

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)	560	7	1875	64	6	39
#2 Jersey Shore's Favorite (mini)	340	5	1043	42	4	22
#3 Ham and Provolone (regular)	550	8	1853	63	6	38
#3 Ham and Provolone (mini)	350	5	1081	42	4	23
#7 Turkey and Provolone (regular)	550	6	1867	62	6	45
#7 Turkey and Provolone (mini)	350	4	1081	41	4	26
#10 Tuna Fish (regular)	800	6	1190	62	7	33
#10 Tuna Fish (mini)	490	4	746	41	4	20
#6 Roast Beef and Provolone (regular)	630	8	990	61	6	56
#6 Roast Beef and Provolone (mini)	420	5	655	40	4	37
#4 The Number 4 (regular)	540	6	1718	65	6	37
#4 The Number 4 (mini)	340	4	1037	42	3	22
Natural Turkey Sub (regular)	450	6	922	61	6	22
Natural Turkey Sub (mini)	290	4	590	40	4	14
Hot Subs						
#64 Grilled Portabella Mushroom and Swiss (whole wheat)	620	10	765	66	7	27
#19 BBQ Beef (whole wheat)	670	3	1500	82	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	672	31	3	14
Kid's Sub Turkey	230	2	704	30	3	17

FALL 2022