11	21	0	0	0	0	85	85	85	165	1330	1900	1720	3800	9	61	65	123	2	5	6	11	5	4	12	8	23	34	39	68
#6	440	730	810	1450	330	350	420	700	38	39	46	79	13	13	13	27	0	0	0	0	65	65	65	125	690	1260	1080	2530	7	60	64	120	3	6	6	12	3	2	11	5	18	29	34	57
J.J.B.L.T.®	360	650	730	1290	290	310	370	610	31	32	39	65	8	8	8	17	0	0	0	0	45	45	45	95	880	1450	1260	2890	4	57	61	114	2	5	5	9	3	2	10	4	15	26	31	51
#7	740	1020	1110	2050	520	540	600	1070	57	59	65	118	22	22	22	45	0	0	0	0	180	180	180	355	2790	3360	3180	6720	11	64	68	128	2	6	6	11	6	5	13	10	45	56	61	112
#8	460	850	830	1710	270	300	360	600	31	33	39	67	10	10	10	19	0	0	0	0	110	110	110	225	1660	2450	2050	4900	7	80	64	160	2	6	5	12	4	3	12	7	37	52	53	103
#9	580	970	950	1940	400	420	480	840	44	46	52	92	14	14	14	27	0	0	0	0	130	130	130	255	2140	2930	2530	5860	11	84	67	168	2	7	6	13	6	5	13	10	35	49	51	99
#10	480	870	840	1730	280	310	360	610	32	35	40	69	10	10	10	21	0	0	0	0	130	130	130	255	1370	2150	1760	4310	5	78	61	156	2	6	5	12	3	2	10	4	42	56	58	113
#11	430	820	800	1650	260	280	340	560	28	31	37	62	8	8	8	17	0	0	0	0	110	100	100	200	1590	2380	1980	4760	8	81	65	163	2	6	5	12	4	3	12	7	35	49	51	98
#12	510	900	870	1790	340	370	420	730	38	41	46	81	13	13	13	27	0	0	0	0	95	95	95	190	1230	2020	1620	4040	9	82	65	164	3	7	6	14	3	2	11	5	32	47	48	93
#13	490	770	850	1540	340	360	420	720	37	39	45	77	12	12	12	25	0	0	0	0	90	90	90	175	2230	2800	2620	5600	5	57	61	115	1	4	5	9	2	1	10	3	30	40	46	80
#14	330	720	700	1450	180	210	260	410	20	23	29	46	3.5	3.5	3.5	7	0	0	0	0	90	90	90	185	1180	1970	1570	3940	5	78	62	157	2	6	5	12	3	2	10	4	31	46	47	91
#15	500	890	870	1780	350	380	430	750	40	42	48	84	14	14	14	27	0	0	0	0	75	75	75	150	1180	1970	1570	3930	10	83	66	166	3	7	6	14	5	4	12	8	29	43	45	87
#16	340	730	700	1450	230	250	310	500	24	27	32	53	5	5	5	11	0	0	0	0	65	65	65	125	1060	1840	1440	3680	5	78	62	157	2	6	5	12	3	2	10	4	22	36	38	73
#17	340	730	710	1470	240	260	320	520	25	28	33	56	6	6	6	12	0	0	0	0	60	60	60	120	1180	1970	1570	3930	6	80	63	159	2	6	5	12	4	3	12	7	20	34	36	68
THE J.J. GARGANTUAN®	730	1120	1100	2240	430	450	510	900	47	50	55	99	15	15	15	30	0	0	0	0	205	205	205	405	3170	3950	3550	7910	12	85	69	170	2	7	6	13	6	5	13	10	65	79	81	159
SMOKIN' KICKIN' CHICKEN	580	860	940	1720	430	450	510	900	48	50	56	99	12	12	12	23	0	0	0	0	95	95	95	190	1340	1910	1730	3830	9	61	65	123	3	6	6	11	3	3	11	6	27	37	43	75
COBB SALAD SANDWICH	530	810	890	1620	290	310	370	620	32	33	40	67	9	9	9	17	0	0	0	0	155	155	155	305	2010	2580	2390	5150	23	76	80	152	3	6	6	11	15	14	23	29	37	47	53	94

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 JIMMYJOHNS.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)
TRIPLE CHOCOLATE CHUNK 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

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 TBO (7, 13 & Originals)	290/570	20/35	2/3.5	0/0	0/0	0/0	570/1140	54/107	4/7	0/0	11/21
French Bread LBI (All Others)	390/790	25/50	2.5/5	0/0	0/0	0/0	790/1580	74/148	5/10	0/0	15/30
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 TBO (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)	Dietary fiber (g)	Sugars (g)	Protein (g)
COCA-COLA	280	0	0	0	0	0	70	73	0	73	0
DIET COKE	0	0	0	0	0	0	90	1	0	0	0
SPRITE	260	0	0	0	0	0	125	67	0	67	0
BARQ'S RED CREAM SODA	320	0	0	0	0	0	125	82	0	82	0
BARQ'S ROOT BEER	310	0	0	0	0	0	95	80	0	80	0
CAFFEINE FREE DIET COKE	0	0	0	0	0	0	90	0	0	0	0
CHERRY COCA-COLA	290	0	0	0	0	0	75	77	0	77	0
COCA-COLA ZERO SUGAR	0	0	0	0	0	0	75	0	0	0	0
DIET DR. PEPPER	0	0	0	0	0	0	95	0	0	0	0
DR. PEPPER	280	0	0	0	0	0	95	74	0	74	0
FANTA CHERRY	220	0	0	0	0	0	95	57	0	57	0
FANTA GRAPE	280	0	0	0	0	0	95	72	0	72	0
FANTA ORANGE	280	0	0	0	0	0	75	74	0	73	0
FANTA STRAWBERRY	300	0	0	0	0	0	150	79	0	78	0
FUZE RASPBERRY TEA	160	0	0	0	0	0	90	41	0	41	0
FUZE SWEET TEA	160	0	0	0	0	0	95	41	0	41	0
FUZE UNSWEET TEA	0	0	0	0	0	0	90	0	0	0	0
GLACEAU VITAMINWATER XXX	140	0	0	0	0	0	70	34	0	34	0
HI-C FLASHIN' FRUIT PUNCH	280	0	0	0	0	0	135	78	0	76	0
HI-C POPPIN' PINK LEMONADE	260	0	0	0	0	0	180	65	0	65	0
LIPTON ICED TEA (SWEET)	270	0	0	0	0	0	15	60	0	60	0
LIPTON ICED TEA (UNSWEETENED)	0	0	0	0	0	0	15	0	0	0	0
MELLO YELLO	300	0	0	0	0	0	95	80	0	80	0
MINUTE MAID LEMONADE	270	0	0	0	0	0	180	69	0	69	0
MINUTE MAID LIGHT LEMONADE	10	0	0	0	0	0	80	4	0	0	0
PIBB XTRA	270	0	0	0	0	0	100	69	0	69	0
POWERADE FRUIT PUNCH	160	0	0	0	0	0	210	39	0	39	0
POWERADE MOUNTAIN BLAST	160	0	0	0	0	0	210	40	0	40	0
SPRITE ZERO	5	0	0	0	0	0	80	0	0	0	0

30/32 OUNCES

COCA-COLA	380/410	0/0	0/0	0/0	0/0	0/0	95/100	100/107	0/0	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	0/0
SPRITE	350/380	0/0	0/0	0/0	0/0	0/0	170/180	91/97	0/0	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	0/0	112/119	0/0
BARQ'S ROOT BEER	420/440	0/0	0/0	0/0	0/0	0/0	135/140	109/116	0/0	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	0/0
CHERRY COCA-COLA	400/430	0/0	0/0	0/0	0/0	0/0	105/110	105/112	0/0	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	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	0/0
DR. PEPPER	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	0/0	101/108	0/0
FANTA CHERRY	300/320	0/0	0/0	0/0	0/0	0/0	125/135	77/82	0/0	77/82	0/0
FANTA GRAPE	380/410	0/0	0/0	0/0	0/0	0/0	130/140	98/104	0/0	98/104	0/0
FANTA ORANGE	380/410	0/0	0/0	0/0	0/0	0/0	100/105	101/108	0/0	99/106	0/0
FANTA STRAWBERRY	410/440	0/0	0/0	0/0	0/0	0/0	210/220	107/115	0/0	106/113	0/0
FUZE RASPBERRY TEA	220/230	0/0	0/0	0/0	0/0	0/0	125/135	56/59	0/0	55/59	0/0
FUZE SWEET TEA	220/230	0/0	0/0	0/0	0/0	0/0	130/140	56/60	0/0	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	0/0
GLACEAU VITAMINWATER XXX	180/200	0/0	0/0	0/0	0/0	0/0	100/105	47/50	0/0	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	0/0	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	0/0	88/94	0/0
LIPTON ICED TEA (SWEET)	370/400	0/0	0/0	0/0	0/0	0/0	20/20	94/100	0/0	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	0/0
MELLO YELLO	410/440	0/0	0/0	0/0	0/0	0/0	125/135	109/116	0/0	109/116	0/0
MINUTE MAID LEMONADE	370/400	0/0	0/0	0/0	0/0	0/0	250/260	94/100	0/0	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	0/0
PIBB XTRA	360/390	0/0	0/0	0/0	0/0	0/0	135/140	95/101	0/0	95/101	0/0
POWERADE FRUIT PUNCH	210/230	0/0	0/0	0/0	0/0	0/0	290/310	53/57	0/0	53/57	0/0
POWERADE MOUNTAIN BLAST	220/230	0/0	0/0	0/0	0/0	0/0	280/300	55/58	0/0	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	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"		
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 & CAPICOLA	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	<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	<1	1	2	8	16	32
CAPICOLA	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
SIDE OF KICKIN' RANCH®	1 Serving	160			140			15			2.5			0			15			310			2			0			<1			<1		
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 GUAC	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	<1	
	XTRA	20	45	90	20	40	80	2	4	8	0	0	1	0	0	0	0	0	0	65	130	260	2	3	6	<1	2	4	0	0	0	0	<1	2
YELLOW MUSTARD	1 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	
	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	
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	
	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	
	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	
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	
	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	
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																									

★ LIMITED TIME OFFER INGREDIENTS ★

(AVAILABLE ONLY ON THE SMOKIN' KICKIN' CHICKEN / COBB SALAD SANDWICH)

	PORTION	Calories		Calories from Fat		Total Fat		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
		8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
CHICKEN	EZ	50	100	15	30	2	3.5	1	1.5	0	0	25	50	200	400	0	< 1	0	0	0	0	9	17
	REG	100	210	30	60	3.5	7	1.5	3.5	0	0	50	100	400	800	<1	2	0	0	0	0	17	35
	XTRA	210	420	60	130	7	14	3.5	7	0	0	100	200	800	1600	2	4	0	0	0	<1	35	70
CREOLE PEPPER SAUCE	EZ	50	110	50	100	6	12	1	1.5	0	0	0	< 5	135	270	1	2	0	0	<1	1	0	0
	REG	110	220	100	210	12	23	1.5	3.5	0	0	< 5	5	270	530	2	4	0	0	1	3	0	0
	XTRA	220	440	210	420	23	47	3.5	7	0	0	5	15	530	1070	4	8	0	0	3	5	0	0
BLEU CHEESE	EZ	25	50	20	40	2	4.5	1.5	3	0	0	5	10	85	170	0	0	0	0	0	0	2	3
	REG	50	110	40	80	4.5	9	3	6	0	0	10	25	170	340	0	< 1	0	0	0	0	3	6
	XTRA	110	210	80	150	9	17	6	11	0	0	25	45	340	690	<1	1	0	0	0	0	6	13
HARD-BOILED EGGS	EZ	10	25	5	15	1	1.5	0	0	0	0	30	55	10	20	0	0	0	0	0	< 1	2	2
	REG	25	45	15	30	1.5	3	0	1	0	0	55	110	20	35	0	0	0	0	0	0	2	4
	XTRA	45	90	30	60	3	6	1	2	0	0	110	225	35	75	0	< 1	0	0	0	<1	4	8
BALSAMIC FIG GLAZE	EZ	25	50	0	0	0	0	0	0	0	0	0	75	150	7	13	0	0	5	11	0	0	
	REG	50	110	0	0	0	0	0	0	0	0	0	150	310	13	27	0	0	11	21	0	0	
	XTRA	110	210	0	0	0	0	0	0	0	0	0	310	620	27	54	0	0	21	43	0	0	