

Jersey Mike's

Menu Guide 2026

Subs, Prices, Calories & More

A handy printable reference with menu items, prices and calorie information, compiled from publicly available menu data.

Independent informational guide by jerseymikemenu.us. Not affiliated with, sponsored by, or endorsed by Jersey Mike's Subs. Prices and availability may vary by location - please confirm with your local restaurant.

Cold Subs

Item	Price	Calories
BLT	\$8.99	650 Cal
Jersey Shore's Favorite	\$9.49	720 Cal
Ham and Provolone	\$9.49	680 Cal
The Number Four	\$9.49	680 Cal
The Super Sub	\$10.49	760 Cal
Roast Beef and Provolone	\$10.99	730 Cal
Turkey and Provolone	\$9.99	650 Cal
Club Sub	\$10.49	760 Cal
Club Supreme	\$10.99	820 Cal
Tuna Fish	\$9.99	780 Cal
Stickball Special	\$9.49	680 Cal
Cancro Special	\$10.49	760 Cal
The Original Italian	\$10.49	820 Cal
The Veggie	\$8.99	550 Cal

Hot Subs

Item	Price	Calories
Mike's Hot Italian	\$8.95	720 Cal
Mike's Chicken Philly	\$10.25	680 Cal
Chipotle Chicken Cheese Steak	\$10.45	970 Cal
Big Kahuna Chicken Cheese Steak	\$10.75	740 Cal
Bacon Ranch Chicken Cheese Steak	\$10.75	920 Cal
California Chicken Cheese Steak	\$10.45	930 Cal
Buffalo Chicken Cheese Steak	\$10.45	890 Cal
Mike's Famous Philly	\$10.40	750 Cal
Chipotle Cheese Steak	\$10.60	1,040 Cal
Big Kahuna Cheese Steak	\$10.80	800 Cal

Sides

Item	Price	Calories
20oz Bottled Soda & Chips	\$4.29	430 Cal
20oz Bottled Water & Chips	\$4.29	250 Cal
Pure Leaf Tea & Chips	\$4.49	390 Cal
Regular Chips & Drink	\$4.49	420 Cal
Giant Drink & Chips	\$5.49	620 Cal

Drinks

Item	Price	Calories
Fountain Drink	\$2.79	0-350 Cal
Bottled Water	\$2.29	0 Cal
Soda Bottle	\$3.29	0-250 Cal
Celsius	\$3.49	10 Cal
Gatorade	\$3.29	80-150 Cal
Stubborn Soda	\$3.29	150-180 Cal
Life WTR	\$2.79	0 Cal
Bubly	\$2.79	0 Cal
Pure Leaf Tea	\$3.49	0-180 Cal

Desserts

Item	Price	Calories
Cookie	\$2.49	220 Cal
GF Snickerdoodle	\$2.49	240 Cal
Brownie	\$2.99	370 Cal

Kid's Meal

Item	Price	Calories
Kids' Meal	\$6.49	450 Cal
Kids' Meal with Water	\$6.49	450 Cal

Catering

Item	Price	Calories
Subs by the Box	\$89.99	6,000 Cal
Subs by the Bag	\$74.99	5,000 Cal
Boxed Lunches	\$14.99	750 Cal
Fresh Baked Cookies / Brownies	\$39.99	3,500 Cal