

# Sodium Conscious Menu



Serving Satisfaction Since 1976

## **GS** **V** Soup

**Organic** Vegetable (cup) 120 cal 550 mg

## Salads

**GS** Salmon Pacifica Salad 420 cal 390 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) 310 cal 450 mg

Turkey Wrap (half) 200 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 490 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 (2 oz) 5 cal 0 mg

Cornbread Muffin (1 ea) 70 cal 60 mg

Garlic Toast (1 ea) 80 cal 40 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) 35 cal 15 mg

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

Extra Virgin 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) 200 cal 230 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

#### Spreads/Dressings:

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

## 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

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](http://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.