



Nutritional Values: (% based on 2000 calorie diet)

Sandwiches

Sandwiches	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
B L T	207	499	227	25	6	40	1400	190	48	2	6	18	20	20	6	15	n/a
California Turkey	283	450	158	17	5	50	1530	125	47	3	5	27	25	20	25	15	n/a
Charlie's Tuna Melt	334	529	209	23	8	60	1590	430	47	6	10	33	70	25	35	15	n/a
Chicken Caprese	365	738	248	28	10	105	1290	270	70	3	2	52	20	20	50	10	n/a
Chicken Salad	266	466	151	17	2	80	1010	270	46	3	n/a	33	20	20	10	20	n/a
Crispy Pollo Parm	326	857	368	41	12	60	2040	140	80	5	6	43	15	4	70	15	n/a
Egg Salad	170	369	166	18	4.5	370	790	220	34	3	n/a	16	10	n/a	10	15	n/a
Franita (on wheat)	260	365	90	10	1	35	1380	20	46	3	5	23	15	20	15	15	n/a
Franita (on french)	257	370	65	7	1.5	35	1400	110	50	3	3	26	15	20	10	15	n/a
Godfather	363	670	255	28	10	75	2750	360	72	4	5	33	25	35	20	10	n/a
* Hadley's Club	310	628	284	31	10	90	2030	250	51	3	9	35	25	20	35	15	n/a
* Ham & Swiss	294	505	200	22	8	75	1910	300	49	3	10	28	25	20	35	15	n/a
** Ham & Swiss	254	495	209	23	9	80	1820	370	44	4	n/a	26	20	15	30	15	n/a
Mexicali	294	630	248	28	11	110	980	320	52	3	4	42	30	20	30	25	n/a
Oven Roasted Turkey	303	410	126	14	1.5	40	1410	75	50	3	7	22	20	20	10	15	n/a
Philly Beef	340	660	233	26	9	70	1950	240	75	4	6	35	8	45	20	15	n/a
Pimiento (on wheat)	187	580	316	35	17	85	900	105	44	2	6	24	25	20	60	15	n/a
* Roast Beef and Cheddar	285	581	279	31	12	90	1400	65	44	3	5	31	25	20	35	25	n/a
** Roast Beef and Cheddar	282	583	250	28	12	90	1300	170	49	3	4	33	25	25	30	25	n/a
Steak and Cheese	283	555	222	25	9	70	1730	330	52	3	6	32	8	45	20	25	n/a
Tuna Salad	288	425	131	14	1.5	30	1310	240	50	4	9	24	70	25	10	20	n/a
Turkey and Provolone	283	437	142	16	4.5	50	1670	60	46	3	5	28	20	20	25	15	n/a
Turkey in the Straw	278	574	227	25	8	70	1570	115	56	3	n/a	31	25	25	35	15	n/a
* Veggie	332	489	228	25	6	25	870	410	55	7	9	14	120	60	30	15	n/a
** Veggie (on a tortilla)	345	510	196	22	7	20	1100	500	63	n/a	n/a	17	120	70	35	25	n/a

* Sandwich Recipe sold at our Rivergate and Mckee Farms locations

** Sandwich Recipe sold at our Atrium, Overstreet, Ivey's, and East Boulevard locations

* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions.

All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.

*****Some items not available at all locations*****