

Gluten-Sensitive Menu

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

Jason's deli®

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

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 cucumber-dill vinaigrette.

Mesa Chicken Salad

890 cal original /470 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

1140 cal original/790 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

1350 cal original/780 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 cal original/470 cal lighter portion
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/30 cal | Mixed fruit and yogurt 4 oz/70 cal |
| Organic field greens 93.33 g/15 cal | Cottage cheese 2 oz/45 cal |
| Organic spinach 48 g/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 sticks 2 oz/5 cal |
| Organic baby carrots 5 carrots/10 cal | Shredded cheddar 2 oz/60 cal |
| Red bell pepper strips 2 strips/5 cal | Coleslaw 4 oz/100 cal |
| Yellow bell pepper strips 2 strips/5 cal | NEW! Roasted red pepper hummus 2 oz/100 cal |
| Red onion rings 2 pieces/0 cal | American potato salad 4 oz/260 cal |
| Cucumber slices 3 slices/5 cal | Roasted corn & black bean salad 4 oz/80 cal |
| Stuffed green olives 5 olives/30 cal | Jalapeños 2 oz/5 cal |
| Artichoke hearts 2 oz/10 cal | Piquillo Peppers 2 oz/15 cal |
| Italian peppers 1 pepper/5 cal | Spicy giardiniera 2 oz/130 cal |
| Hard boiled eggs 1 egg/70 cal | Cranberry-walnut mix 1 oz/80 cal |
| Bacon bits 1 oz/60 cal | Chocolate mousse 2 oz/190 cal |
| Organic apple slices 5 slices/30 cal | All Dressings! |
| NEW! Greek giant white beans 4 oz/150 cal | |

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)
4-piece J.D. Nuggetz (180 cal)
Fillet of wild salmon (200 cal)

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

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)

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
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
Thousand Island 60/30
Ranch 60/30
Jalapeño ranch 40/20
Balsamic vinegar (bottle)
Extra virgin olive oil (bottle)
Pesto aioli 70/35 cal

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 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

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**
Roasted corn & black bean salad 80 cal
Steamed veggies 60 cal
Fresh Fruit Cup (request no creamy fruit dip) 35-80 cal

Desserts

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

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

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