

Vegetarian Menu

Special diets get special attention. *It's a family thing.™*



Soups

Organic Vegetable 160 cal bowl/120 cal cup

GS Tomato Basil 440 cal bowl/300 cal cup

Salads

NEW! Add an egg* for an extra charge

Garden Fresh Salad Bar

(excluding bacon and regional recipes)

GS Nutty Mixed-Up Salad (request no chicken)

620 cal original/350 cal lighter portion Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.

GS Chicken Club Salad (request no chicken or bacon)

800 cal original/400 cal lighter portion Grape tomatoes, sliced avocado, cheddar, Asiago on mixed salad greens, served with ranch dressing.

GS 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.

GS Fresh Fruit Bowl or Fresh Fruit Cup

35-310 cal (dip: 150 cal) Mixed, seasonal fruit. Served with creamy fruit dip.

Sandwiches & Wraps

NEW! Add an egg* for an extra charge

Spinach Veggie Wrap

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

Zucchini Grillini

560 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

930 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, served with a bowl of Tomato Basil soup.

Kid's Menu

NEW! **GS 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.

Peanut Butter & Jelly 440 cal wheat/470 cal white

Mac & Cheese 420 cal

Grilled Cheese 470 cal wheat/500 cal white

Cheese Pizza 470 cal

GS Kid's Baked Potato (request no bacon) 530 cal

Pastas

Served with toasted herb focaccia bread. (210/110 cal)

Pasta Primo (request no chicken)

860 cal original/530 cal lighter portion Penne pasta topped with tomato-basil sauce, Asiago.

Pasta Alfredo (request no chicken)

1020 cal original/610 cal lighter portion Penne pasta topped with creamy Alfredo sauce, Asiago.

Zucchini Garden Pasta

1010 cal original/630 cal lighter portion Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

GS The Plain Jane® (request no bacon)

1490 cal original/860 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, green onions.

GS Pollo Mexicano (request no chicken)

1180 cal original/720 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

GS 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.

Sides

NEW! **Coleslaw 8 oz/200 cal**

American potato salad 8 oz/510 cal

Italian pasta salad 8 oz/350 cal

Roasted corn & black bean salad 8 oz/180 cal

Steamed veggies 60 cal

Fresh fruit cup 35 cal (dip: 150 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

All Desserts!

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

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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)

540 cal original/310 cal lighter portion

Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)

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

Steamed Veggies

60 cal

(broccoli, zucchini, organic carrots)

Blue corn tortilla chips & guacamole 480 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 440 cal

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

All chip flavors 150 cal

Salad Bar Choices

Mixed salad greens
1 cup/30 cal

Organic field greens
1 cup/15 cal

Organic spinach
1 cup/10 cal

Grape tomatoes
4 tomatoes/10 cal

Broccoli
4 oz/15 cal

Mushrooms
2 oz/5 cal

Organic baby carrots
5 carrots/10 cal

Red/yellow bell pepper strips
4 strips/10 cal

Artichoke hearts
2 oz/10 cal

Italian peppers
1 pepper/5 cal

Organic apple slices
5 slices/30 cal

Beets
1 beet/5 cal

Green peas
2 oz/35 cal

Zucchini sticks
2 oz/5 cal

Roasted red pepper hummus
2 oz/100 cal

Spicy cajun mix
1 oz/90 cal

Granola
2 oz/140 cal

Cranberry walnut mix
1 oz/80 cal

Red onion rings
2 pieces/5 cal

Cucumber slices
3 slices/5 cal

Kalamata olives
5 olives/25 cal

Stuffed green olives
5 olives/30 cal

NEW! Greek giant white beans
4 oz/150 cal

Jalapeños
2 oz/5 cal

Piquillo Peppers
2 oz/15 cal

Spicy giardiniera
2 oz/130 cal

Croutons
4 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 2 oz/130 cal

Cucumber-Dill Vinaigrette 2 oz/ 200 cal

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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.