

# Gluten-Sensitive Menu

For guests who do not have Celiac Disease, a lifelong inherited autoimmune condition, but do have gluten sensitivity or prefer to avoid gluten. Jason's Deli is not a gluten-free environment.

**Please notify your Order Taker if you are gluten-sensitive.**



Serving Satisfaction Since 1976

## Soups

**Organic Vegetable** 160 cal bowl/120 cal cup  
**Tomato Basil** 470 cal bowl/310 cal cup  
**Fire Roasted Tortilla** 210 cal bowl/150 cal cup

## Salads

### Salmon Pacifica Salad

**420 cal** Wild Alaska sockeye salmon, **organic** field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers and chopped avocados. Served with cucumber-dill vinaigrette.

### Mesa Chicken Salad

**840 cal original/460 cal lighter portion** Grilled, 100% antibiotic-free chicken breast, cheddar, grape tomatoes, chopped avocado with our black bean and roasted corn mix on mixed salad greens. Served with jalapeño ranch dressing.

### The Big Chef

**930 cal original/470 cal lighter portion** Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens. Served with ranch dressing.

### Nutty Mixed-Up Salad

**780 cal original/430 cal lighter portion** Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix and **organic** apples. Served with balsamic vinaigrette.

### Chicken Club Salad

**1010 cal original/540 cal lighter portion** Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens. Served with ranch dressing.

### Black Bean Taco Salad

**1100 cal original/730 cal lighter portion** Mixed salad greens, blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.

### Fresh Fruit Bowl or Fresh Fruit Cup

**35-310 cal (dip: 150 cal)** Mixed, seasonal fruit. Served with creamy fruit dip.

## Potatoes

### The Plain Jane® 1610 cal original/930 cal lighter portion

Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

### Pollo Mexicano 1270 cal original/800 cal lighter portion

Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

### Texas Style Spud® 1410 cal original/830 cal lighter portion

Baked potato stuffed with chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter.

**A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary. Additional nutrition information available upon request and at [jasonsdeli.com](http://jasonsdeli.com).**

## Garden Fresh Salad Bar

**Indulge all you like! Gluten-Free Items & Dressings:**

Mixed salad greens 1 cup/30 cal	Mixed fruit and yogurt 4 oz/70 cal
<b>Organic</b> field greens 1 cup/40 cal	Cottage cheese 2 oz/45 cal
<b>Organic</b> spinach 1 cup/10 cal	Feta 2 oz/80 cal
Grape tomatoes 4 tomatoes/10 cal	Beets 1 beet/5 cal
Broccoli 4 oz/15 cal	Green peas 2 oz/35 cal
Mushrooms 2 oz/5 cal	Zucchini 2 oz/25 cal
<b>Organic</b> baby carrots 5 carrots/10 cal	Shredded Asiago 2 oz/90 cal
Red bell pepper strips 4 strips/10 cal	Shredded cheddar 2 oz/60 cal
Yellow bell pepper strips 4 strips/10 cal	<b>NEW!</b> Coleslaw 4 oz/100 cal
Red onion rings 2 pieces/0 cal	Roasted red pepper hummus 2 oz/110 cal
Cucumber slices 3 slices/5 cal	American potato salad 4 oz/260 cal
Stuffed green olives 5 olives/25 cal	Black bean & roasted corn salad 4 oz/90 cal
Artichoke hearts 2 oz/10 cal	Diced almonds 1 oz/120 cal
Italian peppers 1 pepper/5 cal	Jalapeños 2 oz/5 cal
Hard boiled eggs 1 egg/70 cal	Piquillo Peppers 2 oz/15 cal
Bacon bits 1 oz/60 cal	Spicy giardiniera 2 oz/130 cal
<b>Organic</b> apple slices 5 slices/30 cal	Cranberry-walnut mix 1 oz/80 cal
<b>NEW!</b> Greek giant white beans 4 oz/150 cal	Chocolate mousse 2 oz/190 cal

### All Dressings!

**Add a 4 oz. side of:**  
chicken salad with almonds and pineapple,  
tuna salad with eggs, ham, roasted turkey breast,  
or smoked turkey breast. (70-190 cal)

**Grilled, 100% antibiotic-free chicken breast (150 cal)**  
**4-piece J.D. Nuggetz (170 cal)**  
**Fillet of wild salmon (200 cal)**

## Kid's Menu

**J.D. Nuggetz 170 cal** Four pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal.

**Grilled Cheese 500 cal** (on gluten-free bread / extra cost)  
**Hot Dog 400 cal** (on gluten-free bread / extra cost)  
**Peanut Butter & Jelly 470 cal** (on gluten-free bread / extra cost)  
**Ham & Cheese 390 cal** (on gluten-free bread / extra cost)  
**Turkey & Cheese 390 cal** (on gluten-free bread / extra cost)  
**Kid's Baked Potato 540 cal**  
**Kid's Salad Bar**

**Note:** As a service to our guests, this menu and the information on it is provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli), combined with the ingredient and allergen data from Jason's suppliers. Jason's Deli and AFL assume no responsibility for its use and information (which has not been verified by Jason's Deli). Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons.

## Build Your Own Sandwich

**NEW!** Add an egg\* for an extra charge

**Gluten-free bread available at an extra cost or ask for no bread.**

### Meats

Hot pastrami 650/320 cal  
Hot corned beef 360/180 cal  
Roast beef 210/100 cal  
Roasted turkey breast 150/70 cal  
Smoked turkey breast 160/80 cal  
Ham 140/70 cal  
Chicken salad made with almonds & pineapple 320/160 cal  
Tuna salad made with eggs 370/190 cal  
Hard salami 680/340 cal  
Grilled, 100% antibiotic-free chicken breast 150/80 cal

### Cheeses (extra cost)

**NEW!** Pimento 200/100  
Swiss 160/80 cal  
American 160/80 cal  
Cheddar 170/90 cal  
Muenster 170/90 cal  
Provolone 160/80 cal  
Jalapeño pepper jack 160/80 cal

### Top It

Lettuce 0 cal  
Tomato 0 cal  
Organic field greens 0 cal  
Organic spinach 5 cal  
Red onion rings 0 cal  
Italian peppers 5 cal  
  
(extra cost)  
**NEW!** Fresh-cracked egg 80 cal  
Pico de gallo 10/5 cal  
Guacamole 30/15 cal  
Sliced avocado 60/30 cal  
Oven roasted herb tomatoes 30/15 cal  
Roasted red pepper hummus 30/15 cal  
Sliced bacon 120/60 cal

### Spreads

Yellow mustard 0 cal  
Stone-ground mustard 0 cal  
Honey mustard 40/20 cal  
Mayonnaise 100/50 cal  
Chipotle aioli 130/70 cal  
Thousand Island 70/35  
Ranch 60/30  
Jalapeño ranch 40/20  
Balsamic vinegar (bottle)  
Extra virgin olive oil (bottle)  
Basil pesto 60/30 cal

## Sides

Chips or baked chips 150/100 cal  
Pickle 5 cal  
Blue corn tortilla chips & guacamole 480 cal  
Blue corn tortilla chips & salsa 250 cal  
Blue corn tortilla chips & roasted red pepper hummus 440 cal  
American potato salad 510 cal  
**NEW!** Coleslaw 210 cal  
Black bean & roasted corn salad 180 cal  
Steamed veggies 60 cal  
Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 35-310 cal

## Desserts

Chocolate or vanilla ice cream 220/210 (no cone)  
Chocolate syrup topping, too! 100 cal  
Udi's® Gluten-Free Snickerdoodle 210 cal

\* Eggs are served medium. Consuming raw or undercooked eggs may result in an increased risk of foodborne illness.

A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary.  
Additional nutrition information available upon request and at [jasonsdeli.com](http://jasonsdeli.com).

**Note:** As a service to our guests, this menu and the information on it is provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli), combined with the ingredient and allergen data from Jason's suppliers. Jason's Deli and AFL assume no responsibility for its use and information (which has not been verified by Jason's Deli). Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons.