



## Restaurant Guide to Jimmy John's

Last updated on Aug, 31st 2022

### OVERVIEW

If you're in the mood for something "Freaky Fast and Freaky Fresh" then Jimmy John's is your stop! With fresh baked bread, high quality meats and fresh veggies, you're sure to find something Healthi here.

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT JIMMY JOHN'S

- You cant go wrong with a Little John!
- Sub mayo for mustard to save calories and fat
- Unwich menu is a great way to save on carbs

### FRIENDLY MENU ITEM'S AT JIMMY JOHN'S

#### SUBS

With so many choices, you'll want to take a look at certain parts of the menu. The Originals menu in the Little John or Regular sizes will be your best bet, as well as the Plain Slims in Regular size. They also have the option of making an "Unwich" which is great when you're looking to reduce carbs and calories, but still have a delicious and filling "sandwich!"

The subs listed here are on the Originals menu and are listed as they come. The first set of numbers are for Little John's and the second set are for Regular 8" size. (Separated by parenthesis)

Subs	Calories	Fat (g)	Carbs (g)	Protein (g)
#1 The Pepe (ham & cheese)	300 / 600	15g / 29g	25g / 50g	15g / 29g
#2 Big John (roast beef)	250 / 500	11g / 21g	24g / 47g	13g / 26g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
#3 Totally Tuna (tuna salad and cucumber)	250 / 500	11g / 22g	26g / 51g	10g / 21g
#4 Turkey Tom (turkey)	240 / 480	10g / 19g	24g / 48g	12g / 23g
#5 Vito (salami, capocollo, cheese, onion, oil & vinegar, oregano-basil, no mayo)	290 / 580	13g / 27g	26g / 51g	16g / 32g
#6 The Veggie (double cheese, avocado spread, cucumber)	340 / 670	20g / 39g	25g / 50g	13g / 27g

## UNWICH

For those looking to go lower carb, look no further! With the option to make any sub an “Unwich” you can have all the flavors of a delicious sub without the bread, and instead inside a lettuce wrap. Yum!

Unwich	Calories	Fat (g)	Carbs (g)	Protein (g)
#1 The Pepe (ham & cheese)	370	28g	7g	21g

Unwich	Calories	Fat (g)	Carbs (g)	Protein (g)
#2 Big John (roast beef)	270	20g	4g	17g
#3 Totally Tuna (tuna salad and cucumber)	270	21g	9g	12g
#4 Turkey Tom (turkey)	250	17g	5g	15g
#5 Vito (salami, capocollo, cheese, onion, oil & vinegar, oregano-basil, no mayo)	350	17g	5g	15g
#6 The Veggie (double cheese, avocado spread, cucumber)	440	38g	7g	18g

## SIDES

The sides aren't on the lightest side, but maybe with that Unwich, you have some calories to spare :)

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Regular Jimmy Chips	300	18g	33g	3g
BBQ Jimmy Chips	290	16g	34g	3g

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Thinny Chips	260	11g	39g	4g
Jumbo Kosher Dill Pickle	20	0g	3g	1g