



Jimmy John's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sandwiches						
The Pepe (wheat)	650	9	1550	54	6	33
The Pepe (Unwich)	370	9	1110	7	2	21
Totally Tuna (wheat)	570	3	1140	55	7	24
Totally Tuna (Unwich)	280	3	700	9	3	12
Turkey Tom (wheat)	530	2.5	1130	52	6	26
Turkey Tom (unwich)	250	2.5	700	5	2	15
Little John #1	300	4	770	25	2	15
Little John #3	250	1.5	590	26	3	10
Little John #4	240	1.5	580	24	2	12
Little John BLT	300	4.5	680	24	2	12
Plain Slim						
Slim 1 (wheat)	470	6	1390	50	5	32
Slim 1 (unwich)	190	6	900	4	0	20
Slim 2 (wheat)	370	1.5	930	47	5	28
Slim 2 (unwich)	90	1.5	490	<1	0	17
Slim 4 (wheat)	350	0	980	49	5	26
Slim 4 (unwich)	70	0	540	2	0	14

Summer 2024