

Sodium Conscious Menu

Bigger choices of better food. *It's a family thing.™*

Soup

V **Organic** Vegetable (cup) 120 cal 550 mg

Sandwiches

California Club (half) 350 cal 690 mg
 Shelley's Deli Chick (half) 300 cal 440 mg
 Wild Salmonwich (half) 300 cal 420 mg
 Turkey Wrap (half) 190 cal 520 mg
 Mediterranean Wrap (half) 170 cal 590 mg
V Zucchini Grillini (half) 280 cal 370 mg
V Spinach Veggie Wrap (half) 180 cal 380 mg

V Garden-Fresh Salad Bar

Mixed Salad Greens (cup) 30 cal 20 mg
Organic Field Greens (cup) 15 cal 30 mg
Organic Spinach (cup) 10 cal 40 mg
 Broccoli (4 oz) 15 cal 15 mg
 Cucumber Slices (3 ea) 5 cal 0 mg
 Grape Tomatoes (4 ea) 10 cal 0 mg
 Green Peas (2 oz) 35 cal 50 mg
 Hard Boiled Egg (1 ea) 70 cal 55 mg
Organic Carrots (5 ea) 10 cal 15 mg
Organic Apple Slices (5 ea) 30 cal 0 mg
 Red/Yellow Bell Peppers (8 strips) 10 cal 0 mg
 Red Onion Rings (2 ea) 5 cal 0 mg
 Mushrooms (2 oz) 5 cal 0 mg
 Beets (1 ea) 5 cal 35 mg
 Zucchini Sticks (2 oz) 5 cal 0 mg
 Cornbread Muffin (1 ea) 70 cal 60 mg
 Garlic Toast (1 ea) 80 cal 40 mg
 Cranberry Walnut Mix (2 oz) 80 cal 0 mg
 Sunflower Seeds (1 oz) 120 cal 0 mg
 Crispy Onion Strips (1 oz) 80 cal 60 mg
 Chocolate Mousse (2 oz) 190 cal 55 mg
 Gingerbread Muffin (1 ea) 35 cal 15 mg
 Mixed Fruit/Yogurt (4 oz) 70 cal 20 mg
 Extra Virgin Olive Oil - bottle (2 oz) 110 cal 0 mg
Organic Balsamic Vinegar - bottle (2 oz) 60 cal 0 mg
 Red Wine Vinegar - bottle (2 oz) 10 cal 0 mg

Build Your Own Sandwich

Ingredients

V **Breads:**
 All-Butter Croissant (1 ea) 280 cal 310 mg
Organic Wheat Wrap (1 ea) 180 cal 330 mg
Organic Ancient Grain Bun (1 ea) 200 cal 180 mg
 Onion Bun 240 cal 350 mg

GS **Meats:**
 Bacon (2 slices) 60 cal 200 mg
 Grilled Salmon (1 fillet) 200 cal 230 mg
 Chicken Salad (lighter or half sandwich portion) 160 cal 280 mg
 Tuna Salad (lighter or half sandwich portion) 190 cal 290 mg

GS **V** **Cheese:**
 Swiss (1 slice) 80 cal 85 mg
 Muenster (1 slice) 90 cal 115 mg
 Cheddar (1 slice) 90 cal 140 mg
 Jalapeño Jack (1 slice) 80 cal 150 mg

Spreads/Dressings:
 Avocado Slices (1/4 avocado) 60 cal 0 mg
 Guacamole (1 tbsp) 25 cal 20 mg

Potatoes

GS **The Plain Jane® (lighter) 920 cal 600 mg**

Kid's Menu

GS Kid's Baked Potato 670 cal 550 mg
V Peanut Butter & Jelly - Wheat 440 cal 400 mg
V Peanut Butter & Jelly - White 470 cal 510 mg
GS J.D. Nuggetz 180 cal 480 mg

Sides

GS **V** Fruit (cup) (request no creamy fruit dip) 60-80 cal 0 mg
GS **V** Steamed Vegetables (cup) 60 cal 55 mg
 Blue Corn Chips (1 bag) 220 cal 90 mg

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

GS Denotes gluten-sensitive menu item. Jason's Deli is not a gluten-free environment. Please tell your order taker if you are gluten-sensitive.
V Denotes vegetarian items.