Complete Jersey Mike's Menu With Prices & Calories August 2025

Thinking about trying something new from the Jersey Mike's menu? This guide will help you find tasty subs, combos, and fresh options to enjoy. You'll see classic cold and hot sandwiches, popular picks, prices, and nutrition facts—all in one place.

Learn about "Mike's Way" for extra flavor, check ingredients, and see calorie details. From turkey and provolone to hearty Italian combos and healthy veggie choices, you'll have all the info you need to order with confidence and find your next favorite at Jersey Mike's.

Sandwich	Estimated Price (USD)	Calories (without extra condiments)
Club Sub	$10.75 – $12.00	880 – 910
Mike's Famous Philly	$11.50 – $13.00	660 – 700
Turkey and Provolone	$9.25 – $10.50	530 – 565
The Original Italian	$10.25 – $11.50	710 – 740
Jersey Shore's Favorite	$9.25 – $10.50	550 – 580

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the back, the front, the side - delicious from every angle 😍

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What is Your Favorite?

- Club Sub
- Mike's Famous Philly
- Turkey and Provolone
- The Original Italian
- Other

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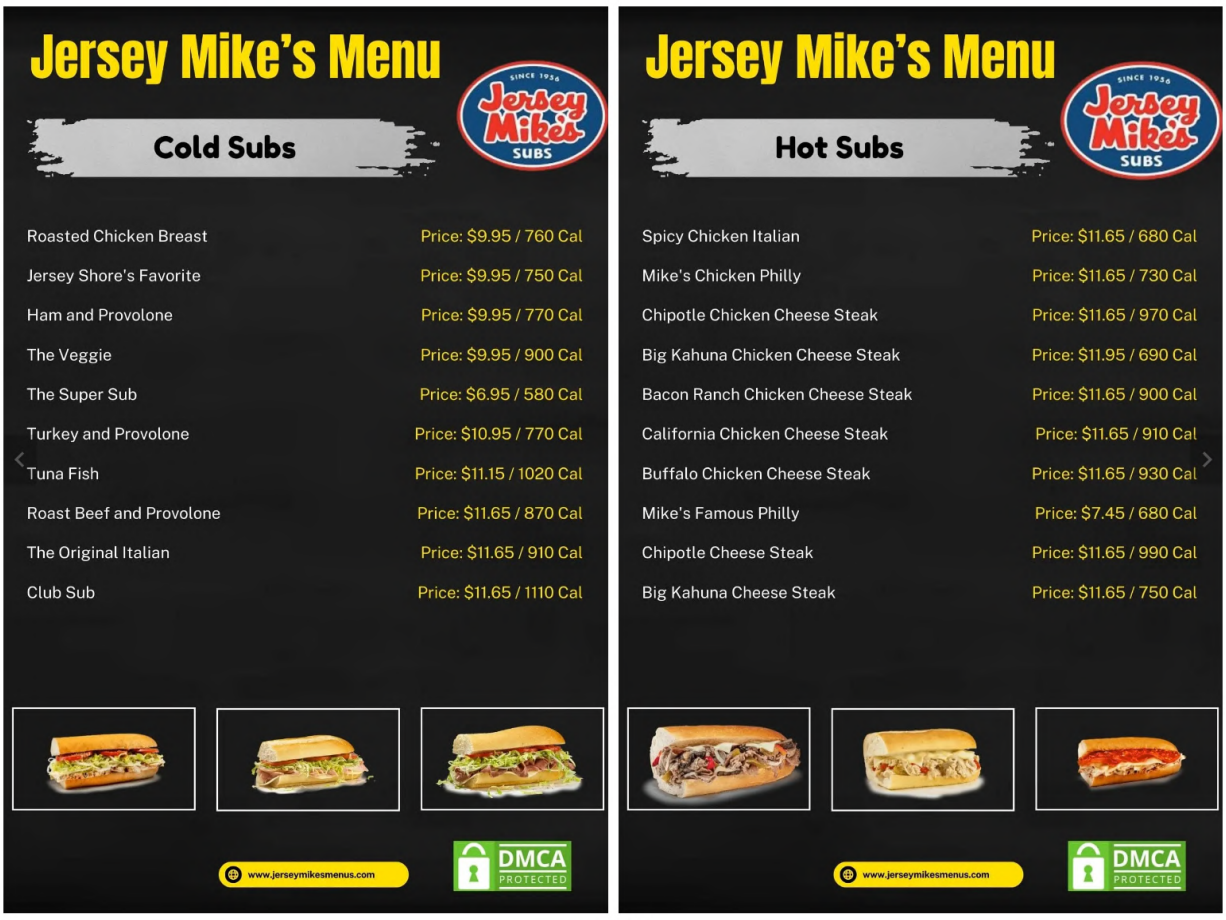
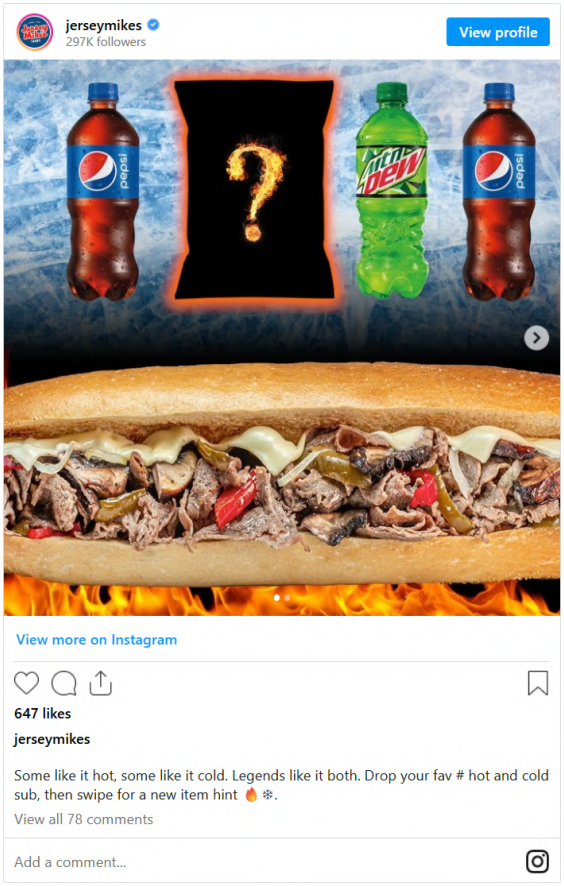


Jersey Mike's Menu With Prices and Pictures

Cold Subs

Cold Subs



Roasted Chicken Breast

Price: $9.95 / 760 Cal

Jersey Shore's Favorite

Price: $9.95 / 750 Cal

Ham And Provolone

Price: $9.95 / 770 Cal

The Veggie

Price: $9.95 / 900 Cal

The Super Sub

Price: $6.95 / 580 Cal

Turkey And Provolone

Price: $10.95 / 770 Cal

Tuna Fish

Price: $11.15 / 1020 Cal

Roast Beef And Provolone

Price: $11.65 / 870 Cal

The Original Italian

Price: $11.65 / 910 Cal

Club Sub

Price: $11.65 / 1110 Cal

Club Suprem

Price: $11.65 / 930 Cal

BLT

Price: $9.95 / 780 Cal

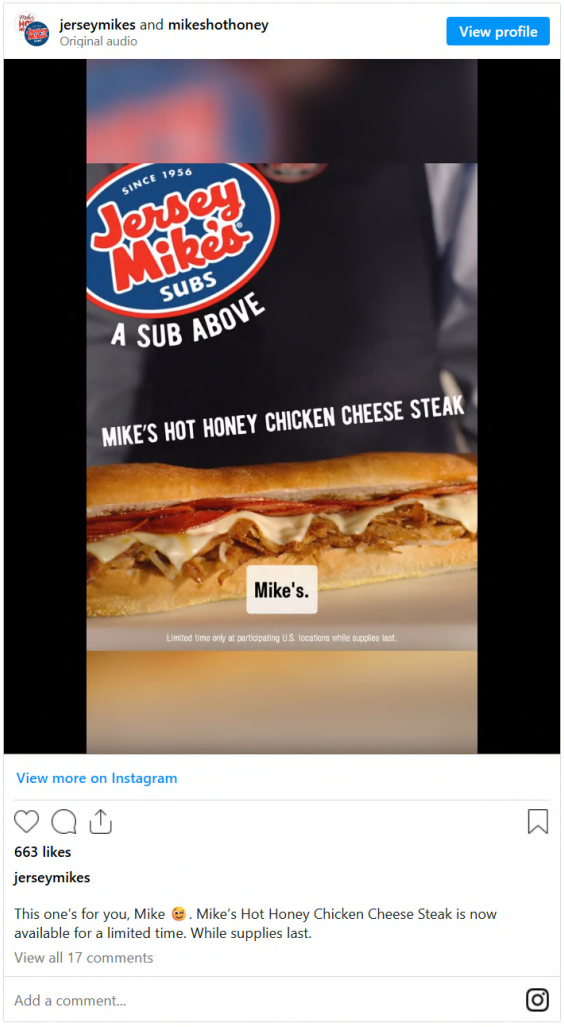
The Number Four

Stickball Special

Price: $18.85 / 1490 Cal

Price: $11.65 / 610 Cal

Hot Subs



Spicy Chicken Italian

Price: $11.65 / 680 Cal

Mike's Chicken Philly

Price: $11.65 / 730 Cal

Chipotle Chicken Cheese Steak

Price: $11.65 / 970 Cal

Big Kahuna Chicken Cheese Steak

Price: $11.95 / 690 Cal

Bacon Ranch Chicken Cheese Steak

Price: $11.65 / 900 Cal

California Chicken Cheese Steak

Price: $11.65 / 910 Cal

Buffalo Chicken Cheese Steak

Price: $11.65 / 930 Cal

Mike's Famous Philly

Price: $7.45 / 680 Cal

Chipotle Cheese Steak

Price: $11.65 / 990 Cal

Big Kahuna Cheese Steak

Price: $11.65 / 750 Cal

Grilled Portabella Mushroom & Swiss

Price: $8.95 / 610 Cal

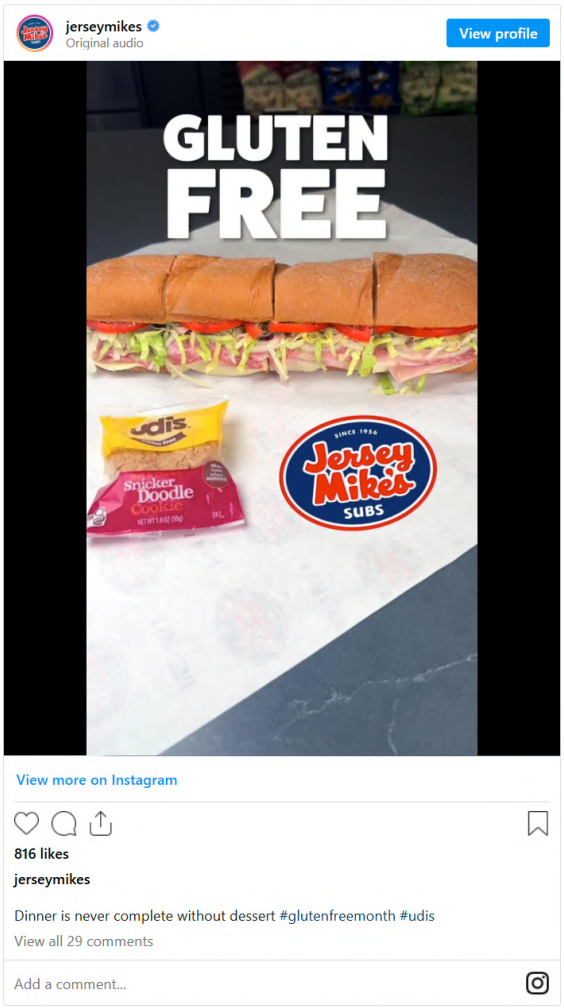
Portabella Cheese Steak

Price: $11.95 / 740 Cal

Portabella Chicken Cheese Steak

Price: $11.65 / 790 Cal

Sides, Drinks, & Desserts



20oz Bottled Soda & Chips

Price: $4.49 / 300-450 Cal

20oz Bottled Water & Chips

Price: $5.44 / 200 Cal

Pureleaf Tea & Chips

Price: $5.95 / 350 Cal

Regular Drink & Chips

Price: $4.49 / 300-450 Cal

Giant Drink & Chips

Price: $5.44 / 610-320 Cal

Chips

Price: $2.67 / 240 Cal

Fountain Drink

Price: $3.15 / 310 Cal

Bottled Water

Price: $3.45 / – Cal

Soda Bottle

Price: $3.45 / 405-840 Cal

Hot Chopped Pepper Relish

Price: $0.50 / 5 Cal

Celsius

Price: $3.49 / 10 Cal

Gatorade

Price: $2.99 / 140 Cal

Stubborn Soda

Price: $3.15 / 150 Cal

Life WTR

Price: $3.45 / – Cal

Pure Leaf Tea

Price: $4.13 / 150 Cal

Cookie

Price: $1.79 / 190 Cal

GF Snickerdoodle

Price: $2.79 / 210 Cal

Brownie

Price: $3.74 / 500 Cal

Bubly

Price: $2.99 / – Cal

Kid's Meal

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Who has the best kids meal for adults? Tonight we tried Jersey Mike's @jerseymikes #kidsmeals #kidsmealsforadults #jerseymikes #mikesway #rootbeer #chocolatechipcookie #jerseymikessubs

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Kids Meal

Price: $6.99 / 400-630 Cal

Kids Meal With Water

Price: $7.65 / 400-630 Cal

Catering

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Not so subtle reminder to place your catering orders now 😊

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Subs By The Box

Price: $89.99 / 780 Cal

Subs By The Bag

Price: $69.99 / 770 Cal

Boxed Lunches

Price: $10.50 / 910-1140 Cal

Chips & Drinks

Price: $2.67-$3.15 / 240 Cal

Fresh Baked Cookies / Brownies

Price: $1.79-$3.74 / 500 Cal

Jersey Mike's Review Video

Jersey Mike's Nutrition

- Facebook
- Twitter
- YouTube

Choose a Destination...

Nutritional Information

Nutrition

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Menu Item	Serv. Size (g)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cold Subs (does not include vinegar, oil nor mayonnaise unless indicated)																
#1 BLT																
In a Tub	233	280	190	21	9	0	45	790	8	2	5	14	20	20	4	4
Wheat Mini	235	465	160	19	7.5	0	30	1100	53	4	7	18	10	15	2	15
Wheat Regular	348	570	240	26	10	0	45	1450	63	5	10	25	20	20	4	25
Wheat Giant	672	1130	470	52	21	0.5	90	2860	125	11	19	48	40	35	10	45
White Mini	235	420	120	15	6.5	0	30	1130	55	2	5	18	15	15	1	20
White Regular	348	570	230	26	10.5	0	45	1450	64	4	8	25	20	20	4	25
White Giant	672	1240	410	46	19	0	90	3260	156	7	15	52	40	35	10	50
#2 Jersey Shore Favorite																
In a Tub	326	270	120	14	7	0	80	1060	12	2	5	26	30	20	30	8
Wheat Mini	267	425	100	12	5	0	40	990	55	4	7	22	15	15	20	20
Wheat Regular	440	560	170	18	8	0	80	1700	67	5	11	37	30	20	30	30
Wheat Giant	815	1040	290	32	14	0.5	135	3100	131	11	20	66	50	35	50	50
White Mini	271	390	80	9	5	0	40	1020	57	2	5	22	20	15	20	20
White Regular	440	570	160	18	8.5	0	80	1700	67	4	9	38	30	20	30	30
White Giant	815	1150	230	26	13	0.5	135	3500	162	7	16	69	50	35	50	55
#3 American Classic																
In a Tub	326	270	120	14	7	0	80	1310	11	2	5	26	30	20	30	8
Wheat Mini	284	435	110	13	5.5	0	45	1320	54	4	7	25	15	15	20	20
Wheat Regular	440	560	170	18	8	0	80	1960	65	5	11	37	30	20	30	30
Wheat	815	1030	290	32	15	0.5	135	3520	129	11	19	66	50	35	50	50

Giant																
White Mini	284	400	80	9	2.5	0	45	1350	56	2	5	24	20	15	20	20
White Regular	440	560	160	18	8.5	0	80	1960	66	4	8	38	30	20	30	30
White Giant	815	1140	230	26	13	0.5	135	3900	160	7	15	69	50	35	50	55
								#4								
In a Tub	319	270	120	14	6	0	70	810	13	2	5	25	30	20	30	10
Wheat Mini	271	425	100	12	5	0	35	930	55	4	7	22	15	15	20	20
Wheat Regular	433	550	170	18	7	0	70	1470	68	5	11	36	30	20	30	30
Wheat Giant	794	1020	280	31	13	0.5	110	2590	133	11	20	62	50	35	50	55
White Mini	271	390	80	9	4.5	0	35	960	57	2	5	22	20	15	20	25

View Jersey Mike's Nutrition Menu

Jersey Mike's Calories Information

Menu Item	Calories
Bottled Water	0
Chips	300-400
Chips & Queso Blanco (Large)	1,280
Chips & Queso Blanco (Regular)	780
Cookies	200-300
Fountain Soda (22 oz)	200-300
Giant Size Sub (14-inch) – Ham & Provolone	1,100
Giant Size Sub (14-inch) – Italian	1,200
Giant Size Sub (14-inch) – Roast Beef	800
Giant Size Sub (14-inch) – Turkey Breast	700
Giant Size Sub (14-inch) – Veggie	900
Queso Blanco (Large)	780
Queso Blanco (Regular)	120
Regular Size Sub (7-inch) – Ham & Provolone	550
Regular Size Sub (7-inch) – Italian	600
Regular Size Sub (7-inch) – Roast Beef	400
Regular Size Sub (7-inch) – Turkey Breast	350
Regular Size Sub (7-inch) – Veggie	450

Jersey Mike's Toppings

#14 The Veggie:

This is their main vegetarian offering. It typically includes:

- Provolone cheese
- Swiss cheese
- Green bell peppers

Customization:

- Pickles
- Banana peppers
- Jalapeños
- Mushrooms
- Grilled onions.

Jersey Mike's Toppings

Here's a list of toppings you can find at Jersey Mike's:

- Lettuce
- Tomato
- Onion
- Red wine vinegar
- Oil
- Seasonings
- Green peppers
- Grilled onions (for Philly subs)
- Peppers (for Philly subs)
- Mushrooms (for Meatball Supreme)
- Cherry pepper relish
- Honey mustard
- Bacon
- Mayonnaise

Jersey Mike's Holiday Hours

Holiday	Day	Hours
New Year's Day	Monday	Regular Hours
Martin Luther King Day	Monday	Regular Hours
Presidents' Day	Monday	Regular Hours
Good Friday	Friday	Regular Hours
Easter	Sunday	Regular Hours
Memorial Day	Monday	Regular Hours
Independence Day	Thursday	Regular Hours
Labor Day	Monday	Regular Hours
Columbus Day	Monday	Regular Hours
Veterans Day	Monday	Regular Hours
Day Before Thanksgiving	Wednesday	Regular Hours
Thanksgiving	Thursday	Closed
Black Friday	Friday	Regular Hours
Christmas Eve	Tuesday	Reduced Hours
Christmas Day	Wednesday	Closed
New Year's Eve	Tuesday	Regular Hours

Jersey Mike's Near Me Locations

State	City	Phone
California	Los Angeles	+1 213-629-8888
California	Los Angeles	+1 310-215-9505
California	San Mateo	+1 650-345-4400
District of Columbia	Washington	+1 202-635-0320
Illinois	Chicago	+1 312-263-0830
Illinois	Chicago	+1 312-923-0950
Illinois	Chicago	+1 773-360-8726

Illinois	Niles	+1 847-588-2828
Illinois	Oak Lawn	+1 708-581-3370
Massachusetts	Quincy	+1 617-934-4777
New Jersey	Elizabeth	+1 732-515-9881
New Jersey	Fair Lawn	+1 201-797-2864
New Jersey	Freehold	+1 732-431-2400
New Jersey	Princeton	+1 609-799-8094
New Jersey	Wall	+1 732-449-8383
New York	Bronx	+1 732-223-4044
New York	Farmingdale	+1 631-301-0081
New York	Fishkill	+1 845-897-7700
New York	New York	+1 332-219-0504
Oregon	Portland	+1 503-548-2025

FAQ: Jersey Mike's Menu

1. What kinds of sandwiches does Jersey Mike's have?

Jersey Mike's has cold subs, hot subs, and wraps. Popular choices include the Italian sub, turkey and provolone, and cheesesteaks.

2. Can I make my sandwich the way I like?

Yes! You can pick your bread, toppings, and sauces to create your perfect sandwich.

3. What does "Mike's Way" mean?

"Mike's Way" means adding onions, lettuce, tomatoes, olive oil, and red wine vinegar for extra flavor.

4. Does Jersey Mike's have vegetarian options?

Yes, they have the Veggie Sub and Sub in a Tub with fresh veggies and provolone cheese. You can also ask for no cheese to make it vegan.

5. Does Jersey Mike's have gluten-free bread?

Yes, some locations offer gluten-free bread. Check with your local store to make sure they have it.

6. Does Jersey Mike's have secret menu items?

Yes! Some secret items include the BLT, Meatball Sub, and Stickball Special. Ask at the counter to see if they can make it for you.

7. Can I order catering from Jersey Mike's?

Yes! They offer big subs that are cut into smaller pieces, perfect for parties and events.

8. Are there meals for kids?

Yes, they have kid-sized sandwiches, usually served with a drink and a side.

9. Can I order online or on an app?

Yes! You can order on their website or mobile app for quick pickup.

10. What sauces does Jersey Mike's have?

They offer mayo, mustard, barbecue sauce, ranch, and Frank's Red Hot Sauce.

11. Does Jersey Mike's serve breakfast?

Some locations offer breakfast sandwiches with eggs, bacon, and cheese.

12. How does Jersey Mike's prepare its meats?

They slice the meats fresh every day and serve them on freshly baked bread.

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