

# Gluten-Sensitive Menu

Variety for all. *It's a family thing.™*

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.**

## Soups

**Organic Vegetable** 160 cal bowl/120 cal cup  
**Tomato Basil** 440 cal bowl/300 cal cup  
**Fire Roasted Tortilla** 210 cal bowl/160 cal cup

## Salads

### Mesa Chicken Salad

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

### The Big Chef

**910 cal original/450 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

**770 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

**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.

## Potatoes

### The Plain Jane®

**1610 cal original/920 cal lighter portion**  
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

### Pollo Mexicano

**1260 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.

### Papa Verde Sweet Potato

**1330 cal original/770 cal lighter portion**  
*It's Back!* Roasted turkey breast, **organic** spinach, chopped avocado, butter, jalapeño ranch dressing, Asiago on a baked sweet potato.

### Lean Green Sweet Potato

**720/470 cal**  
*It's Back!* **Organic** spinach, fresh-cracked black pepper, Asiago on a baked sweet potato.

## Garden Fresh Salad Bar

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

Mixed salad greens 1 cup/5 cal	Mixed fruit and yogurt 4 oz/70 cal
<b>Organic</b> field greens 1 cup/5 cal	Cottage cheese 2 oz/45 cal
<b>Organic</b> spinach 1 cup/10 cal	Cheddar 1 oz/110 cal
Grape tomatoes 4 tomatoes/10 cal	Asiago 1 oz/140 cal
Broccoli 4 oz/15 cal	Feta 2 oz/80 cal
Mushrooms 2 oz/5 cal	Beets 1 beet/5 cal
<b>Organic</b> baby carrots 5 carrots/10 cal	Green peas 2 oz/35 cal
Red bell pepper strips 4 strips/10 cal	Zucchini sticks 2 oz/5 cal
Yellow bell pepper strips 4 strips/10 cal	Kalamata olives 5 olives/25 cal
Red onion rings 2 pieces/5 cal	Coleslaw 4 oz/100 cal
Cucumber slices 3 slices/5 cal	Roasted red pepper hummus 2 oz/100 cal
Stuffed green olives 5 olives/30 cal	American potato salad 4 oz/260 cal
Artichoke hearts 2 oz/10 cal	Roasted corn & black bean salad 2 oz/70 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
3-bean salad 2 oz/70 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)**

**NEW!** **Sirloin steak cooked medium\* (150 cal)**  
**Grilled, 100% antibiotic-free chicken breast (150 cal)**  
**J.D. Nuggetz (180 cal)**  
**Fillet of wild salmon (200 cal)**

**\*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.**

**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 Add an egg\* for an extra charge

**Gluten-free bread (170 cal) 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)

Swiss 160/80 cal  
American 160/80 cal  
Cheddar 170/90 cal  
Muenster 170/90 cal  
Provolone 150/70 cal  
Jalapeño pepper jack 160/80 cal

### Top It

Lettuce 0 cal  
Tomato 0 cal  
Organic field greens 0 cal  
Organic spinach 5 cal/0 cal  
Red onion rings 0 cal  
Italian peppers 5 cal/0 cal  
  
(extra cost)  
Fresh-cracked egg\* 80 cal  
Pico de gallo 10/5 cal  
Guacamole 25/10 cal  
Sliced avocado 60/30 cal  
Oven roasted herb tomatoes 30/15 cal  
Roasted red pepper hummus 50/25 cal  
**NEW!** Bacon slices 60/30 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  
Pesto aioli 70/35 cal  
Thousand Island 60/30 cal  
Ranch 60/30 cal  
Jalapeño ranch 40/20 cal  
Balsamic vinegar (bottle)  
Extra virgin olive oil (bottle)

## Kid's Menu

**NEW!** **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.

**J.D. Nuggetz 180 cal** 100% antibiotic-free and gluten-free chicken breast

**Grilled Cheese 430 cal** (on gluten-free bread / extra cost)  
**Peanut Butter & Jelly 400 cal** (on gluten-free bread / extra cost)  
**Ham & Cheese 320 cal** (on gluten-free bread / extra cost)  
**Turkey & Cheese 320 cal** (on gluten-free bread / extra cost)  
**Kid's Baked Potato 670 cal**

## Sides

**Chips or baked chips 150/100 cal**  
**Pickle 5 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**  
**American potato salad 510 cal**  
**Coleslaw 200 cal**  
**Italian pasta salad 350 cal**  
**Roasted corn & black bean salad 150 cal**  
**Steamed veggies 60 cal**  
**Fresh Fruit Cup 60-80 cal**  
**Fruit dip 150 cal**

## Desserts

**Chocolate or vanilla ice cream 210 cal** (no cone)  
**Chocolate syrup topping, too! 100 cal**  
**Udi's® Snickerdoodle**

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