

Vegetarian Menu

Special diets get special attention. *It's a family thing.™*



Soups

Organic Vegetable 160 cal bowl/120 cal cup

ES Tomato Basil 440 cal bowl/300 cal cup

Salads

Add an egg for an extra charge*

Garden Fresh Salad Bar

(excluding bacon and regional recipes)

ES Mesa Chicken Salad *(request no chicken)*

730 cal original/380 cal lighter portion

Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.

ES Nutty Mixed-Up Salad *(request no chicken)*

620 cal original/350 cal lighter portion **Organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, served with balsamic vinaigrette.

ES Chicken Club Salad *(request no chicken or bacon)*

800 cal original/400 cal lighter portion Grape tomatoes, sliced avocado, cheddar, Asiago on mixed salad greens, served with ranch dressing.

ES Black Bean Taco Salad

1010 cal original/680 cal lighter portion Shredded lettuce, blue corn chips, topped with our roasted corn and black bean mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.

Sandwiches & Wraps

Add an egg for an extra charge*

Caprese Panini

750 cal *It's Back!* Fresh mozzarella, **organic** spinach, Roma tomatoes, pesto aioli, herb focaccia.

Spinach Veggie Wrap

350 cal **Organic** wheat wrap with mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

Zucchini Grillini

560 cal Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive-oil basted multigrain wheat.

Build Your Own Veggie Sandwich

Your choice of bread, cheese, spreads and toppings!

Pastas

Served with toasted herb focaccia bread. (210/110 cal)

Pasta Primo *(request no chicken)*

860 cal original/530 cal lighter portion Penne pasta topped with tomato-basil sauce, Asiago.

Pasta Alfredo *(request no chicken)*

1020 cal original/610 cal lighter portion Penne pasta topped with creamy Alfredo sauce, Asiago.

Zucchini Garden Pasta

1010 cal original/630 cal lighter portion Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago.

Potatoes

ES The Plain Jane® *(request no bacon)*

1490 cal original/860 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, green onions.

ES Pollo Mexicano *(request no chicken)*

1180 cal original/720 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

Sides

Coleslaw 8 oz/200 cal

American potato salad 8 oz/510 cal

Italian pasta salad 8 oz/350 cal

Roasted corn & black bean salad 8 oz/150 cal

Steamed veggies 60 cal

Pickle 1 spear/5 cal

Fresh fruit cup 60-80 cal (dip: 150 cal)

Chips or baked chips 150/100 cal

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips &

roasted red pepper hummus 420 cal

Kid's Menu

NEW! **ES Kid's Pick 4** 120-550 cal Choice of 4: 1 fruit, hard boiled egg, cucumbers, **organic** carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with roasted red pepper hummus or ranch dressing.

Peanut Butter & Jelly 440 cal wheat/470 cal white

Mac & Cheese 420 cal

Grilled Cheese 470 cal wheat/500 cal white

Cheese Pizza 470 cal

ES Kid's Baked Potato *(request no bacon)* 640 cal

All Desserts!

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.

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

ES Denotes Gluten-Sensitive Menu item. Jason's Deli is not a gluten-free environment. Please notify your Order Taker if you are gluten-sensitive. Ask for our detailed Gluten-Sensitive Menu.

Vegan All The Way

Where healthy meets tasty. *It's a family thing.™*



Organic Vegetable Soup 160 cal bowl/120 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)

540 cal original/310 cal lighter portion

Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)

280 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies

60 cal

(broccoli, zucchini, organic carrots)

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 60-310 cal

All chip flavors 150 cal

Salad Bar Choices

Mixed salad greens
1 cup/30 cal

Organic field greens
1 cup/15 cal

Organic spinach
1 cup/10 cal

Grape tomatoes
4 tomatoes/10 cal

Broccoli
4 oz/15 cal

Mushrooms
2 oz/5 cal

Organic baby carrots
5 carrots/10 cal

Red/yellow bell pepper strips
4 strips/10 cal

Artichoke hearts
2 oz/10 cal

Italian peppers
1 pepper/5 cal

Organic apple slices
5 slices/30 cal

Beets
1 beet/5 cal

Green peas
2 oz/35 cal

Zucchini sticks
2 oz/5 cal

Roasted red pepper hummus
2 oz/100 cal

Spicy cajun mix
1 oz/90 cal

Granola
2 oz/100 cal

Cranberry walnut mix
1 oz/80 cal

Red onion rings
2 pieces/5 cal

Cucumber slices
3 slices/5 cal

Kalamata olives
5 olives/25 cal

Stuffed green olives
5 olives/30 cal

Jalapeños
2 oz/5 cal

Piquillo peppers
2 oz/15 cal

Spicy giardiniera
2 oz/130 cal

Croutons
4 oz/140 cal

All crackers

(except Dr. Kracker Pumpkin Cheddar,
Honey Graham, Organic Flatbread Crackers)

Dressings 2 oz.

Olive Oil (bottle)

Organic Balsamic Vinegar (bottle)

Red Wine Vinegar (bottle)

Balsamic Vinaigrette 2 oz/130 cal

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