

# 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

*Add an egg\* for an extra charge*

**Garden Fresh Salad Bar**

*(excluding bacon and regional recipes)*

**GS Mesa Chicken Salad (request no chicken)**

**720 cal original/380 cal lighter portion**

Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.

**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)**

**790 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**

**1010 cal original/680 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.

## Sandwiches & Wraps

*Add an egg\* for an extra charge*

**Grilled Cheese & Tomato Soup Combo**

**930 cal** *It's Back!* Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

**Spinach Veggie Wrap**

**350 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!

## 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) 640 cal**

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for 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.

## 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

**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/150 cal**

**3 bean salad 8 oz 420 cal**

**Steamed veggies 60 cal**

**Pickle 1 spear/5 cal**

**Fresh fruit cup 60-80 cal (dip: 150 cal)**

**Chips or baked chips 150/100 cal**

**Blue corn tortilla chips & guacamole 410 cal**

**Blue corn tortilla chips & salsa 250 cal**

**Blue corn tortilla chips & roasted red pepper hummus 420 cal**

# All Desserts!

# Vegan All The Way

Where healthy meets tasty. *It's a family thing.™*



## 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)

280 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 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 60-310 cal

All chip flavors 150 cal

## Salad Bar Choices

Mixed salad greens  
1 cup/5 cal

Organic field greens  
1 cup/5 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/100 cal

Cranberry walnut mix  
1 oz/80 cal

Red onion rings  
2 pieces/5 cal

Cucumber slices  
3 slices/0 cal

Kalamata olives  
5 olives/25 cal

Stuffed green olives  
5 olives/30 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 3 Seed & Sea Salt Flatbread)

### Dressings 2 oz.

Extra Virgin Olive Oil 110 cal (bottle)  
Organic Balsamic Vinegar 60 cal (bottle)  
Red Wine Vinegar 10 cal (bottle)  
Balsamic Vinaigrette 130 cal

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