

★ NUTRITION GUIDE ★

(CONTINUED)



SIDES

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
CHOCOLATE CHIP COOKIE	410	170	19	12	0	50	290	56	<1	32	5
OATMEAL RAISIN COOKIE	370	120	13	8	0	50	390	57	3	31	6
REGULAR JIMMY CHIPS®	300	160	18	3	0	0	180	33	2	3	3
BBQ JIMMY CHIPS®	290	140	16	3	0	0	230	34	2	5	3
JALAPEÑO JIMMY CHIPS®	290	150	17	3	0	0	320	33	2	3	3
SALT & VINEGAR JIMMY CHIPS®	290	150	17	3	0	0	360	33	2	3	3
THINNY CHIPS®	260	100	11	2	0	0	190	39	3	3	4
JUMBO KOSHER DILL PICKLE	20	0	0	0	0	0	1710	3	2	1	1
SIDE OF AVOCADO SPREAD	70	60	6	0.5	0	0	200	4	3	0	1
SIDE OF KICKIN' RANCH®	160	140	15	2.5	0	15	310	2	0	<1	<1

DRINKS

22 OUNCES

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Sugars (g)	Protein (g)
COCA-COLA	280	0	0	0	0	0	70	73	73	0
DIET COKE	0	0	0	0	0	0	90	1	0	0
SPRITE	260	0	0	0	0	0	125	67	67	0
BARQ'S RED CREAM SODA	320	0	0	0	0	0	125	82	82	0
BARQ'S ROOT BEER	310	0	0	0	0	0	95	80	80	0
CAFFEINE FREE DIET COKE	0	0	0	0	0	0	90	0	0	0
CHERRY COCA-COLA	290	0	0	0	0	0	75	77	77	0
COCA-COLA ZERO SUGAR	0	0	0	0	0	0	75	0	0	0
DIET DR. PEPPER	0	0	0	0	0	0	95	0	0	0
DR. PEPPER	280	0	0	0	0	0	95	74	74	0
FANTA CHERRY	220	0	0	0	0	0	95	57	57	0
FANTA GRAPE	280	0	0	0	0	0	95	72	72	0
FANTA ORANGE	280	0	0	0	0	0	75	74	73	0
FANTA STRAWBERRY	300	0	0	0	0	0	150	79	78	0
FUZE RASPBERRY TEA	160	0	0	0	0	0	90	41	41	0
FUZE SWEET TEA	160	0	0	0	0	0	95	41	41	0
FUZE UNSWEETENED TEA	0	0	0	0	0	0	90	0	0	0
GLACEAU VITAMINWATER XXX	140	0	0	0	0	0	70	34	34	0
HI-C FLASHIN' FRUIT PUNCH	280	0	0	0	0	0	135	78	76	0
HI-C POPPIN' PINK LEMONADE	260	0	0	0	0	0	180	65	65	0
LIPTON ICED TEA (SWEET)	270	0	0	0	0	0	15	60	60	0
LIPTON ICED TEA (UNSWEETENED)	0	0	0	0	0	0	15	0	0	0
MELLO YELLO	300	0	0	0	0	0	95	80	80	0
MINUTE MAID LEMONADE	270	0	0	0	0	0	180	69	69	0
MINUTE MAID LIGHT LEMONADE	10	0	0	0	0	0	80	4	0	0
PIBB XTRA	270	0	0	0	0	0	100	69	69	0
POWERADE FRUIT PUNCH	160	0	0	0	0	0	210	39	39	0
POWERADE MOUNTAIN BLAST	160	0	0	0	0	0	210	40	40	0
SPRITE ZERO	5	0	0	0	0	0	80	0	0	0

30/32 OUNCES

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Sugars (g)	Protein (g)
COCA-COLA	380/410	0/0	0/0	0/0	0/0	0/0	95/100	100/107	100/107	0/0
DIET COKE	0/0	0/0	0/0	0/0	0/0	0/0	125/130	1/1	0/0	0/0
SPRITE	350/380	0/0	0/0	0/0	0/0	0/0	170/180	91/97	91/97	0/0
BARQ'S RED CREAM SODA	440/460	0/0	0/0	0/0	0/0	0/0	170/180	112/119	112/119	0/0
BARQ'S ROOT BEER	420/440	0/0	0/0	0/0	0/0	0/0	135/140	109/116	109/116	0/0
CAFFEINE FREE DIET COKE	0/0	0/0	0/0	0/0	0/0	0/0	120/130	0/1	0/0	0/0
CHERRY COCA-COLA	400/430	0/0	0/0	0/0	0/0	0/0	105/110	105/112	105/112	0/0
COCA-COLA ZERO SUGAR	0/0	0/0	0/0	0/0	0/0	0/0	100/105	0/0	0/0	0/0
DIET DR. PEPPER	0/0	0/0	0/0	0/0	0/0	0/0	130/140	0/0	0/0	0/0
DR. PEPPER	380/410	0/0	0/0	0/0	0/0	0/0	130/140	101/108	101/108	0/0
FANTA CHERRY	300/320	0/0	0/0	0/0	0/0	0/0	125/135	77/82	77/82	0/0
FANTA GRAPE	380/410	0/0	0/0	0/0	0/0	0/0	130/140	98/104	98/104	0/0
FANTA ORANGE	380/410	0/0	0/0	0/0	0/0	0/0	100/105	101/108	99/106	0/0
FANTA STRAWBERRY	410/440	0/0	0/0	0/0	0/0	0/0	210/220	107/115	106/113	0/0
FUZE RASPBERRY TEA	220/230	0/0	0/0	0/0	0/0	0/0	125/135	56/59	55/59	0/0
FUZE SWEET TEA	220/230	0/0	0/0	0/0	0/0	0/0	130/140	56/60	55/59	0/0
FUZE UNSWEETENED TEA	5/5	0/0	0/0	0/0	0/0	0/0	125/135	0/1	0/0	0/0
GLACEAU VITAMINWATER XXX	180/200	0/0	0/0	0/0	0/0	0/0	100/105	47/50	46/49	0/0
HI-C FLASHIN' FRUIT PUNCH	390/410	0/0	0/0	0/0	0/0	0/0	180/200	106/113	103/110	0/0
HI-C POPPIN' PINK LEMONADE	350/370	0/0	0/0	0/0	0/0	0/0	250/260	88/94	88/94	0/0
LIPTON ICED TEA (SWEET)	370/400	0/0	0/0	0/0	0/0	0/0	20/20	94/100	94/100	0/0
LIPTON ICED TEA (UNSWEETENED)	0/0	0/0	0/0	0/0	0/0	0/0	20/20	0/0	0/0	0/0
MELLO YELLO	410/440	0/0	0/0	0/0	0/0	0/0	125/135	109/116	109/116	0/0
MINUTE MAID LEMONADE	370/400	0/0	0/0	0/0	0/0	0/0	250/260	94/100	94/100	0/0
MINUTE MAID LIGHT LEMONADE	15/15	0/0	0/0	0/0	0/0	0/0	105/115	5/5	0/0	0/0
PIBB XTRA	360/390	0/0	0/0	0/0	0/0	0/0	135/140	95/101	95/101	0/0
POWERADE FRUIT PUNCH	210/230	0/0	0/0	0/0	0/0	0/0	290/310	53/57	53/57	0/0
POWERADE MOUNTAIN BLAST	220/230	0/0	0/0	0/0	0/0	0/0	280/300	55/58	55/58	0/0
SPRITE ZERO	10/10	0/0	0/0	0/0	0/0	0/0	110/120	0/0	0/0	0/0

DRINK FLAVORS & SIZES VARY BY LOCATION

BREAD/UNWICH®

VALUES FOR 8" / 16"

	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
French Bread TBO (7, 13 & Originals)	230/470	15/30	1.5/3	0/0	0/0	0/0	470/930	44/87	3/6	0/0	9/17
French Bread LBI (All Others)	350/710	20/45	2/4.5	0/0	0/0	0/0	710/1420	66/133	4/9	0/0	13/27
Thick Sliced Wheat (8" Only)	370	80	8	0	0	0	390	57	4	8	16
Unwich® (Lettuce Wrap) (8" Only)	0	0	0	0	0	0	0	<1	0	<1	0
Little John French TBO (Standard)	120	5	.5	0	0	0	240	22	1	0	4
Little John French LBI (By Request)	200	10	1	0	0	0	390	37	2	0	7
French TBO (Beefy Black & Bleu)	280/550	15/35	1.5/3.5	0	0	0	550/1110	52/104	3/7	0	10/21

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★



WRAPS	Total calories (cal)		Calories from fat (fat cal)		Total fat (g)		Saturated fat (g)		Trans fat (g)		Cholesterol (mg)		Sodium (mg)		Total carbohydrate (g)		Dietary fiber (g)		Sugars (g)		Protein (g)	
	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP	UNWICH®	WRAP
CHICKEN CAESAR WRAP	620	910	420	500	47	55	10	13	0	0	95	95	1580	2390	24	70	2	3	4	7	27	36
SOUTHWEST ROAST BEEF WRAP	450	750	270	350	30	39	7	10	0	0	75	75	1090	2100	19	69	3	5	4	4	22	28

AVAILABLE ONLY ON THE CHICKEN CAESAR WRAP	INGREDIENT	PORTION	Total calories (cal)	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
	GARLIC & HERB	Each	300	80	9	2.5	0	0	800	47	1	3	9	
		SEASONED CHICKEN	EZ	50	15	2	1	0	25	200	0	0	0	9
			REG	100	30	3.5	1.5	0	50	400	<1	0	0	17
	XTRA		210	60	7	3.5	0	100	800	2	0	0	35	
	CREAMY CAESAR DRESSING	EZ	90	90	10	1.5	0	5	250	1	0	<1	<1	
		REG	180	170	19	3.5	0	15	500	3	0	1	1	
		XTRA	360	350	39	7	0	30	990	6	0	3	3	
	PARMESAN CHEESE	EZ	30	20	2	1.5	0	5	65	0	0	0	2	
		REG	60	35	4	2.5	0	15	130	<1	<1	0	5	
		XTRA	110	70	8	5	0	25	260	1	1	0	9	
	MINI CROUTONS	EZ	45	15	1.5	0	0	0	140	7	0	0	1	
		REG	90	25	3	0	0	0	280	15	0	0	3	
		XTRA	180	50	6	0	0	0	570	30	0	0	6	
	RANCH DRESSING	EZ	0	0	0	0	0	0	60	0	0	0	0	
		REG	0	0	0	0	0	0	115	<1	0	0	0	
XTRA		10	0	0	0	0	0	230	2	0	0	0		

AVAILABLE ONLY ON THE SOUTHWEST ROAST BEEF WRAP	INGREDIENT	PORTION	Total calories (cal)	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
	JALAPEÑO CHEDDAR WRAP	Each	310	80	9	2.5	0	0	1010	51	2	1	6	
		CHILI LIME SEASONING	EZ	0	0	0	0	0	0	45	0	0	0	0
			REG	0	0	0	0	0	0	85	0	0	0	0
	XTRA		0	0	0	0	0	0	170	<1	0	0	0	
	KICKIN' RANCH®	EZ	40	35	4	.5	0	<5	80	0	0	0	0	
		REG	80	70	8	1	0	10	160	<1	0	0	0	
		XTRA	170	140	16	2.5	0	15	320	2	0	<1	<1	
	SHREDDED PEPPER JACK CHEESE	EZ	25	20	2	1.5	0	5	105	<1	0	0	1	
		REG	50	35	4	2.5	0	15	210	1	0	0	3	
		XTRA	100	70	8	5	0	25	420	2	0	0	5	
	FIRE ROASTED SOUTHWEST CORN BLEND	EZ	10	0	0	0	0	0	0	1	0	0	0	
		REG	15	0	0	0	0	0	0	3	<1	<1	<1	
		XTRA	30	0	0	0	0	0	0	6	2	2	2	
	TORTILLA CHIPS	EZ	35	15	2	0	0	0	20	5	<1	0	<1	
		REG	70	35	3.5	.5	0	0	40	9	1	0	1	
XTRA		140	70	7	1	0	0	75	18	2	0	2		

★ LIMITED TIME OFFER ITEMS AND INGREDIENTS ★



SANDWICH	Total calories (cal)				Calories from fat (fat cal)				Total fat (g)				Saturated fat (g)				Trans fat (g)				Cholesterol (mg)				Sodium (mg)				Total carbohydrate (g)				Dietary fiber (g)				Sugars (g)				Protein (g)			
	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F	U	8F	SW	16F
BEEFY BLACK & BLEU	380	650	740	1300	220	230	300	470	25	27	33	53	9	9	9	17	0	0	0	0	100	100	100	200	1350	1900	1730	3790	10	60	66	121	2	5	6	10	6	5	13	10	30	40	46	81

U = UNWICH® LETTUCE WRAP | 8F = 8" FRENCH BREAD | SW = THICK-SLICED WHEAT | 16F = 16" FRENCH BREAD

INGREDIENT	PORTION	Calories		Calories from Fat		Total Fat		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
		8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"	8"	16"
HORSERADISH AIOLI	EZ	50	100	40	80	4.5	9	0.5	1.5	0	0	<5	10	125	250	2	4	0	0	1	3	0	0
	REG	100	190	80	160	9	18	1.5	2.5	0	0	10	20	250	490	4	7	0	0	3	5	0	0
	XTRA	190	390	160	320	18	35	2.5	5	0	0	20	35	490	990	7	14	0	0	5	11	0	0
BLEU CHEESE CRUMBLES	EZ	35	70	25	50	3	6	2	4.5	0	0	10	20	135	270	0	0	0	0	0	0	2	4
	REG	70	140	50	100	6	11	4.5	9	0	0	20	45	270	540	0	0	0	0	0	0	4	9
	XTRA	140	280	100	200	11	23	9	17	0	0	45	85	540	1080	0	0	0	0	0	0	9	17
BLEU CHEESE DRESSING	EZ	25	50	25	50	3	6	0.5	1	0	0	<5	5	45	90	0	0	0	0	0	0	0	0
	REG	50	110	50	100	6	11	1	2	0	0	5	10	90	180	0	<1	0	0	0	<1	0	<1
	XTRA	110	210	100	200	11	23	2	4.5	0	0	10	20	180	350	<1	1	0	0	<1	1	<1	1
BLACK PEPPER	EZ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	REG	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	XTRA	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

AVAILABLE ONLY ON THE BEEFY BLACK & BLEU