

Jersey Mike's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Cold Subs (Whole Wheat bread, omit olive oil and salt)						
#2 Jersey Shore's Favorite (regular)	550	7	1827	60	6	38
#2 Jersey Shore's Favorite (mini)	340	5	1007	42	4	22
#3 Ham and Provolone (regular)	550	7	1780	59	6	37
#3 Ham and Provolone (mini)	340	5	1033	39	4	23
#7 Turkey and Provolone (regular)	550	6	1795	58	6	44
#7 Turkey and Provolone (mini)	340	4	1033	38	4	25
#10 Tuna Fish (regular)	790	7	1153	58	7	32
#10 Tuna Fish (mini)	490	4	720	38	4	20
#6 Roast Beef and Provolone (regular)	640	8	1142	57	6	56
#6 Roast Beef and Provolone (mini)	430	5	755	38	4	37
#4 The Number 4 (regular)	540	6	1670	61	6	36
#4 The Number 4 (mini)	340	4	1001	40	4	22
Natural Turkey Sub (regular)	440	6	849	57	6	21
Natural Turkey Sub (mini)	280	4	545	38	4	13
Hot Subs						
#64 Grilled Portabella Mushroom and Swiss (whole wheat)	620	10	727	62	7	26
#19 BBQ Beef (whole wheat)	690	3	1764	78	5	59
Salad						
Tossed Salad	180	1	77	39	12	10
Grilled Chicken Salad	800	7	1245	51	12	96
Kids (whole wheat bread)						
Kid's Sub Ham	230	2	641	29	3	13
Kid's Sub Turkey	220	2	689	28	2	16

Winter 2024