

JERRY'S SUBS & PIZZA NUTRITIONAL INFO													September 2009				
BREAD	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Regular Traditional Roll	1 roll	4.5	127.8	350	30	3.5	0.5	0	760	68	5	6	13	0	0	8	20
Regular Wheat Roll	1 roll	4.5	127.8	360	45	5	1	0	590	65	6	3	15	0	6	15	15
Hamburger Roll	1 roll	2.5	70.8	173	12	1.2	0	0	288	34	1.6	1	6.5	0	6	4	15
ADD-ONS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
American Cheese	Reg ptn	0.75	21.3	72	54	6	3.75	18	330	0.75	0	0	3.9	6	0	9	0
Provolone Cheese	Reg ptn	0.75	21.3	67.5	45	5.25	3	15	150	0.75	0	0	5.25	4.5	0	12	0
Swiss Cheese	Reg ptn	0.75	21.3	67.5	37.5	4.5	3	15	45	0	0	0	6	3	0	18	0
Mushrooms	1 ounce	1	28.4	5	0	0	0	0	55	0.5	0.5	0	0.5	0	2	0	2
Green Peppers	1 ounce	1	28.4	3	0	0	0	0	0.5	0.8	0.3	0	0.1	0	0	0	0
Sweet Peppers	1 ounce	1	28.4	8	0	0	0	0	125	0.8	0	0	0	0	0	0	0
Bacon	4 strips	1.2	34.1	136	88	10	4	24	394	0	0	0	8	0	0	0	0
Fried Jalapenos	2 oz.	2	113	120	53	9.3	1	0	427	16	2.6	1.4	1.4	10	10	0	1.4
Note: serving sizes listed, are those used for a Regular sandwich.																	
DRESSINGS & CONDIMENTS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Ranch	1 souffle	1.5	42.6	225	210	24	3.75	7.5	450	3	0	3	0	0	0	3	0
Blue Cheese	1 souffle	1.5	42.6	205	189	21	4.5	22	234	1.5	0	0	3	1.5	0	6	0
Honey Dijon	1 souffle	1.5	42.6	213	189	21	3	3	345	7.5	0	6	0	0	0	0	0
S.W. Sauce	1 souffle	1.5	42.6	189	175	19.5	3	10.5	394	3	0	1.5	1.5	1.5	4.5	1.5	1.5
Fat Free Ranch	1 packet	1.5	42.6	45	0	0	0	0	550	11	1	4	0	0	0	0	0
Lo-cal Italian	1 packet	2	56.8	60	45	5	0.5	0	700	4	0	4	0	0	2	0	0
Jerry's Mayo	1 oz	1	28.4	120	120	12	1.5	12	89	0.5	0	0	0.2	0	0	0	0
Fat Free Mayo	1 packet	0.4	11.4	5	0	0	0	0	130	1	0	0	0	0	0	0	0
Jerry's Oil & Spice	1 tblspn	0.5	14.2	120	120	14	2	0	15	0	0	0	0	0	0	0	0
Ketchup	0.5 oz	0.5	14.2	16	0	0	0	0	194	4	0	4	0	0	0	0	0
Mustard	0.5 oz	0.5	14.2	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Marinara Sauce	1 souffle	1.5	43	19	0	0	0	0	236	1	.2	2	0	2	2	1	2
Buffalo Sandwich Sauce	1 tblsp	.5	14.2	5	0	0	0	0	340	.5	0	1	0	8.0	0	0	0
SALADS (dressings, above)	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Side Salad	1 salad	3	86	64	28	3	1.3	15	233	1.1	0.5	0	2	3	5.2	2.7	0
House Salad	1 salad	8.9	252	148	56	6	2.6	30	469	2.5	1.6	0	3.9	6	10.2	5.2	0
Grilled Chicken Salad	1 salad	11.4	322.0	230.5	76	8	3.3	67	949	5	1.6	0.8	15.9	6	10.2	6.7	0
Crispy Chicken Salad	1 salad	11.9	294.0	314.0	122	14	3.9	40	1249	14.5	2.3	2.0	16.5	6	10.2	7.2	3
Antipasto Salad	1 salad	12	340.5	446	269	31.41	13.35	102	1509	3	1.6	0	20.4	12.8	10.2	14.45	6
Tuna Salad	1 salad	13.8	392.4	364	176	18	3.98	93	985	3	1.6	0	26.7	6	10.2	5.2	3.6
Phillips Crabcake Salad	1 salad	14.9	425	468	236	26	5.6	80	1589	14.5	1.6	2	25.9	14	18.2	17.2	8
LOWER CARB ITEMS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Breadless Bacon Philly	1,reg sz	9.86	280.0	496	267	30.25	14.75	137	1376	4	0.75	0	43.55	14.5	12.2	21.75	16
Breadless Grilled Chicken	1,reg sz	7.66	217.5	202	44	4.4	1.65	82.5	966.3	7.65	0.75	1.65	27.9	4	12.2	4.05	0
Breadless Turkey	1,reg sz	7.66	217.5	158	27.5	2.75	0	55	1159.3	7.65	0.75	0	38.9	4	12.2	0.75	0
Note: for "net carbs", subtract fibercount from total carbs.																	
HEALTH ZONE SUBS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Steak Sub	1,reg sub	11.7	331.1	571	110	12.5	4.5	80	1264.3	70.4	5.8	6	39.4	4	12.2	8.76	36
Steak w/Mush & Green Pepper	1,reg sub	13.7	387.9	579	110	12.5	4.5	80	1319.8	71.7	6.6	6	40	4	14.2	8.75	38
Small Turkey Breast	1,sm sub	6.38	181.2	260.2	30	3.3	0.3	30	1012.2	38.2	2.9	3	27.2	2	6.1	4.4	10
Small Original Cheesesteak	1,sm sub	6.83	194.0	375	115	13.25	6.25	60	832	36	3.85	3	26.75	8	6	20.5	18
Small Grilled Chicken	1,sm sub	6.1	172.7	276	37	3.95	1.07	41.25	863.15	37.85	2.87	3.82	20.45	2	6.1	6.02	10
Note: Use of mayo, condiments or add-ons alters nutritional content of lighter, low fat and reduced fat items.																	
CHEESEBURGERS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Cheeseburger	1,sandwich	11.2	318	820	484	55.2	23	164	1471	36.2	2	1.1	39.2	10	12.1	26.4	35
Little Cheeseburger	1,sandwich	7.5	213	502	248	28.2	11.5	82	911	35.7	2	1.1	23.2	6	12.1	18.4	25
Bacon Cheeseburger	1,sandwich	12.4	352	956	572	65.2	27	188	1865	36.2	2	1.1	47.7	10	12.1	26.4	35
Note: Use of mayo, condiments or add-ons alters nutritional content.																	

SUBS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Reg Original Cheesesteak	1,reg sub	13.2	373.8	705.5	200	23.0	10.5	110	1564.3	71.9	5.75	6	49.9	13.0	12.2	32.75	36
Reg Philly Cheesesteak	1,reg sub	13.2	373.8	710	209	23.75	11.25	113	1744.3	71.9	5.75	6	48.55	14.5	12.2	29.75	36
Reg Big 'W' Cheesesteak	1,reg sub	14.4	408.0	850.5	306	34.5	16.0	140	2316.3	71.9	5.75	6	53.6	16.0	12.2	26.75	36
Reg Big Bubba Cheesesteak	1,reg sub	15.2	431.0	700	203	20.75	10.0	110	1399.8	71.5	6.55	6	53.15	10.5	14.2	20.75	38
Reg Super Cheesesteak	1,reg sub	15.2	431.0	718	209	23.75	11.25	113	1799.8	73.2	6.55	6	49.15	14.5	14.2	29.75	38
Reg So.Street Cheesesteak	1,reg sub	14.2	402.2	718	209	23.75	11.25	113	1869.3	72.7	5.75	6	48.55	14.5	12.2	29.75	36
Reg Fat Daddy Cheesesteak	1,reg sub	23.9	678	1329	564	64.0	30	274	3510	75.3	6.2	6	99.8	24	14.4	51.5	52
Reg Ultimate Cheesesteak	1,reg sub	14.8	418.5	879.5	316.5	36.0	16.75	145	2158	71.9	5.75	6	59.6	16	12.2	38	36
Reg All-American Cheesesteak	1,reg sub	13.2	373.8	715.5	218	24.5	12	116	1924.3	71.9	5.75	6	47.2	16	12.2	23.75	36
Reg Pepperoni Cheesesteak	1,reg sub	14.2	403	795	270	29	13.5	125	1844	71.9	5.75	6	54	14.5	12.2	33.25	38
Reg The Beast	1,reg sub	29	826.5	1302	543	62.3	25.3	352	3194	82.75	7.25	9	108	24	36	53	56
Reg Chicken Philly Cheesesteak	1,reg sub	12.6	356.7	710	229	26.75	10.25	103	1984.3	73.9	5.75	6	46.55	14.5	12.2	29.75	24
Reg Grilled Chicken	1,reg sub	12.2	345.4	552	74	7.9	2.15	82.5	1726.3	75.7	5.75	7.65	40.9	4	12.2	12.05	20
Reg Crispy Chicken	1,reg sub	11.2	317	620	130	15.5	2.5	30	1934	88	7.75	9	32.3	4	12.2	11.75	25
Reg Veggie Melt	1,reg sub	12.2	345.5	526	129	14.75	7.25	33	1356	74.5	7.4	6	23.75	14.5	16.2	29.75	24
Reg Turkey Breast	1,reg sub	12.2	346.0	508	57.5	6.25	0.5	55	1919.3	75.7	5.75	6	51.9	4	12.2	8.75	20
Reg Ham & Cheese	1,reg sub	13.66	388.0	659.5	164	17.5	6.5	96	2384	72	5.75	6	40.4	13	12.2	32.75	25.5
Reg Meatball & Cheese Sub	1,reg sub	13.5	383.4	921.5	360	41.3	15.3	113	2360	82.3	11.1	11.65	46.1	18.3	7.3	45	42
Reg Tuna Sub	1,reg sub	15.1	428.0	730.5	230	23.5	2.8	105	1624.3	71.2	5.8	6	51.4	4	12.2	8.8	26
Reg Italian Cold Cut (no oil)	1,reg sub	11.7	331.0	840	367	44	17.5	113	2394	71.2	5.8	6	39.2	14.5	12.2	22.8	30
Reg Phillips Crabcake Sub	1,reg sub	11.33	318.0	618	180	20	3	150	1718	82	5.8	8	28	8	8	12	27

FOOTNOTES:

BREAD VALUES for nutritional analysis have been based on the Regular Traditional Jerry's sub roll.

Small SUB nutritional valuees are approximately 50% of the Regular size

Large SUB nutritional values are approximately 150% of the Regular size

Use of mayo, condiments or add-ons alters nutritional content.

SIDE ORDERS	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
Regular Fries	3.5 oz	3.5	99.4	315	105	19	4.5	0	525	35	3.5	0.7	3.5	0	17.5	0	7
Large Fries	5.5 oz	5.5	156.2	495	165	30	7	0	825	55	5.5	1.1	5.5	0	27.5	0	11
Super Fries	16.5 oz	16.5	468.6	1485	495	90	21	0	2475	165	16.5	3.3	16.5	0	82.5	0	33
Buffalo Wings	2 Wings 1/3 order	2.4	73	160	100	11	1.5	90	690	1	1	7	14	4	2	2	4
Mozzarella Sticks	6 pcs.	2.4	68.4	270	105	12	7.5	30	990	27	1.5	3	15	6	0	30	0
Onion Straws	1 order	5	142.5	295	82	10	1.5	0	946	46	6.5	5	3	0	3	0	3
Chicken Nuggets	6 pcs.	3.75	106	175	19	1.9	.5	5	700	19	0	1	19	0	0	0	5
Fried Jalapenos	1 order	6	172	360	160	18	3	0	1280	48	8	4	4	30	30	0	4
Garlic Cheese Bread	1/2 order	2.5	71	220	100	11	3	16	390	27	1.5	2	8	5	0	11	8

PIZZA	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
8" Whole	1,small	10	284	540	142.5	15	6	40	1020	77	12	4	26	12	3	21	22
1 slice of Small	1/6th small	1.6	47.2	90	25	2.5	1	7	170	13	2	.75	6.3	2	0.5	3.5	3.5
12" Whole	1,med	26.5	752.6	1516	437	46	15	100	2867	282	36	6	68	28	9	56	58
1 slice of Medium	1/8th med	3.3	94	189	55	5.8	2	11.5	356	35	4.5	.75	8.5	3.5	1	7	7
15" Whole	1,large	35.5	1008	1958	636.5	67	22.5	150	4005	379	46	8	88	40	12	77	80
1 slice of Large	1/12th large	3.0	84	166	52	5.5	1.9	12.5	333.5	31.5	4	.75	7.3	3.3	1	6.5	6.6

PIZZA BY THE SLICE	Serving	Wt	Wt	Total	Calories	Ttl.Fat	Sat.Fat	Chol.	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calc.	Iron
Item Name (below)	Size	ozs	gram's	Calories	fr. Fat	g	g	mg	mg	g	g	g	g	%	%	%	%
1/6th of a 15" Pizza	1 slice	6	168	332	104	11	3.8	25	667	64	8	1.5	14.6	6.6	2	13	13.2

NOTE: Jerry's products have Zero Grams of Artificial Trans Fat.

Food Allergens and Sensitivities - Frequently Asked Questions:

- ◆ Jerry's Products are MSG Free.
- ◆ Jerry's Uses a Cholesterol-Free 80% Soy Oil, 20% Peanut Oil Blend in our fryers.
- ◆ Jerry's Products are made without peanuts or tree nuts (except for the fryer oil, listed above). [However, some products are manufactured in facilities that use peanuts and tree nuts for other items.]
- ◆ Jerry's Cheeses are made using microbial or chymosin rennet (no animal enzymes).
- ◆ Jerry's Sub Rolls and Pizza dough products are made without egg or dairy ingredients, although they are processed in facilities that may use milk and eggs.
- ◆ Jerry's products may contain soy and soy oil as an ingredient.

NOTES:

The information above is based on standard product formulations and is current as of September 2009. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product preparation at the restaurant.

Jerry's can't be held responsible for health risks associated with specific product ingredients which can vary by manufacturer.