

# FREAKY FAST



# FREAKY FRESH®

## 1 CHOOSE ORIGINAL OR GIANT

### ORIGINAL



**UNWICH® LETTUCE WRAP**  
Favorites & Plain Slims® less 390/Classics less 280 cal



**8" FRENCH BREAD**



**9-GRAIN HAND-SLICED WHEAT**  
Favorites & Plain Slims® less 30/Classics add 80 cal



**8" 9-GRAIN WHEAT BREAD**  
Favorites & Plain Slims® add 20/Classics add 130 cal

### GIANT



**16" FRENCH BREAD**



**16" 9-GRAIN WHEAT BREAD**

Favorites add 40/Classics add 260 cal

## 2 CHOOSE A SANDWICH

Calories are shown for Original/Giant on French bread

### GARGANTUAN

ORIGINAL ★ GIANT

**SALAMI, CAPICOLA, TURKEY, ROAST BEEF, HAM & PROVOLONE**

THE J.J. GARGANTUAN® onion, lettuce, tomato, mayo, oil & vinegar, & oregano-basil 1100/2190 cal

### FAVORITES

ORIGINAL ★ GIANT

- |     |  |              |
|-----|--|--------------|
| #8  | <b>ROAST BEEF, HAM &amp; PROVOLONE</b>   | 830/1660 cal |
|     | BILLY CLUB® Dijon, lettuce, tomato & mayo  |              |
| #9  | <b>BIG ITALIAN</b>   | 950/1890     |
|     | ITALIAN NIGHT CLUB® salami, capicola, ham, provolone, lettuce, tomato, onion, mayo, oil & vinegar, & oregano-basil |              |
| #10 | <b>DOUBLE ROAST BEEF &amp; PROVOLONE</b>   | 850/1690     |
|     | HUNTER'S CLUB® lettuce, tomato & mayo  |              |
| #14 | <b>ROAST BEEF &amp; TURKEY BREAD</b>   | 710/1410     |
|     | BOOTLEGGERS CLUB® lettuce, tomato & mayo   |              |
| #16 | <b>SLICED TURKEY &amp; BACON</b>   | 710/1410     |
|     | CLUB LULU® lettuce, tomato & mayo  |              |
| #17 | <b>ULTIMATE HAM BLT</b>  | 720/1430     |
|     | ULTIMATE PORKER® lettuce, tomato & mayo  |              |

ORIGINAL ★ GIANT

- |     |  |           |
|-----|--|-----------|
| #7  | <b>DOUBLE HAM &amp; PROVOLONE</b>  | 810/1610  |
|     | SMOKED HAM CLUB lettuce, tomato & mayo   |           |
| #11 | <b>TURKEY, HAM &amp; PROVOLONE</b>   | 800/1590  |
|     | COUNTRY CLUB® lettuce, tomato & mayo   |           |
| #12 | <b>TURKEY BREAD, PROVOLONE &amp; AVO</b>   | 860/1720  |
|     | BEACH CLUB® cucumber, lettuce, tomato & mayo (sprouts* optional)                                     |           |
| #13 | <b>VEGGIE CLUB</b>   | 1020/2040 |
|     | GOURMET VEGGIE CLUB® double provolone, avocado, cucumber, lettuce, tomato & mayo (sprouts* optional) |           |
| #15 | <b>TUNA SALAD &amp; PROVOLONE</b>  | 890/1770  |
|     | CLUB TUNA® cucumber, lettuce & tomato (sprouts* optional)  |           |

### CLASSICS

ORIGINAL ★ GIANT

- |    |   |              |
|----|---|--------------|
| #2 | <b>ORIGINAL ROAST BEEF</b>  | 540/1070 cal |
|    | BIG JOHN® lettuce, tomato & mayo  |              |
| #4 | <b>TURKEY BREAD</b>   | 510/1010     |
|    | TURKEY TOM® lettuce, tomato & mayo (sprouts* optional)                                    |              |
| #5 | <b>PERFECT ITALIAN</b>  | 620/1230     |
|    | VITO® salami, capicola, provolone, onion, lettuce, tomato, oil & vinegar, & oregano-basil |              |
| JJ | <b>J.J.B.L.T.®</b>  | 570/1130     |
|    | Bacon, lettuce, tomato & mayo   |              |

ORIGINAL ★ GIANT

- |    |   |          |
|----|---|----------|
| #1 | <b>HAM &amp; PROVOLONE</b>  | 630/1250 |
|    | THE PEPE® lettuce, tomato & mayo  |          |
| #3 | <b>TUNA SALAD</b>   | 560/1110 |
|    | TOTALLY TUNA® cucumber, lettuce & tomato (sprouts* optional)                    |          |
| #6 | <b>THE VEGGIE</b>   | 690/1380 |
|    | Sliced provolone, avocado, cucumber, lettuce, tomato & mayo (sprouts* optional) |          |

### PLAIN SLIMS®

(PERFECT FOR KIDS!) ORIGINAL ONLY. NO FREEBIES.

- |        |                         |         |        |                   |         |        |                   |         |
|--------|-------------------------|---------|--------|-------------------|---------|--------|-------------------|---------|
| SLIM 1 | <b>HAM &amp; CHEESE</b> | 570 cal | SLIM 2 | <b>ROAST BEEF</b> | 480 cal | SLIM 3 | <b>TUNA SALAD</b> | 650 cal |
| SLIM 4 | <b>TURKEY</b>           | 450 cal | SLIM 5 | <b>ITALIAN</b>    | 660 cal | SLIM 6 | <b>CHEESE</b>     | 610 cal |

## 3 ADD-ONS

GIANT ADD-ONS ARE TWICE THE PRICE

- ALL-NATURAL! MEATS**
- HAM 70/140 cal
  - ROAST BEEF 90/180 cal
  - TURKEY BREAD 60/120 cal
  - SALAMI & CAPICOLA 160/320 cal
  - TUNA SALAD 260/520 cal
  - BACON 90/180 cal

### FAVES

PROVOLONE CHEESE 110/220 cal

AVOCADO SPREAD 25/50 cal

KICKIN' RANCH® 150 cal ea.

Added calories for Original/Giant



## 4 FREEBIES

3 MUSTARDS

- YELLOW MUSTARD 5 cal ea.

- GREY POUPOUN® 5/10 cal

- JIMMY MUSTARD® OLD SCHOOL WHOLE GRAIN 10/20 cal

MAYO 150/300 cal

OIL & VINEGAR 45/90 cal

OREGANO-BASIL 0/5 cal

JIMMY PEPPERS® 5/10 cal

ONION 5/10 cal

SLICED PICKLES 0/5 cal

CUCUMBER 0/5 cal

TOMATO 10/20 cal

LETTUCE 5/10 cal

SPROUTS\* 5/10 cal

Added calories for Original/Giant

### SAUCES

### VEGGIES

## 5 DRINKS & SIDES

### DRINKS

22oz SOFT DRINK 0-330 cal

30oz SOFT DRINK 0-450 cal

DASANI® BOTTLED WATER 0 cal

REGULAR 300 cal

BBQ 300 cal

JALAPEÑO 300 cal

SALT & VINEGAR 300 cal

THINNY CHIPS® 260 cal

### JIMMY CHIPS®

### COOKIES

TRIPLE CHOCOLATE CHUNK 410 cal

OATMEAL RAISIN 370 cal

### & MORE

JUMBO KOSHER DILL PICKLE 20 cal

## WE DELIVER!

DELIVERY ORDERS WILL INCLUDE A DELIVERY CHARGE

Delivery charges are not distributed to employees as tips.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

\*Warning: The Department of Health advises that eating raw or under-cooked meat, poultry, seafood, shellfish, eggs, or sprouts poses a health risk to everyone, but especially to the elderly, children, pregnant women, and persons with weakened immune systems. The consumption of such raw or under-cooked food items may result in an increased risk of foodborne illness. For further information, contact your physician or local Public Health Department. †All-Natural: No artificial ingredients. Minimally processed (except caramel color on roast beef). See www.jimmyjohns.com for details. Trademarks, logos, and service marks displayed are trademarks of Jimmy John's or of third parties. ©2018 Jimmy John's Franchisor SPV, LLC. All Rights Reserved. We reserve the right to make any menu changes.