

JIMMY JOHN'S

NUTRITION INFORMATION

SANDWICHES - LITTLE JOHN'S

	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)
Little John 1	300	140	15	4	0	50	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	500	26	5	2	16
Little John 4	240	90	10	1.5	0	25	500	24	2	1	12
Little John 5	290	120	13	5	0	40	600	25	2	2	16
Little John 6	340	160	20	7	0	50	580	25	3	1	13
Little John BLT	300	160	16	4.5	0	25	600	24	2	1	12

SANDWICHES - 6" FRENCH

	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)
SLUR 1	340	120	13	6	0	50	1010	60	4	1	20
SLUR 2	440	45	5	1	0	40	1200	60	4	0	20
SLUR 3	600	210	23	3	0	30	1410	70	5	2	24
SLUR 4	420	30	3	0	0	30	1250	60	4	0	27
SLUR 5	620	210	23	10	0	60	1000	60	4	1	25
SLUR 6	590	190	21	8	0	40	1100	60	4	0	26
THE POPE™	600	260	28	9	0	70	1170	50	4	4	28
BIG JOHN™	560	180	21	3.5	0	60	1110	47	4	2	26
TOTALLY TUNA™	510	200	22	3	0	40	1000	51	5	4	21
TURKEY TON™	480	170	18	2.5	0	50	1000	48	4	2	23
VITO™	570	240	26	8	0	60	1050	52	5	4	30
THE VEGGIE	670	340	38	14	0.5	60	1260	50	5	3	27
J.J.B.A.T.™	590	300	32	8	0	40	1340	47	4	2	24
SPICY EAST COAST ITALIAN	850	450	48	17	0	100	2020	53	5	3	46
BLT CLUB™	810	290	32	10	0	110	2200	73	6	4	30
ITALIAN NIGHT CLUB™	830	420	46	14	0	130	2100	71	6	3	46

Jimmy Johns Nutrition Guide

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Jimmy Johns Nutrition Guide:

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