



# ALLERGEN INFORMATION

Jimmy John's serves from-scratch food made with excellent ingredients, and we are committed to providing you with the most up-to-date allergen and nutrition information from our suppliers.

Please note that because individual foods may come into contact with each other during preparation of your sandwich, and because of shared utensils and equipment, we cannot guarantee that our food is free from any allergens. If you have any special requests or concerns related to allergies or other dietary restrictions, please inform your cashier when placing your order.

This guide is updated periodically; we suggest you check back each time you order with us. Still have questions? Contact our Customer Service team [here](#).

	Milk	Soy	Wheat	Eggs	Fish/Shellfish △	Tree Nuts/ Peanuts △	Sesame	Gluten
French Bread		✓ <sup>1</sup>	✓					✓
Sliced Wheat		✓ <sup>2</sup>	✓					✓
Unwich® (Lettuce Wrap)								
Ham								
Turkey								
Roast Beef								
Salami								
Capocollo								
Bacon								
Tuna Salad		✓	✓	✓	✓			✓
Provolone Cheese	✓							
Avocado Spread								
Kickin' Ranch®	✓	✓		✓		◆		
Hellmann's® Mayo				✓				
Jimmy Mustard®								
Grey Poupon®						◆		
Yellow Mustard						◆		
Oil & Vinegar						◆		
Oregano-Basil								
Lettuce, Tomato, Cucumber, Onion								
Jimmy Peppers®						◆		
Pickles								
Cookies – Chocolate Chip & Oatmeal Raisin	✓	✓ <sup>3</sup>	✓	✓		◆		✓
Fudge Chocolate Brownie	✓	✓	✓	✓		◆		✓
Regular Jimmy Chips®						✓ <sup>4</sup>		
Thinny Chips®						✓ <sup>4</sup>		
Salt & Vinegar Jimmy Chips®	✓					✓ <sup>4</sup>		✓
Jalapeño Jimmy Chips®						✓ <sup>4</sup>		
BBQ Jimmy Chips®						✓ <sup>4</sup>		✓

Breakfast Sandwich Ingredients - Available at Select Locations Only	Milk	Soy	Wheat	Eggs	Fish/Shell- fish △	Tree Nuts/ Peanuts △	Sesame	Gluten
Egg Patty	✓			✓				
Black Pepper								

△ Jimmy John's – Alliance Kitchen #9600, located at 1425 Ellsworth Industrial Blvd NW, Atlanta, GA 30318, is a shared kitchen and additional allergens, peanut, shellfish and tree nut allergens are present in this kitchen. Shared kitchen operations involve shared cooking, preparation areas and tools; for that reason the possibility and risk exists for allergen-containing food items to come in contact with other food products.

✓ = Contains ◆ = This item is produced in, or may contain ingredients that are produced in, a facility that processes tree nuts and/or peanuts.  
 1 = Contains hydrogenated soybean oil and soybean oil; may contain trace amounts of soy protein. 2 = Contains soybean oil; may contain trace amounts of soy protein.  
 3 = Contains <0.5 g soy lecithin per serving. 4 = Cooked in peanut oil.

\*Menu items vary by location. Trademarks, logos, and service marks displayed are trademarks of Jimmy John's or of third parties. 2023\_767248

# LIMITED TIME OFFER INGREDIENTS



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Ingredient	Milk	Soy	Wheat	Eggs	Fish/Shell-fish	Tree Nuts/Peanuts	Sesame	Gluten
Garlic Herb Tortilla*			✓					✓
Flour Tortilla*			✓					✓
Seasoned Chicken*								
Creamy Caesar Dressing*	✓	✓		✓	✓			
Parmesan Cheese*	✓							
Croutons*	✓		✓					✓
Ranch Seasoning*	✓	✓						
Jalapeño Ranch*	✓			✓				
Crispy Jalapeños*			✓					✓
Red Pepper Flakes*								
Blue Cheese Dressing*	✓			✓				
Ranch Dressing*	✓			✓				
Italian Dressing*								
Lettuce Blend*								
Crispy Carrot Noodles*			✓					✓
Thai Satay Sauce*		✓	✓				✓	✓

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EFFECTIVE 05.29.23



# ★ 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)
<b>CHOCOLATE CHIP COOKIE</b>	410	170	19	12	0	50	290	56	<1	32	5
<b>OATMEAL RAISIN COOKIE</b>	370	120	13	8	0	50	390	57	3	31	6
<b>FUDGE CHOCOLATE BROWNIE</b>	350	170	19	6	0	70	135	46	2	33	4
<b>REGULAR JIMMY CHIPS®</b>	300	160	18	3	0	0	180	33	2	3	3
<b>BBQ JIMMY CHIPS®</b>	290	140	16	3	0	0	230	34	2	5	3
<b>JALAPEÑO JIMMY CHIPS®</b>	290	150	17	3	0	0	320	33	2	3	3
<b>SALT &amp; VINEGAR JIMMY CHIPS®</b>	290	150	17	3	0	0	360	33	2	3	3
<b>THINNY CHIPS®</b>	260	100	11	2	0	0	190	39	3	3	4
<b>JUMBO KOSHER DILL PICKLE</b>	20	0	0	0	0	0	1710	3	2	1	1
<b>SIDE OF AVOCADO SPREAD</b>	70	60	6	0.5	0	0	200	4	3	0	1
<b>SIDE OF KICKIN' RANCH®</b>	160	140	15	2.5	0	15	310	2	0	<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)
<b>French Bread TBO</b> (7, 13 & Originals)	230/470	15/30	1.5/3	0/0	0/0	0/0	470/930	44/87	3/6	0/0	9/17
<b>French Bread LBI</b> (All Others)	350/710	20/45	2/4.5	0/0	0/0	0/0	710/1420	66/133	4/9	0/0	13/27
<b>Thick Sliced Wheat</b> (8" Only)	290	40	5	0	0	0	440	47	5	5	12
<b>Unwich® (Lettuce Wrap)</b> (8" Only)	0	0	0	0	0	0	0	<1	0	<1	0
<b>Little John French TBO</b> (Standard)	120	5	.5	0	0	0	240	22	1	0	4
<b>Little John French LBI</b> (By Request)	200	10	1	0	0	0	390	37	2	0	7

## DRINKS

	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)
<b>22 OUNCES</b>											
<b>COCA-COLA</b>	280	0	0	0	0	0	70	73	0	73	0
<b>DIET COKE</b>	0	0	0	0	0	0	90	1	0	0	0
<b>SPRITE</b>	260	0	0	0	0	0	125	67	0	67	0
<b>BARQ'S RED CREAM SODA</b>	320	0	0	0	0	0	125	82	0	82	0
<b>BARQ'S ROOT BEER</b>	310	0	0	0	0	0	95	80	0	80	0
<b>CAFFEINE FREE DIET COKE</b>	0	0	0	0	0	0	90	0	0	0	0
<b>CHERRY COCA-COLA</b>	290	0	0	0	0	0	75	77	0	77	0
<b>COCA-COLA ZERO SUGAR</b>	0	0	0	0	0	0	75	0	0	0	0
<b>DIET DR. PEPPER</b>	0	0	0	0	0	0	95	0	0	0	0
<b>DR. PEPPER</b>	280	0	0	0	0	0	95	74	0	74	0
<b>FANTA CHERRY</b>	220	0	0	0	0	0	95	57	0	57	0
<b>FANTA GRAPE</b>	280	0	0	0	0	0	95	72	0	72	0
<b>FANTA ORANGE</b>	280	0	0	0	0	0	75	74	0	73	0
<b>FANTA STRAWBERRY</b>	300	0	0	0	0	0	150	79	0	78	0
<b>FUZE RASPBERRY TEA</b>	160	0	0	0	0	0	90	41	0	41	0
<b>FUZE SWEET TEA</b>	160	0	0	0	0	0	95	41	0	41	0
<b>FUZE UNSWEET TEA</b>	0	0	0	0	0	0	90	0	0	0	0
<b>GLACEAU VITAMINWATER XXX</b>	140	0	0	0	0	0	70	34	0	34	0
<b>HI-C FLASHIN' FRUIT PUNCH</b>	280	0	0	0	0	0	135	78	0	76	0
<b>HI-C POPPIN' PINK LEMONADE</b>	260	0	0	0	0	0	180	65	0	65	0
<b>LIPTON ICED TEA (SWEET)</b>	270	0	0	0	0	0	15	60	0	60	0
<b>LIPTON ICED TEA (UNSWEETENED)</b>	0	0	0	0	0	0	15	0	0	0	0
<b>MELLO YELLO</b>	300	0	0	0	0	0	95	80	0	80	0
<b>MINUTE MAID LEMONADE</b>	270	0	0	0	0	0	180	69	0	69	0
<b>MINUTE MAID LIGHT LEMONADE</b>	10	0	0	0	0	0	80	4	0	0	0
<b>PIBB XTRA</b>	270	0	0	0	0	0	100	69	0	69	0
<b>POWERADE FRUIT PUNCH</b>	160	0	0	0	0	0	210	39	0	39	0
<b>POWERADE MOUNTAIN BLAST</b>	160	0	0	0	0	0	210	40	0	40	0
<b>SPRITE ZERO</b>	5	0	0	0	0	0	80	0	0	0	0
<b>30/32 OUNCES</b>											
<b>COCA-COLA</b>	380/410	0/0	0/0	0/0	0/0	0/0	95/100	100/107	0/0	100/107	0/0
<b>DIET COKE</b>	0/0	0/0	0/0	0/0	0/0	0/0	125/130	1/1	0/0	0/0	0/0
<b>SPRITE</b>	350/380	0/0	0/0	0/0	0/0	0/0	170/180	91/97	0/0	91/97	0/0
<b>BARQ'S RED CREAM SODA</b>	440/460	0/0	0/0	0/0	0/0	0/0	170/180	112/119	0/0	112/119	0/0
<b>BARQ'S ROOT BEER</b>	420/440	0/0	0/0	0/0	0/0	0/0	135/140	109/116	0/0	109/116	0/0
<b>CAFFEINE FREE DIET COKE</b>	0/0	0/0	0/0	0/0	0/0	0/0	120/130	0/1	0/0	0/0	0/0
<b>CHERRY COCA-COLA</b>	400/430	0/0	0/0	0/0	0/0	0/0	105/110	105/112	0/0	105/112	0/0
<b>COCA-COLA ZERO SUGAR</b>	0/0	0/0	0/0	0/0	0/0	0/0	100/105	0/0	0/0	0/0	0/0
<b>DIET DR. PEPPER</b>	0/0	0/0	0/0	0/0	0/0	0/0	130/140	0/0	0/0	0/0	0/0
<b>DR. PEPPER</b>	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	0/0	101/108	0/0
<b>FANTA CHERRY</b>	300/320	0/0	0/0	0/0	0/0	0/0	125/135	77/82	0/0	77/82	0/0
<b>FANTA GRAPE</b>	380/410	0/0	0/0	0/0	0/0	0/0	130/140	98/104	0/0	98/104	0/0
<b>FANTA ORANGE</b>	380/410	0/0	0/0	0/0	0/0	0/0	100/105	101/108	0/0	99/106	0/0
<b>FANTA STRAWBERRY</b>	410/440	0/0	0/0	0/0	0/0	0/0	210/220	107/115	0/0	106/113	0/0
<b>FUZE RASPBERRY TEA</b>	220/230	0/0	0/0	0/0	0/0	0/0	125/135	56/59	0/0	55/59	0/0
<b>FUZE SWEET TEA</b>	220/230	0/0	0/0	0/0	0/0	0/0	130/140	56/60	0/0	55/59	0/0
<b>FUZE UNSWEETENED TEA</b>	5/5	0/0	0/0	0/0	0/0	0/0	125/135	0/1	0/0	0/0	0/0
<b>GLACEAU VITAMINWATER XXX</b>	180/200	0/0	0/0	0/0	0/0	0/0	100/105	47/50	0/0	46/49	0/0
<b>HI-C FLASHIN' FRUIT PUNCH</b>	390/410	0/0	0/0	0/0	0/0	0/0	180/200	106/113	0/0	103/110	0/0
<b>HI-C POPPIN' PINK LEMONADE</b>	350/370	0/0	0/0	0/0	0/0	0/0	250/260	88/94	0/0	88/94	0/0
<b>LIPTON ICED TEA (SWEET)</b>	370/400	0/0	0/0	0/0	0/0	0/0	20/20	94/100	0/0	94/100	0/0
<b>LIPTON ICED TEA (UNSWEETENED)</b>	0/0	0/0	0/0	0/0	0/0	0/0	20/20	0/0	0/0	0/0	0/0
<b>MELLO YELLO</b>	410/440	0/0	0/0	0/0	0/0	0/0	125/135	109/116	0/0	109/116	0/0
<b>MINUTE MAID LEMONADE</b>	370/400	0/0	0/0	0/0	0/0	0/0	250/260	94/100	0/0	94/100	0/0
<b>MINUTE MAID LIGHT LEMONADE</b>	15/15	0/0	0/0	0/0	0/0	0/0	105/115	5/5	0/0	0/0	0/0
<b>PIBB XTRA</b>	360/390	0/0	0/0	0/0	0/0	0/0	135/140	95/101	0/0	95/101	0/0
<b>POWERADE FRUIT PUNCH</b>	210/230	0/0	0/0	0/0	0/0	0/0	290/310	53/57	0/0	53/57	0/0
<b>POWERADE MOUNTAIN BLAST</b>	220/230	0/0	0/0	0/0	0/0	0/0	280/300	55/58	0/0	55/58	0/0
<b>SPRITE ZERO</b>	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 —

	PORTION	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)		
		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"			
<b>HAM</b>	EZ	15	35	70	0	10	15	0	1	1.5	0	0.5	0	0	0	5	15	30	170	330	660	<1	1	2	0	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	15	30	55	330	660	1330	1	2	5	0	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	30	55	115	660	1330	2650	2	5	9	0	0	0	0	1	2	5	11	23	46
<b>ROAST BEEF</b>	EZ	20	45	90	5	15	25	1	1.5	3	0	0.5	1	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	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	45	90	175	490	980	1950	0	0	0	0	0	0	0	0	0	16	32	65	
<b>TURKEY BREST</b>	EZ	15	30	60	0	0	5	0	0	0.5	0	0	0	0	0	10	15	30	135	270	540	0	<1	1	0	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	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	30	60	125	540	1070	2150	1	2	5	0	0	0	0	0	0	14	27	55	
<b>SALAMI &amp; CAPOCCOLLO</b>	EZ	40	80	160	25	50	100	2.5	5	11	1	2.5	5	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	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	60	120	240	1030	2070	4140	2	3	7	0	0	0	1	2	5	14	27	55	
<b>SALAMI</b>	EZ	25	50	100	15	30	60	1.5	3.5	7	1	1.5	3.5	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	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	40	80	160	690	1370	2740	1	2	5	0	0	0	<1	1	2	8	16	32	
<b>CAPOCCOLLO</b>	EZ	15	30	60	10	20	40	1	2	4	0	0.5	1.5	0	0	10	20	40	170	350	700	0	<1	1	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	10	20	40	170	350	700	0	<1	1	0	0	0	<1	1	3	6	11		
	XTRA	60	130	250	40	80	160	4	8	16	1.5	3	6	0	0	20	40	80	350	700	1390	<1	1	2	0	0	0	<1	1	2	6	11	23	
<b>TUNA SALAD</b>	EZ	60	120	240	45	90	180	5	10	20	1	1.5	3	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	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	30	60	115	700	1400	2800	4	8	15	<1	2	4	2	3	6	11	22	44	
<b>BACON</b>	EZ	60	60	120	45	45	90	4.5	4.5	9	2	2	4	0	0	10	10	20	240	240	480	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	15	15	30	360	360	720	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	30	30	60	720	720	1440	0	0	0	0	0	0	0	0	14	14	28		
<b>PROVOLONE CHEESE</b>	EZ	30	60	120	20	40	80	2.5	4.5	9	1.5	2.5	5	0	0	5	10	25	60	120	240	0	0	<1	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	10	25	45	120	240	470	0	<1	1	0	0	0	0	0	4	8	16		
	XTRA	120	240	470	80	160	330	9	19	38	5	11	21	0	0	25	45	95	240	470	940	<1	1	2	0	0	0	0	0	8	16	33		
<b>AVOCADO SPREAD</b>	EZ	5	10	20	0	10	20	0	1	2	0	0	0	0	0	0	0	0	15	35	65	0	<1	2	0	0	<1	0	0	0	0	0		
	REG	10	20	45	10	20	40	1	2	4	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	65	130	260	2	3	6	<1	2	4	0	0	0	0	<1		
<b>YELLOW MUSTARD</b>	PACKET	5			0			0			0			0			65			0			0			0			0					
<b>JIMMY MUSTARD®</b>	EZ	0	5	10	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	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	240	480	960	0	0	0	0	0	0	0	0	0	0	0		
<b>GREY POUPON®</b>	EZ	0	0	5	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			
	REG	0	5	10	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			
	XTRA	5	10	20	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			
<b>MAYO</b>	EZ	45	110	230	40	100	210	4.5	11	23	0.5	1.5	3.5	0	0	0	0	<5	10	25	40	105	210	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	10	15	35	150	300	600	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	10	30	55	105	250	500	0	0	0	0	0	0	0	0	0	0			
<b>OIL &amp; VINEGAR</b>	EZ	10	20	40	10	20	45	1	2.5	5	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	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	50	100	200	0	0	0	0	0	0	0	0	0	0	0			
<b>OREGANO-BASIL</b>	EZ	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	<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	<1	1	2	0	<1	1	0	0					



# LIMITED TIME OFFER ITEMS AND INGREDIENTS - SUMMER WRAPS



	Total calories (cal)		Calories from fat		Total fat (g)		Saturated fat (g)		Trans fat (g)		Cholesterol (mg)		Sodium (mg)		Total carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)		
	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	Unwich®	Wrap	
LTO WRAP																							
THAI CHICKEN WRAP	480	770	290	340	32	38	5	8	0	0	65	65	960	1630	24	74	2	3	12	12	20	27	
CHICKEN CAESAR WRAP	620	930	420	510	47	56	10	13	0	0	95	95	1780	2610	24	75	2	3	4	6	28	35	
JALAPEÑO RANCH CHICKEN WRAP	580	860	380	450	42	50	11	15	0	0	95	95	1260	1830	17	65	3	4	6	6	30	38	

	INGREDIENT	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
AVAILABLE ONLY ON THE THAI CHICKEN WRAP	FLOUR WRAP	EACH	290	50	6	3	0	0	670	50	2	0	7
	SEASONED CHICKEN	EZ	50	15	2	1	0	25	200	0	0	0	9
		REG	100	30	3.5	1.5	0	50	400	<1	0	0	17
		XTRA	210	60	7	3.5	0	100	800	2	0	0	35
	THAI SATAY SAUCE	EZ	35	15	1.5	0	0	0	170	5	0	4	0
		REG	70	30	3	0	0	0	350	10	0	9	<1
		XTRA	150	60	6	1	0	0	700	19	0	18	2
	CRISPY CARROT NOODLES	EZ	60	40	4.5	0	0	0	30	5	0	<1	0
		REG	120	80	9	0.5	0	0	60	9	<1	1	<1
		XTRA	240	160	17	1.5	0	0	120	19	2	2	2
AVAILABLE ONLY ON THE CHICKEN CAESAR WRAP	GARLIC & HERB WRAP	each	300	80	9	2.5	0	0	800	47	1	3	9
	SEASONED CHICKEN	EZ	50	15	2	1	0	25	200	0	0	0	9
		REG	100	30	3.5	1.5	0	50	400	<1	0	0	17
		XTRA	210	60	7	3.5	0	100	800	2	0	0	35
	CREAMY CAESAR DRESSING	EZ	90	90	10	1.5	0	5	250	1	0	<1	<1
		REG	180	170	19	3.5	0	15	500	3	0	1	1
		XTRA	360	350	39	7	0	30	990	6	0	3	3
	PARMESAN CHEESE	EZ	30	20	2	1.5	0	5	65	0	0	0	2
		REG	60	35	4	2.5	0	15	130	<1	<1	0	5
		XTRA	110	70	8	5	0	25	260	1	1	0	9
	CROUTONS	EZ	45	15	1.5	0	0	0	140	7	0	0	1
		REG	90	25	3	0	0	0	280	15	0	0	3
		XTRA	180	50	6	0	0	0	570	30	0	0	6
RANCH SEASONING	EZ	0	0	0	0	0	0	60	0	0	0	0	
	REG	0	0	0	0	0	0	115	<1	0	0	0	
	XTRA	10	0	0	0	0	0	230	2	0	0	0	
AVAILABLE ONLY ON THE JALAPEÑO RANCH CHICKEN WRAP	FLOUR WRAP	each	290	50	6	3	0	0	670	50	2	0	7
	RED PEPPER FLAKES	EZ	0	0	0	0	0	0	0	0	0	0	0
		REG	0	0	0	0	0	0	0	0	0	0	0
		XTRA	0	0	0	0	0	0	0	0	0	0	0
	CRISPY JALAPEÑOS	EZ	60	35	4	0	0	0	20	4	0	0	<1
		REG	110	70	8	0.5	0	0	45	9	<1	<1	1
		XTRA	230	150	16	1.5	0	0	90	18	2	2	3
	JALAPEÑO RANCH	EZ	50	45	5	0.5	0	<5	120	0	0	0	0
		REG	100	90	10	1.5	0	10	240	<1	0	<1	<1
		XTRA	200	180	20	3	0	20	490	2	0	2	2
SEASONED CHICKEN	EZ	50	15	2	1	0	25	200	0	0	0	9	
	REG	100	30	3.5	1.5	0	50	400	<1	0	0	17	
	XTRA	210	60	7	3.5	0	100	800	2	0	0	35	

MENU ITEMS VARY BY LOCATION.

# ★ BREAKFAST MENU ITEMS ★

Available at Select Locations Only

	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)
<b>HAM, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	440	170	19	6	0	165	1280	37	2	1	27
<b>BACON, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	430	200	22	7	0	145	860	35	2	0	20
<b>VITO, EGG &amp; CHEESE BREAKFAST SANDWICH</b>	490	220	24	9	0	190	1610	36	2	1	29
<b>COFFEE (12OZ) - REGULAR</b>	0	0	0	0	0	0	5	0	0	0	0
<b>COFFEE (12OZ) - DECAF</b>	0	0	0	0	0	0	5	0	0	0	0

BREAKFAST SANDWICH INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>4" FRENCH BREAD</b>	each	180	10	1	0	0	0	350	33	2	0	7
<b>MAYO - BREAKFAST SANDWICH PORTION</b>	EZ	20	20	2	0	0	< 5	20	0	0	0	0
	REG	40	35	4	0.5	0	< 5	35	0	0	0	0
	XTRA	80	70	8	1	0	10	75	0	0	0	0
<b>HAM - BREAKFAST SANDWICH PORTION</b>	EZ	35	10	1	0	0	15	330	1	0	< 1	6
	REG	70	15	1.5	0.5	0	30	660	2	0	1	11
	XTRA	140	35	3.5	1	0	55	1330	5	0	2	23
<b>BACON - BREAKFAST SANDWICH PORTION</b>	EZ	30	25	2.5	1	0	< 5	120	0	0	0	2
	REG	60	45	4.5	2	0	10	240	0	0	0	5
	XTRA	150	120	12	5	0	25	600	0	0	0	12
<b>VITO - BREAKFAST SANDWICH PORTION</b>	EZ	80	50	5	2.5	0	30	520	< 1	0	< 1	7
	REG	160	100	11	5	0	60	1030	2	0	1	14
	XTRA	320	210	22	10	0	120	2070	3	0	2	27
<b>PROVOLONE CHEESE - BREAKFAST SANDWICH PORTION</b>	EZ	30	20	2.5	1.5	0	5	60	0	0	0	2
	REG	60	40	4.5	2.5	0	10	120	0	0	0	4
	XTRA	120	80	9	5	0	25	240	< 1	0	0	8
<b>FRIED EGG PATTY</b>	EZ	45	35	4	1	0	60	55	< 1	0	0	2
	REG	90	70	8	1.5	0	120	105	1	0	0	5
	XTRA	190	140	15	3.5	0	240	210	2	0	0	10
<b>BLACK PEPPER</b>	EZ	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	0	0	0	0
	XTRA	0	0	0	0	0	0	0	0	0	0	0

# ★ LIMITED TIME OFFER ITEMS AND INGREDIENTS -SALADS & SIDES ★

SALAD	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>CHICKEN BACON RANCH SALAD</b>	520	340	37	10	0	85	1530	19	2	4	30
<b>BAJA CHICKEN SALAD</b>	590	380	42	11	0	85	1670	24	6	5	32
<b>CHEF SALAD</b>	600	370	40	12	0	105	2300	24	2	6	41
<b>BLACK &amp; BLEU SALAD</b>	500	310	35	11	0	90	1450	20	2	4	29
<b>ITALIAN SALAD</b>	510	330	36	13	0	85	1900	24	2	8	25
<b>CHICKEN BACON AVOCADO SALAD</b>	580	420	45	14	0	95	1650	14	5	3	34

SALAD INGREDIENTS

INGREDIENT	PORTION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>LETTUCE BLEND</b>	each	15	0	0	0	0	0	30	3	< 1	0	< 1
<b>RANCH DRESSING PACKET</b>	each	200	200	22	3.5	0	10	320	2	0	1	0
<b>BLEU CHEESE DRESSING PACKET</b>	each	200	190	21	4	0	25	430	2	0	1	1
<b>CLASSIC ITALIAN VINAIGRETTE PACKET</b>	each	140	130	14	2	0	0	330	4	0	3	0
<b>JALAPENO RANCH DRESSING</b>	each	150	130	15	2	0	15	370	1	0	1	1
<b>ALL-NATURAL CHICKEN</b>	EZ	60	15	2	1	0	25	290	< 1	0	0	9
	REG	110	35	3.5	1.5	0	50	570	1	0	0	18
	XTRA	220	70	7	3.5	0	100	1140	2	0	0	36
<b>AVOCADO (SALAD PORTION)</b>	EZ	35	30	3	0	0	0	95	2	1	0	< 1
	REG	70	60	6	0.5	0	0	190	4	3	0	1
	XTRA	100	90	9	1	0	0	290	7	4	0	2
<b>SHAVED PARMESAN</b>	EZ	30	20	2.5	1.5	0	5	75	0	0	0	2
	REG	60	40	4.5	2.5	0	15	150	< 1	0	0	4
	XTRA	110	80	9	5	0	25	300	1	0	0	8
<b>CROUTONS</b>	EZ	35	10	1	0	0	0	105	5	0	0	< 1
	REG	70	15	2	0	0	0	210	11	0	1	2
	XTRA	130	35	4	0	0	0	420	21	< 1	2	3
<b>CRISPY JALAPEÑOS</b>	EZ	60	40	4.5	0	0	0	25	5	0	0	< 1
	REG	120	80	9	0.5	0	0	45	10	< 1	< 1	1
	XTRA	240	160	17	1.5	0	0	95	19	2	2	3
<b>CHILI LIME SEASONING</b>	EZ	0	0	0	0	0	0	20	0	0	0	0
	REG	0	0	0	0	0	0	35	0	0	0	0
	XTRA	0	0	0	0	0	0	75	0	0	0	0

**MENU ITEMS VARY BY LOCATION.**