Jimmy John's Menu, Prices & Calories

Complete 2026 Guide - Printable Menu

New & Limited-Time Items (2026)

Item		Calories
Greek Gyro	**$10.99**	560 cal
Chicken Gyro	**$10.99**	430 cal
Greek Cucumber Salad	**$3.19**	110 cal
Cereal n' Milk Crispy Treat	**$8.99**	230 cal
Kickin' Ranch Chips	**$2.19**	290 cal

Most Popular Items

Item		Calories
Turkey Tom	**$7.99**	250-950 cal
The J.J.B.L.T.	**$10.19**	590-1190 cal
Italian Night Club	**$10.19**	1110-2230 cal
Big John	**$7.99**	270-1000 cal
Chicken Bacon Ranch	**$11.49**	950-1920 cal
Vito	**$7.99**	350-1150 cal

Toasted Sandwiches

Item		Calories
Ham & Three Cheese Melt	**$11.49**	1000-2000 cal
Chicken Bacon Ranch	**$11.49**	950-1920 cal
Ultimate Italian	**$11.49**	1110-2230 cal
Roast Beef & Cheddar	**$11.49**	1080-2160 cal

Wraps

Item		Calories
Kickin' Ranch Chicken Wrap	**$11.49**	520-810 cal
Chicken Caesar Wrap	**$11.49**	620-900 cal
Tuscan Italian Wrap	**$11.49**	560-840 cal

Favorites - Premium Clubs

Item		Calories
Spicy East Coast Italian	**$10.19**	670 cal
Billy Club	**$10.19**	460 cal
Italian Night Club	**$10.19**	580 cal
Hunter's Club	**$10.19**	480 cal
Country Club	**$10.19**	430 cal
Beach Club	**$10.19**	510 cal
Jimmy Cubano	**$10.19**	490 cal
Bootlegger Club	**$10.19**	670 cal
Club Tuna	**$10.19**	500 cal
Club Lulu	**$10.19**	340 cal
Ultimate Porker	**$10.19**	340 cal
J.J.B.L.T.	**$10.19**	360 cal

Originals - Classic 8" Subs

Item		Calories
The Pepe	**$7.99**	370 cal
Big John	**$7.99**	270 cal
Totally Tuna	**$7.99**	270 cal
Turkey Tom	**$7.99**	250 cal
Vito	**$7.99**	350 cal
The Veggie	**$7.99**	440 cal

Chicken Menu

Item		Calories
Chicken Caesar Wrap	**$11.49**	620-900 cal
Kickin' Ranch Chicken Wrap	**$11.49**	520-810 cal
Chicken Bacon Ranch	**$11.49**	950-1920 cal

Little Johns (6.5")

Item		Calories
Ham & Provolone	$4.69	300 cal
Roast Beef	$4.69	250 cal
Tuna Salad	$4.69	250 cal
Turkey	$4.69	250 cal
Salami Capocollo Provolone	$4.69	290 cal
Veggie	$4.69	340 cal

J.J. Gargantuan

Item		Calories
J.J. Gargantuan	$12.95	730 cal
Giant J.J. Gargantuan	$24.50	-

Plain Slims

Item		Calories
Slim 1 - Ham & Provolone	$5.69	190 cal
Slim 2 - Roast Beef	$5.69	90 cal
Slim 3 - Tuna Salad	$5.69	250 cal
Slim 4 - Turkey	$5.69	70 cal
Slim 5 - Salami	$5.69	280 cal
Slim 6 - Provolone	$5.69	240 cal

Cookies & Brownie

Item		Calories
Red Velvet Cookie	$2.49	410 cal
Chocolate Chip Cookie	$2.49	410 cal
Oatmeal Raisin Cookie	$2.49	370 cal
Fudge Chocolate Brownie	$2.49	310 cal

Sides

Item		Calories
Homestyle Potato Salad	**$2.99**	220 cal
Pesto Bowtie Pasta Salad	**$2.99**	280 cal
Jimmy Chips	**$2.99**	290-300 cal
Pickle	**$2.19**	20 cal
French Bread	**$2.00**	710 cal
Avocado Spread	**$2.99**	70 cal
Kickin' Ranch	**$2.99**	220 cal
Homestyle Ranch	**$0.75**	150 cal

Drinks

Item		Calories
Bottled Water	**$2.24**	0 cal
Coke	**$2.99**	280 cal
Diet Coke	**$2.99**	0 cal
Dr Pepper	**$2.29**	280 cal
Sprite	**$2.99**	260 cal
Lemonade	**$2.99**	220 cal
Izze	**$2.99**	140 cal
Powerade	**$2.99**	210 cal
Iced Tea	**$2.49**	140 cal
Mountain Dew	**$2.99**	290 cal
Fanta	**$2.99**	260 cal

Combos

Item		Calories
Toasted Sandwich Combo	**$14.99**	-
Wrap Combo	**$14.99**	-
Favorite Combo	**$13.69**	-
Original Combo	**$11.49**	-
Little John Combo	**$8.19**	-
J.J. Gargantuan Combo	**$8.19**	-
Slim Combo	**$9.19**	-
Giant Toasted Sandwich Combo	**$25.79**	-
Giant Favorite Combo	**$23.69**	-
Giant Original Combo	**$19.29**	-
Giant J.J. Gargantuan Combo	**$29.29**	-
Giant Slim Combo	**$14.29**	-

Prices are national averages and may vary by location. Calorie ranges cover different sizes. Always confirm in the official app or in-store before ordering.

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