

GS **V** *Soup*

Organic Vegetable (cup) 120 cal 550 mg

Salads

GS Salmon Pacifica Salad 440 cal 410 mg

GS Nutty Mixed-Up Salad (lighter) 290 cal 590 mg
(request no dressing)

Sandwiches

Tuna Melt (half) 430 cal 580 mg

Amy's Turkey-O (half) 230 cal 640 mg

California Club (half) 300 cal 650 mg

Shelley's Deli Chick (half) 290 cal 440 mg

Wild Salmonwich (half) 320 cal 450 mg

Turkey Wrap (half) 190 cal 540 mg

Mediterranean Wrap (half) 170 cal 590 mg

V Zucchini Grillini (half) 290 cal 370 mg

V Spinach Veggie Wrap (half) 200 cal 480 mg

V *Garden Fresh Salad Bar*

Mixed Salad Greens (cup) 30 cal 20 mg

Organic Field Greens (cup) 40 cal 80 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 70 mg

Organic Carrots (5 ea) 10 cal 15 mg

Organic Apple slices (5 ea) 30 cal 0 mg

Red/Yellow Bell Peppers (8 strips) 15 cal 0 mg

Red Onion rings (2 ea) 0 cal 0 mg

Mushrooms (2 oz) 5 cal 0 mg

Beets (2 ea) 10 cal 70 mg

Zucchini (4 sticks) 25 cal 0 mg

Cornbread Muffin (1 ea) 70 cal 60 mg

Cranberry Walnut (2 oz) 160 cal 0 mg

Diced Almonds (2 oz) 230 cal 0 mg

Sunflower Seeds (1 oz) 120 cal 0 mg

Chocolate Mousse (2 oz) 190 cal 55 mg

Gingerbread Muffin (1 ea) 90 cal 20 mg

Mixed Fruit/Yogurt (4 oz) 70 cal 20 mg

Olive Oil - bottle (2 oz) 450 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

V **Breads:**
All-Butter Croissant (1 ea) 260 cal 300 mg
Organic Wheat Wrap (1 ea) 180 cal 320 mg
NEW! **Organic** Ancient Grain Bun (1 ea) 200 cal 180 mg
Onion Bun 240 cal 350 mg

GS **Meats:**
Bacon (2 slices) 60 cal 200 mg
Grilled Salmon (1 fillet) 220 cal 240 mg
Chicken Salad (half) 160 cal 280 mg
Tuna Salad (half) 190 cal 280 mg

GS **V** **Cheese:**
Swiss (1 slice) 80 cal 85 mg
Shredded Cheddar (2 oz) 60 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

GS **V** **Spreads/Dressings:**
NEW! Avocado Slices (1/4 avocado) 60 cal 0 mg
Guacamole (1 tbsp) 30 cal 45 mg

Potatoes

The Plain Jane® (lighter) 930 cal 600 mg

NEW! Lean Green Sweet Potato (original) 740 cal 530 mg

NEW! Lean Green Sweet Potato (lighter) 480 cal 240 mg

NEW! Sweet Hannah Brown (lighter) 620 cal 390 mg

Kid's Menu

GS Kid's Baked Potato 540 cal 310 mg

V Peanut Butter & Jelly - Wheat 450 cal 390 mg

V Peanut Butter & Jelly - White 480 cal 520 mg

All-Beef Hot Dog 310 cal 470 mg

GS J.D. Nuggetz 170 cal 480 mg

Sides

GS **V** Fruit (cup) (request no creamy fruit dip) 35-80 cal 0 mg

GS **V** Fruit (bowl) (request no creamy fruit dip) 150-310 cal 10 mg

GS **V** Steamed Vegetables (cup) 60 cal 55 mg

Organic Blue Corn Chips (1 bag) 220 cal 90 mg

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.

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

V Denotes vegetarian items.