

9to5strength - Jimmy John's Nutrition Tables

Jimmy John's - Sandwiches (Unwich Lettuce Wrap)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
THE J.J. GARGANTUAN®	710	63	10	6	47	15	1.0	7.7
Veggie Club (#13)	630	33	9	2	55	23	2.0	2.9
Italian Night Club (#9)	560	33	9	6	44	14	1.0	5.3
Club Tuna (#15)	500	27	9	4	40	14	2.0	2.9
Beach Club (#12)	470	31	8	2	38	13	2.0	3.0
Hunter's Club (#10)	460	40	4	2	32	10	1.0	3.2
Billy Club (#8)	440	35	6	3	31	10	1.0	4.0
Gourmet Smoked Ham Club (#7)	420	30	9	4	29	9	1.0	4.2
Vegetarian (#6)	410	17	7	2	37	13	2.0	1.7
Country Club (#11)	410	33	7	3	28	9	1.0	3.9
Pepe (#1)	350	19	6	3	28	9	1.0	2.6
Vito (#5)	340	22	7	5	25	10	1.0	3.3
Ultimate Ham BLT (#17)	330	18	5	3	26	7	1.0	2.9
Bootlegger Club (#14)	320	30	4	2	21	4	1.0	2.8
Club Lulu (#16)	320	21	4	2	25	6	1.0	2.6
J.J.B.L.T.®	290	9	3	2	26	7	1.0	1.6
Sorry Charlie (#3)	280	11	7	4	22	4	2.0	1.8
Tuna Salad (SLIM 3)	270	11	5	3	22	4	1.0	1.8
Big John (#2)	260	16	3	2	20	4	1.0	1.5
Italian (SLIM 5)	230	22	3	3	20	10	0.0	3.2
Turkey Tom (#4)	230	14	4	2	18	3	1.0	1.7
Ham & Cheese (SLIM 1)	190	19	4	2	11	6	0.0	2.2
Cheese (SLIM 6)	170	16	3	1	18	10	0.0	1.2
Roast Beef (SLIM 2)	100	16	1	1	3	1	0.0	1.1
Turkey (SLIM 4)	70	14	2	1	1	0	0.0	1.3

Jimmy John's - Sandwiches (8" French Bread)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
THE J.J. GARGANTUAN®	1100	78	83	6	50	15	7.0	9.7
Veggie Club (#13)	1020	48	82	2	58	23	8.0	4.8
Italian Night Club (#9)	950	48	82	6	46	14	7.0	7.2
Club Tuna (#15)	890	42	82	4	43	14	8.0	4.9
Beach Club (#12)	860	46	81	2	40	13	8.0	5.0
Hunter's Club (#10)	850	55	77	2	35	10	7.0	5.1
Billy Club (#8)	830	50	79	3	33	10	7.0	5.9
Gourmet Smoked Ham Club (#7)	810	45	82	4	32	9	7.0	6.2
Country Club (#11)	800	48	80	3	31	9	7.0	5.9
Ultimate Ham BLT (#17)	720	33	78	3	28	7	7.0	4.9
Bootlegger Club (#14)	710	45	77	2	23	4	7.0	4.8
Club Lulu (#16)	710	36	77	2	27	6	7.0	4.6
Vegetarian (#6)	690	28	60	2	39	13	7.0	3.1
Italian (SLIM 5)	660	37	75	2	23	10	5.0	5.1

Tuna Salad (SLIM 3)	650	26	77	2	25	4	6.0	3.7
Pepe (#1)	630	30	59	3	30	9	6.0	4.0
Vito (#5)	620	33	60	5	27	10	6.0	4.7
Cheese (SLIM 6)	610	31	75	0	21	10	5.0	3.1
Ham & Cheese (SLIM 1)	570	34	76	1	13	6	5.0	4.2
J.J.B.L.T.®	570	20	56	2	28	7	6.0	3.0
Sorry Charlie (#3)	560	22	60	4	24	4	7.0	3.2
Big John (#2)	540	27	56	2	22	4	6.0	2.9
Turkey Tom (#4)	510	25	57	2	20	3	6.0	3.1
Roast Beef (SLIM 2)	480	31	73	0	6	1	5.0	3.1
Turkey (SLIM 4)	450	29	74	0	3	0	5.0	3.3

Jimmy John's - Sandwiches (9 Grain Wheat)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
THE J.J. GARGANTUAN®	1070	79	67	14	55	15	6.0	8.7
Veggie Club (#13)	990	49	66	10	63	23	7.0	3.8
Italian Night Club (#9)	920	49	66	14	52	14	6.0	6.2
Club Tuna (#15)	860	43	66	12	48	14	7.0	3.9
Beach Club (#12)	830	47	65	10	46	13	7.0	4.0
Hunter's Club (#10)	820	56	61	10	40	10	6.0	4.1
Billy Club (#8)	800	51	63	11	39	10	6.0	4.9
Gourmet Smoked Ham Club (#7)	780	46	66	12	37	9	6.0	5.2
Vegetarian (#6)	770	33	64	10	45	13	7.0	2.7
Country Club (#11)	770	49	64	11	36	9	6.0	4.9
Pepe (#1)	710	35	63	11	36	9	6.0	3.5
Vito (#5)	700	38	64	13	33	10	6.0	4.2
Ultimate Ham BLT (#17)	690	34	62	11	34	7	6.0	3.9
Bootlegger Club (#14)	680	46	61	10	29	4	6.0	3.8
Club Lulu (#16)	680	37	61	10	33	6	6.0	3.6
J.J.B.L.T.®	650	25	60	10	34	7	6.0	2.5
Sorry Charlie (#3)	640	27	64	12	30	4	7.0	2.7
Italian (SLIM 5)	630	38	59	10	28	10	4.0	4.1
Tuna Salad (SLIM 3)	620	27	61	10	30	4	5.0	2.7
Big John (#2)	620	32	60	10	28	4	6.0	2.4
Turkey Tom (#4)	590	30	61	10	26	3	6.0	2.7
Cheese (SLIM 6)	580	32	59	8	26	10	4.0	2.1
Ham & Cheese (SLIM 1)	540	35	60	9	19	6	4.0	3.2
Roast Beef (SLIM 2)	450	32	57	8	11	1	4.0	2.1
Turkey (SLIM 4)	420	30	58	8	9	0	4.0	2.3

Jimmy John's - Sandwiches (16" French Bread)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
THE J.J. GARGANTUAN®	2190	156	166	12	99	29	14.0	19.3
Veggie Club (#13)	2040	96	164	4	115	46	16.0	9.6
Italian Night Club (#9)	1890	96	164	12	92	27	14.0	14.5
Club Tuna (#15)	1770	84	164	8	85	27	16.0	9.8

Beach Club (#12)	1720	92	162	4	80	26	16.0	9.9
Hunter's Club (#10)	1690	110	154	4	69	20	14.0	10.2
Billy Club (#8)	1660	100	158	6	66	19	14.0	11.9
Gourmet Smoked Ham Club (#7)	1610	90	164	8	63	18	14.0	12.3
Country Club (#11)	1590	96	160	6	61	17	14.0	11.7
Ultimate Ham BLT (#17)	1430	66	156	6	56	13	14.0	9.7
Bootlegger Club (#14)	1410	90	154	4	46	8	14.0	9.5
Sliced Turkey & Bacon (#16)	1410	72	154	4	54	12	14.0	9.1
Vegetarian (#6)	1380	56	120	4	78	26	14.0	6.2
Pepe (#1)	1250	60	118	6	59	17	12.0	8.0
Vito (#5)	1230	66	120	10	54	20	12.0	9.4
J.J.B.L.T.®	1130	40	112	4	56	14	12.0	6.0
Sorry Charlie (#3)	1110	44	120	8	48	7	14.0	6.4
Big John (#2)	1070	54	112	4	44	8	12.0	5.8
Turkey Tom (#4)	1010	50	114	4	39	6	12.0	6.2

Jimmy John's - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
TRIPLE CHOCOLATE CHUNK COOKIE	410	5	56	32	19	12	0.0	0.7
OATMEAL RAISIN COOKIE	370	6	57	31	13	8	3.0	1.0
REGULAR JIMMY CHIPS® (per bag)	300	4	34	2	18	4	2.0	0.4
BBQ JIMMY CHIPS® (per bag)	300	4	34	2	18	4	2.0	0.6
JALAPEÑO JIMMY CHIPS® (per bag)	300	4	34	2	18	4	2.0	0.8
SALT & VINEGAR JIMMY CHIPS® (per bag)	300	2	34	4	16	4	2.0	1.0
THINNY CHIPS® (per bag)	260	4	40	4	10	2	2.0	0.4
JUMBO KOSHER DILL PICKLE	20	1	4	1	0	0	4.0	5.2

Jimmy John's - Bread/Unwich

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Giant 16" French Bread LBI	780	30	146	0	5	0	10.0	3.9
Giant 16" French Bread TBO	560	22	106	0	4	0	8.0	2.8
8" French Bread LBI	390	15	73	0	3	0	5.0	2.0
9-Grain Hand-Sliced Wheat	360	16	57	8	8	0	4.0	1.0
8" French Bread TBO	280	11	53	0	2	0	4.0	1.4
Unwich® (Lettuce Wrap)	5	0	1	1	0	0	0.0	0.0

Jimmy John's - Drinks (22oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
FANTA® GRAPE	330	0	89	89	0	0
FANTA® STRAWBERRY	330	0	88	88	0	0
HI-C® POPPIN' PINK LEMONADE®	330	0	88	84	0	0
MINUTE MAID® LEMONADE	300	0	80	77	0	0
FANTA® CHERRY	300	0	81	81	0	0
BARQ'S® ROOT BEER	290	0	83	83	0	0
MELLO YELLO®	290	0	80	80	0	0
HI-C® FLASHIN' FRUIT PUNCH®	290	0	81	81	0	0

FANTA® ORANGE	290	0	83	81	0	0
COCA-COLA® CHERRY	280	0	77	77	0	0
DR. PEPPER®	280	0	74	74	0	0
LIPTON® ICED TEA (SWEET)	270	0	60	60	0	0
COCA-COLA®	260	0	72	72	0	0
SPRITE®	260	0	70	70	0	0
PIBB XTRA®	260	0	72	72	0	0
BARQ'S® RED CREAM SODA	240	0	64	64	0	0
POWERADE® FRUIT PUNCH	180	0	46	44	0	0
POWERADE® MOUNTAIN BLAST	150	0	39	39	0	0
VITAMINWATER® XXX	130	0	37	36	0	0
FUZE® RASPBERRY TEA	110	0	28	28	0	0
FUZE® SWEET TEA	110	0	28	28	0	0
MINUTE MAID® LIGHT LEMONADE	40	0	11	6	0	0
DIET COKE®	0	0	0	0	0	0
DIET COKE® CAFFEINE FREE	0	0	0	0	0	0
COCA-COLA ZERO®	0	0	0	0	0	0
SPRITE ZERO®	0	0	0	0	0	0
DIET DR. PEPPER®	0	0	0	0	0	0
LIPTON® ICED TEA (UNSWEETENED)	0	0	0	0	0	0
FUZE® UNSWEETENED TEA	0	0	0	0	0	0

Jimmy John's - Drinks (30oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
FANTA® GRAPE	450	0	122	122	0	0
FANTA® STRAWBERRY	450	0	120	120	0	0
HI-C® POPPIN' PINK LEMONADE®	450	0	120	115	0	0
MINUTE MAID® LEMONADE	410	0	109	105	0	0
FANTA® CHERRY	410	0	111	111	0	0
BARQ'S® ROOT BEER	400	0	113	113	0	0
MELLO YELLO®	400	0	109	109	0	0
HI-C® FLASHIN' FRUIT PUNCH®	400	0	111	111	0	0
FANTA® ORANGE	400	0	113	110	0	0
COCA-COLA® CHERRY	380	0	105	105	0	0
DR. PEPPER®	380	0	101	101	0	0
LIPTON® ICED TEA (SWEET)	370	0	94	94	0	0
COCA-COLA®	350	0	98	98	0	0
SPRITE®	350	0	95	95	0	0
PIBB XTRA®	350	0	98	98	0	0
BARQ'S® RED CREAM SODA	330	0	87	87	0	0
POWERADE® MOUNTAIN BLAST	200	0	53	53	0	0
POWERADE® FRUIT PUNCH	200	0	53	50	0	0
VITAMINWATER® XXX	180	0	50	49	0	0
FUZE® RASPBERRY TEA	150	0	38	38	0	0
FUZE® SWEET TEA	150	0	38	38	0	0
MINUTE MAID® LIGHT LEMONADE	60	0	15	8	0	0
DIET COKE®	0	0	0	0	0	0

COCA-COLA ZERO®	0	0	0	0	0	0
SPRITE ZERO®	0	0	0	0	0	0
DIET DR. PEPPER®	0	0	0	0	0	0
LIPTON® ICED TEA (UNSWEETENED)	0	0	0	0	0	0
FUZE® UNSWEETENED TEA	0	0	0	0	0	0