

Soups

- GS Organic Vegetable** 160 cal bowl/120 cal cup
- GS Tomato Basil** 470 cal bowl/310 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/410 cal lighter portion Grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens, served with ranch dressing.
- GS Black Bean Taco Salad**
1100 cal original/730 cal lighter portion Mixed salad greens, 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

NEW! Add an egg* for an extra charge

- NEW! Gourmet Pimento Cheese**
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.

Caprese Panini 740 cal

It's Back! Fresh mozzarella, **organic** spinach, Roma tomatoes, basil pesto. Pressed within olive oil-basted herb focaccia bread.

Spinach Veggie Wrap

400 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.

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

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.

Pastas

Served with toasted herb focaccia bread. (220/110 cal)

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

- 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** (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

Kid's Salad Bar (excluding bacon and regional recipes)

Sides

- NEW! Coleslaw** 8 oz/210 cal

American potato salad 8 oz/520 cal

Italian pasta salad 8 oz/350 cal

It's Back! **Caprese Pasta Insalata** 8 oz/140 cal

Black bean & roasted corn salad 8 oz/180 cal

Steamed veggies 60 cal

Fresh fruit cup (cup or bowl) 35-310 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!

Organic Vegetable Soup 160 cal bowl/120 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)
Served with balsamic vinaigrette.

540 cal original/310 cal lighter portion

Spinach Veggie Wrap (request no cheese)

310 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)

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**

Salad Bar Choices

Mixed salad greens
1 cup/30 cal

Italian peppers
1 pepper/5 cal

Red onion rings
2 pieces/0 cal

All crackers
(except Dr. Kracker Pumpkin Cheddar,
Honey Graham, Organic Flatbread Crackers)

Organic field greens
1 cup/40 cal

Organic apple slices
5 slices/30 cal

Cucumber slices
3 slices/5 cal

Organic spinach
1 cup/10 cal

Beets
1 beet/5 cal

Stuffed green olives
5 olives/30 cal

Grape tomatoes
4 tomatoes/10 cal

Green peas
2 oz/35 cal

Jalapeños
2 oz/5 cal

Broccoli
4 oz/15 cal

Zucchini
2 oz/25 cal

Piquillo Peppers
2 oz/15 cal

Mushrooms
2 oz/5 cal

Roasted red pepper hummus
2 oz/110 cal

Spicy giardiniera
2 oz/130 cal

Organic baby carrots
5 carrots/10 cal

Spicy cajun mix
1 oz/90 cal

Red/yellow bell pepper strips
4 strips/10 cal

Granola
2 oz/140 cal

Artichoke hearts
2 oz/10 cal

Cranberry-Walnut Mix
2 oz/300 cal

Dressings 2 oz.

Olive Oil (bottle)
Organic Balsamic Vinegar (bottle)
Red Wine Vinegar (bottle)
Balsamic Vinaigrette 130 cal
Cucumber-Dill Vinaigrette 180 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.