

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
- Seasonal Red Beans & Rice** 510 cal bowl /350 cal cup

Salads

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

NEW! **Mesa Chicken Salad**
860 cal original /470 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 NEW! 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
760 cal original/420 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 Lettuce, organic 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 Potato 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 smoked barbecue, cheddar, butter.

NEW! **Papa Verde Sweet Potato** 1390 cal original/800 cal lighter portion
Baked sweet potato stuffed with roasted turkey breast, organic spinach, chopped avocado, butter, jalapeño ranch dressing, Asiago.

NEW! **Lean Green Sweet Potato** 740 cal original/480 cal lighter portion
Baked sweet potato stuffed with organic spinach, fresh-cracked black pepper, Asiago.

NEW! **Sweet Hannah Brown** 1040 cal original/620 cal lighter portion
Baked sweet potato with cinnamon and butter, topped with our creamy brown sugar sauce.

Garden Fresh Salad Bar

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

Salad bar greens	Mixed fruit and yogurt
1 cup/30 cal	4 oz/70 cal
Organic field greens	Cottage cheese
1 cup/40 cal	2 oz/45 cal
Organic spinach	Feta
1 cup/10 cal	2 oz/60 cal
Grape tomatoes	Beets
4 tomatoes/10 cal	1 beet/5 cal
Broccoli	Green peas
4 oz/15 cal	2 oz/35 cal
Mushrooms	Zucchini
2 oz/5 cal	4 sticks/25 cal
Organic baby carrots	Shredded Asiago
5 carrots/10 cal	2 oz/90 cal
Red bell pepper strips	Shredded cheddar
4 strips/10 cal	2 oz/60 cal
Yellow bell pepper strips	NEW! Coleslaw
4 strips/10 cal	4 oz/100 cal
Red onion rings	Roasted red pepper hummus
2 pieces/0 cal	2 oz/110 cal
Cucumber slices	American potato salad
3 slices/5 cal	4 oz/260 cal
Green olives	Black bean & roasted corn salad
5 olives/25 cal	4 oz/90 cal
Kalamata olives	Diced almonds
5 olives/25 cal	1 oz/120 cal
Artichokes	Jalapeños
2 oz/10 cal	2 oz/5 cal
Italian peppers	NEW! Piquillo Peppers
1 pepper/5 cal	2 oz/15 cal
Hard boiled eggs	Spicy giardiniera
1 egg/70 cal	2 oz/130 cal
Bacon bits	Walnut cranberry trail mix
1 oz/60 cal	1 oz/80 cal
Apple slices	Chocolate mousse
5 slices/30 cal	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 (220 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 280 cal** (no bun or 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**

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.

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

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 220/110
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

Sides

Chips or baked chips 150/100 cal
Pickle 5 cal
Organic blue corn tortilla chips & guacamole 480 cal
Organic blue corn tortilla chips & salsa 250 cal
Organic 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

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)
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 35/15 cal
Mayonnaise 100/50 cal
Chipotle aioli 130/70 cal
Thousand Island 70/35
Ranch 60/30
NEW! Jalapeño Ranch 45/25
Balsamic vinegar (bottle)
Extra virgin olive oil (bottle)
Basil pesto 60/30 cal

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