

Soups

- GS Organic Vegetable 160 cal bowl/120 cal cup**
- GS Tomato Basil 470 cal bowl/310 cal cup**

Salads

Garden Fresh Salad Bar

(excluding bacon and regional recipes)

- GS Nutty Mixed-Up Salad (request no chicken)**
350 cal original/210 cal lighter portion Organic field greens, grapes, feta, nuts, cranberry-walnut mix, organic apples.
- GS Chicken Club Salad (request no chicken or bacon)**
310 cal original/160 cal lighter portion Grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.
- GS 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.
- GS Fresh Fruit Bowl or Fresh Fruit Cup**
35-310 cal (dip: 150 cal) Mixed, seasonal fruit. Served with creamy fruit dip.

Sandwiches & Wraps

Gourmet Pimento Cheese

- NEW! 710 cal** Pimento cheese featuring fire-roasted piquillo peppers and 3 cheeses - cheddar, Muenster and jalapeño jack - leafy lettuce, tomato, on a toasted organic ancient grain bun.

Spinach Veggie Wrap

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

Zucchini Grillini

570 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!

Grilled Cheese & Tomato Soup Combo

950 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, served with a bowl of tomato basil soup.

All Desserts!

Pastas

Pasta Primo (request no chicken)

920 cal original/580 cal lighter portion Penne pasta topped with tomato-basil sauce, Asiago.

Pasta Alfredo (request no chicken)

1060 cal original/650 cal lighter portion Penne pasta topped with creamy Alfredo sauce, Asiago.

Zucchini Garden Pasta

980 cal original/640 cal lighter portion Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

- NEW! GS Lean Green Sweet Potato**
1060 cal original/480 cal lighter portion Baked sweet potato stuffed with organic spinach, fresh-cracked black pepper, Asiago.
- NEW! GS Sweet Hannah Brown**
1040 cal original/620 cal lighter portion Baked sweet potato with cinnamon and butter, topped with our creamy brown sugar sauce.
- GS The Plain Jane® (request no bacon)**
1490 cal original/870 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.
- GS Pollo Mexicano Potato (request no chicken)**
1200 cal original/730 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

Kid's Menu

- Peanut Butter & Jelly 450 cal wheat/480 cal white**
- Mac & Cheese 420 cal**
- Grilled Cheese 480 cal wheat/510 cal white**
- Cheese Pizza 470 cal**
- GS Kid's Baked Potato (request no bacon) 530 cal**

Sides

- NEW! Coleslaw 8 oz/210 cal**
- American potato salad 8 oz/510 cal**
- Italian pasta salad 8 oz/350 cal**
- Black bean & roasted corn salad 8 oz/180 cal**
- Steamed veggies 60 cal**
- Fresh fruit cup (cup or bowl) 35-310 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**

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 notify your Order Taker if you are gluten-sensitive. Ask for our detailed Gluten-Sensitive Menu.

Organic Vegetable Soup 160 cal bowl/120 cal cup

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

290 cal original/180 cal lighter portion

Spinach Veggie Wrap (request no cheese)

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

Steamed Veggies

60 cal

(broccoli, zucchini, organic carrots)

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

Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 35-310 cal

Salad Bar Choices

Mixed salad greens
1 cup/30 cal

Artichokes
2 oz/10 cal

Red onion rings
2 pieces/0 cal

Organic field greens
1 cup/40 cal

Italian peppers
1 pepper/5 cal

Cucumber slices
3 slices/5 cal

Organic spinach
1 cup/10 cal

Apple slices
5 slices/30 cal

Green olives
5 olives/25 cal

Grape tomatoes
4 tomatoes/10 cal

Beets
1 beet/5 cal

Jalapeños
2 oz/5 cal

Broccoli
4 oz/15 cal

Green peas
2 oz/35 cal

NEW! Piquillo Peppers
2 oz/15 cal

Mushrooms
2 oz/5 cal

Zucchini
4 sticks/25 cal

Spicy giardiniera
2 oz/130 cal

Organic baby carrots
5 carrots/10 cal

Roasted red pepper
hummus
2 oz/110 cal

Red/yellow bell pepper
strips
4 strips/10 cal

Spicy cajun mix
1 oz/90 cal

Kalamata olives
5 olives/25 cal

Granola
2 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 130 cal

Raspberry Vinaigrette 100 cal

NEW! Cucumber-Dill Vinaigrette 180 cal

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