

★ 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)	
	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW
LITTLE JOHN 1	300	140	15	4	0	35	770	25	2	2	15	2	2	2	2	2	2	2	2	2	2	15
LITTLE JOHN 2	250	100	11	2	0	30	560	24	2	0	30	560	24	2	0	30	560	24	2	0	30	13
LITTLE JOHN 3	250	100	11	1.5	0	15	590	26	3	0	15	590	26	3	0	15	590	26	3	0	10	10
LITTLE JOHN 4	240	90	10	1.5	0	25	500	24	2	0	25	500	24	2	0	25	500	24	2	0	12	12
LITTLE JOHN 5	290	120	13	5	0	40	900	26	2	0	40	900	26	2	0	40	900	26	2	0	16	16
LITTLE JOHN 6	340	180	20	7	0	30	580	25	3	0	30	580	25	3	0	30	580	25	3	0	13	13
LITTLE JOHN BLT	300	160	16	4.5	0	25	680	24	2	0	25	680	24	2	0	25	680	24	2	0	12	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	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	U	SW	
SLIM 1	190	540	560	1080	100	120	180	240	11	13	19	27	6	6	12	0	0	0	0	0	0	0	0
SLIM 2	90	440	460	880	25	45	110	90	3	5	11	11	1.5	1	2.5	0	0	0	0	0	0	0	0
SLIM 3	250	600	610	1200	180	210	270	410	20	23	29	45	3	3	6	0	0	0	0	0	0	0	0
SLIM 4	70	420	430	830	5	30	90	60	0.5	3	9	6	0	0	0	0	0	0	0	0	0	0	0
SLIM 5	280	630	650	1260	190	210	270	420	20	23	28	45	10	10	20	0	0	0	0	0	0	0	0
SLIM 6	240	590	600	1180	170	190	250	370	19	21	27	42	11	11	21	0	0	0	0	0	0	0	0
#1 THE PEPE®	370	600	730	1200	250	260	330	530	28	29	36	58	8	8	17	0	0	0	0	0	0	0	0
#2 BIG JOHN®	270	500	640	1000	170	190	260	380	20	21	28	42	3.5	3.5	7	0	0	0	0	0	0	0	0
#3 TOTALLY TUNA®	270	500	630	990	190	200	270	400	21	22	29	44	3	3	6	0	0	0	0	0	0	0	0
#4 TURKEY TON®	250	480	610	950	160	170	240	340	17	19	25	37	2.5	2.5	5	0	0	0	0	0	0	0	0
#5 VITO®	350	580	710	1150	230	250	310	490	25	27	34	54	11	11	21	0	0	0	0	0	0	0	0
#6 THE VEGGIE	440	670	810	1350	330	350	420	700	38	39	46	78	13	13	27	0	0	0	0	0	0	0	0
J.J.B.L.T.®	360	590	730	1190	290	300	370	610	31	32	39	64	8	8	17	0	0	0	0	0	0	0	0
#7 SPICY EAST COAST ITALIAN	740	970	1110	1940	520	530	600	1070	57	59	65	117	22	22	45	0	0	0	0	0	0	0	0
#8 BILLY CLUB®	460	810	830	1630	270	300	360	590	31	33	39	66	10	10	19	0	0	0	0	0	0	0	0
#9 ITALIAN NIGHT CLUB®	580	930	950	1860	400	420	480	840	44	46	52	91	14	14	27	0	0	0	0	0	0	0	0
#10 HUNTERS CLUB®	480	830	840	1650	280	300	360	610	32	34	40	69	10	10	21	0	0	0	0	0	0	0	0
#11 COUNTRY CLUB®	430	780	800	1570	260	280	340	550	28	31	37	61	8	8	17	0	0	0	0	0	0	0	0
#12 BEACH CLUB®	510	860	870	1710	340	360	420	730	38	40	46	81	13	13	27	0	0	0	0	0	0	0	0
#13 JIMMY CUBANO™	490	720	850	1440	340	360	420	710	37	38	45	77	12	12	25	0	0	0	0	0	0	0	0
#14 BOOTLEGGER CLUB®	330	680	700	1370	180	200	260	410	20	23	29	45	3.5	3.5	7	0	0	0	0	0	0	0	0
#15 CLUB TUNA®	500	850	870	1710	350	370	430	750	40	42	48	83	14	14	27	0	0	0	0	0	0	0	0
#16 CLUB LULU®	340	690	700	1370	230	250	310	500	24	26	32	53	5	5	11	0	0	0	0	0	0	0	0
#17 ULTIMATE PORKER®	340	690	710	1390	240	260	320	520	25	28	33	55	6	6	12	0	0	0	0	0	0	0	0
THE J.J. GARGANTUAN®	730	1080	1100	2160	430	450	510	900	47	49	55	99	15	15	30	0	0	0	0	0	0	0	0

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 JIMMY JOHN'S.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)
CHOCOLATE CHIP 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
SIDE OF AVOCADO SPREAD	70	60	6	0.5	0	0	200	4	3	0	1
SIDE OF KICKIN' RANCH®	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)
French Bread TBO (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
French Bread LBI (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
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)	Sugars (g)	Protein (g)
COCA-COLA	280	0	0	0	0	0	70	73	73	0
DIET COKE	0	0	0	0	0	0	90	1	0	0
SPRITE	260	0	0	0	0	0	125	67	67	0
BARQ'S RED CREAM SODA	320	0	0	0	0	0	125	82	82	0
BARQ'S ROOT BEER	310	0	0	0	0	0	95	80	80	0
CAFFEINE FREE DIET COKE	0	0	0	0	0	0	90	0	0	0
CHERRY COCA-COLA	290	0	0	0	0	0	75	77	77	0
COCA-COLA ZERO SUGAR	0	0	0	0	0	0	75	0	0	0
DIET DR. PEPPER	0	0	0	0	0	0	95	0	0	0
DR. PEPPER	280	0	0	0	0	0	95	74	74	0
FANTA CHERRY	220	0	0	0	0	0	95	57	57	0
FANTA GRAPE	280	0	0	0	0	0	95	72	72	0
FANTA ORANGE	280	0	0	0	0	0	75	74	73	0
FANTA STRAWBERRY	300	0	0	0	0	0	150	79	78	0
FUZE RASPBERRY TEA	160	0	0	0	0	0	90	41	41	0
FUZE SWEET TEA	160	0	0	0	0	0	95	41	41	0
FUZE UNSWEET TEA	0	0	0	0	0	0	90	0	0	0
GLACEAU VITAMINWATER XXX	140	0	0	0	0	0	70	34	34	0
HI-C FLASHIN' FRUIT PUNCH	280	0	0	0	0	0	135	78	76	0
HI-C POPPIN' PINK LEMONADE	260	0	0	0	0	0	180	65	65	0
LIPTON ICED TEA (SWEET)	270	0	0	0	0	0	15	60	60	0
LIPTON ICED TEA (UNSWEETENED)	0	0	0	0	0	0	15	0	0	0
MELLO YELLO	300	0	0	0	0	0	95	80	80	0
MINUTE MAID LEMONADE	270	0	0	0	0	0	180	69	69	0
MINUTE MAID LIGHT LEMONADE	10	0	0	0	0	0	80	4	0	0
PIBB XTRA	270	0	0	0	0	0	100	69	69	0
POWERADE FRUIT PUNCH	160	0	0	0	0	0	210	39	39	0
POWERADE MOUNTAIN BLAST	160	0	0	0	0	0	210	40	40	0
SPRITE ZERO	5	0	0	0	0	0	80	0	0	0

30/32 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)	Sugars (g)	Protein (g)
COCA-COLA	380/410	0/0	0/0	0/0	0/0	0/0	95/100	100/107	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
SPRITE	350/380	0/0	0/0	0/0	0/0	0/0	170/180	91/97	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	112/119	0/0
BARQ'S ROOT BEER	420/440	0/0	0/0	0/0	0/0	0/0	135/140	109/116	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
CHERRY COCA-COLA	400/430	0/0	0/0	0/0	0/0	0/0	105/110	105/112	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
DIET DR. PEPPER	0/0	0/0	0/0	0/0	0/0	0/0	130/140	0/0	0/0	0/0
DR. PEPPER	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	101/108	0/0
FANTA CHERRY	300/320	0/0	0/0	0/0	0/0	0/0	125/135	77/82	77/82	0/0
FANTA GRAPE	380/410	0/0	0/0	0/0	0/0	0/0	130/140	98/104	98/104	0/0
FANTA ORANGE	380/410	0/0	0/0	0/0	0/0	0/0	100/105	101/108	99/106	0/0
FANTA STRAWBERRY	410/440	0/0	0/0	0/0	0/0	0/0	210/220	107/115	106/113	0/0
FUZE RASPBERRY TEA	220/230	0/0	0/0	0/0	0/0	0/0	125/135	56/59	55/59	0/0
FUZE SWEET TEA	220/230	0/0	0/0	0/0	0/0	0/0	130/140	56/60	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
GLACEAU VITAMINWATER XXX	180/200	0/0	0/0	0/0	0/0	0/0	100/105	47/50	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	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	88/94	0/0
LIPTON ICED TEA (SWEET)	370/400	0/0	0/0	0/0	0/0	0/0	20/20	94/100	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
MELLO YELLO	410/440	0/0	0/0	0/0	0/0	0/0	125/135	109/116	109/116	0/0
MINUTE MAID LEMONADE	370/400	0/0	0/0	0/0	0/0	0/0	250/260	94/100	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
PIBB XTRA	360/390	0/0	0/0	0/0	0/0	0/0	135/140	95/101	95/101	0/0
POWERADE FRUIT PUNCH	210/230	0/0	0/0	0/0	0/0	0/0	290/310	53/57	53/57	0/0
POWERADE MOUNTAIN BLAST	220/230	0/0	0/0	0/0	0/0	0/0	280/300	55/58	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

DRINK FLAVORS & SIZES VARY BY LOCATION

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

WRAPS	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)	
	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP
CHICKEN CAESAR WRAP	620	910	420	500	47	55	10	13	0	0	95	1580	2390	24	70	2	3	4	7	4	27	36
SOUTHWEST ROAST BEEF WRAP	450	750	270	350	30	39	7	10	0	0	75	1090	2100	19	69	3	5	4	4	4	22	28
BEEFY RANCH WRAP	530	820	350	400	38	44	10	13	0	0	95	1420	2080	16	66	1	3	3	3	3	30	37

INGREDIENT	PORTION	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	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP
GARLIC & HERB SEASONED CHICKEN	Each	300	80	9	2	2.5	0	0	0	800	47	1	3	9	9								
	EZ	50	15	2	1	0	0	0	200	0	0	0	0	0	9								
	REG	100	30	3.5	1.5	0	0	0	400	<1	0	0	0	17									
	XTRA	210	60	7	3.5	0	0	0	800	2	0	0	0	35									
CREAMY CAESAR DRESSING	EZ	90	90	10	1.5	0	0	0	250	1	0	0	<1	<1									
	REG	180	170	19	3.5	0	0	0	500	3	0	0	1	1									
	REG	360	350	39	7	0	0	0	990	6	0	0	3	3									
	XTRA	30	20	2	1.5	0	0	0	65	0	0	0	0	2									
PARMESAN CHEESE	REG	60	35	4	2.5	0	0	0	130	<1	<1	0	0	5									
	REG	110	70	8	5	0	0	0	260	1	1	0	0	9									
	EZ	45	15	1.5	0	0	0	0	140	7	0	0	0	1									
	REG	90	25	3	0	0	0	0	280	15	0	0	0	3									
MINI CROUTONS	REG	180	50	6	0	0	0	0	570	30	0	0	0	6									
	EZ	0	0	0	0	0	0	0	60	0	0	0	0	0									
	REG	0	0	0	0	0	0	0	115	<1	0	0	0	0									
	XTRA	10	0	0	0	0	0	0	230	2	0	0	0	0									

AVAILABLE ONLY ON THE CHICKEN CAESAR WRAP

INGREDIENT	PORTION	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	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP
JALAPEÑO CHEDDAR WRAP	Each	310	80	9	2.5	0	0	0	1010	51	2	1	6	6									
	EZ	0	0	0	0	0	0	0	45	0	0	0	0	0									
	REG	0	0	0	0	0	0	0	85	<1	0	0	0	0									
	XTRA	0	0	0	0	0	0	0	170	0	0	0	0	0									
KICKIN' RANCH®	EZ	40	35	4	0.5	0	0	0	80	<5	0	0	0	0									
	REG	80	70	8	1	0	0	0	160	<1	0	0	0	0									
	REG	170	140	16	2.5	0	0	0	320	2	0	0	<1	<1									
	XTRA	25	20	2	1.5	0	0	0	105	<1	0	0	0	0									
SHREDDED PEPPER JACK CHEESE	REG	50	35	4	2.5	0	0	0	210	1	0	0	3	3									
	REG	100	70	8	5	0	0	0	420	2	0	0	0	5									
	EZ	10	0	0	0	0	0	0	0	1	0	0	0	0									
	REG	15	0	0	0	0	0	0	0	3	<1	<1	<1	<1									
FIRE ROASTED SOUTHWEST CORN BLEND	REG	30	0	0	0	0	0	0	0	0	0	0	0	0									
	REG	35	15	2	0	0	0	0	20	5	<1	<1	<1	<1									
	EZ	70	35	3.5	0.5	0	0	0	40	9	1	0	1	1									
	XTRA	140	70	7	1	0	0	0	75	18	2	0	2	2									

AVAILABLE ONLY ON THE SOUTHWEST ROAST BEEF WRAP

INGREDIENT	PORTION	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	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP	UNWICH® WRAP	WRAP
FLOUR WRAP	Each	290	50	6	3	0	0	0	670	50	2	0	7	7									
	EZ	50	45	5	1	0	0	0	85	<5	0	0	0	0									
	REG	100	90	10	1.5	0	0	0	170	<1	0	0	0	0									
	XTRA	200	170	19	3	0	0	0	350	2	0	0	<1	<1									
CHEDDAR CHEESE	EZ	30	20	2.5	1.5	0	0	0	45	0	0	0	2	2									
	REG	60	40	4.5	2.5	0	0	0	90	<1	0	0	0	3									
	REG	110	80	9	5	0	0	0	180	6	0	0	6	6									
	XTRA	30	10	1	0	0	0	0	95	5	0	0	1	1									
MINI CROUTONS	REG	60	20	2	0	0	0	0	190	10	0	0	2	2									
	REG	120	35	4	0	0	0	0	380	20	0	0	4	4									

AVAILABLE ONLY ON THE BEEFY RANCH WRAP

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★

	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		
SANDWICH	720	950	1080	1900	530	540	610	1090	58	60	66	120	13	13	26	0	0	0	0	0	0	0	0	0	0	
GARDEN BURST																										
TURKEY CLUB																										

U = UNWICH® LETTUCE WRAP | 8F = 8" FRENCH BREAD | SW = THICK-SLICED WHEAT | 16F = 16" FRENCH BREAD

INGREDIENT	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)	
	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
HERB AIOLI	EZ	120	240	110	220	12	25	1.5	3.5	0	0	10	15	135	270	0	0	0	0	0	0	<1
	REG	240	480	220	440	25	49	3.5	7	0	0	15	35	270	530	0	<1	0	<1	0	0	<1
	XTRA	480	960	440	890	49	99	7	13	0	0	35	70	530	1060	<1	1	<1	1	0	0	1
PANKO & CHEESE CRISP BLEND	EZ	15	30	0	5	0	.5	0	0	0	0	0	0	15	25	2	4	0	0	0	0	<1
	REG	30	60	5	10	.5	1.5	0	0.5	0	0	0	<.5	25	55	4	9	0	<1	0	0	1
	XTRA	60	120	10	25	1.5	2.5	0.5	1.5	0	0	<.5	5	55	110	9	17	<1	1	0	<1	3
PICKLED RED ONIONS	EZ	5	15	0	0	0	0	0	0	0	0	0	0	50	105	2	3	0	0	1	3	0
	REG	15	30	0	0	0	0	0	0	0	0	0	0	105	210	3	7	0	0	3	6	0
	XTRA	30	60	0	0	0	0	0	0	0	0	0	0	210	420	7	14	0	0	6	11	0
SLOW ROASTED TOMATO WEDGES	EZ	80	160	70	140	8	16	0	1	0	0	0	0	40	80	2	4	<1	1	1	2	<1
	REG	160	320	140	290	16	32	1	2	0	0	0	0	80	160	4	8	1	3	2	5	<1
	XTRA	320	640	290	570	32	64	2	4	0	0	0	0	160	330	8	15	3	6	5	10	2

AVAILABLE ONLY ON THE GARDEN BURST TURKEY CLUB