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## Jersey mike's nutrition information

Calorie and nutritional information for popular products from Jersey Mike's: Popular items: Cookies, salads, sandwiches, vegetables, wraps, more... see more Jersey Mike's cookies products review for more jersey Mike's salad products to review more jersey Mike's sandwich products Salad (Regular) Over 1 serving - Calories: 15kcal | Fat: 0.00g | Carbohydrates: 3.00g | Protein: 1.00g Onions (Regular) For 1 serving - Calories: 10kcal | Fat: 0.00g | Carbohydrates: 3.00g | Protein: 0.00g Tomatoes (regular) Per 1 serving - Calories: 10kcal | Fat: 0.00g | Carbohydrates: 3.00g | Baltymai: 1.00g peržiūrėti daugiau Džersis Mike's daržovių produktų peržiūrėti daugiau džersis Mike's wraps produktai peržiūrėti visus Džersis Mike produktų Visi prekių ženklai »Džersis Mike's Subs Puslapis 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 Pavadinimas Aprašymas Prieigos lygis #11, Kviečiai Regular Cold Subs - #11, Kviečiai Regular #11, Kviečiai Wrap Cold Subs kaip Wraps - #11, Kviečių Wrap #11, White Giant Cold Subs - #11, White Giant #11, White Mini Cold Subs - #11, Balta Mini #11, Balta Reguliariai Cold Subs - #11, Balta Reguliariai #12, Miltų tortilija Wrap Cold Subs kaip įvyniojimai - #12, miltų tortilijos wrap #12, į Tub Cold Subs - #12, į Tub #12, Sumažintas Angliavandenių Wrap Cold Subs kaip wraps - #12, Sumažintas Angliavandenių Wrap #12 spinach Wrap Cold Subs as Wraps - #12, Spinach Wrap #12, Tomato Wrap Cold Subs - #12, Tomato Wrap #12, Wheat Giant Cold Subs - #12, Wheat Giant #12, Wheat Mini Cold Subs - #12, Wheat Mini #12, Wheat Regular Cold Subs - #12, Wheat Regular #12, Wheat Wrap Cold Subs as Wraps - #12, Wheat Wrap #12, White Giant Cold Subs - #12, White Giant #12, White Mini Cold Subs - #12, White Mini #12, White Regular Cold Subs - #12, White Regular #13 Original Italian Sub, Wheat Wrap Cold Subs as Wraps - #13 Original Italian, Wheat Wrap #13 Original Italian, Flour Tortilla Wrap Cold Subs as Wraps - #13 Original Italian, Flour Tortilla Wrap #13 Original Italian, in Tub Cold Subs - #13 Original Italian, In Tub #13 Original Italian reduced carbohydrate wrap cold subs - #13 original Italian, Reduced Carbohydrate Wrap #13 Original Italian, Spinach Wrap Cold Subs as Wraps - #13 Original Italian, Spinach Wrap #13 Italian Original, Tomato Wrap Cold Subs as Wraps - #13 Original Italian, Tomato Wrap #13 Original Italian, Wheat Giant Cold Subs - #13 Original Italian, Wheat Giant #13 Original Italian, Wheat Mini Cold Subs - #13 Original Italian, White Giant Cold Subs - #13 Original Italian, White Giant #13 Original Italian, White Mini Cold Subs - #13 Original White Mini #13 Original Italian, White Regular Cold Subs - #13 Original Italian, White Regular #14 Veggie, Flour Tortilla Wrap Cold Subs as Wraps - #14 Veggie, Flour Tortilla Wrap #14 Veggie, in Tub Cold Subs - - Veggie, Hot Tub #14 Veggie, Reduced Carbohydrate Wrap Cold Subs as Wraps - #14 Veggie, Reduced Carbohydrate Wrap #14 Veggie, Spinach Wrap Cold Subs as Wraps - #14 Veggie, spinach wrap #14 Veggie, tomato wrap cold subs like wraps - #14 Veggie, tomato wrap #14 Veggie, Wheat Giant Cold Subs - #14 Veggie, Wheat Giant #14 Veggie, Wheat Mini Cold Subs - #14 Veggie, Wheat Mini #14 Veggie, Wheat Regular Cold Subs - #14 Veggie, Wheat Regular #14 Veggie, Wheat Wrap Cold Subs like Wraps - #14 Veggie, Wheat Wrap #14 Veggie, White Giant Cold Subs - #14 Veggie, White Giant #14 <1> <9> Veggie, #14 White Mini #14 Veggie, White Regular Cold Subs - #14 Veggie, White Regular #15 Meatball and Cheese, Flour Tortilla Wrap Hot Subs as Wraps - #15 Meatball & Cheese, Reduced Carbohydrate Wrap Hot Subs like Wraps – #15 Meatball & Cheese, Reduced Carbohydrate Wrap #15 Meatball and Cheese, Spinach Wrap Hot Subs like Wraps – #15 Meatball & Cheese, Spinach Wrap Products may vary from place to place. Please contact your local Jersey Mike's product availability. Name {{{ingredient | extraOrAdd:collection}}} \* See nutrition labels for information {{{nutrient\_type}}} {{{nutrient\_type}}} Amounts \* Please note: Cornflour is used in our bread baking process. Manufacturer Ingredients content of 2000 calories per day is used for general dietary advice, but calorie needs vary. Disclaimer: Nutrition information is calculated on the basis of jersey Mike subs standardized prescriptions and has been rounded up to ensure compatibility with FDA labelling regulations. Our products are handmade and can be customized. Differences between portion sizes, preparation methods, substitute components, product testing, sources of supply, regional and seasonal differences and other factors may affect the nutritional values and content of the ingredients of each product. Although a given product may not contain a particular allergen, it can be prepared in the same equipment and in the same kitchen area as products containing that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor employees accept responsibility for the sensitivity or allergy to any food element. Jersey Mikes Subs, 0.5 sandwichCalories: 950 •Carbohydrates: 64g •Fat: 52g •Protein: 56gJersey Mikes Subs, 405 gCalories: 550 •Carbohydrates: 69g •Fat: 14g •Protein: 35gJersey Mikes Subs, 490 gCalories: 950 •Carbohydrates: 64g •Fat: 52g •Protein: 56gJersey Mikes Subs, 28 gCalories: 45 •Carbohydrates: 2g •Fat: 4g •Protein: 1gJersey Mikes Subs, 1 giant subCalories: 1615 •Carbohydrates: 131g •Fat: 95g •Protein: 58g Trademarks & Jersey Mike's 793 Items Jersey Mike's #13 Original Italian Sub White BreadNutrition Facts Jersey Mike's #7 Turkey Bust & Provolone Sub Wheat BreadNutrition Facts Jersey Mike's #17 Steak Philly Sub White BreadNutrition Facts Jersey Mike's #7 Turkey Bust & Provolone Sub White BreadNutrition Facts Jersey Mike'sWhite Sub RollNutrition Facts Jersey Mike'sWhite Sub RollNutrition Facts Jersey Mike's #7 Turkey Breast & Provolone Sub Wheat BreadNutrition Facts Jersey Mike'sWhite Kaiser RollNutrition Facts Jersey Mike's #13 Original Italian Sub Wheat BreadNutrition Facts Jersey Mike's #5 Super Sub on White BreadNutrition Facts Jersey Mike's #16 Chicken Philly Sub Wheat BreadNutrition Facts Jersey Mike'sWheat Sub RollNutrition Facts Jersey Mike'sMaryland Style Crab SoupNutrition Facts Jersey Mike's #2 Jersey Shore Favorite Sub on White BreadNutrition Facts Jersey Mike's #7 Turkey Bust & Cheese Sandwich on Kaiser RollNutrition Facts Jersey Mike's #9 Club Supreme Sub - the TubNutrition Facts Jersey Mike's #14 Veggie Sub on White BreadNutrition Facts Jersey Mike'sCream Potato SoupNutrition Facts Jersey Mike'sTriple Chocolate CookieNutrition Facts Jersey Mike's #16 Chicken Philly Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #16 Chicken Philly Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #10 Tuna Salad Sub on White BreadNutrition Facts Jersey Mike's #13 Original Italian Sub on White BreadNutrition Facts Jersey Mike's #6 Roast Beef & Provolone Sub on White BreadNutrition Facts Jersey Mike's #10 Tuna Salad Sub on White Breadstres Facts Jersey Mike'sChocolate Chip CookieNutrition Facts Jersey Mike's #3 American Classic Classic on White BreadNutrition Facts Jersey Mike's #7 Turkey Breast & Provolone Sub White BreadNutrition Facts Jersey Mike'sFrench Onion SoupNutrition Facts Jersey Mike's #2 Jersey Shore Favorite Sub Wheat BreadNutrition Facts Jersey Mike's #5 Super Sub on White BreadNutrition Facts Jersey Mike's #5 Super Sub on White BreadNutrition Facts Jersey Mike's #9 Club Supreme Sub on White BreadNutrition Facts Jersey Mike's #6 Fried Beef & Provolone Sub Wheat BreadNutrition Facts Jersey Mike's #3 American Classic Sub on White BreadNutrition Facts Jersey Mike's #18 Fried Chicken Parmesan Sub White BreadNutrition Facts Jersey Mike's Salad w/ChickenNutrition Facts Jersey Mike's #2 Jersey Shore Favorite Sub on White BreadNutrition Facts Jersey Mike's #7 Turkey Breast & Provolone Sub - The TubNutrition Facts Jersey Mike's #10 Tuna Salad Sub Wheat BreadNutrition Facts Jersey Mike's #13 Original Italian Sub - The TubNutrition Facts Jersey Mike's #13 Original Sub Tomato WrapNutrition Facts Jersey Mike's #1 BLT Sub Wheat BreadNutrition Facts Jersey Mike's #3 American Classic Sub Wheat BreadNutrition Facts Jersey Mike's #7 Turkey Bust & Provolone Sub Wheat BreadNutrition Facts Jersey Mike's #7 Turkey Breast & Provolone Sub White BreadNutrition Facts Jersey Mike's #8 Club Sub - The TubNutrition Facts Facts Mike's #8 Club Sub Wheat BreadNutrition Facts Jersey Mike's #9 Club Supreme Sub on White BreadNutrition Facts Jersey Mike's #14 Veggie Sub Wheat BreadNutrition Facts Jersey Mike's #11 Stickball Special Sub Wheat BreadNutrition Facts Jersey Mike's #11 Stickball Special Sub Wheat BreadNutrition Facts Jersey Mike'sRussian DressingNutrition Facts Jersey Mike's #13 Original Italian Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #17 Turkey Breast & Provolone Sub on Spinach WrapNutrition Facts Jersey Mike's #13 Original Italian Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #14 Veggie Sub on Spinach WrapNutrition Facts Jersey Mike's #17 Steak Philly Sub - the TubNutrition Facts of Jersey Mike's # 20 Reuben Sub Wheat BreadNutrition Facts Jersey Mike's #20 Reuben Sub on White BreadNutrition Facts Jersey Mike's #42 Chipotle Chicken Sub Tomato WrapNutrition Facts Jersey Mike's #44 Buffalo Chicken Cheesesteak Sub on White BreadNutrition Facts Jersey Mike'sSausage Sub on White BreadNutrition Facts Jersey Mike'sSteak Bacon Ranch Cheesesteak Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #26 Chicken Bacon Ranch Cheesesteak Sub on White BreadNutrition Facts Jersey Mike's #8 Club Sub on Bread WhiteNutrition Facts Jersey Mike'sCalifornia Chicken Cheesesteak Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike'sMaryland Style Crab SoupNuNuTrition Facts Jersey Mike'sGrilled Chicken Sub on Spinach WrapNutrition Facts Jersey Mike's #1 BLT Sub WheatNut Breadrition Facts Jersey Mike's #6 Fried Beef & Provolone Sub on White Breadstrition Facts Jersey Mike'sSaladNutrition Facts Jersey Mike'sVegetarian Vegetable SoupNutrition Facts Jersey Mike's #7 Turkey Bust & Provolone Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #10 Tuna Salad Sub Spinach WrapNutrition Facts Jersey Mike's #42 Chipotle Chicken Sub Wheat BreadNutrition Facts Jersey Mike's #56 Big Kahuna Sub on White Bread Jerry Mike's #5 3 American Classic Sub Wheat BreadNutrition Facts Jersey Mike's #14 Veggie Sub Wheat BreadNutrition Facts Jersey Mike'sCreamy Tomato BisqueNutrition Facts Jersey Mike'sOur Old-Fashioned Chicken Noodle SoupNutrition Facts Jersey Mike's #7 Turkey Bust & Provolone Sub on Flour TortillaNutrition Facts Jersey Mike's #9 Club Supreme Sub Wheat WrapNutrition Facts Jersey Mike's #10 Tuna Salad Sub Gluten Free BreadNutrition Facts Jersey Mike'sChicken Salad Sub on Wheat BreadNutrition Facts Jersey Mike's #17 Steak Philly Sub Wheat BreadNutrition Facts Jersey Mike's #17 Steak Philly Sub on Rosemary Parmesan BreadNutrition Facts Jersey Mike's #9 Club Supreme Sub on Spinach WrapNutrition Facts Jersey Mike's #56 Big Kahuna Sub White BreadNutrition Facts Jersey Mike's #44 Buffalo Cheesesteak Sub - In TubNutrition Facts Jersey Mike'sBuffalo Steak Cheesesteak Sub Wheat BreadNutrition Facts Jersey Mike'sGrilled Veggie Wrap on Spinach WrapNutrition Facts Jersey Mike'sGrilled Veggie Wrap Tomato WrapNutrition Facts Jersey Mike'sSteak, Egg & Cheese Sandwich Wheat Sub Sub Facts Jersey Mike's #1 BLT Sub Wheat BreadNutrition Facts Jersey Mike's #1 BLT SubNutrition Facts Jersey Mike's #1 BLT Sub on White BreadNutrition Facts Jersey



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