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The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Home > Subs > Jersey Mike's Subs Nutrition Facts & Calorie Information Updated 2021. Tables will scroll horizontally and vertically on your mobile device. Jump to:FAQs Health Tips:Carbs - The subs found on the menus may contain anywhere from 40 to 60 grams of carbs for smaller portions and in excess of 140 grams for larges. Typical carb counts for wraps fall around 60 grams each.Carbs - Small subs contain fewer calories (between 400 and 600) than larges (around 1,000 per serving).back to topback to topback to topback to top Health Tips:Cookies - The carb-heavy options contain few yet dense calories comprised mainly of sugars and fats. A single cookie offers around 190 calories and between 5 and 15 grams of fat. Each cookie also boasts close to a dozen or more grams of sugar.back to topback to top Health Tips:Breakfast - The sausage, egg and cheese holds the highest calorie count, with around 880, while the bacon, egg and cheese offerings only contain 490 calories. However, each breakfast sandwich provides excess cholesterol.back to top Health Tips:Salads - Salad offerings top out at 800 calories for the densest meal option (grilled chicken salad) and bottom out around 180 calories for the tossed salad.back to topback to topAbout Jersey Mike'sJersey Mike's Subs primarily splits menus between hot and cold deli offerings. Subs easily represent the most popular items on the available menus, followed by wraps, soups, and salads. The average customer orders a hot or cold sub and a drink, in most cases. Patrons looking for other options may simply order salads or soups. The nutritional data for each meal varies among menu items, with the signature sub sandwiches serving as the heaviest selections. There are 2140 calories in a Giant Club Sub from Jersey Mike's. Most of those calories come from fat (63%). To burn the 2140 calories in a Giant Club Sub, you would have to run for 188 minutes or walk for 306 minutes.TIP: You could reduce your calorie intake by 1020 calories by choosing the Regular Club Sub (1120 calories) instead. - Advertisement. Content continues below - According to our website visitors, it's hard to tell if Giant Club Sub from Jersey Mike's is a healthy option. Our visitors are split on the issue, with 48% of visitors thinking a Giant Club Sub is healthy and 52% thinking it's unhealthy.Let us know what you think! Review the nutrition facts above and then vote on whether you think a Giant Club Sub is healthy or not.48% of voters think the Giant Club Sub is healthy. Vote: 14 15 96% of voters think the Giant Club Sub tastes good. Vote: 26 1 ContainsDots Not ContainUnknownAllergy Information: a Jersey Mike's Club Sub contains egg, gluten, milk and wheat. a Jersey Mike's Club Sub does not contain fish, peanuts, shellfish, soy or tree nuts.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. A Giant Club Sub from Jersey Mike's contains the following ingredients:Boiled HamHam cured with: water, dextrose, contains less than 2% salt, sodium phosphate, sodium ascorbate, sodium nitrite.TurkeyTurkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring.ProvoneCultured pasteurized milk, salt and enzymes.White Bread(Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Whole Wheat Flour, Yeast, Cracked Wheat, Wheat Bran, Salt, Soybean Oil, Sugar, Vital Wheat Gluten, Honey, Dough Improver (Wheat Flour, Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Guar Gum, Ammonium Sulfate, Monoglycerides, Ascorbic Acid and 2% or Less of the Following: Soybean Oil, Potassium Iodate & Enzymes).Red Wine Vinegar(Red wine vinegar reduced with water to 5% acidity, naturally occurring trace elements of sulfites)Olive Oil Blend(Soybean oil, olive oil, colorant: beta-carotene E160a(ii))Bacon(Bacon cured with: water, salt, sugar, sodium phosphate, natural smoke flavor, sodium erythorbate, sodium nitrite)MayoSoybean oil, Water, Vinegar, Egg yolk, Eggs. Contains 2% or less of Sugar, Salt, Spice, Lemon juice concentrate, Citric acid, Calcium disodium EDTA added to protect flavor.OnionSlettuceTomatoesOregonSaltThere are 68 Weight Watchers Freestyle Points, 68 WW SmartPoints and 59 WW PointsPlus in a serving of Giant Club Sub from Jersey Mike's. Weight Watchers points for the full Jersey Mike's menu Select a CategoryCold SubsHot SubSubs, Drinks, & DessertsBreakfastMiscellaneousKid's ItemsCategoryProductSizeChoose a category, product and size to get started *Please Note: Cornmeal is used during the baking process of our bread.2,000 calories a day is used for general nutrition advice, but calorie needs vary.Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with FDA labeling regulations. Our products are handcrafted and may be customized. Variations in serving sizes, preparation techniques, ingredient substitutions, product testing, sources of supply, regional and seasonal differences, and other factors may affect the nutrition values and ingredient contents for each product. While a particular product may not contain a particular allergen, it may be prepared on the same equipment and in the same kitchen area as products that do contain that allergen. Cross-contact with allergens is possible and neither we nor our franchisees nor any employees assume responsibility for sensitivity or allergy to any food item. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, fatsecr makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Jersey Mike's Subs offers a variety of handcrafted products, each with a specific nutritional value. Their Regular Club Sub contains 1120 calories, 79 grams of fat, and 63 grams of carbohydrates. The Mini Club Sub has the fewest calories at 640 calories, while the Giant Club Sub contains the most. Each size has a different nutritional breakdown, with the Mini Club Sub having the fewest calories at 640 calories. The Giant Club Sub contains 2140 calories, 153 grams of fat, and 122 grams of carbohydrates. The 830 calories in 1 serving of the 8 Club Sub - Bowl have a calorie breakdown of 79 fat, 5 carbs, and 17 protein.The 13 Original Italian, 68 WW SmartPoints and 59 WW PointsPlus in a serving of Giant Club Sub from Jersey Mike's. Weight Watchers points for the full Jersey Mike's menu Select a CategoryCold SubsHot SubSubs, Drinks, & DessertsBreakfastMiscellaneousKid's ItemsCategoryProductSizeChoose a category, product and size to get started *Please Note: Cornmeal is used during the baking process of our bread.2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Jersey Mike's is a Keto Paradise!There are endless keto possibilities at Jersey Mike's!! The most popular sub is amazing as a bowl, the original Italian Hey ... (Image Source: Pixabay.com) Why Is Jersey Mike's So High In Calories?Jersey Mike's, an American sandwich chain famous for its handmade subs and hoagies, offers a diverse menu including hot and cold subs, sides, desserts, and drinks. However, the cheese used in their products does not meet the Dietary Guidelines for Americans 2020-2025, which recommend low or fat-free cheese options. Many Jersey Mike's subs are high in calories, fat, and sodium. For example, the 13 The Original Italian Sub contains 710 calories and 25 grams of fat, while breakfast options can have even higher calorie counts. The lowest calorie sandwiches, the No. 16 Mike's Chicken Philly and No. 19 BBQ Beef, both contain 670 calories. Opting for "Mike's Way"—adding onions, lettuce, tomatoes, vinegar, oil, and spices—can enhance flavor without significantly increasing calorie intake. Nutritional information is based on standardized recipes and aligns with FDA labeling regulations, revealing that many popular subs accumulate calories due to sauces, dressings, and cheese.A turkey and cheese sub can also be calorie-dense, with a typical serving containing around 509 calories, 38 grams of fat, and notably high sodium levels. In contrast, the Turkey and Provolone Sub can reach 770 calories due to its additional meats and cheese varieties. Jersey Mike's does provide options for customized orders to help reduce calories and sodium while still retaining taste, aiming to support customers adhering to nutrition guidelines. (Image Source: Pixabay.com) How Many Calories In A Regular Club Sub From Jersey Mike's?A Regular Club Sub From Jersey Mike's contains 1120 calories, 79 grams of fat, and 63 grams of carbohydrates, primarily sourced from fat, amounting to 79 grams. To burn these calories, one would need to run for 98 minutes or walk for 160 minutes. Alternatively, opting for the Mini Club Sub reduces the calorie intake to 640 calories, cutting 480 calories. Other variants, such as the Regular California Club and Regular Turkey Club, contain 910 and 1080 calories, respectively. Jersey Mike's offers a range of Club Subs with varying calorie counts, ranging from 640 to 2140 based on size. The Mini Club Sub is the lowest in calories at 640, while the Giant Club Sub has the most.The nutritional breakdown for the Regular Club Sub includes 79 grams of fat, 63 grams of carbohydrates, and 17 grams of protein. While general nutritional advice is based on a 2,000-calorie diet, individual calorie needs can vary. The Dietary Guidelines recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for adults on a 2,000-calorie diet. Other sandwiches such as the Cold 8 Regular Club Sub and Club Supreme also have varying calorie counts and nutritional values, highlighting the diversity of options available at Jersey Mike's Subs. (Image Source: Pixabay.com) How Many Calories Are In A Salad At Jersey Mike's Subs?Health Tips: Jersey Mike's Subs offers a range of salads, with calories varying from 180 for a tossed salad to 800 for the grilled chicken salad, the highest calorie option. The nutritional information is based on standardized recipes and aligns with FDA labeling regulations. While the general daily calorie intake is around 2,000, individual needs may differ. To explore the nutritional facts across the menu, customers can use the Jersey Mike's Nutrition Calculator, which allows for a detailed breakdown of calories, carbs, sodium, and other nutritional elements. Among the popular salad options, the Mike's Salad provides 65 calories per serving, with a macronutrient composition of 81g carbs, 0g fat, and 19g protein, showcasing a low calorie density of 22 calories per 100g. For those seeking higher calorie options, a regular chicken salad sub contains 810 calories, necessitating a 225-minute walk to burn off those calories.In addition to salads, Jersey Mike's menu features a variety of sub sandwiches, including The American Classic, Famous Roast Beef, and The Original Italian. Other nutritional insights can be found through platforms like CalorieKing, helping calorie counters and those aiming for weight loss. For instance, the chef salad (without dressing) contains 250 calories, requiring 70 minutes of walking to burn. Understanding the nutrition behind menu choices aids customers in making informed dining decisions while managing their caloric intake effectively.Read also: What Is The Calorie Count Of Fresh'S Veggie Soup? (Image Source: Pixabay.com) How Many Calories Are In The Club Sub At Jersey Mike's?Jersey Mike's Subs offers a variety of Club Subs with varying calorie counts, ranging from 640 to 2140 calories depending on the size. A Regular Club Sub contains 1120 calories, 79 grams of fat, and 63 grams of carbohydrates, while the Mini Club Sub has 640 calories and the Giant Club Sub delivers the highest calories. Notably, Jersey Mike's 8 Club Sub - Bowl contains 830 calories, composed of 79 grams of fat, 5 grams of carbs, and 17 grams of protein. The 8 Club Sub on wheat bread, Mini size, has 640 calories, 38 grams of fat, and 29 grams of protein.The nutritional information for Jersey Mike's menu is based on standardized recipes and adheres to FDA labeling regulations. For instance, the BLT sub contains 710 calories, primarily from fat and carbohydrates, and is made with gluten-free bread. A Regular California Club Sub totals 910 calories, comprising 58 grams of fat and 66 grams of carbohydrates.To illustrate, consuming a Cold 8 Regular Club Sub reaches 1170 calories, with a macronutrient breakdown of 63 grams of carbs, 80 grams of fat, and 51 grams of protein. Furthermore, the nutritional data informs users how many minutes of walking are necessary to burn off the calories consumed. Overall, Jersey Mike's provides transparent nutritional options for informed dietary choices. (Image Source: Pixabay.com) What Is The Best Jersey Mike'S Order For Weight Loss?The Mini Turkey and Provolone Sub with Extra Meat on Wheat Bread, served Mike's Way, is considered the best Jersey Mike's option for weight loss. It's important for meals to be filling and satisfying, and Jersey Mike's offers subs in mini, regular, and giant sizes. Opting for extra meat on the smallest sub is a smart, calorie-conscious choice that keeps you full for hours, or you could select a larger sub and save half for later. For healthier choices, we've compiled strategies for ordering wisely at Jersey Mike's, along with a list of recommended and less desirable menu items. The lowest calorie sandwiches are the No. 16 Mike's Chicken Philly and No. 19 BBQ Beef, both at 670 calories. For lower sodium, the best option is the No. 6 Roast Beef. Jersey Mike's extensive menu allows for numerous customizations, with the Turkey and the Provolone on wheat bread, loaded with veggies and olive oil, being highly recommended. Despite this, it's worth noting that consistently relying on fast food and casual dining is not a healthy habit.If you prefer a low-carb option, try Jersey Mike's Sub in a Tub. Ordering a turkey and provolone bowl with extra turkey and veggies—minus mayo and oil—or customizing a wrap can also be effective strategies. With this guidance, navigating Jersey Mike's menu while maintaining your weight loss goals and enjoying your meal can be both seamless and enjoyable. (Image Source: Pixabay.com) How Many Calories Are In A Serving Of Jersey Mike'S?Jersey Mike's 8 Club Sub - Regular has 1130 calories, with a breakdown of 61g fat, 22g carbohydrates, and 17g protein. The daily caloric intake for general nutrition advice is 2,000 calories, but individual needs may vary. Nutritional information is based on standardized recipes and adheres to FDA regulations. The full Jersey Mike's menu provides complete nutritional facts, including calories, carbs, sodium, and Weight Watchers points for each item. For example, the 6 Roast Beef and Provolone sub has 910 calories, consisting of 70g total carbs, 63g net carbs, 47g fat, and 56g protein in a regular serving. The calorie content of other subs varies: the Regular Club Sub contains 1120 calories with 79g fat and 63g carbohydrates, whereas different subs can range significantly in calories, such as the 1 BLT White Sub with 780 calories or the 3 Ham and Provolone Sub at 810 calories. The Dietary Guidelines recommend limiting saturated fat to 20g and sodium to 2,300mg for a typical 2,000-calorie diet.Factors like serving sizes, preparation methods, and ingredient variability can impact nutritional values, stressing the importance of mindful consumption, especially considering Jersey Mike's higher calorie offerings. Those looking to make informed choices can access detailed nutrition facts and utilize calorie calculators available on Jersey Mike's website. (Image Source: Pixabay.com) Does Jersey Mike's Subs Have A Hot Or Cold Menu?Jersey Mike's Subs specializes in a diverse menu featuring hot and cold deli offerings, with subs as the most popular items, alongside wraps, soups, and salads. Customers typically order a sub with a drink, though salads and soups are also available for those seeking alternatives. The hot sub selection includes favorites like the Jersey Mike's Famous Philly and the Big Kahuna Cheese Steak, both customizable and served on various bread options such as wheat, white, rosemary parmesan, seeded Italian, or gluten-free. Cold subs include classics like the Original Italian, Turkey and Provolone, and Club Sub, complemented by unique offerings like the Sub in a Tub, which transforms any sub into a salad.Jersey Mike's aims to provide a relaxed dining environment for lunch and dinner, making it a popular spot for casual meals. Their diverse menu consists of customizable hot and cold subs, sides, drinks, and desserts with prices reflecting the quality of their fare. The atmosphere is conducive to a comfortable dining experience, appealing to both solo diners and families. With options for different meal sizes, cold subs are available in mini, regular, and giant, while hot subs come in regular and giant sizes. The restaurant has a loyalty program, the Shore Points Rewards Club, which encourages customers to earn free subs and enjoy special offers. Founded in 1956, Jersey Mike's continues to grow, serving delicious sandwiches and maintaining a commitment to quality and customer satisfaction.Read also: What Is The Calorie Count Of Human Sperm? (Image Source: Pixabay.com) Is Jersey Mike's Club Sub Gluten Free?Jersey Mike's Club Sub contains allergens such as egg, gluten, milk, and wheat, but it is free from fish, peanuts, shellfish, soy, and tree nuts. Due to shared preparation equipment, allergen-free guarantees are difficult for fast food establishments. However, all subs can be ordered on Udi's gluten-free bread that comes in regular and giant sizes, allowing for larger portions compared to many restaurants that only offer small gluten-free options.Jersey Mike's offers a comprehensive gluten-free menu that includes almost all of their subs, both cold and hot, with nearly 30 premade combinations available. Since partnering with Udi's in 2017 for certified gluten-free rolls, customers with celiac disease or gluten sensitivities can enjoy various subs without health concerns. Gluten-free options also extend to customizable subs, restricting only a few menu items, like the Meatballs and Chicken Parmesan, which contain gluten. Jersey Mike's staff is well-trained in handling gluten-free orders, often clarifying if a customer's request is due to preference or a serious allergy. Popular gluten-free sandwiches include the BLT, Jersey Shore's Favorite, Ham Provolone, The Number Four, The Super Sub, and Roast Beef and Provolone. The Regular 08 Club Gluten-Free Sub contains 810 calories. Overall, Jersey Mike's provides a secure and diverse menu for gluten-free eaters while maintaining flavor and variety. (Image Source: Pixabay.com) What Is The Healthiest Sub From Jersey Mike'S?Jersey Mike's offers a variety of sandwich options, with several healthy choices available. Among the healthiest sandwiches are the No. 16 Mike's Chicken Philly and the No. 19 BBQ Beef, each containing 670 calories. If you prefer a classic cold sub, the No. 1 BLT has a slightly higher calorie count at 700 calories. The BBQ Beef stands out as the healthiest option with only 3g of saturated fat and 0.3g of trans fat, although it does provide 19g of sugar. Jersey Mike's is known for its freshly sliced meats and customizable subs, providing an excellent dining choice for those seeking a nutritious meal without excessive sauces or oils.The lowest calorie sandwiches on the menu include the Mike's Chicken Philly and BBQ Beef at 670 calories. The franchise is recognized for its handmade hoagies and sub options, including hot and cold varieties, sides, desserts, and drinks. Their nutritional guide allows customers to compare calorie and sodium levels across their offerings effectively.For those looking to maintain a healthy lifestyle, the "Sub in a Tub" option offers a low-carb alternative to traditional subs by swapping out bread for fresh ingredients, catering to keto enthusiasts. The healthiest sandwich overall is the 6 Roast Beef and Provolone on wheat bread, which contains 430 calories, 812mg of sodium, and 37g of protein, making it ideal for weight loss.To make healthier sandwich choices, consider what goes into your sub: for whole grain bread, include plenty of vegetables, and limit high-calorie condiments. Popular healthy options include the Mini Turkey and the Provolone on wheat bread, loaded with veggies and olive oil, which is highly recommended. 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