Soup

- **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
- **Zucchini Grillini (half)**: 280 cal, 370 mg
- **Spinach Veggie Wrap (half)**: 180 cal, 380 mg

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 Slices (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, 0 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**

- **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

- **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

- **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

- **The Plain Jane® (lighter)**: 920 cal, 600 mg

Kid’s Menu

- **Kid’s Baked Potato**: 670 cal, 550 mg
- **Peanut Butter & Jelly - Wheat**: 440 cal, 400 mg
- **Peanut Butter & Jelly - White**: 470 cal, 510 mg
- **J.D. Nuggetz**: 180 cal, 480 mg

Sides

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

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

Denotes gluten-sensitive menu item. Jason’s Deli is not a gluten-free environment. Please tell your order taker if you are gluten-sensitive.

Denotes vegetarian items.