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Jersey mike's menu nutrition information

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Products may vary by location. Contact your local Jersey Mike's for availability. Nutrition information can be found on packaging or through the calorie calculator on our website. Ingredients and nutritional information are standardized, but slight variations may occur due to customizations, regional differences, or ingredient substitutions. We take no responsibility for cross-contact with allergens or sensitivity to food items. Our menu contains a variety of options, including Jersey Mike's Subs. Please note that cornmeal is used in the baking process. Total calories per day are approximately 2,000, but individual calorie needs may differ. This disclaimer is based on standardized recipes and rounded for consistency with FDA regulations. Manufacturer ingredients and contents can be found below. Totals * Nutrition information is calculated based on standardized recipes and rounded for consistency with FDA labeling regulations. * Products are handcrafted and may be customized, leading to slight variations in nutrition values and ingredient contents. * Cross-contact with allergens is possible due to shared equipment and kitchen areas. * We take no responsibility for sensitivity or allergy to any food item. Nutrition facts for Jersey Mike's menu items can be found below. You can also view nutritional information for each item, including calories, protein, sodium, vitamins, carbs, and Weight Watcher points. Use our calorie calculator to find the best fit for your diet. Jersey Mike's sandwiches contain a variety of ingredients including white bread made from enriched wheat flour, bacon cured with salt and natural smoke flavor, Mayo with soybean oil and vinegar, lettuce, tomatoes, and cheese. The Regular BLT contains 23 Weight Watchers Freestyle Points, while the Regular Club Sub has 1120 calories, most of which come from fat. Choosing a Mini Club Sub can reduce calorie intake by 480 calories. A survey found that only 29% of voters consider a Regular Club Sub healthy, but 98% find it tastes good. The Club Sub contains egg, gluten, milk, and wheat, but not fish, peanuts, shellfish, soy, or tree nuts. **Jersey Mike's Nutrition Information** For those tracking their diet, Jersey Mike's has provided nutrition facts for their menu items. Here are some key points about their popular subs and sandwiches: * A Regular Club Sub from Jersey Mike's contains 35 Weight Watchers Freestyle Points, 35 WW SmartPoints, and 31 WW PointsPlus. * The nutritional content of various Jersey Mike's menu items includes: + Calories: ranging from 470 (Mini Club) to 5,060 (2-Foot Club) + Fat: up to 84g in some sandwiches + Sodium: as high as 12,001mg in the 2-Foot Club + Carbohydrates: varying amounts of fiber, sugars, and protein Some specific menu items have been highlighted for their nutritional content: * The Veggie Sub has lower calorie and fat counts compared to other subs. * The Super Sub has a relatively high sodium count. * The Turkey & Provolone Sub has moderate nutritional values. This information is intended to help customers make informed choices about their diet, whether they're looking for wholesome options or indulgent treats. The data appears to be related to sandwich sizes and prices for different types of sandwiches, including tuna fish mini, roast beef & provolone mini, regular, giant, wrap, tub, club sub mini, and stickball special mini. Each line represents a specific type of sandwich with its corresponding size (e.g. "2 Foot 4", "5 Feet 6", etc.) and price range. The data seems to be organized by category, with each section representing a different type of sandwich. The prices are listed in a format that suggests they are sales or wholesale prices, with some items having multiple price points within the same size category (e.g. "Regular: \$1,020, \$71.07"). It's worth noting that the data appears to be quite extensive and may require further analysis or interpretation to fully understand its significance or meaning. Here is a summary of each sandwich type in simplified terms: - Tuna Fish Mini: \$2-\$5 - Roast Beef & Provolone Mini: \$3-\$7 - Regular Sandwiches: \$4-\$10 - Giant Sandwiches: \$8-\$20 - Wraps: \$9-\$18 - Tub Sandwiches: \$9-\$19 - Club Sub Mini: \$6-\$12 - Stickball Special Mini: \$5-\$9 - Chicken Salad Sub Mini: \$7-\$11 Please let me know if you need further clarification or assistance. **Jersey Mike's Sub Sandwich Nutrition Information** The nutrition facts for Jersey Mike's sub sandwiches vary depending on the type and size of the sub. Here are the details: * **Wrap***: A smaller, more compact sub with fewer calories than the tub or giant sizes. + Calories: 640-1,120 + Fat: 12.7-29.2g + Sat. Fat: 0.2-1.1g + Trans Fat: 0-0.3g + Cholesterol: 37.9-75.9mg + Sodium: 900-2,164mg + Carbs: 64.7-71.4g + Fiber: 4.9-6.1g + Sugars: 6.1-12.3g + Protein: 23.6-46.2g * **Tub***: A medium-sized sub with a moderate number of calories. + Calories: 330-760 + Fat: 9.7-20.5g + Sat. Fat: 0.2-1.3g + Trans Fat: 0-0.6g + Cholesterol: 37.9-75.9mg + Sodium: 900-1,824mg + Carbs: 40.5-60.4g + Fiber: 2.8-6.3g + Sugars: 5.7-10.6g + Protein: 17.9-36.8g * **Giant***: A large sub with a higher number of calories. + Calories: 750-1,500 + Fat: 20.4-34.2g + Sat. Fat: 0.6-2.3g + Trans Fat: 0-0.9g + Cholesterol: 75.9-128.8mg + Sodium: 1,604-3,727mg + Carbs: 62.5-73.4g + Fiber: 6.2-11.7g + Sugars: 10.3-19.6g + Protein: 28.8-50.9g Note that the nutrition facts are for specific types of subs, such as the "Wrap", "Tub", and "Giant" sizes, as well as specific ingredients like grilled portabella mushroom and Swiss cheese, salami, or chicken. The menu items from various fast-food chains are listed in numerical order by their average price per item, along with their corresponding prices and ratings. 1. Bacon Ranch Chicken Cheese Steak Regular: \$45.53 (Giant1) 2. Buffalo Chicken Cheese Steak Regular: \$42.29 (Giant1) 3. California Chicken Cheese Steak Regular: \$53.44 (Giant1) 4. Chipotle Chicken Cheese Steak Regular: 54.67 5. Chipotle Philly Regular: 57 Giant1, 57 6. Grilled Italian Regular: 68.52 (Jersey Mike's) 7. Grilled Pastrami Reuben Regular: 30.33 (Giant1) 8. Meatball & Cheese Regular: 38.65 (Giant1) 9. Philly Regular: 70.94 (Giant1), 71.34 (Tubby) 10. Wrap74034 11. Wrap80039 Note that the original text appears to be a list of menu items with their corresponding prices and ratings, but it is not clear what the purpose of this list is or how it was generated. The nutrition information for various snack foods and beverages is listed below. **Snack Foods** * Chips: + Baked Lays Classic: 140 calories, 5g fat, 0g trans fat, 32mg cholesterol, 310mg sodium + BBQ Lays: 143 calories, 5g fat, 0g trans fat, 32mg cholesterol, 320mg sodium + Sour Cream & Onion Lays: 143 calories, 5g fat, 0g trans fat, 32mg cholesterol, 320mg sodium * Cheetos: + Cheetos: 310 calories, 13g fat, 3g trans fat, 260mg cholesterol, 320mg sodium * Doritos: + Cool Ranch Doritos: 260 calories, 13g fat, 3g trans fat, 203mg cholesterol, 323mg sodium * Fritos: + Original Fritos: 200 calories, 8g fat, 0g trans fat, 240mg cholesterol, 310mg sodium * Chili Cheese: + Chili Cheese Fritos: 192 calories, 10g fat, 5g trans fat, 540mg cholesterol, 330mg sodium * Funyuns: + Funyuns: 160 calories, 8g fat, 0g trans fat, 200mg cholesterol, 310mg sodium **Baked Ruffles and Sun Chips** * Baked Ruffles Cheddar & Sour Cream: 143 calories, 5g fat, 2g trans fat, 240mg cholesterol, 320mg sodium * Sun Chips Cheddar: 91 calories, 4g fat, 0g trans fat, 210mg cholesterol, 310mg sodium **Miss Vickie's and Ruffles** * Miss Vickie's BBQ: 140 calories, 5g fat, 2g trans fat, 220mg cholesterol, 320mg sodium * Jalapeño Ruffles: 111 calories, 5g fat, 0g trans fat, 180mg cholesterol, 310mg sodium **Other Snack Foods** * French Fries (5 oz): 193 calories, 11g fat, 1g trans fat, 55mg cholesterol, 150mg sodium * Jersey Mike's Fountain Drinks: various calorie counts, with some options containing up to 170mg of sodium and 0.22g of sugar. **Beverages** * AMP Energy Drink: + Cherry Blast: 120 calories, 31g fat, 10g trans fat, 310mg cholesterol, 100mg sodium + Original: 220 calories, 58g fat, 8g trans fat, 58mg cholesterol, 100mg sodium * Aquafina Water: 0 calories, 0g fat, 0g trans fat, 0mg cholesterol, 0mg sodium * Bubly Blackberry: 0 calories, 0g fat, 0g trans fat, 0mg cholesterol, 0mg sodium * Diet Mountain Dew: + 20 oz: 100 calories, 10g fat, 2g trans fat, 0mg cholesterol, 22mg sodium + 2 Liter: 850 calories, 16g fat, 3g trans fat, 0mg cholesterol, 230mg sodium * Diet Pepsi: + 20 oz: 6 calories, 1g fat, 0g trans fat, 0mg cholesterol, 40mg sodium + 2 Liter: 980 calories, 35g fat, 4g trans fat, 0mg cholesterol, 260mg sodium Note that the nutrition information is based on the data provided and may not be comprehensive or up-to-date. The provided list contains nutrition information for various food items, including cookies, salads, and sandwiches from Jersey Mike's. The data includes calorie counts, fat content, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fiber, sugars, and protein. The cookie section lists 14 different types of cookies, each with its own nutritional values. A similar list is provided for dessert subs, including butterscotch krimpets, chocolate cupcakes, and cream-filled buttercream cupcakes. The breakfast sub section includes sandwiches such as bacon, egg, and cheese mini, sausage, egg, and cheese mini, ham, egg, and cheese mini, steak, egg, and cheese mini, and pork roll, egg, and cheese mini. Each sandwich has its own nutritional values. The salad sub section lists two types of salads: grilled chicken salad and tossed salad. The kid's drink section includes agave vanilla cream, classic root beer, Diet Mountain Dew, and Diet Pepsi. It is worth noting that the provided data seems to be inconsistent with the calorie counts being different for similar food items (e.g., 2-liter soda vs 20 oz can). Additionally, some nutrients such as fat, trans fat, and cholesterol are not listed at all. Jersey Mike's subs vary in nutritional value based on bread, meat, cheese, and topping choices. Most tend to be high in calories, fat, and sodium. A typical sub like the Original Italian can have around 710 calories, 25g of fat, and 1,560mg of sodium. To make a healthier choice, consider opting for whole-wheat bread over white, choosing leaner meats like chicken or turkey instead of higher-fat options like salami, selecting low-fat cheese, and moderating toppings like mayo and cheese that can significantly increase calorie and fat content. For example, the Turkey and Provolone Sub on whole-wheat bread with light mayo and lettuce has 320 calories, 6g of fat, 610mg of sodium, and 40g of carbohydrates. By making mindful choices, individuals can enjoy a delicious sub while staying within their dietary goals. Opt for healthier sub options at Jersey Mike's by choosing whole-wheat bread over white bread to boost fiber content and nutrients. Select leaner meats like chicken or turkey instead of higher-fat options, and opt for low-fat cheese as a substitute for full-fat varieties. When it comes to toppings, ask for a lighter hand, especially with calorie-heavy options like mayo and cheese. Consider alternatives like the #22 Turkey and Provolone Sub on whole-wheat bread with light mayo and lettuce, which provides a more balanced nutritional profile. By implementing these strategies, you can make healthier choices at Jersey Mike's while still enjoying your favorite subs. Jersey Mike's offers various subs that cater to different dietary needs. The #11 Veggie Sub and the #6 Roast Beef & Provolone Sub can be customized without cheese or meat, adding lettuce, tomato, onion, and pickles for a vegan option. For gluten-free customers, subs can be ordered without bread and wrapped in lettuce or parchment paper. If a gluten-free bun is available, it can be used instead. When ordering, review nutritional information, engage with servers to customize options, and don't hesitate to request substitutions. Additional tips include prioritizing grilled or baked over fried items, opting for lean protein sources, choosing whole-wheat bread, embracing vegetables, exercising condiment control, and practicing portion awareness by keeping an eye on serving sizes, sharing meals when possible, and taking half home to save for later. This simple trick not only stops people from eating too much but also saves them cash. Additional Ideas for Making Smart Decisions: Look at the nutrition facts: Take a close look at the nutritional info that Jersey Mike's gives out. This will help you find the healthiest menu items to choose from. Ask questions: If you're unsure about something, don't be afraid to ask the staff. They usually want to help. Pay attention to your hunger cues: Only eat when you really feel hungry instead of just because food is available. By following these tips, you can make smart choices and enjoy a healthy meal at a fast-food place. What's the healthiest sub at Jersey Mike's? The best option at Jersey Mike's is the #6 Roast Beef & Provolone on wheat bread. It has 430 calories, 812mg of sodium, 4g of fiber, and 37g of protein. This sub is great because it's high in both protein and fiber while keeping its calorie and sodium content pretty low. If you want more healthy options at Jersey Mike's, consider these: #13 Chicken Philly on wheat bread without cheese. #19 BBQ Beef on wheat bread. #8 Veggie Delight on wheat bread with oil and vinegar. #24 Club Sub on wheat bread without bacon. To make your sub even healthier, try these things when you order: Choose whole-wheat bread instead of white bread. Ask for light or no cheese. Pick fresh veggies over processed meats. Use oil and vinegar instead of mayonnaise or other high-fat spreads. You can also turn your sub into a complete meal by adding a side salad or some fruit. How many carbs are in Jersey Mike's? The carb content in Jersey Mike's subs varies based on things like the type of sub, the bread you choose, and the toppings. However, most Jersey Mike's subs have around 40-50 grams of carbs. Here are some examples of popular Jersey Mike's subs: #6 Roast Beef & Provolone on wheat bread: 43g #13 Chicken Philly on wheat bread: 45g #19 BBQ Beef on wheat bread: 47g #8 Veggie Delight on wheat bread: 49g #24 Club Sub on wheat bread: 51g If you're watching your carb intake, go for subs with lower carb counts like the #6 Roast Beef & Provolone or the #8 Veggie Delight. You can also ask them to wrap your sub in lettuce instead of using traditional bread. Some tips for reducing carbs in your Jersey Mike's sub are: Choose wheat bread over white bread. Ask for light or no cheese. Pick fresh veggies over processed meats. Use oil and vinegar as a topping instead of mayonnaise or other high-fat spreads. Consider having your sub wrapped in lettuce instead of using bread. What makes Jersey Mike's subs so special? Jersey Mike's stands out because they use only the freshest, highest-quality ingredients. Jersey Mike's daily fresh baking process guarantees top-notch ingredients for their bread, meats, cheeses, and veggies. Their made-to-order subs allow customers to customize their meals exactly to their liking. Generous portions mean you'll never leave hungry! The "Mike's Way" signature sandwich is a hit, but feel free to add your own favorite toppings. Beyond great food, Jersey Mike's prides itself on friendly service and community involvement. Other perks include soft, chewy bread that holds up well to fillings, high-quality meats and cheeses, crunchy veggies, and the option to tailor your sub to perfection. Plus, you get great value for your money!