



Jimmy John's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sandwiches						
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 #2	250	2	560	24	2	13
Little John #3	250	1.5	590	26	3	10
Little John #4	240	1.5	580	24	2	12
Big John (unwich)	270	3.5	650	4	2	17
Big John (wheat)	550	3.5	1080	51	6	29
Bootlegger Club (unwich)	330	3.5	1180	5	2	31
Club Lulu (unwich)	340	5	1060	5	2	22
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	0	0	17
Slim 2 (garlic herb wrap)	400	4	1320	52	2	23
Slim 2 (flour wrap)	380	5	1060	48	2	24
Slim 3 (unwich)	250	3	700	5	1	11
Slim 3 (wheat)	530	3	1140	51	6	23
Slim 3 (garlic herb wrap)	550	6	1530	56	3	18
Slim 4 (wheat)	350	0	980	49	5	26
Slim 4 (unwich)	70	0	540	2	0	14
Slim 4 (garlic herb wrap)	370	2.5	1370	53	2	21
Slim 4 (flour wrap)	350	4	1110	49	2	22

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