Mini Mike's

#1 - Mini Mike’s - Rosemary Parmesan Bread

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	260	28	7	0	40	1110	43	3	4	20

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#1 - Mini Mike's - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	240	27	6	0	35	1050	43	4	4	19

Contains: Egg, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Mini Mike's - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	240	27	6	0	35	1060	43	3	4	19

Contains: Egg, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#10 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
650	390	43	7	0	35	910	45	4	4	22

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, BLACK PEPPER, OREGANO, SALT.

#10 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
630	380	42	6	0	35	840	44	5	5	21

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
630	380	42	6	0	35	850	44	3	4	20

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#11 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
530	260	28	8	0	45	1220	45	3	5	23

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#11 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	240	27	8	0	40	1160	45	4	5	22

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	240	27	7	0	40	1170	44	3	5	22

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
580	260	29	8	0	70	970	44	3	4	34

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt,

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dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#12 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
560	250	28	7	0	70	910	44	4	4	33

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
560	250	28	7	0	70	920	44	3	4	33

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
590	290	32	9	0	60	1640	47	3	6	30

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

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#13 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
570	270	31	9	0	55	1580	47	4	7	29

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
570	270	31	9	0	55	1590	46	3	6	29

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#14 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
590	300	34	13	0	55	890	45	4	4	26

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#14 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
570	290	33	12	0	50	820	45	5	5	25

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
570	290	33	12	0	50	840	45	3	4	24

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#2 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	230	25	7	0	40	1170	45	3	5	23

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#2 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	230	26	6	0	35	1550	84	8	7	30

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid,

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enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#2 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	210	24	6	0	35	1120	45	3	5	22

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	230	26	7	0	40	1210	45	3	5	24

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#3 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	220	24	6	0	35	1150	45	4	5	23

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, COOKED HAM (*Ham cured with water

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dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	220	24	6	0	35	1160	44	3	5	23

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#4 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	220	25	7	0	35	1160	46	3	5	24

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#4 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	210	23	6	0	35	1100	46	4	6	23

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#4 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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480	210	23	6	0	35	1110	46	3	5	22

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#5 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
530	230	26	7	0	45	1380	46	3	6	27

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#5 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	220	25	6	0	40	1320	46	4	6	26

Contains: Egg, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#5 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	220	25	6	0	40	1330	46	3	6	26

Contains: Egg, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,

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malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
580	250	27	8	0	80	930	44	3	4	39

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#6 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
560	230	26	7	0	75	870	44	4	4	38

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
560	230	26	7	0	75	880	43	3	4	37

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	220	24	6	0	45	1210	44	3	4	27

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Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#7 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	200	23	6	0	40	1150	44	4	5	26

Contains: Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	200	23	6	0	40	1160	44	3	4	26

Contains: Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#8 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
690	380	42	10	0	65	1590	45	3	5	32

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite)

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OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#8 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	370	41	9	0	60	1520	45	4	6	31

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	370	41	9	0	60	1530	45	3	5	31

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Mini Mike's Way - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
700	380	42	10	0	80	1240	44	3	4	37

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), SWISS CHEESE (Pasteurized part-skim milk,

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salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#9 - Mini Mike's Way - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	370	41	9	0	75	1170	44	4	5	36

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHEAT SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Mini Mike's Way - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	360	41	9	0	75	1190	44	3	4	36

Contains: Egg, Milk, Wheat

Ingredient Statement: MINI WHITE SUB ((Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes)), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

Regular Mike's (Cold)

#1 - Regular Mike's Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
710	470	52	10	0	60	1380	45	4	7	23

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Contains: Egg

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - Rosemary Parmesan Bread

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	450	50	12	0	65	1710	65	5	6	31

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#1 - Regular Mike's Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
770	480	53	14	0	60	1580	53	4	4	25

Contains: Egg, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	400	45	10	0	60	940	6	2	4	17

Contains: Egg

Ingredient Statement: LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

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#1 - Regular Mike's Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	480	54	14	0	60	1560	53	4	4	26

Contains: Egg, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
790	430	48	10	0	60	1620	65	6	7	29

Contains: Egg, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
790	480	54	14	0	60	1400	55	8	8	24

Contains: Egg, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
790	430	48	10	0	60	1630	64	4	6	29

Contains: Egg, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,

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malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Regular Mike's Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
770	480	53	14	0	60	1510	54	4	5	25

Contains: Egg, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#10 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
990	710	79	11	0	55	1100	47	4	8	27

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1090	690	77	12	0	65	1430	67	5	6	35

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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1040	720	80	14	0	55	1290	55	4	5	29

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
750	640	72	10	0	55	650	8	2	5	21

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1050	730	81	14	0	55	1270	55	4	5	30

Contains: Egg, Milk, Fish

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1060	670	75	11	0	55	1330	67	7	8	33

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#10 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1060	730	81	14	0	55	1110	57	8	9	28

Contains: Egg, Milk, Fish

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1060	670	75	10	0	55	1350	66	5	6	33

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1040	720	80	14	0	55	1220	56	4	6	29

Contains: Egg, Milk, Wheat, Fish

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#11 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
810	500	55	14	0	75	1920	49	4	9	34

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#11 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
920	480	53	15	0	80	2250	69	5	8	42

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#11 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
870	510	56	17	0	75	2120	56	4	6	36

Contains: Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
580	430	48	13	0	75	1480	9	2	6	28

Contains: Milk

Ingredient Statement: LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	510	57	17	0	75	2100	56	4	6	37

Contains: Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#11 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	460	51	14	0	75	2150	68	7	9	40

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	510	57	17	0	75	1940	58	8	10	35

Contains: Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	460	51	13	0	75	2170	68	4	8	39

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
870	510	56	17	0	75	2050	57	4	7	36

Contains: Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium

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metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	490	55	13	0	125	1250	47	4	7	53

Contains: Egg, Milk

Ingredient Statement: ROAST BEEF (Beef, salt), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1000	480	53	14	0	135	1590	67	5	6	61

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	500	56	17	0	125	1450	54	4	4	55

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
660	430	48	13	0	125	810	7	2	4	47

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Milk

Ingredient Statement: ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
960	510	57	17	0	125	1430	54	4	4	56

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	460	51	13	0	125	1490	66	7	7	59

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	510	57	17	0	125	1270	56	8	8	54

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	460	51	13	0	125	1510	66	4	6	59

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Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	500	56	17	0	125	1380	55	4	5	55

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	520	59	14	0	90	2300	51	4	12	41

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
980	510	57	15	0	100	2630	71	5	10	49

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose,

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spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	530	60	18	0	90	2490	59	4	8	43

Contains: Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
640	460	52	14	0	90	1850	12	2	8	35

Contains: Milk

Ingredient Statement: LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
940	540	61	18	0	90	2470	59	4	8	44

Contains: Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

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#13 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	490	55	14	0	90	2530	71	7	11	47

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	540	61	18	0	90	2310	61	8	12	42

Contains: Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	490	54	14	0	90	2550	70	4	10	46

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#13 - Regular Mike's Way Cold - White Wrap Q2 2023

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	530	60	18	0	90	2420	60	4	9	43

Contains: Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	560	63	20	0.5	80	1060	49	4	8	34

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
980	540	61	22	1	90	1390	69	5	6	42

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	570	64	24	0.5	80	1260	56	4	4	36

Contains: Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE

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(Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
640	500	56	20	0.5	80	620	9	2	4	28

Contains: Milk

Ingredient Statement: LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
940	580	65	24	0.5	80	1240	56	4	4	37

Contains: Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	530	59	20	0.5	80	1290	68	7	7	40

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	580	65	24	0.5	80	1080	58	8	8	35

Contains: Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#14 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	520	59	20	0.5	80	1310	68	5	6	39

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	570	64	24	0.5	80	1190	57	4	5	36

Contains: Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	440	49	14	0	65	1930	56	4	6	35

Contains: Egg, Milk

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
810	450	50	14	0	65	1910	56	4	6	36

Contains: Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#2 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	450	50	14	0	65	1750	58	8	10	34

Contains: Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	440	49	14	0	65	1860	57	4	7	35

Contains: Milk

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
750	430	48	11	0	65	1740	49	4	10	33

Contains: Milk, Wheat

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	420	46	12	0	70	2070	69	5	8	41

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate,

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sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	370	41	10	0	65	1290	9	2	6	27

Contains: Milk, Wheat

Ingredient Statement: LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	400	44	11	0	65	1970	68	7	9	39

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	400	44	11	0	65	1990	68	4	8	39

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	430	48	11	0	65	1710	48	4	9	33

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Contains: Egg, Milk

Ingredient Statement: COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	420	46	12	0	70	2040	68	5	7	40

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	440	49	14	0	65	1910	56	4	6	35

Contains: Egg, Milk, Wheat

Ingredient Statement: COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	370	41	10	0	65	1270	9	2	6	27

Contains: Egg, Milk

Ingredient Statement: COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
810	450	50	14	0	65	1890	56	4	6	36

Contains: Egg, Milk, Wheat

Ingredient Statement: COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors,

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extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	400	44	11	0	65	1940	68	7	8	38

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	450	50	14	0	65	1730	58	8	10	34

Contains: Egg, Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	400	44	11	0	65	1960	67	4	7	38

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	440	49	14	0	65	1840	57	4	7	35

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Contains: Egg, Milk, Wheat

Ingredient Statement: COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	420	47	10	0	55	1580	50	4	11	31

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
830	400	45	11	0	60	1910	70	5	9	39

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	430	48	13	0	55	1770	58	4	7	33

Contains: Egg, Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

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#4 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
490	350	40	9	0	55	1130	11	2	7	25

Contains: Egg, Milk

Ingredient Statement: LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
790	440	49	13	0	55	1750	58	4	7	34

Contains: Egg, Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	380	43	10	0	55	1810	70	7	10	37

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	440	49	13	0	55	1590	60	8	11	32

Contains: Egg, Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)),

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TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	380	43	10	0	55	1830	69	4	9	37

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	430	48	13	0	55	1700	59	4	8	33

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), Prosciuttini Ham (Clemens) - Q1 2021, Prosciuttini Ham, coated with black pepper (Smithfield) - Q1 2021, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
760	430	48	10	0	65	1850	50	4	11	36

Contains: Egg

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
870	410	46	12	0	75	2180	70	5	9	43

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Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	440	49	14	0	65	2040	58	4	7	38

Contains: Egg, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
530	370	41	10	0	65	1400	11	2	7	30

Contains: Egg

Ingredient Statement: LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
830	450	50	14	0	65	2020	58	4	7	39

Contains: Egg, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

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#5 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
830	400	44	10	0	65	2080	70	7	10	41

Contains: Egg, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
840	450	50	14	0	65	1860	60	8	11	37

Contains: Egg, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
830	390	44	10	0	65	2100	69	4	9	41

Contains: Egg, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	440	49	14	0	65	1970	59	4	8	38

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Contains: Egg, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
840	450	50	11	0	115	1070	46	4	7	51

Contains: Egg, Milk

Ingredient Statement: ROAST BEEF (Beef, salt), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
940	430	48	13	0	125	1410	66	5	5	59

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	460	51	15	0	115	1270	54	4	4	53

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
600	390	43	11	0	115	630	7	2	4	45

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Contains: Milk

Ingredient Statement: ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
900	470	52	15	0	115	1250	54	4	4	54

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	420	46	11	0	115	1310	66	7	6	57

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	470	52	15	0	115	1090	56	8	8	52

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	410	46	11	0	115	1320	65	4	5	57

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid,

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malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	460	51	15	0	115	1200	55	4	5	53

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	410	45	9	0	75	1730	47	4	8	40

Contains: Egg, Milk

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	390	43	10	0	80	2060	67	5	6	48

Contains: Milk, Wheat

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	420	46	13	0	75	1920	54	4	4	42

Contains: Milk, Wheat

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

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#7 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	340	38	9	0	75	1280	7	2	4	34

Contains: Milk

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
810	420	47	13	0	75	1900	54	4	4	43

Contains: Milk, Wheat

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	370	42	9	0	75	1960	66	7	7	46

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	420	47	13	0	75	1740	56	8	8	41

Contains: Milk, Wheat

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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820	370	41	9	0	75	1980	66	4	6	45

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	420	46	13	0	75	1850	55	4	5	42

Contains: Milk, Wheat

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TOMATO, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1090	740	82	17	0.5	105	2310	49	4	10	45

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1190	720	80	18	0.5	110	2650	69	5	8	52

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite)

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OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1140	740	83	20	0.5	105	2510	56	4	6	47

Contains: Egg, Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	670	75	16	0.5	105	1870	9	2	6	39

Contains: Egg, Milk

Ingredient Statement: LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1150	750	84	20	0.5	105	2490	56	4	6	48

Contains: Egg, Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#8 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1160	700	78	17	0.5	105	2550	68	7	9	50

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1160	750	84	20	0.5	105	2330	58	8	10	46

Contains: Egg, Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1160	700	78	16	0.5	105	2560	68	4	8	50

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#8 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1140	740	83	20	0.5	105	2440	57	4	7	47

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1120	730	81	16	0	130	1800	47	4	8	54

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1220	710	79	17	0	140	2130	67	5	6	61

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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1170	730	82	19	0	130	2000	55	4	5	56

Contains: Egg, Milk, Wheat

Ingredient Statement: SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	660	74	15	0	130	1360	8	2	5	48

Contains: Egg, Milk

Ingredient Statement: LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1180	740	83	19	0	130	1980	55	4	5	57

Contains: Egg, Milk, Wheat

Ingredient Statement: TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1190	690	77	16	0	130	2030	67	7	8	60

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid,

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enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1190	740	83	19	0	130	1820	57	8	9	55

Contains: Egg, Milk, Wheat

Ingredient Statement: WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1190	690	77	16	0	130	2050	66	4	6	59

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Regular Mike's Way Cold - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1170	730	82	19	0	130	1930	56	4	6	56

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium

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metabisulphite))), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), ROAST BEEF (Beef, salt), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

Regular Mike's (Hot)

#16 - Hot Regular - Chicken Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
610	230	26	10	0	135	1940	54	3	12	43

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
710	210	24	11	0	140	2270	74	4	11	51

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#16 - Hot Regular - Chicken Philly - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	240	27	14	0	135	2130	61	3	9	45

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
380	170	19	10	0	135	1490	14	1	9	37

Contains: Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	250	28	14	0	135	2110	61	3	9	46

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	200	22	10	0	135	2170	73	6	12	49

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt,

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dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
690	250	28	14	0	135	1950	63	7	13	44

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
680	190	22	10	0	135	2190	73	3	11	48

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Regular - Chicken Philly - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	240	27	14	0	135	2060	62	3	10	45

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Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	310	34	15	1	120	1910	55	3	11	40

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	290	32	16	1	125	2250	75	4	10	48

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#17 - Hot Regular - Steak Philly - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	320	35	18	1	120	2110	62	3	8	42

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid

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(preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
440	250	27	14	1	120	1470	15	1	8	34

Contains: Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	330	36	18	1	120	2090	62	3	8	43

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
750	270	30	14	1	120	2150	74	6	11	46

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
750	330	36	18	1	120	1930	64	7	12	41

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Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
750	270	30	14	1	120	2160	74	3	10	46

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Regular - Steak Philly - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	320	35	18	1	120	2040	63	3	9	42

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	460	51	15	0	165	2230	52	3	11	49

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin),

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RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	440	49	16	0	170	2570	72	4	9	57

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	470	52	18	0	165	2430	60	3	7	51

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
620	390	44	14	0	165	1790	13	1	7	43

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt,

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dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
920	480	53	18	0	165	2410	60	3	7	52

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
920	420	47	15	0	165	2470	72	6	10	55

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	480	53	18	0	165	2250	62	7	11	50

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
920	420	47	15	0	165	2490	71	4	9	55

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	470	52	18	0	165	2360	61	3	8	51

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#31 - Hot Regular - California Chicken Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
860	490	55	15	0.5	150	1900	51	3	10	44

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
960	480	53	16	0.5	155	2230	71	4	8	51

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#31 - Hot Regular - California Chicken Cheesesteak - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	500	56	18	0.5	150	2090	58	3	7	46

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#31 - Hot Regular - California Chicken Cheesesteak - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
620	430	48	14	0.5	150	1450	11	1	7	38

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
920	510	57	18	0.5	150	2070	58	3	7	47

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	460	51	14	0.5	150	2130	70	6	10	49

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

930	510	57	18	0.5	150	1910	60	7	11	45

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	460	51	14	0.5	150	2150	70	4	8	49

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Regular - California Chicken Cheesesteak - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
910	500	56	18	0.5	150	2020	59	3	8	46

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#42 - Hot Regular - Chipotle Chicken Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
900	520	57	15	0	160	2300	55	3	14	43

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1000	500	55	16	0.5	165	2630	76	4	12	51

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#42 - Hot Regular - Chipotle Chicken Philly - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	530	58	19	0	160	2490	63	3	10	45

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers,

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water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
660	450	50	15	0	160	1850	16	1	10	37

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
960	540	59	19	0	160	2470	63	3	10	46

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	480	54	15	0	160	2530	75	6	13	49

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked

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wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	540	59	19	0	160	2310	65	7	14	44

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
970	480	53	15	0	160	2550	75	3	12	49

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Regular - Chipotle Chicken Philly - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
950	530	58	19	0	160	2420	64	3	11	45

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
960	600	66	19	1	145	2270	57	3	13	41

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1070	580	64	21	1	150	2600	77	4	11	49

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#43 - Hot Regular - Chipotle Steak Philly - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1020	600	67	23	1	145	2470	64	3	9	43

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	530	59	19	1	145	1830	17	1	9	35

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1030	610	68	23	1	145	2450	64	3	9	44

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1040	560	62	19	1	145	2510	76	6	12	47

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour,

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yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1040	610	68	23	1	145	2290	66	7	13	42

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1040	560	62	19	1	145	2520	76	3	11	46

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Regular - Chipotle Steak Philly - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1020	600	67	23	1	145	2400	65	3	10	43

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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(calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
820	440	49	14	0	155	3340	54	4	11	45

Contains: Egg, Milk, Sesame, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
930	420	47	16	0	160	3670	74	5	9	52

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	450	50	18	0	155	3530	61	4	8	47

***Please Note:** Cornmeal is used during the baking process of our bread.
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Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
590	370	42	14	0	155	2890	14	2	8	39

Contains: Egg, Milk, Sesame, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	450	51	18	0	155	3510	61	4	8	48

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	400	45	14	0	155	3570	73	6	11	51

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
900	450	51	18	0	155	3350	63	8	12	46

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
890	400	44	14	0	155	3590	73	4	9	50

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and

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2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
880	450	50	18	0	155	3460	62	4	9	47

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), TOMATO, BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#55 - Hot Regular - Chicken Big Kahuna - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
670	270	30	13	0	150	2340	56	3	13	45

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

770	250	28	14	0	155	2670	76	4	12	53

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#55 - Hot Regular - Chicken Big Kahuna - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
720	280	31	16	0	150	2530	63	3	10	47

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
430	210	23	12	0	150	1890	16	1	10	39

Contains: Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol),

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MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	290	32	16	0	150	2510	63	3	10	48

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	240	26	13	0	150	2570	75	6	13	51

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	290	32	16	0	150	2350	65	7	14	46

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
740	230	26	13	0	150	2590	75	3	12	51

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Regular - Chicken Big Kahuna - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
720	280	31	16	0	150	2460	64	3	11	47

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#56 - Hot Regular - Big Kahuna - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
730	350	39	17	1	135	2310	57	3	12	43

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Regular - Big Kahuna - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
830	330	37	18	1	140	2640	77	4	11	51

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#56 - Hot Regular - Big Kahuna - Spinach Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	360	40	21	1	135	2510	64	3	9	45

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), SPINACH & HERBS WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (spinach powder, onion, garlic powder, salt, spice, artificial colors (yellow #5 and blue #1), and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#56 - Hot Regular - Big Kahuna - Sub in a Tub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
490	290	32	17	1	135	1870	17	1	9	37

Contains: Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Regular - Big Kahuna - Tomato Basil Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
790	370	41	21	1	135	2490	64	3	9	46

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), TOMATO & BASIL WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: seasoning (salt, dehydrated garlic and onion, paprika, tomato powder, spice, natural flavors, extractives of paprika, and silicon dioxide to prevent caking), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono-and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Regular - Big Kahuna - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	310	35	17	1	135	2540	76	6	12	49

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#56 - Hot Regular - Big Kahuna - Wheat Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	370	41	21	1	135	2330	66	7	13	44

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHOLE WHEAT WRAP ((Whole wheat flour, enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening(contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Regular - Big Kahuna - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
800	310	35	17	1	135	2560	76	3	11	49

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Regular - Big Kahuna - White Wrap

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
780	360	40	21	1	135	2440	65	3	10	45

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE TORTILLA WRAP ((Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (contains one or more of the following: palm oil and/or olive oil), contains 2% or less of the following: salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, xanthan gum, mono- and diglycerides, sodium metabisulphite))), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Giant Mike's (Cold)

#1 - Giant Mike's Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1420	930	104	21	0.5	115	2760	89	7	14	45

Contains: Egg

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Giant Mike's Cold - Rosemary Parmesan Bread

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1630	900	100	23	1	130	3420	129	9	10	61

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#1 - Giant Mike's Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1570	860	96	21	0.5	115	3230	128	12	13	57

Contains: Egg, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#1 - Giant Mike's Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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1570	860	95	21	0.5	115	3260	127	8	10	57

Contains: Egg, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#2 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1400	820	92	19	0.5	105	3010	94	7	17	56

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1610	790	88	21	1	120	3670	135	9	14	72

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#2 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	750	84	19	0.5	105	3480	133	13	16	68

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes),

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VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#2 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	750	84	19	0.5	105	3510	133	8	13	68

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#3 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1400	830	92	19	0.5	105	3030	93	7	16	56

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1610	790	88	22	1	120	3690	134	9	13	72

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#3 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	760	85	19	0.5	105	3490	132	13	15	68

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid,

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enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#3 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	750	84	19	0.5	105	3530	132	8	13	68

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#4 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1380	800	89	17	0.5	90	2790	97	7	19	54

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1590	760	85	20	1	105	3460	137	9	15	69

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#4 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

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1520	730	81	17	0.5	90	3260	136	13	17	66

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#4 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1530	730	81	17	0.5	90	3290	135	8	15	65

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1430	820	92	19	0.5	110	3260	97	7	19	62

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1640	790	88	21	1	125	3930	137	9	16	77

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium

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phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#5 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1580	750	84	19	0.5	110	3730	136	13	18	74

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#5 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1580	750	84	18	0.5	110	3760	135	8	16	73

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), ONION, OREGANO, SALT.

#6 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1630	870	97	21	0.5	225	2050	90	7	13	99

Contains: Egg, Milk

Ingredient Statement: ROAST BEEF (Beef, salt), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1840	840	94	23	1	235	2710	130	9	9	115

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Wheat

Ingredient Statement: ROAST BEEF (Beef, salt), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#6 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1770	800	90	21	0.5	225	2520	129	13	12	111

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#6 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1780	800	89	21	0.5	225	2550	128	8	9	110

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1400	780	87	17	0.5	125	3050	91	7	14	68

Contains: Egg, Milk

Ingredient Statement: TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1610	750	83	19	1	135	3710	131	9	11	84

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#7 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	710	80	17	0.5	125	3510	130	13	13	80

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#7 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1550	710	79	16	0.5	125	3550	129	8	10	80

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#8 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2220	1360	151	31	1	180	4510	133	13	16	88

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water,

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salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2220	1350	151	30	1	180	4550	133	8	14	87

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Giant Mike's Way Cold- Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2070	1430	159	31	1	180	4050	94	7	17	76

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#8 - Giant Mike's Way Cold- Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2280	1390	155	33	1.5	195	4710	135	9	14	92

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite)

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OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#9 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2120	1410	158	30	1	225	3190	92	7	15	90

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2330	1380	154	32	1	235	3850	132	9	11	106

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#9 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2260	1340	150	29	1	225	3650	131	13	14	102

Contains: Egg, Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate,

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sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#9 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2270	1340	149	29	1	225	3690	130	8	11	101

Contains: Egg, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), TOMATO, ROAST BEEF (Beef, salt), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), ONION, OREGANO, SALT.

#10 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1880	1340	150	20	0.5	100	2090	92	8	15	51

Contains: Egg, Fish

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2090	1310	146	22	1	115	2750	133	10	12	66

Contains: Egg, Fish, Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, BLACK PEPPER, OREGANO, SALT.

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#10 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2030	1270	142	20	1	100	2550	131	13	14	63

Contains: Egg, Fish, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#10 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2030	1270	141	20	1	100	2590	131	9	11	62

Contains: Egg, Fish, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), ALBACORE TUNA (White tuna, water, vegetable broth, salt, pyrophosphate), LIGHT TUNA (Light tuna, water, vegetable broth, salt), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), Celery, ONION, BLACK PEPPER, OREGANO, SALT.

#11 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1520	930	104	24	0.5	125	3350	94	7	17	58

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1730	900	100	26	1	140	4010	134	9	13	73

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes),
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LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#11 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1660	860	96	24	0.5	125	3810	133	13	16	70

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#11 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1670	860	96	24	0.5	125	3850	132	8	13	69

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1660	930	104	23	0.5	215	2290	91	7	14	91

Contains: Egg, Milk

Ingredient Statement: ROAST BEEF (Beef, salt), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1870	900	100	26	1	225	2950	131	9	10	107

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#12 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1800	860	96	23	0.5	215	2760	130	13	12	103

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#12 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1810	860	96	23	0.5	215	2790	129	8	10	102

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), LETTUCE, TOMATO, RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1660	1000	112	26	0.5	160	4140	99	7	21	72

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite,

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#13 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1870	970	108	29	1	175	4800	139	9	17	87

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#13 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1810	930	104	26	0.5	160	4610	138	13	20	83

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI (Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor), ONION, OREGANO, SALT.

#13 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1810	930	104	26	0.5	160	4640	137	8	17	83

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROSCIUTTINI ((Ham cured with water, dextrose, salt, contains 2% or less of: sodium

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phosphate, potassium lactate, smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Coated in black pepper)), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), CAPPACUOLO (Ham cured with water, dextrose, less than 2% of salt, flavorings, sugar, soybean oil, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite, paprika oleoresin, potassium lactate, sodium diacetate), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), ONION, OREGANO, SALT.

#14 - Giant Mike's Way Cold - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1750	1120	125	41	1.5	165	2120	96	8	14	67

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), TOMATO, SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Giant Mike's Way Cold - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1960	1090	121	43	1.5	175	2780	136	10	11	83

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), TOMATO, SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY, OREGANO, SALT.

#14 - Giant Mike's Way Cold - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1890	1050	117	41	1.5	165	2580	135	14	13	79

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), TOMATO, SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

#14 - Giant Mike's Way Cold - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1900	1050	117	40	1.5	165	2620	134	9	11	78

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Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), TOMATO, SWISS CHEESE (Pasteurized part-skim milk, salt, cheese cultures, enzymes, natamycin (a natural mold inhibitor)) OR (Pasteurized part-skim milk, salt, cheese cultures, enzymes), RED WINE VINEGAR (Red wine vinegar, naturally occuring sulfites), GREEN BELL PEPPER, VEGETABLE OIL BLEND (Soybean oil and/or canola oil, olive oil), ONION, OREGANO, SALT.

Giant Mike's (Hot)

#16 - Hot Giant - Chicken Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1220	460	51	20	0	270	3880	108	6	25	85

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Giant - Chicken Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1430	430	48	23	0.5	280	4540	148	8	21	101

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#16 - Hot Giant - Chicken Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1370	390	44	20	0	270	4340	147	11	24	97

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JERSEY MIKE'S | MASTER MENU LABEL REPORT

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#16 - Hot Giant - Chicken Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1370	390	43	20	0	270	4380	146	6	21	97

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Giant - Steak Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1350	620	69	29	1.5	240	3830	110	6	23	81

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Giant - Steak Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1560	580	65	31	1.5	255	4490	150	8	19	96

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#17 - Hot Giant - Steak Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1490	550	61	29	1.5	240	4290	149	11	22	92

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#17 - Hot Giant - Steak Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1500	550	61	29	1.5	240	4330	148	6	19	92

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1700	920	102	30	0	325	4470	104	6	21	99

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin,

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cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1910	880	98	32	0.5	340	5130	144	8	17	114

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1840	840	94	30	0.5	325	4930	143	12	19	110

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1840	840	94	30	0.5	325	4970	142	7	17	110

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Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), RANCH DRESSING ((Soybean oil, water, cultured buttermilk, egg yolk, vinegar, contains less than 2% of salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, garlic*, spice, citric acid, xanthan gum, onion*, sorbic acid (preservative), calcium disodium EDTA (to protect flavor), maltodextrin, whey, milk, natural flavor, egg whites, lactose. *dried)), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)).

#31 - Hot Giant - California Chicken Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1710	990	110	29	1	300	3790	101	6	20	87

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Giant - California Chicken Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1920	950	106	31	1	315	4460	141	8	16	103

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#31 - Hot Giant - California Chicken Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

1860	920	102	29	1	300	4260	140	12	19	99

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#31 - Hot Giant - California Chicken Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1860	910	102	29	1	300	4300	139	7	16	98

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), MAYONNAISE (Soybean oil, water, vinegar, egg yolks, eggs, contains 2% or less of sugar, salt, spice, lemon juice concentrate, citric acid, calcium disodium EDTA added to protect flavor) OR (Soybean oil, water, egg yolks, distilled vinegar, sugar, salt, lemon juice concentrate, calcium disodium EDTA (to protect quality), natural flavors, extractives of paprika).

#42 - Hot Giant - Chipotle Chicken Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1800	1030	115	30	1	315	4590	111	6	27	86

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

***Please Note:** Cornmeal is used during the baking process of our bread.
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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#42 - Hot Giant - Chipotle Chicken Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2010	1000	111	32	1	330	5260	151	8	24	102

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#42 - Hot Giant - Chipotle Chicken Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1940	960	107	30	1	315	5060	150	11	26	98

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#42 - Hot Giant - Chipotle Chicken Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1950	960	107	30	1	315	5090	149	7	24	98

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and

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2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Giant - Chipotle Steak Philly - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1930	1190	132	39	2	290	4550	113	6	25	82

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Giant - Chipotle Steak Philly - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2140	1150	128	41	2	300	5210	153	8	22	97

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#43 - Hot Giant - Chipotle Steak Philly - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2070	1120	124	39	2	290	5010	152	11	24	93

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#43 - Hot Giant - Chipotle Steak Philly - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
2080	1120	124	39	2	290	5050	151	7	22	93

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), CHIPOTLE MAYONNAISE (Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, chipotle pepper, salt, contains less than 2% of water, reconstituted lime juice (water, lime juice concentrate), sugar, mustard bran, onion,* garlic,* mustard flour, garlic, spice, chili powder (chili pepper, spice, salt, garlic), natural smoke flavor, jalapeno pepper, bell pepper,* garlic juice concentrate, calcium disodium EDTA (to protect flavor), canola oil, natural flavor (contains celery). *Dried), ONION, SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol).

#44 - Hot Giant - Buffalo Chicken Cheesesteak - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1640	870	97	29	0.5	310	6680	107	7	22	89

Contains: Egg, Milk, Sesame, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Giant - Buffalo Chicken Cheesesteak - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

1850	840	93	31	1	325	7340	147	9	18	105

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#44 - Hot Giant - Buffalo Chicken Cheesesteak - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1780	800	89	29	0.5	310	7140	146	13	21	101

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#44 - Hot Giant - Buffalo Chicken Cheesesteak - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1790	800	89	29	0.5	310	7180	145	8	18	100

Contains: Egg, Milk, Sesame, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and

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2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), BUFFALO SAUCE (Distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter-type flavor and garlic powder), LETTUCE, TOMATO, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), BLUE CHEESE DRESSING ((Soybean oil, water, blue cheese ([cultured pasteurized milk, salt, enzymes, penicillium roquforti], natamycin [natural milk inhibitor], distilled vinegar, egg yolk, sugar, contains less than 2% of salt, whey, protein concentrate, sour cream solids (sour cream [cream, nonfat milk, cultures], maltodextrin, cultured buttermilk, cultured skim milk), xanthan gum, cheese (pasteurized milk, cheese culture, salt, enzymes), lactic acid, garlic*, potassium sorbate and sodium benzoate (preservatives), natural flavor, calcium disodium EDTA (to protect flavor). *dried) OR (Soybean oil, water, blue cheese (pasteurized milk, cheese cultures, salt, enzymes), distilled vinegar, egg yolk, sugar, salt, contains 2% or less of: natural flavors (includes sesame), spices, xanthan gum, dried torula yeast, autolyzed yeast extract, lactic acid, garlic powder, citric acid, whey)).

#55 - Hot Giant - Chicken Big Kahuna - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1330	540	60	26	0.5	295	4670	111	6	27	91

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Giant - Chicken Big Kahuna - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1540	510	56	28	1	310	5330	151	8	23	107

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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JERSEY MIKE'S | MASTER MENU LABEL REPORT

#55 - Hot Giant - Chicken Big Kahuna - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1480	470	52	26	0.5	295	5140	150	12	26	103

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#55 - Hot Giant - Chicken Big Kahuna - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1480	470	52	25	0.5	295	5170	149	7	23	102

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY CHICKEN ((Containing up to 22% of a solution of water, seasoning (dextrose, salt, sodium phosphate, sugar, yeast extract, natural flavoring, dehydrated garlic and onion), potassium lactate) OR (Contains up to 22% of a solution of water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrate onion and garlic], sodium phosphate) OR (Boneless chicken breast with rib meat containing water, potassium lactate, dextrose, seasoning [salt, dehydrated chicken broth (maltodextrin, natural flavor), sugar, dehydrated onion and garlic], sodium phosphate)), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Giant - Big Kahuna - Gluten Free

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1460	700	78	35	1.5	265	4630	113	6	25	86

Contains: Egg, Milk, Soy

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative),

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sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Giant - Big Kahuna - Rosemary Parmesan

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1670	660	74	37	2	280	5290	153	8	21	102

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)), PARMESAN CHEESE (Parmesan cheese (Pasteurized part-skim milk, salt, cheese cultures, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

#56 - Hot Giant - Big Kahuna - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1600	630	70	34	1.5	265	5090	152	12	24	98

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

#56 - Hot Giant - Big Kahuna - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
1610	620	69	34	1.5	265	5130	152	7	21	97

Contains: Milk, Soy, Wheat

Ingredient Statement: PHILLY BEEF (Beef containing solution of water, dextrose, salt, potassium lactate, sodium phosphate, natural flavors), WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast,

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contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin), ONION, MUSHROOMS (Mushrooms, water, contains less than 2% of salt, bisulfate of soda, ascorbic acid, sodium benzoate, potassium sorbate), SWEET PEPPER STRIPS (Fresh peppers, water, sugar, vinegar, salt, calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative),turmeric) OR (Bell peppers, sugar, water, vinegar, salt, less than 2% of the following: calcium chloride, sodium benzoate (preservative), sodium metabisulfite (preservative) and extractives of turmeric, polysorbate 80 and propylene glycol), JALAPENO PEPPERS (Fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, sodium metabisulfite (preservative), turmeric) OR (Jalapeno peppers, water, vinegar, salt, contains less than 2% of the following: calcium chloride, sodium benzoate (preservative), natural flavors, polysorbate 80 and sodium metabisulfite (preservative)).

Breakfast

#1 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
610	330	36	15	0.5	310	1560	42	2	4	30

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PORK ROLL, PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

#2 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
480	210	24	9	0.5	280	1200	41	2	3	26

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), BACON ((Pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke flavoring) OR (Pork cured with water, less than 2% of salt, sugar, sodium phosphate, smoke flavoring, sodium erythorbate, sodium nitrite) OR (Sliced bacon cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

#3 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
850	540	60	22	0.5	350	1600	41	2	3	33

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: SAUSAGE (Pork, water, salt, spices, sugar, dextrose, natural flavoring, lime juice concentrate), EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

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#4 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
460	170	19	7	0.5	285	1490	43	2	4	31

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

#5 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
510	180	20	7	0.5	315	1010	41	2	3	40

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), ROAST BEEF (Beef, salt), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

#6 Breakfast Sandwich

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
390	140	16	6	0.5	255	830	41	2	3	19

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: EGGS, WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), PASTEURIZED PROCESS WHITE AMERICAN CHEESE (Cultured milk and skim milk, cream, sodium citrate, salt, enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent)) OR (Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), enzymes, citric acid, soy lecithin).

Kid's Meal

#3 - Kid's Menu - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	50	6	2.5	0	20	700	33	3	4	14

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid,

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enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes).

#3 - Kid's Menu - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	50	6	2.5	0	20	700	33	2	4	14

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes).

#7 - Kid's Menu - Wheat Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	45	5	2	0	25	730	33	3	4	17

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes).

#7 - Kid's Menu - White Sub

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	45	5	2	0	25	740	33	2	3	17

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, TURKEY (Turkey Breast Meat, Turkey Broth, Water, Salt, Dextrose, Sodium Phosphate, Pepper), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes).

Desserts

Chocolate Chunk Cookie

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
280	120	14	8	0	35	220	37	2	21	3

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Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate (sugar, unsweetened chocolate processed with alkali, cocoa butter, milkfat, soy lecithin, natural flavor), sugar, butter (cream [milk], salt), eggs, invert sugar, molasses, water, baking soda, natural flavor, salt)

Mini Chocolate Chunk Cookie

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
70	30	3	2	0	10	50	9	0	5	1

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate (sugar, unsweetened chocolate processed with alkali, cocoa butter, milkfat, soy lecithin, natural flavor), sugar, butter (cream [milk], salt), eggs, invert sugar, molasses, water, baking soda, natural flavor, salt)

Chocolate Chip Brownie

Calories	Fat Cal.	Total Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	250	28	11	0	90	180	62	3	47	5

Contains: Egg, Milk, Soy, Wheat

Ingredient Statement: (Sugar, margarine (vegetable oil blend [palm fruit, soybean and olive oils], water, salt, non-fat dry milk, soy lecithin, monoglycerides, natural flavor, vitamin A palmitate, beta carotene color), bleached wheat flour, chocolate (sugar, chocolate liquor, cocoa butter, cocoa powder, milkfat, soy lecithin, salt, vanilla), eggs, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, salt), cocoa processed with alkali, potassium sorbate, artificial vanilla flavor, baking soda)

LTO – Grilled Italian

Grilled Italian Hot - Gluten Free

Contains: Egg, Milk

Ingredient Statement: GLUTEN FREE HOAGIE ROLL (Water, tapioca starch, brown rice flour (rice flour, rice bran), canola oil, egg whites, resistant corn starch, tapioca maltodextrin, cane sugar, sugar cane syrup, rice bran, yeast, sugarcane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid (mold inhibitor), locust bean gum, enzymes, white rice flour), LETTUCE, TOMATO, ONION, HOT CHOPPED PEPPER RELISH (Peppers, Water, Vinegar, Salt, Contains Less Than 2% Of The Following: Xanthan Gum, Calcium Chloride, Sodium Benzoate (Preservative) And Sodium Metabisulfite (Preservative)), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor))

Grilled Italian Hot - Rosemary Parmesan

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, ONION, HOT CHOPPED PEPPER RELISH (Peppers, Water, Vinegar, Salt, Contains Less Than 2% Of The Following: Xanthan Gum, Calcium Chloride, Sodium Benzoate (Preservative) And Sodium Metabisulfite (Preservative)), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI ((Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PARMESAN CHEESE (Parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor)), DRIED ROSEMARY.

***Please Note:** Cornmeal is used during the baking process of our bread.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item.

JERSEY MIKE'S | MASTER MENU LABEL REPORT

Grilled Italian Hot - Wheat Sub

Contains: Milk, Wheat

Ingredient Statement: WHEAT SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, and 2% or less of salt, soybean/canola oil, cane sugar, honey, ascorbic acid, enzymes) OR (Enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, sugar, soybean oil, wheat gluten, honey, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, whole wheat flour, yeast, cracked wheat, wheat bran, salt, soybean oil, sugar, vital wheat gluten, honey, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, whole wheat flour, yeast, cracked wheat, wheat bran, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, honey, ascorbic acid, enzymes), LETTUCE, TOMATO, ONION, HOT CHOPPED PEPPER RELISH (Peppers, Water, Vinegar, Salt, Contains Less Than 2% Of The Following: Xanthan Gum, Calcium Chloride, Sodium Benzoate (Preservative) And Sodium Metabisulfite (Preservative)), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI (Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor).

Grilled Italian Hot - White Sub

Contains: Milk, Wheat

Ingredient Statement: WHITE SUB (Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, enzyme, folic acid), water, yeast, and 2% or less of salt, soybean/canola oil, cane sugar, ascorbic acid, enzymes) OR (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, soybean oil, sugar, dough conditioner (ascorbic acid, enzymes)) OR (Wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, yeast, salt, soybean oil, sugar, vital wheat gluten, ascorbic acid, enzymes) OR (Flour (wheat flour, malted barley), water, yeast, contains less than 2% of each of the following: salt, sugar, soybean oil, wheat gluten, ascorbic acid, enzymes), LETTUCE, TOMATO, ONION, HOT CHOPPED PEPPER RELISH (Peppers, Water, Vinegar, Salt, Contains Less Than 2% Of The Following: Xanthan Gum, Calcium Chloride, Sodium Benzoate (Preservative) And Sodium Metabisulfite (Preservative)), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI (Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor).

Grilled Italian Hot – Sub in a Tub

Contains: Milk

Ingredient Statement: LETTUCE, TOMATO, ONION, HOT CHOPPED PEPPER RELISH (Peppers, Water, Vinegar, Salt, Contains Less Than 2% Of The Following: Xanthan Gum, Calcium Chloride, Sodium Benzoate (Preservative) And Sodium Metabisulfite (Preservative)), COOKED HAM (*Ham cured with water dextrose, contains 2% or less of: salt, sugar, sodium phosphates, sodium ascorbate, sodium erythorbate, sodium nitrite)), PROVOLONE CHEESE (Cultured pasteurized milk, salt and enzymes), HARD SALAMI ((Pork, beef, salt, dextrose, lactic acid starter culture, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor)), PEPPERONI (Pork, beef, salt, dextrose, spices, lactic acid starter culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA*, BHT*, citric acid*) (*BHA, BHT, citric acid added to help protect flavor).

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