

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
MINI															
#1 - BLT Mini Mike's - Rosemary Parmesan Bread	✓	✓								✓	✓				
#1 - BLT Mini Mike's - Wheat Sub	✓									✓	✓	✓			
#1 - BLT Mini Mike's - White Sub	✓									✓	✓				
#10 - Tuna Fish Mini Mike's Way - Rosemary Parmesan	✓	✓				✓				✓	✓				✓
#10 - Tuna Fish Mini Mike's Way - Wheat Sub	✓					✓				✓	✓	✓			✓
#10 - Tuna Fish Mini Mike's Way - White Sub	✓					✓				✓	✓				✓
#11 - Stickball Special Mini Mike's Way - Rosemary Parmesan		✓								✓	✓				✓
#11 - Stickball Special Mini Mike's Way - Wheat Sub		✓								✓	✓	✓			✓
#11 - Stickball Special Mini Mike's Way - White Sub		✓								✓	✓				✓
#12 - Cancro Special Mini Mike's Way - Rosemary Parmesan		✓								✓	✓				✓
#12 - Cancro Special Mini Mike's Way - Wheat Sub		✓								✓	✓	✓			✓
#12 - Cancro Special Mini Mike's Way - White Sub		✓								✓	✓				✓
#13 - The Original Italian Mini Mike's Way - Rosemary Parmesan		✓								✓	✓				✓
#13 - The Original Italian Mini Mike's Way - Wheat Sub		✓								✓	✓	✓			✓
#13 - The Original Italian Mini Mike's Way - White Sub		✓								✓	✓				✓
#14 - The Veggie Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#14 - The Veggie Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#14 - The Veggie Mini Mike's Way - White Sub		✓									✓				✓
#2 - Jersey Shore's Favorite Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#2 - Jersey Shore's Favorite Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#2 - Jersey Shore's Favorite Mini Mike's Way - White Sub		✓									✓				✓
#3 - Ham and Provolone Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#3 - Ham and Provolone Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#3 - Ham and Provolone Mini Mike's Way - White Sub		✓									✓				✓
#4 - The Number Four Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#4 - The Number Four Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#4 - The Number Four Mini Mike's Way - White Sub		✓									✓				✓
#5 - The Super Sub Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#5 - The Super Sub Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#5 - The Super Sub Mini Mike's Way - White Sub		✓									✓				✓
#6 - Roast Beef and Provolone Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#6 - Roast Beef and Provolone Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#6 - Roast Beef and Provolone Mini Mike's Way - White Sub		✓									✓				✓
#7 - Turkey and Provolone Mini Mike's Way - Rosemary Parmesan		✓									✓				✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#7 - Turkey and Provolone Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#7 - Turkey and Provolone Mini Mike's Way - White Sub		✓									✓				✓
#8 - Club Sub Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#8 - Club Sub Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#8 - Club Sub Mini Mike's Way - White Sub		✓									✓				✓
#9 - Club Supreme Mini Mike's Way - Rosemary Parmesan		✓									✓				✓
#9 - Club Supreme Mini Mike's Way - Wheat Sub		✓									✓	✓			✓
#9 - Club Supreme Mini Mike's Way - White Sub		✓									✓				✓
REGULAR COLD															
#1 - BLT Regular Mike's Cold - Rosemary Parmesan Bread	✓	✓								✓	✓				
#1 - BLT Regular Mike's Cold - Sub in a Tub	✓									✓					
#1 - BLT Regular Mike's Cold - Wheat Sub	✓									✓	✓	✓			
#1 - BLT Regular Mike's Cold - White Sub	✓									✓	✓				
#1 - BLT Regular Mike's Cold - Wheat Wrap	✓									✓	✓				
#1 - BLT Regular Mike's Cold - White Wrap	✓									✓	✓				
#10 - Tuna Fish Regular Mike's Way Cold - Rosemary Parmesan	✓	✓				✓				✓	✓				✓
#10 - Tuna Fish Regular Mike's Way Cold - Sub in a Tub	✓					✓				✓					✓
#10 - Tuna Fish Regular Mike's Way Cold - Wheat Sub	✓					✓				✓	✓	✓			✓
#10 - Tuna Fish Regular Mike's Way Cold - White Sub	✓					✓				✓	✓				✓
#10 - Tuna Fish Regular Mike's Way Cold - Wheat Wrap	✓					✓				✓	✓				✓
#10 - Tuna Fish Regular Mike's Way Cold - White Wrap	✓					✓				✓	✓				✓
#11 - Stickball Special Regular Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓
#11 - Stickball Special Regular Mike's Way Cold - Sub in a Tub		✓								✓					✓
#11 - Stickball Special Regular Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#11 - Stickball Special Regular Mike's Way Cold - White Sub		✓								✓	✓				✓
#11 - Stickball Special Regular Mike's Way Cold - Wheat Wrap		✓								✓	✓				✓
#11 - Stickball Special Regular Mike's Way Cold - White Wrap		✓								✓	✓				✓
#12 - Cancro Special Regular Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓
#12 - Cancro Special Regular Mike's Way Cold - Sub in a Tub		✓								✓					✓
#12 - Cancro Special Regular Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#12 - Cancro Special Regular Mike's Way Cold - White Sub		✓								✓	✓				✓
#12 - Cancro Special Regular Mike's Way Cold - Wheat Wrap		✓								✓	✓				✓
#12 - Cancro Special Regular Mike's Way Cold - White Wrap		✓								✓	✓				✓
#13 - The Original Italian Regular Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓
#13 - The Original Italian Regular Mike's Way Cold - Sub in a Tub		✓								✓					✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#13 - The Original Italian Regular Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#13 - The Original Italian Regular Mike's Way Cold - White Sub		✓								✓	✓				✓
#13 -The Original Italian Regular Mike's Way Cold - Wheat Wrap		✓								✓	✓				✓
#13 - The Original Italian Regular Mike's Way Cold - White Wrap		✓								✓	✓				✓
#14 - The Veggie Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#14 - The Veggie Regular Mike's Way Cold - Sub in a Tub		✓													✓
#14 - The Veggie Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#14 - The Veggie Regular Mike's Way Cold - White Sub		✓									✓				✓
#14 - The Veggie Regular Mike's Way Cold- Wheat Wrap		✓									✓				✓
#14 - The Veggie Regular Mike's Way Cold - White Wrap		✓									✓				✓
#2 - Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#2 - Regular Mike's Way Cold - White Wrap		✓									✓				✓
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Sub in a Tub		✓													✓
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#2 - Jersey Shore's Favorite Regular Mike's Way Cold - White Sub		✓									✓				✓
#3 - Ham and Provolone Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#3 - Ham and Provolone Regular Mike's Way Cold - Sub in a Tub		✓													✓
#3 - Ham and Provolone Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#3 - Ham and Provolone Regular Mike's Way Cold - White Sub		✓									✓				✓
#3 - Ham and Provolone Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#3 - Ham and Provolone Regular Mike's Way Cold - White Wrap		✓									✓				✓
#4 - Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#4 - Regular Mike's Way Cold - Sub in a Tub		✓													✓
#4 - Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#4 - Regular Mike's Way Cold - White Sub		✓									✓				✓
#4 - Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#4 - Regular Mike's Way Cold - White Wrap		✓									✓				✓
#5 - The Super Sub Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#5 - The Super Sub Regular Mike's Way Cold - Sub in a Tub		✓													✓
#5 -The Super Sub Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#5 - The Super Sub Regular Mike's Way Cold - White Sub		✓									✓				✓
#5 - The Super Sub Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#5 - The Super Sub Regular Mike's Way Cold - White Wrap		✓									✓				✓
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Sub in a Tub		✓													✓
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#6 - Roast Beef and Provolone Regular Mike's Way Cold - White Sub		✓									✓				✓
#6 - Roast Beef and Provolone Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#6 - Roast Beef and Provolone Regular Mike's Way Cold - White Wrap		✓									✓				✓
#7 - Turkey and Provolone Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#7 - Turkey and Provolone Regular Mike's Way Cold - Sub in a Tub		✓													✓
#7 - Turkey and Provolone Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#7 - Turkey and Provolone Regular Mike's Way Cold - White Sub		✓									✓				✓
#7 - Turkey and Provolone Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#7 - Turkey and Provolone Regular Mike's Way Cold - White Wrap		✓									✓				✓
#8 - Club Sub Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#8 - Club Sub Regular Mike's Way Cold - Sub in a Tub		✓													✓
#8 - Club Sub Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#8 - Club Sub Regular Mike's Way Cold - White Sub		✓									✓				✓
#8 - Club Sub Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#8 - Club Sub Regular Mike's Way Cold - White Wrap		✓									✓				✓
#9 - Club Supreme Regular Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#9 - Club Supreme Regular Mike's Way Cold - Sub in a Tub		✓													✓
#9 - Club Supreme Regular Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#9 - Club Supreme Regular Mike's Way Cold - White Sub		✓									✓				✓
#9 - Club Supreme Regular Mike's Way Cold - Wheat Wrap		✓									✓				✓
#9 - Club Supreme Regular Mike's Way Cold - White Wrap		✓									✓				✓
Regular Mike's (Hot)															
#16 - Hot Regular - Chicken Philly - Rosemary Parmesan		✓							✓		✓				✓
#16 - Hot Regular - Chicken Philly - Sub in a Tub		✓							✓						✓
#16 - Hot Regular - Chicken Philly - Wheat Sub		✓							✓		✓	✓			✓
#16 - Hot Regular - Chicken Philly - White Sub		✓							✓		✓				✓
#16 - Hot Regular - Chicken Philly - Wheat Wrap		✓							✓		✓				✓
#16 - Hot Regular - Chicken Philly - White Wrap		✓							✓		✓				✓
#17 - Hot Regular - Steak Philly - Rosemary Parmesan		✓							✓		✓				✓
#17 - Hot Regular - Steak Philly - Sub in a Tub		✓							✓		✓				✓
#17 - Hot Regular - Steak Philly - Wheat Sub		✓							✓		✓	✓			✓
#17 - Hot Regular - Steak Philly - White Sub		✓							✓		✓				✓
#17 - Hot Regular - Steak Philly - Wheat Wrap		✓							✓		✓				✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#17 - Hot Regular - Steak Philly - White Wrap		✓							✓		✓				✓
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Rosemary Parmesan	✓	✓							✓		✓				
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Sub in a Tub	✓	✓							✓						
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Sub	✓	✓							✓		✓	✓			
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Sub	✓	✓							✓		✓				
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - Wheat Wrap	✓	✓							✓		✓				
#26 - Hot Regular - Chicken Bacon Ranch Cheesesteak - White Wrap	✓	✓							✓		✓				
#31 - Hot Regular - California Chicken Cheesesteak - Rosemary Parmesan	✓	✓							✓	✓	✓				
#31 - Hot Regular - California Chicken Cheesesteak - Sub in a Tub	✓	✓							✓	✓					
#31 - Hot Regular - California Chicken Cheesesteak - Wheat Sub	✓	✓							✓	✓	✓	✓			
#31 - Hot Regular - California Chicken Cheesesteak - White Sub	✓	✓							✓	✓	✓				
#31 - Hot Regular - California Chicken Cheesesteak - Wheat Wrap	✓	✓							✓	✓	✓				
#31 - Hot Regular - California Chicken Cheesesteak - White Wrap	✓	✓							✓	✓	✓				
#42 - Hot Regular - Chipotle Chicken Philly - Rosemary Parmesan	✓	✓							✓	✓	✓				✓
#42 - Hot Regular - Chipotle Chicken Philly - Sub in a Tub	✓	✓							✓	✓					✓
#42 - Hot Regular - Chipotle Chicken Philly - Wheat Sub	✓	✓							✓	✓	✓	✓			✓
#42 - Hot Regular - Chipotle Chicken Philly - White Sub	✓	✓							✓	✓	✓				✓
#42 - Hot Regular - Chipotle Chicken Philly - Wheat Wrap	✓	✓							✓	✓	✓				✓
#42 - Hot Regular - Chipotle Chicken Philly - White Wrap	✓	✓							✓	✓	✓				✓
#43 - Hot Regular - Chipotle Steak Philly - Rosemary Parmesan	✓	✓							✓	✓	✓				✓
#43 - Hot Regular - Chipotle Steak Philly - Sub in a Tub	✓	✓							✓	✓					✓
#43 - Hot Regular - Chipotle Steak Philly - Wheat Sub	✓	✓							✓	✓	✓	✓			✓
#43 - Hot Regular - Chipotle Steak Philly - White Sub	✓	✓							✓	✓	✓				✓
#43 - Hot Regular - Chipotle Steak Philly - Wheat Wrap	✓	✓							✓	✓	✓				✓
#43 - Hot Regular - Chipotle Steak Philly - White Wrap	✓	✓							✓	✓	✓				✓
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Rosemary Parmesan	✓	✓							✓		✓				
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Sub in a Tub	✓	✓							✓						
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Sub	✓	✓							✓		✓	✓			
#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Sub	✓	✓							✓		✓				
#44 - Hot Regular - Buffalo Chicken Cheesesteak - Wheat Wrap	✓	✓							✓		✓				
#44 - Hot Regular - Buffalo Chicken Cheesesteak - White Wrap	✓	✓							✓		✓				
#54 - Hot Regular - Hot Veggie - Rosemary Parmesan		✓							✓		✓				
#54 - Hot Regular - Hot Veggie - Sub in a Tub		✓							✓						
#54 - Hot Regular - Hot Veggie - Wheat Sub		✓							✓		✓	✓			
#54 - Hot Regular - Hot Veggie - White Sub		✓							✓		✓				

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#54 - Hot Regular - Hot Veggie - Wheat Wrap		✓							✓		✓				
#54 - Hot Regular - Hot Veggie - White Wrap		✓							✓		✓				
#55 - Hot Regular - Chicken Big Kahuna - Rosemary Parmesan		✓							✓		✓				✓
#55 - Hot Regular - Chicken Big Kahuna - Sub in a Tub		✓							✓						✓
#55 - Hot Regular - Chicken Big Kahuna - Wheat Sub		✓							✓		✓	✓			✓
#55 - Hot Regular - Chicken Big Kahuna - White Sub		✓							✓		✓				✓
#55 - Hot Regular - Chicken Big Kahuna - Wheat Wrap		✓							✓		✓				✓
#55 - Hot Regular - Chicken Big Kahuna - White Wrap		✓							✓		✓				✓
#56 - Hot Regular - Big Kahuna - Rosemary Parmesan		✓							✓		✓				✓
#56 - Hot Regular - Big Kahuna - Sub in a Tub		✓							✓		✓				✓
#56 - Hot Regular - Big Kahuna - Wheat Sub		✓							✓		✓	✓			✓
#56 - Hot Regular - Big Kahuna - White Sub		✓							✓		✓				✓
#56 - Hot Regular - Big Kahuna - Wheat Wrap		✓							✓		✓				✓
#56 - Hot Regular - Big Kahuna - White Wrap		✓							✓		✓				✓
#64 - Hot Regular - Portabella Mushroom & Swiss - Rosemary Parmesan		✓									✓				
#64 - Hot Regular - Portabella Mushroom & Swiss - Sub in a Tub		✓													
#64 - Hot Regular - Portabella Mushroom & Swiss - Wheat Sub		✓									✓	✓			
#64 - Hot Regular - Portabella Mushroom & Swiss - White Sub		✓									✓				
#64 - Hot Regular - Portabella Mushroom & Swiss - Wheat Wrap		✓									✓				
#64 - Hot Regular - Portabella Mushroom & Swiss - White Wrap		✓									✓				
#65 - Hot Regular - Portabella Chicken Philly - Rosemary Parmesan		✓							✓		✓				✓
#65 - Hot Regular - Portabella Chicken Philly - Sub in a Tub		✓							✓						✓
#65 - Hot Regular - Portabella Chicken Philly - Wheat Sub		✓							✓		✓	✓			✓
#65 - Hot Regular - Portabella Chicken Philly - White Sub		✓							✓		✓				✓
#65 - Hot Regular - Portabella Chicken Philly - Wheat Wrap		✓							✓		✓				✓
#65 - Hot Regular - Portabella Chicken Philly - White Wrap		✓							✓		✓				✓
#66 - Hot Regular - Portabella Steak Philly - Rosemary Parmesan		✓							✓		✓				✓
#66 - Hot Regular - Portabella Steak Philly - Sub in a Tub		✓							✓						✓
#66 - Hot Regular - Portabella Steak Philly - Wheat Sub		✓							✓		✓	✓			✓
#66 - Hot Regular - Portabella Steak Philly - White Sub		✓							✓		✓				✓
#66 - Hot Regular - Portabella Steak Philly - Wheat Wrap		✓							✓		✓				✓
#66 - Hot Regular - Portabella Steak Philly - White Wrap		✓							✓		✓				✓
GIANT COLD															
#10 - BLT Giant Mike's Cold - Rosemary Parmesan Bread	✓	✓								✓	✓				
#10 - BLT Giant Mike's Cold - Wheat Sub	✓									✓	✓	✓			

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#10 - BLT Giant Mike's Cold - White Sub	✓									✓	✓				
#2 - Jersey Shore's Favorite Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#2 - Jersey Shore's Favorite Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#2 - Jersey Shore's Favorite Giant Mike's Way Cold - White Sub		✓									✓				✓
#3 - Ham and Provolone Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#3 - Ham and Provolone Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#3 - Ham and Provolone Giant Mike's Way Cold - White Sub		✓									✓				✓
#4 - The Number Four Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#4 - The Number Four Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#4 - The Number Four Giant Mike's Way Cold - White Sub		✓									✓				✓
#5 - The Super Sub Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#5 - The Super Sub Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#5 - The Super Sub Giant Mike's Way Cold - White Sub		✓									✓				✓
#6 - Roast Beef and Provolone Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#6 - Roast Beef and Provolone Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#6 - Roast Beef and Provolone Giant Mike's Way Cold - White Sub		✓									✓				✓
#7 - Turkey and Provolone Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#7 - Turkey and Provolone Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#7 - Turkey and Provolone Giant Mike's Way Cold - White Sub		✓									✓				✓
#8 - Club Sub Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#8 - Club Sub Giant Mike's Way Cold - White Sub		✓									✓				✓
#8 - Club Sub Giant Mike's Way Cold- Rosemary Parmesan		✓									✓				✓
#9 - Club Supreme Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#9 - Club Supreme Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#9 - Club Supreme Giant Mike's Way Cold - White Sub		✓									✓				✓
#10 - Tuna Fish Giant Mike's Way Cold - Rosemary Parmesan	✓	✓				✓				✓	✓				✓
#10 - Tuna Fish Giant Mike's Way Cold - Wheat Sub	✓					✓				✓	✓	✓			✓
#10 - Tuna Fish Giant Mike's Way Cold - White Sub	✓					✓				✓	✓				✓
#11 - Stickball Special Giant Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓
#11 - Stickball Special Giant Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#11 - Stickball Special Giant Mike's Way Cold - White Sub		✓								✓	✓				✓
#12 - Cancro Special Giant Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓
#12 - Cancro Special Giant Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#12 - Cancro Special Giant Mike's Way Cold - White Sub		✓								✓	✓				✓
#13 - The Original Italian Giant Mike's Way Cold - Rosemary Parmesan		✓								✓	✓				✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#13 - The Original Italian Giant Mike's Way Cold - Wheat Sub		✓								✓	✓	✓			✓
#13 - The Original Italian Giant Mike's Way Cold - White Sub		✓								✓	✓				✓
#14 - The Veggie Giant Mike's Way Cold - Rosemary Parmesan		✓									✓				✓
#14 - The Veggie Giant Mike's Way Cold - Wheat Sub		✓									✓	✓			✓
#14 - The Veggie Giant Mike's Way Cold - White Sub		✓									✓				✓
GIANT HOT															
#16 - Hot Giant - Chicken Philly - Rosemary Parmesan		✓							✓		✓				✓
#16 - Hot Giant - Chicken Philly - Wheat Sub		✓							✓		✓	✓			✓
#16 - Hot Giant - Chicken Philly - White Sub		✓							✓		✓				✓
#17 - Hot Giant - Steak Philly - Rosemary Parmesan		✓							✓		✓				✓
#17 - Hot Giant - Steak Philly - Wheat Sub		✓							✓		✓	✓			✓
#17 - Hot Giant - Steak Philly - White Sub		✓							✓		✓				✓
#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - Rosemary Parmesan	✓	✓							✓		✓				
#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - Wheat Sub	✓	✓							✓		✓	✓			
#26 - Hot Giant - Chicken Bacon Ranch Cheesesteak - White Sub	✓	✓							✓		✓				
#31 - Hot Giant - California Chicken Cheesesteak - Rosemary Parmesan	✓	✓							✓	✓	✓				
#31 - Hot Giant - California Chicken Cheesesteak - Wheat Sub	✓	✓							✓	✓	✓	✓			
#31 - Hot Giant - California Chicken Cheesesteak - White Sub	✓	✓							✓	✓	✓				
#42 - Hot Giant - Chipotle Chicken Philly - Rosemary Parmesan	✓	✓							✓	✓	✓				✓
#42 - Hot Giant - Chipotle Chicken Philly - Wheat Sub	✓	✓							✓	✓	✓	✓			✓
#42 - Hot Giant - Chipotle Chicken Philly - White Sub	✓	✓							✓	✓	✓				✓
#43 - Hot Giant - Chipotle Steak Philly - Rosemary Parmesan	✓	✓							✓	✓	✓				✓
#43 - Hot Giant - Chipotle Steak Philly - Wheat Sub	✓	✓							✓	✓	✓	✓			✓
#43 - Hot Giant - Chipotle Steak Philly - White Sub	✓	✓							✓	✓	✓				✓
#44 - Hot Giant - Buffalo Chicken Cheesesteak - Rosemary Parmesan	✓	✓							✓		✓				
#44 - Hot Giant - Buffalo Chicken Cheesesteak - Wheat Sub	✓	✓							✓		✓	✓			
#44 - Hot Giant - Buffalo Chicken Cheesesteak - White Sub	✓	✓							✓		✓				
#54 - Hot Giant - Hot Veggie - Rosemary Parmesan		✓							✓		✓				
#54 - Hot Giant - Hot Veggie - Wheat Sub		✓							✓		✓	✓			
#54 - Hot Giant - Hot Veggie - White Sub		✓							✓		✓				
#55 - Hot Giant - Chicken Big Kahuna - Rosemary Parmesan		✓							✓		✓				✓
#55 - Hot Giant - Chicken Big Kahuna - Wheat Sub		✓							✓		✓	✓			✓
#55 - Hot Giant - Chicken Big Kahuna - White Sub		✓							✓		✓				✓
#56 - Hot Giant - Big Kahuna - Rosemary Parmesan		✓							✓		✓				✓
#56 - Hot Giant - Big Kahuna - Wheat Sub		✓							✓		✓	✓			✓

Jersey Mike's Menu Label Allergen Report	Egg	Milk	Peanut	Tree Nuts	Sesame	Fish	Crustacean	Shellfish/ Mollusc	Soy	Mustard	Wheat	Barley	Rye	Oats	Sulphites
#56 - Hot Giant - Big Kahuna - White Sub		✓							✓		✓				✓
#64 - Hot Giant - Portabella Mushroom & Swiss - Rosemary Parmesan		✓									✓				
#64 - Hot Giant - Portabella Mushroom & Swiss - Wheat Sub		✓									✓	✓			
#64 - Hot Giant - Portabella Mushroom & Swiss - White Sub		✓									✓				
#65 - Hot Giant - Portabella Chicken Philly - Rosemary Parmesan		✓							✓		✓				✓
#65 - Hot Giant - Portabella Chicken Philly - Wheat Sub		✓							✓		✓	✓			✓
#65 - Hot Giant - Portabella Chicken Philly - White Sub		✓							✓		✓				✓
#66 - Hot Giant - Portabella Steak Philly - Rosemary Parmesan		✓							✓		✓				✓
#66 - Hot Giant - Portabella Steak Philly - Wheat Sub		✓							✓		✓	✓			✓
#66 - Hot Giant - Portabella Steak Philly - White Sub		✓							✓		✓				✓
KID'S MENU															
#3 - Ham and Provolone Kid's Menu - Wheat Sub		✓									✓	✓			
#3 - Ham and Provolone Kid's Menu - White Sub		✓									✓				
#7 - Turkey and Provolone Kid's Menu - Wheat Sub		✓									✓	✓			
#7 - Turkey and Provolone Kid's Menu - White Sub		✓									✓				
Salami & Cheese - Kid's Menu - Wheat Sub		✓								✓	✓	✓			
Salami & Cheese - Kid's Menu - White Sub		✓								✓	✓				
DESSERTS															
Chocolate Chunk Cookie	✓	✓							✓		✓				
Mini Chocolate Chunk Cookie	✓	✓							✓		✓				
Chocolate Chip Brownie	✓	✓							✓		✓				
The average adult requires approximately 2,000 calories per day, however, individual calorie needs may vary.															
Please Note: Cornmeal is used during the baking process of our bread.															
Disclaimer: Nutritional information is calculated based on Jersey Mike's Subs standardized recipes and has been rounded for consistency with Health Canada 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. This document reflects information for our products as of November 2025.															