

Jersey Mike's Nutrition Facts (Easy Tabs - 2026)

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Information are based on official sources with no affiliation with them. Menu items vary by location. © 2026 all rights reserved.

Mini

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#1 - BLT Mini Mike's - Rosemary Parmesan Bread	1	Serving	470	27	7	0	41	3	4	18	45	1,010
#1 - BLT Mini Mike's - Wheat Sub	1	Serving	460	26	6	0	41	4	4	17	40	940
#1 - BLT Mini Mike's - White Sub	1	Serving	460	26	6	0	41	2	4	16	40	960
#10 - Tuna Fish Mini Mike's Way - Rosemary Parmesan	1	Serving	590	39	6	0	42	3	4	20	50	850
#10 - Tuna Fish Mini Mike's Way - Wheat Sub	1	Serving	580	38	6	0	41	4	4	20	45	790
#10 - Tuna Fish Mini Mike's Way - White Sub	1	Serving	570	38	6	0	41	3	4	18	45	810
#11 - Stick-ball Special Mini Mike's Way - Rosemary Parmesan	1	Serving	500	27	9	0	42	3	4	22	45	1,200

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#11 - Stick-ball Special Mini Mike's Way - Wheat Sub	1	Serving	490	26	6	0	42	4	4	22	45	1,140
#11 - Stick-ball Special Mini Mike's Way - White Sub	1	Serving	480	26	8	0	42	3	4	20	45	1,150
#12 - Cancro Special Mini Mike's Way - Rosemary Parmesan	1	Serving	530	27	9	0	42	3	4	30	65	900
#12 - Cancro Special Mini Mike's Way - Wheat Sub	1	Serving	510	26	8	0	42	4	4	30	65	840
#12 - Cancro Special Mini Mike's Way - White Sub	1	Serving	510	26	8	0	42	3	4	28	65	850
#13 - The Original Italian Mini Mike's Way - Rosemary Parmesan	1	Serving	560	30	10	0	44	3	4	30	70	1,750
#13 - The Original Italian Mini Mike's Way - Wheat Sub	1	Serving	540	29	9	0	43	4	5	29	65	1,680

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#13 - The Original Italian Mini Mike's Way - White Sub	1	Serving	540	29	9	0	43	3	4	28	65	1,700
#14 - The Veggie Mini Mike's Way - Rosemary Parme-san	1	Serving	570	33	13	1	43	3	4	24	50	800
#14 - The Veggie Mini Mike's Way - Wheat Sub	1	Serving	550	31	13	1	43	4	4	24	45	730
#14 - The Veggie Mini Mike's Way - White Sub	1	Serving	550	32	13	1	43	3	4	22	45	750
#2 - Jersey Shore's Favorite Mini Mike's Way - Rosemary Parme-san	1	Serving	470	24	7	0	43	3	4	22	45	1,200
#2 - Jersey Shore's Favorite Mini Mike's Way - Wheat Sub	1	Serving	460	23	7	0	43	4	5	22	40	1,130

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#2 - Jersey Shore's Favorite Mini Mike's Way - White Sub	1	Serving	450	23	7	0	42	3	4	21	40	1,150
#3 - Ham and Provolone Mini Mike's Way - Rosemary Parmesan	1	Serving	470	24	7	0	42	3	4	23	45	1,230
#3 - Ham and Provolone Mini Mike's Way - Wheat Sub	1	Serving	460	23	7	0	42	4	4	22	45	1,170
#3 - Ham and Provolone Mini Mike's Way - White Sub	1	Serving	450	23	7	0	42	3	4	21	45	1,180
#4 - The Number Four Mini Mike's Way - Rosemary Parmesan	1	Serving	470	24	7	0	43	3	4	23	45	1,240
#4 - The Number Four Mini Mike's Way - Wheat Sub	1	Serving	460	23	7	0	43	4	5	23	40	1,170
#4 - The Number Four Mini Mike's Way - White Sub	1	Serving	450	23	7	0	42	3	4	21	40	1,190

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#5 - The Super Sub Mini Mike's Way - Rosemary Parmesan	1	Serving	500	25	8	0	43	3	4	26	55	1,490
#5 - The Super Sub Mini Mike's Way - Wheat Sub	1	Serving	480	23	7	0	43	4	5	26	55	1,420
#5 - The Super Sub Mini Mike's Way - White Sub	1	Serving	470	23	7	0	43	3	4	25	55	1,440
#6 - Roast Beef and Provolone Mini Mike's Way - Rosemary Parmesan	1	Serving	530	26	8	0	42	3	4	33	75	860
#6 - Roast Beef and Provolone Mini Mike's Way - Wheat Sub	1	Serving	520	25	7	0	42	4	4	33	70	800
#6 - Roast Beef and Provolone Mini Mike's Way - White Sub	1	Serving	510	25	8	0	41	3	4	32	70	820

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#7 - Turkey and Provolone Mini Mike's Way - Rosemary Parme-san	1	Serving	480	25	8	0	43	3	4	23	45	1,040
#7 - Turkey and Provolone Mini Mike's Way - Wheat Sub	1	Serving	460	23	7	0	43	4	5	23	45	980
#7 - Turkey and Provolone Mini Mike's Way - White Sub	1	Serving	460	23	7	0	43	3	4	21	45	990
#8 - Club Sub Mini Mike's Way - Rosemary Parme-san	1	Serving	530	28	9	0	43	3	4	28	60	1,400
#8 - Club Sub Mini Mike's Way - Wheat Sub	1	Serving	510	26	8	0	43	4	5	28	60	1,340
#8 - Club Sub Mini Mike's Way - White Sub	1	Serving	500	26	8	0	43	3	4	26	60	1,360

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#G - Club Supreme Mini Mike's Way - Rosemary Parme-san	1	Serving	530	27	8	0	43	3	4	31	65	1,070
#G - Club Supreme Mini Mike's Way - Wheat Sub	1	Serving	510	26	8	0	42	4	5	30	65	1,000
#G - Club Supreme Mini Mike's Way - White Sub	1	Serving	510	26	8	0	42	3	4	29	65	1,020

Easy Tabs (click or tap your desired one)

Mini | **Regular cold** | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

Regular cold

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#1 - BLT Regular Mike's Cold - Rosemary Parmesan Bread	1	Serving	770	47	11	0.3	61	4	5	27	75	1550
#1 - BLT Regular Mike's Cold - Sub in a Tub	1	Serving	460	43	10	0.2	5	2	3	15	70	820
#1 - BLT Regular Mike's Cold - Wheat Sub	1	Serving	750	46	10	0.2	60	5	6	26	70	1450

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#1 - BLT Regular Mike's Cold - White Sub	1	Serving	750	46	10	0.2	60	4	5	25	70	1480
#1 - BLT Regular Mike's Cold - Wheat Wrap	1	Serving	750	52	13	0.3	51	8	5	23	70	1330
#1 - BLT Regular Mike's Cold - White Wrap	1	Serving	770	53	13	0.3	53	4	5	23	70	1460
#10 - Tuna Fish Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	1000	70	11	0.4	62	5	5	32	85	1340
#10 - Tuna Fish Regular Mike's Way Cold - Sub in a Tub	1	Serving	700	66	10	0.3	6	2	3	21	80	600
#10 - Tuna Fish Regular Mike's Way Cold - Wheat Sub	1	Serving	970	68	10	0.3	62	6	6	31	80	1240
#10 - Tuna Fish Regular Mike's Way Cold - White Sub	1	Serving	970	68	10	0.3	61	4	5	30	80	1270

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#10 - Tuna Fish Regular Mike's Way Cold - Wheat Wrap	1	Serving	980	75	13	0.4	52	8	5	29	80	1110
#10 - Tuna Fish Regular Mike's Way Cold - White Wrap	1	Serving	1010	76	13	0.4	54	4	5	29	80	1240
#11 - Stickball Special Regular Mike's Way Cold - Rosemary Parme-san	1	Serving	860	50	15	0.5	63	4	6	39	90	2280
#11 - Stickball Special Regular Mike's Way Cold - Sub in a Tub	1	Serving	550	46	14	0.4	7	2	4	28	85	1540
#11 - Stickball Special Regular Mike's Way Cold - Wheat Sub	1	Serving	850	49	14	0.4	62	5	7	39	85	2180
#11 - Stickball Special Regular Mike's Way Cold - White Sub	1	Serving	830	48	14	0.4	62	4	6	37	85	2200

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#11 - Stickball Special Regular Mike's Way Cold - Wheat Wrap	1	Serving	840	55	17	0.5	53	8	6	36	85	2050
#11 - Stickball Special Regular Mike's Way Cold - White Wrap	1	Serving	870	56	17	0.5	55	4	6	36	85	2180
#12 - Cancro Special Regular Mike's Way Cold - Rosemary Parme-san	1	Serving	910	50	15	0.5	63	4	6	53	120	1470
#12 - Cancro Special Regular Mike's Way Cold - Sub in a Tub	1	Serving	600	46	14	0.5	6	2	4	41	115	730
#12 - Cancro Special Regular Mike's Way Cold - Wheat Sub	1	Serving	890	49	14	0.5	62	6	6	52	115	1370
#12 - Cancro Special Regular Mike's Way Cold - White Sub	1	Serving	880	48	14	0.5	62	4	6	51	115	1400

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#12 - Cancro Special Regular Mike's Way Cold - Wheat Wrap	1	Serving	880	55	17	0.5	52	8	6	49	115	1240
#12 - Cancro Special Regular Mike's Way Cold - White Wrap	1	Serving	910	56	17	0.5	54	4	6	49	115	1370
#13 - The Original Italian Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	920	53	16	0.5	65	4	7	47	115	2820
#13 - The Original Italian Regular Mike's Way Cold - Sub in a Tub	1	Serving	620	49	15	0.5	9	2	5	36	110	2080
#13 - The Original Italian Regular Mike's Way Cold - Wheat Sub	1	Serving	900	52	15	0.5	64	6	8	47	110	2720
#13 - The Original Italian Regular Mike's Way Cold - White Sub	1	Serving	900	52	15	0.5	64	4	7	45	110	2740

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#13 -The Original Italian Regular Mike's Way Cold - Wheat Wrap	1	Serving	900	58	18	0.5	55	8	7	44	110	2590
#13 - The Original Italian Regular Mike's Way Cold - White Wrap	1	Serving	930	59	18	0.5	57	4	7	44	110	2720
#14 - The Veggie Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	940	58	23	1	65	4	6	39	85	1240
#14 - The Veggie Regular Mike's Way Cold - Sub in a Tub	1	Serving	630	54	22	1	9	2	4	27	80	500
#14 - The Veggie Regular Mike's Way Cold - Wheat Sub	1	Serving	910	56	22	1	64	6	7	38	80	1140
#14 - The Veggie Regular Mike's Way Cold - White Sub	1	Serving	900	56	22	1	64	4	6	36	80	1160

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#14 - The Veggie Regular Mike's Way Cold- Wheat Wrap	1	Serving	910	63	25	1	55	8	6	35	80	1010
#14 - The Veggie Regular Mike's Way Cold - White Wrap	1	Serving	940	64	25	1	57	4	6	35	80	1140
#2 - Regular Mike's Way Cold - Wheat Wrap	1	Serving	780	48	14	0.4	54	8	6	36	80	1970
#2 - Regular Mike's Way Cold - White Wrap	1	Serving	800	49	14	0.4	56	4	6	36	80	2100
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	790	43	12	0.4	64	4	6	39	85	2190
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Sub in a Tub	1	Serving	490	39	11	0.3	8	2	4	28	80	1460

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Wheat Sub	1	Serving	780	42	11	0.3	63	5	7	39	80	2100
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - White Sub	1	Serving	770	42	11	0.3	63	4	6	37	80	2120
#3 - Ham and Provolone Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	780	43	12	0.4	63	4	6	38	80	2120
#3 - Ham and Provolone Regular Mike's Way Cold - Sub in a Tub	1	Serving	480	39	11	0.3	7	2	4	27	75	1380
#3 - Ham and Provolone Regular Mike's Way Cold - Wheat Sub	1	Serving	760	41	11	0.3	62	5	7	38	75	2020

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#3 - Ham and Provolone Regular Mike's Way Cold - White Sub	1	Serving	750	41	11	0.3	62	4	6	36	75	2050
#3 - Ham and Provolone Regular Mike's Way Cold - Wheat Wrap	1	Serving	770	48	14	0.4	53	8	6	35	75	1890
#3 - Ham and Provolone Regular Mike's Way Cold - White Wrap	1	Serving	790	49	14	0.4	55	4	6	35	75	2020
#4 - Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	790	43	12	0.4	64	4	6	38	75	2070
#4 - Regular Mike's Way Cold - Sub in a Tub	1	Serving	480	39	11	0.3	8	2	4	26	70	1330
#4 - Regular Mike's Way Cold - Wheat Sub	1	Serving	760	41	11	0.3	63	5	7	37	70	1970
#4 - Regular Mike's Way Cold - White Sub	1	Serving	750	41	11	0.4	63	4	6	35	70	1990

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#4 - Regular Mike's Way Cold - Wheat Wrap	1	Serving	770	48	14	0.4	54	8	6	34	70	1840
#4 - Regular Mike's Way Cold - White Wrap	1	Serving	790	49	14	0.4	56	4	6	34	70	1970
#5 - The Super Sub Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	810	44	12	0.4	64	4	7	42	90	2370
#5 - The Super Sub Regular Mike's Way Cold - Sub in a Tub	1	Serving	500	39	11	0.3	8	2	5	31	85	1640
#5 -The Super Sub Regular Mike's Way Cold - Wheat Sub	1	Serving	790	42	11	0.3	64	5	7	41	85	2270
#5 - The Super Sub Regular Mike's Way Cold - White Sub	1	Serving	780	42	11	0.4	63	4	7	40	85	2300

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#5 - The Super Sub Regular Mike's Way Cold - Wheat Wrap	1	Serving	790	48	14	0.4	54	8	7	39	85	2150
#5 - The Super Sub Regular Mike's Way Cold - White Wrap	1	Serving	810	49	15	0.4	56	4	7	39	85	2280
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	850	46	13	0.5	62	4	5	50	110	1290
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Sub in a Tub	1	Serving	550	42	12	0.4	6	2	3	39	105	550
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Wheat Sub	1	Serving	830	44	12	0.4	61	5	6	50	105	1190

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#6 - Roast Beef and Provolone Regular Mike's Way Cold - White Sub	1	Serving	820	44	12	0.4	61	4	5	48	105	1220
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Wheat Wrap	1	Serving	840	51	15	0.5	52	8	5	47	105	1060
#6 - Roast Beef and Provolone Regular Mike's Way Cold - White Wrap	1	Serving	860	52	16	0.5	54	4	5	47	105	1190
#7 - Turkey and Provolone Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	800	44	13	0.4	65	4	6	39	80	1750
#7 - Turkey and Provolone Regular Mike's Way Cold - Sub in a Tub	1	Serving	500	40	11	0.3	8	2	4	27	75	1010

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#7 - Turkey and Provolone Regular Mike's Way Cold - Wheat Sub	1	Serving	790	43	12	0.3	64	5	7	38	75	1650
#7 - Turkey and Provolone Regular Mike's Way Cold - White Sub	1	Serving	780	43	12	0.3	64	4	6	36	75	1680
#7 - Turkey and Provolone Regular Mike's Way Cold - Wheat Wrap	1	Serving	780	49	14	0.4	54	8	6	35	75	1520
#7 - Turkey and Provolone Regular Mike's Way Cold - White Wrap	1	Serving	810	50	15	0.4	56	4	6	35	75	1650
#8 - Club Sub Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	880	50	15	0.4	64	4	6	46	105	2340
#8 - Club Sub Regular Mike's Way Cold - Sub in a Tub	1	Serving	570	45	13	0.3	8	2	4	35	100	1600

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#8 - Club Sub Regular Mike's Way Cold - Wheat Sub	1	Serving	860	48	14	0.3	64	5	7	45	100	2240
#8 - Club Sub Regular Mike's Way Cold - White Sub	1	Serving	850	48	14	0.3	63	4	6	44	100	2270
#8 - Club Sub Regular Mike's Way Cold - Wheat Wrap	1	Serving	860	54	16	0.4	54	8	6	43	100	2110
#8 - Club Sub Regular Mike's Way Cold - White Wrap	1	Serving	880	55	17	0.4	56	4	6	43	100	2240
#G - Club Supreme Regular Mike's Way Cold - Rosemary Parmesan	1	Serving	900	50	14	0.3	64	4	6	50	110	1800
#G - Club Supreme Regular Mike's Way Cold - Sub in a Tub	1	Serving	590	46	13	0.3	8	2	4	38	105	1060
#G - Club Supreme Regular Mike's Way Cold-Wheat Sub	1	Serving	870	48	13	0.3	63	5	7	49	105	1700

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#G - Club Supreme Regular Mike's Way Cold - White Sub	1	Serving	870	48	13	0.3	63	4	6	48	105	1730
#G - Club Supreme Regular Mike's Way Cold - Wheat Wrap	1	Serving	880	55	16	0.4	54	8	6	46	105	1570
#G - Club Supreme Regular Mike's Way Cold - White Wrap	1	Serving	900	56	16	0.4	56	4	6	46	105	1700

Easy Tabs (click or tap your desired one)

Mini | Regular cold | **Regular mike's (hot)** | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

Regular mike's (hot)

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#16 - Hot Regular - Chicken Philly - Rosemary Parme-san	1	Serving	630	16	8	0.4	69	3	10	53	120	2100
#16 - Hot Regular - Chicken Philly - Sub in a Tub	1	Serving	320	12	6	0.3	12	1	8	42	115	1370
#16 - Hot Regular - Chicken Philly - Wheat Sub	1	Serving	600	14	7	0.3	68	5	11	52	115	2000

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#16 - Hot Regular - Chicken Philly - White Sub	1	Serving	600	14	7	0.3	68	3	10	51	115	2030
#16 - Hot Regular - Chicken Philly - Wheat Wrap	1	Serving	610	21	9	0.4	58	7	10	50	115	1880
#16 - Hot Regular - Chicken Philly - White Wrap	1	Serving	630	22	10	0.4	60	3	10	50	115	2010
#17 - Hot Regular - Steak Philly - Rosemary Parmesan	1	Serving	680	26	12	0.4	67	3	10	46	125	2160
#17 - Hot Regular - Steak Philly - Sub in a Tub	1	Serving	380	22	11	0.3	11	1	8	35	120	1420
#17 - Hot Regular - Steak Philly - Wheat Sub	1	Serving	670	25	11	0.3	67	5	11	46	120	2060
#17 - Hot Regular - Steak Philly - White Sub	1	Serving	660	25	11	0.3	67	3	10	44	120	2090

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#17 - Hot Regular - Steak Philly - Wheat Wrap	1	Serving	670	31	14	0.4	57	7	10	43	120	1930
#17 - Hot Regular - Steak Philly - White Wrap	1	Serving	690	32	14	0.4	59	3	10	43	120	2060
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Rosemary Parmesan	1	Serving	870	41	12	1	68	4	8	58	145	2420
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Sub in a Tub	1	Serving	560	37	11	0.5	11	1	6	47	140	1680
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Sub	1	Serving	850	40	11	1	67	5	9	57	140	2320
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Sub	1	Serving	850	40	11	1	67	3	8	56	140	2350

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Wrap	1	Serving	850	46	14	1	57	7	8	55	140	2190
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Wrap	1	Serving	870	47	14	1	59	3	8	55	140	2320
#31 - Hot Regular - California Chicken Cheesesteak - Rosemary Parmesan	1	Serving	830	41	11	0.5	65	4	7	53	140	2060
#31 - Hot Regular - California Chicken Cheesesteak - Sub in a Tub	1	Serving	530	37	9	0.5	8	1	5	42	135	1320
#31 - Hot Regular - California Chicken Cheesesteak - Wheat Sub	1	Serving	820	40	10	0.5	64	5	8	53	135	1960
#31 - Hot Regular - California Chicken Cheesesteak - White Sub	1	Serving	810	40	10	0.5	64	3	7	51	135	1990

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#31 - Hot Regular - California Chicken Cheesesteak - Wheat Wrap	1	Serving	820	46	12	0.5	54	7	7	50	135	1830
#31 - Hot Regular - California Chicken Cheesesteak - White Wrap	1	Serving	840	47	13	0.5	56	3	7	50	135	1960
#42 - Hot Regular - Chipotle Chicken Philly - Rosemary Parmesan	1	Serving	910	47	12	0.5	70	3	11	53	140	2430
#42 - Hot Regular - Chipotle Chicken Philly - Sub in a Tub	1	Serving	610	43	11	0.5	14	1	9	42	135	1690
#42 - Hot Regular - Chipotle Chicken Philly - Wheat Sub	1	Serving	880	45	11	0.5	70	5	12	52	135	2330
#42 - Hot Regular - Chipotle Chicken Philly - White Sub	1	Serving	880	45	11	0.5	70	3	11	51	135	2360

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#42 - Hot Regular - Chipotle Chicken Philly - Wheat Wrap	1	Serving	890	52	14	0.5	60	7	11	50	135	2200
#42 - Hot Regular - Chipotle Chicken Philly - White Wrap	1	Serving	920	53	14	0.5	62	3	11	50	135	2330
#43 - Hot Regular - Chipotle Steak Philly - Rosemary Parmesan	1	Serving	980	58	17	0.5	69	3	11	47	150	2520
#43 - Hot Regular - Chipotle Steak Philly - Sub in a Tub	1	Serving	680	54	16	0.5	13	1	9	36	145	1780
#43 - Hot Regular - Chipotle Steak Philly - Wheat Sub	1	Serving	950	56	16	0.5	69	5	12	46	145	2420
#43 - Hot Regular - Chipotle Steak Philly - White Sub	1	Serving	950	56	16	0.5	68	3	11	45	145	2450
#43 - Hot Regular - Chipotle Steak Philly - Wheat Wrap	1	Serving	970	63	19	0.5	59	7	11	44	145	2290

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#43 - Hot Regular - Chipotle Steak Philly - White Wrap	1	Serving	990	64	19	0.5	61	3	11	44	145	2420
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Rosemary Parmesan	1	Serving	820	37	10	1	69	4	8	54	130	3600
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Sub in a Tub	1	Serving	510	32	9	0.5	13	1	6	42	125	2860
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Sub	1	Serving	790	35	9	1	69	5	9	53	125	3500
#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Sub	1	Serving	790	35	9	1	69	3	8	52	125	3530
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Wrap	1	Serving	790	41	12	1	59	7	8	50	125	3370

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Wrap	1	Serving	820	42	12	1	61	3	8	50	125	3500
#54 - Hot Regular - Hot Veggie - Rosemary Parmesan	1	Serving	570	19	11	0.5	74	6	11	28	55	1820
#54 - Hot Regular - Hot Veggie - Sub in a Tub	1	Serving	260	15	9	0.5	18	4	9	16	50	1080
#54 - Hot Regular - Hot Veggie - Wheat Sub	1	Serving	540	17	10	0.5	73	8	12	27	50	1720
#54 - Hot Regular - Hot Veggie - White Sub	1	Serving	540	17	10	0.5	73	6	11	26	50	1750
#54 - Hot Regular - Hot Veggie - Wheat Wrap	1	Serving	550	24	12	0.5	64	10	11	24	50	1590
#54 - Hot Regular - Hot Veggie - White Wrap	1	Serving	570	25	13	0.5	66	6	11	24	50	1720

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#55 - Hot Regular - Chicken Big Kahuna - Rosemary Parmesan	1	Serving	660	18	9	0.5	71	4	11	56	125	2430
#55 - Hot Regular - Chicken Big Kahuna - Sub in a Tub	1	Serving	360	14	8	0.4	15	1	9	44	120	1690
#55 - Hot Regular - Chicken Big Kahuna - Wheat Sub	1	Serving	640	17	8	0.4	70	5	12	55	120	2330
#55 - Hot Regular - Chicken Big Kahuna - White Sub	1	Serving	640	17	8	0.4	70	3	11	54	120	2360
#55 - Hot Regular - Chicken Big Kahuna - Wheat Wrap	1	Serving	650	23	11	0.5	61	7	11	52	120	2200
#55 - Hot Regular - Chicken Big Kahuna - White Wrap	1	Serving	670	24	11	0.5	63	3	11	52	120	2330

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#56 - Hot Regular - Big Kahuna - Rosemary Parmesan	1	Serving	730	29	14	0.5	70	4	11	50	135	2530
#56 - Hot Regular - Big Kahuna - Sub in a Tub	1	Serving	430	25	13	0.4	14	1	9	38	130	1790
#56 - Hot Regular - Big Kahuna - Wheat Sub	1	Serving	710	28	13	0.4	69	5	12	49	130	2430
#56 - Hot Regular - Big Kahuna - White Sub	1	Serving	710	28	13	0.4	69	3	11	48	130	2460
#56 - Hot Regular - Big Kahuna - Wheat Wrap	1	Serving	720	34	16	0.5	60	7	11	46	130	2300
#56 - Hot Regular - Big Kahuna - White Wrap	1	Serving	740	35	16	0.5	62	3	11	46	130	2430
#64 - Hot Regular - Portabella Mushroom G Swiss - Rosemary Parmesan	1	Serving	650	31	11	0.4	69	5	8	26	35	920

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#64 - Hot Regular - Portabella Mushroom G Swiss - Sub in a Tub	1	Serving	340	26	10	0.4	13	3	6	14	30	180
#64 - Hot Regular - Portabella Mushroom G Swiss - Wheat Sub	1	Serving	620	29	10	0.4	68	7	9	25	30	820
#64 - Hot Regular - Portabella Mushroom G Swiss - White Sub	1	Serving	620	29	10	0.4	68	5	8	24	30	850
#64 - Hot Regular - Portabella Mushroom G Swiss - Wheat Wrap	1	Serving	620	35	13	0.5	59	9	8	22	30	690
#64 - Hot Regular - Portabella Mushroom G Swiss - White Wrap	1	Serving	650	36	14	0.5	61	5	8	22	30	820
#65 - Hot Regular - Portabella Chicken Philly - Rosemary Parmesan	1	Serving	620	15	7	0.4	70	4	11	53	115	2080

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#65 - Hot Regular - Portabella Chicken Philly - Sub in a Tub	1	Serving	320	11	6	0.3	14	1	9	42	110	1340
#65 - Hot Regular - Portabella Chicken Philly - Wheat Sub	1	Serving	600	14	6	0.3	69	5	12	52	110	1980
#65 - Hot Regular - Portabella Chicken Philly - White Sub	1	Serving	600	14	6	0.3	69	3	11	51	110	2000
#65 - Hot Regular - Portabella Chicken Philly - Wheat Wrap	1	Serving	610	20	9	0.4	60	7	11	50	110	1850
#65 - Hot Regular - Portabella Chicken Philly - White Wrap	1	Serving	630	21	9	0.4	62	3	11	50	110	1980
#66 - Hot Regular - Portabella Steak Philly - Rosemary Parmesan	1	Serving	690	26	12	0.4	69	4	11	47	125	2180

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#66 - Hot Regular - Portabella Steak Philly - Sub in a Tub	1	Serving	390	22	11	0.3	13	1	9	36	120	1440
#66 - Hot Regular - Portabella Steak Philly - Wheat Sub	1	Serving	670	25	11	0.3	68	5	12	46	120	2080
#66 - Hot Regular - Portabella Steak Philly - White Sub	1	Serving	670	25	11	0.3	68	3	11	45	120	2100
#66 - Hot Regular - Portabella Steak Philly - Wheat Wrap	1	Serving	680	31	14	0.4	59	7	11	44	120	1950
#66 - Hot Regular - Portabella Steak Philly - White Wrap	1	Serving	700	32	14	0.4	61	3	11	44	120	2080

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | **Giant mike's (cold)** | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

Giant mike's (cold)

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#1 - Giant Mike's Cold - Rosemary Parmesan Bread	1	Serving	1540	95	22	0.5	121	7	10	53	150	3100
#1 - Giant Mike's Cold - Wheat Sub	1	Serving	1480	91	20	0.5	119	10	12	52	140	2900
#1 - Giant Mike's Cold - White Sub	1	Serving	1480	91	20	0.5	119	7	10	49	140	2960
#2 - Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1360	75	18	0.5	124	8	11	52	90	2990

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#2 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1320	72	16	0.3	122	10	13	50	80	2790
#2 - Giant Mike's Way Cold - White Sub	1	Serving	1310	72	16	0.4	122	7	11	47	80	2850
#3 - Giant Mike's Way Cold - Rose-mary Parmesan	1	Serving	1490	82	22	0.5	124	8	10	68	135	3810
#3 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1450	79	20	0.5	123	10	12	66	125	3610
#3 - Giant Mike's Way Cold - White Sub	1	Serving	1440	79	20	0.5	122	7	10	63	125	3660
#4 - Giant Mike's Way Cold - Rose-mary Parmesan	1	Serving	1490	82	22	0.5	125	8	11	66	130	3700
#4 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1450	79	20	0.5	124	10	13	65	120	3500
#4 - Giant Mike's Way Cold - White Sub	1	Serving	1440	79	20	0.5	124	7	11	62	120	3560

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#5 - Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1530	83	23	0.5	126	8	12	74	155	4250
#5 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1490	80	21	0.5	125	10	13	73	145	4050
#5 - Giant Mike's Way Cold - White Sub	1	Serving	1480	80	21	0.5	124	7	12	70	145	4100
#6 - Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1660	89	25	1	122	8	9	97	210	2520
#6 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1620	86	23	0.5	121	10	11	96	205	2320
#6 - Giant Mike's Way Cold - White Sub	1	Serving	1610	85	23	0.5	121	7	9	93	205	2380
#7 - Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1530	85	23	0.5	126	8	11	68	140	3190
#7 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1480	81	21	0.5	125	10	13	67	130	2990

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#7 - Giant Mike's Way Cold - White Sub	1	Serving	1470	81	21	0.5	125	7	11	64	130	3050
#8 - Giant Mike's Way Cold - Wheat Sub	1	Serving	1620	92	25	0.5	124	10	13	79	165	3890
#8 - Giant Mike's Way Cold - White Sub	1	Serving	1610	92	25	0.5	124	7	11	75	165	3950
#8 - Giant Mike's Way Cold- Rose-mary Parmesan	1	Serving	1660	95	27	0.5	126	8	11	80	175	4090
#G - Club Supreme Giant Mike's Way Cold - Rosemary Parme-san	1	Serving	1680	95	26	0.5	125	8	11	86	185	3230
#G - Club Supreme Giant Mike's Way Cold - Wheat Sub	1	Serving	1640	92	24	0.5	124	10	13	85	175	3030
#G - Club Supreme Giant Mike's Way Cold - White Sub	1	Serving	1,640	92	24	1	124	7	11	82	175	3,090

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#10 - Tuna Fish Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1,910	133	21	1	123	8	10	60	150	2,580
#10 - Tuna Fish Giant Mike's Way Cold - Wheat Sub	1	Serving	1,870	130	19	1	121	11	12	59	140	2,380
#10 - Tuna Fish Giant Mike's Way Cold - White Sub	1	Serving	1,860	130	19	1	121	8	10	56	140	2,430
#11 - Stick-ball Special Giant Mike's Way Cold - Rosemary Parme-san	1	Serving	1,630	95	27	1	124	8	10	69	155	4,030
#11 - Stick-ball Special Giant Mike's Way Cold - Wheat Sub	1	Serving	1,580	91	25	1	123	10	12	68	145	3,830
#11 - Stick-ball Special Giant Mike's Way Cold - White Sub	1	Serving	1,570	91	25	1	122	7	10	65	145	3,880

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#12 - Cancro Special Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1,700	95	27	1	123	8	10	92	205	2,760
#12 - Cancro Special Giant Mike's Way Cold - Wheat Sub	1	Serving	1,660	92	25	1	122	10	12	91	195	2,560
#12 - Cancro Special Giant Mike's Way Cold - White Sub	1	Serving	1,650	92	25	1	122	7	10	88	195	2,610
#13 - The Original Italian Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1,750	102	30	1	127	8	12	85	200	5,110
#13 - The Original Italian Giant Mike's Way Cold - Wheat Sub	1	Serving	1,710	99	28	1	126	11	14	83	190	4,910
#13 - The Original Italian Giant Mike's Way Cold - White Sub	1	Serving	1,700	99	28	1	125	7	12	80	190	4,960

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#14 - The Veggie Giant Mike's Way Cold - Rosemary Parmesan	1	Serving	1,860	116	46	2	128	8	10	77	165	2,470
#14 - The Veggie Giant Mike's Way Cold - Wheat Sub	1	Serving	1,830	113	44	2	127	11	12	75	155	2,270
#14 - The Veggie Giant Mike's Way Cold - White Sub	1	Serving	1,810	113	44	2	126	7	10	72	155	2,330

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | **Giant hot**

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

Giant hot

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#16 - Hot Giant - Chicken Philly - Rosemary Parme-san	1	Serving	1,240	31	15	1	137	6	20	105	235	4,150
#16 - Hot Giant - Chicken Philly - Wheat Sub	1	Serving	1,190	27	12	1	136	9	22	104	225	3,950
#16 - Hot Giant - Chicken Philly - White Sub	1	Serving	1,180	27	12	1	136	6	20	101	225	4,000

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#17 - Hot Giant - Steak Philly - Rosemary Parme-san	1	Serving	1,380	53	25	1	135	6	20	93	255	4,350
#17 - Hot Giant - Steak Philly - Wheat Sub	1	Serving	1,330	49	22	1	134	9	22	92	245	4,150
#17 - Hot Giant - Steak Philly - White Sub	1	Serving	1,320	49	22	1	134	6	20	89	245	4,200
#26 - Hot Giant - Chicken Bacon Ranch Cheeses-teak - Rosemary Parmesan	1	Serving	1,740	83	24	2	135	7	16	116	295	4,840
#26 - Hot Giant - Chicken Bacon Ranch Cheeses-teak - Wheat Sub	1	Serving	1,680	79	22	2	133	10	18	114	285	4,650
#26 - Hot Giant - Chicken Bacon Ranch Cheeses-teak - White Sub	1	Serving	1,680	79	22	2	133	6	16	111	285	4,700

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#31 - Hot Giant - California Chicken Cheesesteak - Rosemary Parmesan	1	Serving	1,670	83	22	1	128	7	13	107	280	4,120
#31 - Hot Giant - California Chicken Cheesesteak - Wheat Sub	1	Serving	1,630	80	20	1	127	10	15	105	270	3,920
#31 - Hot Giant - California Chicken Cheesesteak - White Sub	1	Serving	1,620	79	20	1	127	6	13	102	270	3,980
#42 - Hot Giant - Chipotle Chicken Philly - Rosemary Parmesan	1	Serving	1,820	94	24	1	141	7	23	106	280	4,870
#42 - Hot Giant - Chipotle Chicken Philly - Wheat Sub	1	Serving	1,780	91	22	1	140	9	24	105	270	4,670
#42 - Hot Giant - Chipotle Chicken Philly - White Sub	1	Serving	1,770	91	22	1	139	6	23	102	270	4,720

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#43 - Hot Giant - Chipotle Steak Philly - Rosemary Parmesan	1	Serving	1,960	116	34	1	139	7	23	94	300	5,070
#43 - Hot Giant - Chipotle Steak Philly - Wheat Sub	1	Serving	1,920	113	32	1	138	9	24	93	290	4,870
#43 - Hot Giant - Chipotle Steak Philly - White Sub	1	Serving	1,910	113	32	1	137	9	23	90	290	4,920
#44 - Hot Giant - Buffalo Chicken Cheesesteak - Rosemary Parmesan	1	Serving	1,620	73	20	2	138	7	16	107	260	7,200
#44 - Hot Giant - Buffalo Chicken Cheesesteak - Wheat Sub	1	Serving	1,580	70	18	2	137	10	18	106	250	7,000
#44 - Hot Giant - Buffalo Chicken Cheesesteak - White Sub	1	Serving	1,570	70	18	2	136	6	16	103	250	7,060

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#54 - Hot Giant - Hot Veggie - Rosemary Parmesan	1	Serving	1,130	38	22	1	147	12	21	55	110	3,640
#54 - Hot Giant - Hot Veggie - Wheat Sub	1	Serving	1,090	35	20	1	146	15	23	54	100	3,440
#54 - Hot Giant - Hot Veggie - White Sub	1	Serving	1,080	35	20	1	146	11	21	51	100	3,490
#55 - Hot Giant - Chicken Big Kahuna - Rosemary Parmesan	1	Serving	1,330	37	18	1	141	8	21	111	255	4,830
#55 - Hot Giant - Chicken Big Kahuna - Wheat Sub	1	Serving	1,280	33	16	1	140	10	23	110	245	4,630
#55 - Hot Giant - Chicken Big Kahuna - White Sub	1	Serving	1,270	33	16	1	140	7	21	107	245	4,690
#56 - Hot Giant - Big Kahuna - Rosemary Parmesan	1	Serving	1,470	59	29	1	140	8	21	99	275	5,060

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#56 - Hot Giant - Big Kahuna - Wheat Sub	1	Serving	1,420	55	26	1	138	10	23	98	265	4,860
#56 - Hot Giant - Big Kahuna - White Sub	1	Serving	1,410	55	26	1	138	7	21	95	265	4,920
#64 - Hot Giant - Portabella Mushroom G Swiss - Rosemary Parmesan	1	Serving	1,290	61	23	1	138	11	16	52	75	1,840
#64 - Hot Giant - Portabella Mushroom G Swiss - Wheat Sub	1	Serving	1,240	58	21	1	136	13	18	50	65	1,640
#64 - Hot Giant - Portabella Mushroom G Swiss - White Sub	1	Serving	1,230	58	21	1	136	10	16	47	65	1,690
#65 - Hot Giant - Portabella Chicken Philly - Rosemary Parmesan	1	Serving	1,250	31	15	1	140	7	21	106	235	4,150

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#65 - Hot Giant - Portabella Chicken Philly - Wheat Sub	1	Serving	1,200	28	12	1	138	10	23	105	225	3,950
#65 - Hot Giant - Portabella Chicken Philly - White Sub	1	Serving	1,190	27	12	1	138	6	21	102	225	4,010
#66 - Hot Giant - Portabella Steak Philly - Rosemary Parmesan	1	Serving	1,390	53	25	1	138	7	21	94	255	4,350
#66 - Hot Giant - Portabella Steak Philly - Wheat Sub	1	Serving	1,350	50	22	1	136	10	23	93	245	4,150
#66 - Hot Giant - Portabella Steak Philly - White Sub	1	Serving	1,330	49	22	1	136	6	21	90	245	4,210

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | Giant extra's

Kid's menu

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#3 - Ham and Provolone Kid's Menu - Wheat Sub	1	Serving	220	5	2	0	31	3	4	14	20	700
#3 - Ham and Provolone Kid's Menu - White Sub	1	Serving	220	5	2	0	31	2	3	13	20	720
#7 - Turkey and Provolone Kid's Menu - Wheat Sub	1	Serving	220	5	3	0	32	3	4	14	25	630

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#7 - Turkey and Provolone Kid's Menu - White Sub	1	Serving	230	5	3	0	32	2	3	14	25	640
Salami G Cheese - Kid's Menu - Wheat Sub	1	Serving	250	9	4	0	31	3	3	12	20	610
Salami G Cheese - Kid's Menu - White Sub	1	Serving	250	9	4	0	31	2	3	11	20	630

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | **Desserts** | Mini extra's | Regular extra's | Giant extra's

Desserts

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
Chocolate Chunk Cookie	1	Each	280	14	8	0	37	2	21	3	35	220
Mini Chocolate Chunk Cookie	1	Serving	150	7	4	0	19	1	10	2	20	110
Chocolate Chip Brownie	1	Serving	170	9	4	0	21	1	16	2	30	70

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | **Mini extra's** | Regular extra's | Giant extra's

Mini extra's

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
Add Pepperoni	1	Serving	60	5	2	0.1	1	0	0	3	15	230
Add Bacon	1	Serving	30	3	1	0	0	0	0	2	10	100
#1 - Mini Extra Ba-con	1	Serving	70	6	2	0	0	0	0	5	15	200
#2 - Mini Extra Meat	1	Serving	25	0.5	0.2	0	1	0	0	4	10	290
#3 - Mini Extra Meat	1	Serving	30	1	0.2	0	0	0	0	6	15	390

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#4 - Mini Extra Meat	1	Serving	20	0.5	0	0	1	0	0	3	10	230
#5 - Mini Extra Meat	1	Serving	35	1	0.3	0	1	0	0	6	15	420
#6 - Mini Extra Meat	1	Serving	50	1.5	0.5	0	0	0	0	10	25	110
#7 - Mini Extra Meat	1	Serving	35	1	0.4	0	1	0	0	6	15	270
#8 - Mini Extra Meat	1	Serving	70	4	1.5	0	1	0	0	8	25	430
#G - Mini Extra Meat	1	Serving	80	4.5	1.5	0	0	0	0	10	30	290
#10 - Mini Extra Meat	1	Serving	110	10	1.5	0.1	0	0	0	5	20	150
#11 - Mini Extra Meat	1	Serving	40	2.5	1	0	0	0	0	4	15	290
#12 - Mini Extra Meat	1	Serving	40	2	0.5	0	0	0	0	6	15	100
#13 - Mini Extra Meat	1	Serving	70	4	1.5	0.1	1	0	0	8	25	560

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#2 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#3 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#4 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#5 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#6 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#7 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#8 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#G - Mini Extra Cheese	1	Serving	60	4.5	3	0.1	1	0	0	4	15	65
#11 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#12 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#13 - Mini Extra Cheese	1	Serving	80	6	4	0.2	0	0	0	6	20	110
#14 - Mini Extra Cheese	1	Serving	210	16	10	0.5	2	0	0	15	45	260

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | **Regular extra's** | Giant extra's

Regular extra's

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
Add Pepperoni	1	Serving	90	8	3	0.1	1	0	1	4	20	340
Add Bacon	1	Serving	70	6	2	0	0	0	0	5	15	200
Add/Extra Porta-bello	1	Serving	10	0	0	0	1	0	1	1	0	0
#1 - Regular Extra Bacon	1	Serving	100	8	3	0	0	0	0	7	25	300
#2 - Regular Extra Meat	1	Serving	45	1	0.4	0	1	0	1	8	25	570

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#3 - Regular Extra Meat	1	Serving	40	1	0.4	0	0	0	0	8	25	590
#4 - Regular Extra Meat	1	Serving	40	1	0.4	0	1	0	1	7	20	450
#5 - Regular Extra Meat	1	Serving	70	2	0.5	0	1	0	1	12	35	850
#6 - Regular Extra Meat	1	Serving	80	2.5	1	0.1	0	0	0	14	40	170
#7 - Regular Extra Meat	1	Serving	60	2	0.5	0	1	0	1	9	25	400
#8 - Regular Extra Meat	1	Serving	140	8	2.5	0	1	0	1	16	45	840
#G - Regular Extra Meat	1	Serving	170	9	3	0	1	0	1	21	60	590
#10 - Regular Extra Meat	1	Serving	210	19	2.5	0.2	0	0	0	10	40	270
#11 - Regular Extra Meat	1	Serving	70	4.5	1.5	0.1	0	0	0	8	25	560
#12 - Regular Extra Meat	1	Serving	80	4	1.5	0.1	0	0	0	11	30	200

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#13 - Regular Extra Meat	1	Serving	130	7	2.5	0.1	2	0	1	15	50	1100
#14 - Regular Extra Cheese	1	Serving	350	26	17	1	3	0	0	26	80	440
#2 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#3 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#4 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#5 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#6 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#7 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#8 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#G - Regular Extra Cheese	1	Serving	100	7	4.5	0.2	1	0	0	7	20	100

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#11 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#12 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
#13 - Regular Extra Cheese	1	Serving	120	9	6	0.3	1	0	0	9	30	160
Extra Beef Philly	1	Serving	120	7	2.5	0	1	0	1	13	45	290
Extra Chicken Philly	1	Serving	80	1	0	0	1	0	1	16	40	240
Extra White American Cheese	1	Serving	90	6	4	0.2	2	0	1	6	20	420

Easy Tabs (click or tap your desired one)

Mini | Regular cold | Regular mike's (hot) | Giant mike's (cold) | Giant hot

Kid's menu | Desserts | Mini extra's | Regular extra's | **Giant extra's**

Giant extra's

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
Add Pepperoni	1	Serving	190	16	6	0.2	2	0	1	9	40	680
Add Bacon	1	Serving	130	11	4	0	0	0	0	9	30	400
Add/Extra Porta-bello	1	Serving	10	0	0	0	2	1	1	1	0	5
#1 - Giant Extra Bacon	1	Serving	210	17	6	0	1	0	1	14	45	600
#2 - Giant Extra Meat	1	Serving	70	2	0.5	0	2	0	1	12	35	860

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#3 - Giant Extra Meat	1	Serving	80	2	0.5	0	1	0	0	14	40	980
#4 - Giant Extra Meat	1	Serving	60	1.5	0.5	0	2	0	1	10	30	690
#5 - Giant Extra Meat	1	Serving	100	2.5	1	0.1	2	0	1	18	50	1280
#6 - Giant Extra Meat	1	Serving	140	4.5	1.5	0.1	0	0	0	24	65	270
#7 - Giant Extra Meat	1	Serving	90	3	1	0	2	0	1	14	40	660
#8 - Giant Extra Meat	1	Serving	240	14	5	0	2	0	1	26	80	1390
#G - Giant Extra Meat	1	Serving	280	16	6	0.1	2	0	1	32	95	960
#10 - Giant Extra Meat	1	Serving	390	35	5	0.3	1	0	0	18	70	490
#11 - Giant Extra Meat	1	Serving	110	7	2.5	0.1	1	0	0	11	40	850
#12 - Giant Extra Meat	1	Serving	120	6	2	0.1	0	0	0	16	45	300

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#13 - Giant Extra Meat	1	Serving	200	11	4	0.2	3	0	1	23	75	1670
#2 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#3 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#4 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#5 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#6 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#7 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#8 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#G - Giant Extra Cheese	1	Serving	160	12	8	0.4	1	0	0	11	30	170
#11 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270

Menu Item	Quantity	Measure	Calories	Fat (g)	Satfat (g)	Transfat (g)	Carb (g)	Fibre (g)	Sugars (g)	Prot (g)	Chol (mg)	Sod (mg)
#12 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#13 - Giant Extra Cheese	1	Serving	190	14	9	0.5	1	0	0	15	45	270
#14 - Giant Extra Cheese	1	Serving	690	52	34	1.5	5	0	0	51	155	870
Extra Beef Philly	1	Serving	230	13	5	0	1	0	1	26	90	580
Extra Chicken Philly	1	Serving	150	2	0	0	2	0	1	32	80	480
Extra White American Cheese	1	Serving	170	12	8	0.4	4	0	2	12	40	840

Additional Notes

This Jersey Mike’s nutrition facts guide provides a comprehensive breakdown of the calories, fats, proteins, and carbohydrates found across our entire menu to help you make informed dining choices. Whether you are tracking macros for a specific diet or simply looking for the healthiest options at Jersey Mike’s, this document serves as an essential reference for our authentic sub sandwiches. We include detailed data for popular favorites like the Mike’s Way prepared subs, our signature cold cuts, and grilled cheesesteaks, ensuring you have the latest Jersey Mike’s nutritional information at your fingertips. By reviewing the calorie counts and sodium levels for different bread types, including white, wheat, and gluten-free options, you can customize your meal to fit your lifestyle. Use this official Jersey Mike’s nutrition menu to compare regular, giant, and mini sub sizes while keeping your wellness goals on track with every delicious bite.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Information are based on official sources with no affiliation with them. Menu items vary by location. © 2026 all rights reserved.