

Our Lighter Side

Interested guests can raise their count-consciousness and enjoy quality ingredients, reduced calories and fat for these sandwiches.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Club Lite	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Spinach Veggie Wrap	Y	-	-	-	-	-	-	Y	Y	-	-
Mediterranean Wrap	-	-	Y	-	-	-	-	Y	Y	-	-
Turkey Reuben	Y	-	Y	-	Y	-	-	Y	Y	-	-
Savvy Chicken Salad Wrap	-	Y	Y	Y	Y	-	-	Y	Y	-	-
Turkey Wrap	Y	Y	Y	-	-	-	-	Y	Y	-	-
Frescha Sandwich	Y	-	Y	-	Y	-	-	Y	Y	-	-
Tuna & Roasted Tomato Wrap (Limited Availability)	-	Y	Y	-	-	Y	-	Y	Y	-	-
Ciabatta Bing (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Garden Sandwich - Ciabatta Bun (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Garden Sandwich - Wrap Bread (Limited Availability)	Y	-	Y	-	-	-	-	Y	Y	-	-
Better Choice Roast Beef Sandwich (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-

Specialty Sandwiches / Favorites

Here's the people's choice of favorite traditional sandwiches from Jason's Deli. Only quality meat that is sliced fresh daily, garnished with fresh-cut produce and creatively dressed.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Club Royale	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Chicago Club	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Deli Club	Y	Y	Y	-	Y	-	-	Y	Y	-	-
California Club	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Reuben THE Great	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The New York Yankee - no dressing	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Amy's Turkey-O	Y	Y	Y	-	Y	-	-	Y	Y	-	-
BLT	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Tuna Melt	Y	Y	Y	-	Y	Y	-	Y	Y	-	-
Wild Salmon-wich	Y	Y	Y	-	Y	Y	-	Y	Y	-	-
Santa Fe Chicken Sandwich	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The Poppa Joe Sandwich	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Ranchero Wrap	Y	Y	-	-	-	-	-	Y	Y	-	-

Specialty Sandwiches / Favorites

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Pastrami Sourdough Meltdown (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Cranberry Ciabatta Sandwich	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Philly Chicken Wrap (Limited Availability)	Y	-	Y	-	-	-	-	Y	Y	-	-
Bird to the Wise with mayo (Limited Availability)	Y	Y	-	-	Y	-	-	Y	Y	-	-
Bird to the Wise - dry (Limited Availability)	Y	Y	-	-	Y	-	-	Y	Y	-	-
Maverick Wrap (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Café Wrap (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-

Entrée Salads

Choose a sensational specialty salad or be creative and build your own salad at our Famous Salad Bar with mornignics and options galore.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
The Big Chef Salad - no dressing	Y	Y	-	-	-	-	-	-	-	-	-
"Lighter" The Big Chef Salad - no dressing	Y	Y	-	-	-	-	-	-	-	-	-
Nutty Mixed Up Salad - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
"Lighter" Nutty Mixed Up Salad - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
Nutty Mixed Up Salad - no chicken - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
"Lighter" Nutty Mixed Up Salad - no chicken - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
Chicken Club Salad - no dressing	Y	-	-	-	-	-	-	-	-	-	-
"Lighter" Chicken Club Salad - no dressing	Y	-	-	-	-	-	-	-	-	-	-
Chicken Caesar Salad - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
"Lighter" Chicken Caesar Salad - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
Caesar Salad - no chicken - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
"Lighter" Caesar Salad - no chicken - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
Garlic Olive Oil Focaccia Bread for Caesar Salad	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Taco Salad with Chili - no salsa	Y	-	Y	-	-	-	-	-	Y	-	-
"Lighter" Taco Salad with Chili - no salsa	Y	-	Y	-	-	-	-	-	Y	-	-
Taco Salad with SW Chicken Chili - no salsa	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Taco Salad with SW Chicken Chili - no salsa	Y	-	Y	-	-	-	-	Y	Y	-	-
Marinated Chicken Breast Salad - no dressing (Limited Availability)	Y	-	-	-	-	-	-	-	-	-	-
Twisted Turkey Salad - no dressing (Limited Availability)	Y	-	-	Y	Y	-	-	-	-	-	-
Fresh Fruit Cup - no dip	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Plate - no dip	-	-	-	-	-	-	-	-	-	-	-
Creamy Fruit Dip - 2 oz	Y	-	-	-	-	-	-	-	-	-	-

Salad Bar

Our Famous Salad Bar keeps growing in its gourmet, nutritious and organic offerings. With over 60 ways to build your own salad, many of our guests have become salad artists.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
<u>Fresh Vegetables & Fruit</u>											
Salad Bar Lettuce	-	-	-	-	-	-	-	-	-	-	-
Organic Field Greens	-	-	-	-	-	-	-	-	-	-	-
Organic Spinach	-	-	-	-	-	-	-	-	-	-	-
Cauliflower Florets	-	-	-	-	-	-	-	-	-	-	-
Grape Tomatoes	-	-	-	-	-	-	-	-	-	-	-
Broccoli Florets	-	-	-	-	-	-	-	-	-	-	-
Sliced Mushrooms	-	-	-	-	-	-	-	-	-	-	-
Organic Baby Carrots	-	-	-	-	-	-	-	-	-	-	-
Organic Green Peas	-	-	-	-	-	-	-	-	-	-	-
Red Bell Pepper Ring	-	-	-	-	-	-	-	-	-	-	-
Yellow Bell Pepper Ring	-	-	-	-	-	-	-	-	-	-	-
Purple Onion Rings	-	-	-	-	-	-	-	-	-	-	-
Cucumber Slices	-	-	-	-	-	-	-	-	-	-	-
Sprouts	-	-	-	-	-	-	-	-	-	-	-
Organic Red Apple Slices	-	-	-	-	-	-	-	-	-	-	-
<u>Homemade Recipes</u>											
American Potato Salad	-	Y	Y	-	-	-	-	-	-	-	-
Italian Pasta Salad	Y	-	Y	-	-	-	-	Y	Y	-	-
Three Bean Salad	Y	-	Y	-	-	-	-	-	-	-	-
Tuna Pasta Salad	Y	-	Y	-	-	Y	-	Y	Y	-	-
Mixed Fruit and Yogurt	Y	-	-	-	-	-	-	-	-	-	-
Banana Pudding	Y	Y	-	-	-	-	-	Y	Y	-	-
Chocolate Mousse	Y	-	Y	-	-	-	-	-	-	-	-

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Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
<u>Dressings</u>											
1000 Island (Russian) Dressing	-	Y	Y	-	-	-	-	-	-	-	-
Blue Cheese Dressing	Y	Y	Y	-	-	-	-	-	-	-	-
Low Fat Honey Mustard Dressing	Y	Y	Y	-	-	-	-	-	-	-	-
Low Fat Ranch Dressing	Y	Y	Y	-	-	-	-	-	-	-	-
Organic Country French Dressing	-	-	Y	-	-	-	-	-	-	-	-
Ranch Dressing	Y	Y	Y	-	-	-	-	-	-	-	-
Leo's Italian Dressing	Y	-	Y	-	-	-	-	-	-	-	-
Balsamic Vinaigrette Dressing	-	-	Y	-	-	-	-	-	-	-	-
Leo's Fat Free Italian Dressing	Y	-	-	-	-	-	-	Y	Y	-	-
Low Fat Organic Raspberry Vinaigrette	-	-	Y	-	-	-	-	-	-	-	-
Creamy Ceasar Dressing	Y	Y	Y	-	-	Y	-	-	-	-	-
Extra Virgin Olive Oil	-	-	-	-	-	-	-	-	-	-	-
Organic Balsamic Vinegar (bottle)	-	-	-	-	-	-	-	-	-	-	-
<u>Cheeses</u>											
Asiago Cheese	Y	-	-	-	-	-	-	-	-	-	-
Cottage Cheese	Y	-	-	-	-	-	-	-	-	-	-
Feta Cheese	Y	-	-	-	-	-	-	-	-	-	-
Shredded Cheddar	Y	-	-	-	-	-	-	-	-	-	-

Salad Bar

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Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
<u>Add Protein</u>											
Smoked Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Homemade Tuna Salad	-	Y	Y	-	-	Y	-	-	-	-	-
Homemade Chicken Salad	-	Y	Y	Y	Y	-	-	-	-	-	-
Roasted Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Premium Ham	-	-	-	-	-	-	-	-	-	-	-
Natural Grilled Chicken Breast - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
<u>Other Items</u>											
Stuffed Green Olives	-	-	-	-	-	-	-	-	-	-	-
Kalamata Olives	-	-	-	-	-	-	-	-	-	-	-
Artichoke Hearts	-	-	-	-	-	-	-	-	-	-	-
Italian Peppers	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-
Whole Beets	-	-	-	-	-	-	-	-	-	-	-
Hard Boiled Egg	-	Y	-	-	-	-	-	-	-	-	-
Bacon Bits (nitrite free)	-	-	-	-	-	-	-	-	-	-	-
Cranberry Walnut Mix	-	-	-	Y	Y	-	-	-	-	-	-
Spicy Giardinera (where available)	-	-	-	-	-	-	-	-	-	-	-
Spicy Cajun Nut Mix	-	-	Y	Y	Y	-	-	Y	Y	-	-
Organic Granola	-	-	-	-	Y	-	-	-	Y	-	-
Croutons	Y	-	-	-	-	-	-	Y	Y	-	-
Garlic Toast	-	-	Y	-	Y	-	-	Y	Y	-	-
Sunflower Seeds	-	-	-	-	-	-	-	-	-	-	-
Combread Muffin	Y	Y	Y	-	-	-	-	Y	Y	-	-
Gingerbread Muffin	-	Y	Y	-	-	-	-	Y	Y	-	-

Build your own

This one section has a whole world of choices inside it. Ten top quality meats sliced fresh daily, select breads, multiple toppings with organics and a tasty, low-fat balsamic vinaigrette. Mix, match and customize a sandwich to fit your diet.

<u>Build Your Own Meats</u>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Roast Beef	-	-	Y	-	-	-	-	-	-	-	-
Roast Beef - Slim Sandwich Portion	-	-	Y	-	-	-	-	-	-	-	-
Roast Beef - 1/2 Sandwich Portion	-	-	Y	-	-	-	-	-	-	-	-
Roasted Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Roasted Turkey Breast - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Roasted Turkey Breast - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey Breast - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey Breast - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Premium Ham	-	-	-	-	-	-	-	-	-	-	-
Premium Ham - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Premium Ham - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Homemade Tuna Salad	-	Y	Y	-	-	Y	-	-	-	-	-
Homemade Tuna Salad - Slim Sandwich Portion	-	Y	Y	-	-	Y	-	-	-	-	-
Homemade Tuna Salad - 1/2 Portion	-	Y	Y	-	-	Y	-	-	-	-	-
Homemade Chicken Salad	-	Y	Y	Y	Y	-	-	-	-	-	-
Homemade Chicken Salad - Slim Sandwich Portion	-	Y	Y	Y	Y	-	-	-	-	-	-
Homemade Chicken Salad - 1/2 Sandwich Portion	-	Y	Y	Y	Y	-	-	-	-	-	-
Hot Corned Beef	-	-	-	-	-	-	-	-	-	-	-
Hot Corned Beef - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Hot Corned Beef - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Hot New York Style Pastrami	-	-	-	-	-	-	-	-	-	-	-
Hot New York Style Pastrami - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Hot New York Style Pastrami - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Natural Grilled Chicken Breast	-	-	-	-	-	-	-	-	-	-	-
Natural Grilled Chicken Breast - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Natural Grilled Chicken Breast - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Egg Salad - Build Your Own "Meat" (Limited Availability)	-	Y	Y	-	-	-	-	-	-	-	-

Build your own - continued

<u>Build Your Own Breads</u>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Organic Wheat Wrap	-	-	-	-	-	-	-	Y	Y	-	-
1/2 Organic Wheat Wrap	-	-	-	-	-	-	-	Y	Y	-	-
Multigrain Ciabatta Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
1/2 Multigrain Ciabatta Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Herb Focaccia Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
1/2 Herb Focaccia Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
New Orleans French Bread	-	-	Y	-	-	-	-	Y	Y	-	-
1/2 New Orleans French Bread	-	-	Y	-	-	-	-	Y	Y	-	-
All Butter Croissant	Y	Y	Y	-	Y	-	-	Y	Y	-	-
1/2 All Butter Croissant	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Gourmet Onion Bun	-	Y	Y	-	-	-	-	Y	Y	-	-
1/2 Gourmet Onion Bun	-	Y	Y	-	-	-	-	Y	Y	-	-
1/4 Muffaletta Bun	-	-	Y	-	-	-	-	Y	Y	-	-
Whole Grain Wheat bread	Y	-	Y	-	Y	-	-	Y	Y	-	-
Whole Grain Wheat bread - 1 slice	Y	-	Y	-	Y	-	-	Y	Y	-	-
Country White bread	Y	-	Y	-	Y	-	-	Y	Y	-	-
Country White bread - 1 slice	Y	-	Y	-	Y	-	-	Y	Y	-	-
Rye bread	-	-	Y	-	Y	-	-	Y	Y	-	-
Rye bread - 1 slice	-	-	Y	-	Y	-	-	Y	Y	-	-
Sourdough Bread	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Sourdough Bread - 1 slice	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Gluten Free Bread	-	Y	-	-	-	-	-	-	-	-	-
Gluten Free Bread - 1 slice	-	Y	-	-	-	-	-	-	-	-	-
<u>Build Your Own - Spreads</u>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Yellow Deli Mustard	-	-	-	-	-	-	-	-	-	-	-
Organic Stone Ground Mustard	-	-	-	-	-	-	-	-	-	-	-
Mayonnaise	-	Y	Y	-	-	-	-	-	-	-	-
Smoked Red Pepper-Cilantro Aioli	-	Y	Y	-	-	-	-	-	-	-	-
Basil Pesto (with pine nuts)	Y	-	-	-	Y	-	-	Y	Y	-	-
Leo's Italian Dressing	Y	-	Y	-	-	-	-	-	-	-	-
Balsamic Vinaigrette Dressing	-	-	Y	-	-	-	-	Y	Y	-	-
Extra Virgin Olive Oil	-	-	-	-	-	-	-	-	-	-	-
Homemade Guacamole	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-

Build your own - continued

<u>Build Your Own - Toppings</u>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Shredded Iceberg Lettuce	-	-	-	-	-	-	-	-	-	-	-
Leafy Lettuce	-	-	-	-	-	-	-	-	-	-	-
Tomato Slice	-	-	-	-	-	-	-	-	-	-	-
Roma Tomato Slices	-	-	-	-	-	-	-	-	-	-	-
Organic Field Greens	-	-	-	-	-	-	-	-	-	-	-
Organic Spinach	-	-	-	-	-	-	-	-	-	-	-
Purple Onion Rings	-	-	-	-	-	-	-	-	-	-	-
Italian Peppers	-	-	-	-	-	-	-	-	-	-	-
Homemade Pico de Gallo	-	-	-	-	-	-	-	-	-	-	-
Sliced Avocado	-	-	-	-	-	-	-	-	-	-	-
Oven Roasted Herb Tomatoes	-	-	-	-	-	-	-	-	-	-	-
<u>Build Your Own Cheeses</u>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Imported Swiss - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Imported Swiss - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Provolone - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Provolone - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Mild Cheddar - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Mild Cheddar - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Sliced American Cheese - 2 slices	Y	-	Y	-	-	-	-	-	-	-	-
Sliced American Cheese - 1 slice	Y	-	Y	-	-	-	-	-	-	-	-
Muenster Cheese - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Muenster Cheese - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Jalapeno Pepper Jack - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Jalapeno Pepper Jack - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Shredded Cheddar	Y	-	-	-	-	-	-	-	-	-	-

Subs

On Toasted New Orleans French bread and skimps on nothing. Lean meats, real cheese, fresh bread, tres bon.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Meataballa	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Beefeater	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Sergeant Pepper	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pastrami Melt (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pot Roast Melt (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The Don (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The Italian Cruz (Limited Availability)	Y	-	Y	-	Y	-	-	Y	Y	-	-
Deli Cowboy (Limited Availability)	Y	-	Y	-	Y	-	-	Y	Y	-	-

Paninis and Wrapinis

When the panini machines arrived, our foodies pressed everything in sight and the results are these delicious, more than satisfying sandwiches. They include white meat chicken, fresh made guacamole, real cheese and ripe roma tomatoes.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Smokey Jack Panini	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Chicken Club Wrapini	Y	Y	-	-	-	-	-	Y	Y	-	-
Chicken Panini	Y	-	-	-	Y	-	-	Y	Y	-	-
Grilled Portobella Wrapini	Y	-	Y	-	-	-	-	Y	Y	-	-
JB's Bagelini (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Cantina Wrapini (Limited Availability)	Y	-	-	-	-	-	-	Y	Y	-	-
Miami Panini (Limited Availability)	Y	-	Y	-	Y	-	-	Y	Y	-	-

Muffalettas

True to New Orleans, it's one of our signature sandwiches that is loaded and grilled to perfection. Our homemade olive mix features extra virgin olive oil for its taste and health benefits.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Whole Ham Muffaletta	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/2 Ham Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/4 Ham Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
Whole Turkey Muffaletta	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/2 Turkey Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/4 Turkey Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
Whole Veggaletta Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/2 Veggaletta Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-
1/4 Veggaletta Muff	Y	-	Y	-	Y	-	-	Y	Y	-	-

Giant Potatoes

Our great, big baked potatoes are legendary. Four varieties offer standard and uncommon toppings. If you are not that hungry or prefer a smaller meal, we offer a reduced portion potato too.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Spud Au Broc	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Spud Au Broc	Y	-	Y	-	-	-	-	Y	Y	-	-
"Plain" Jane Potato	Y	-	Y	-	-	-	-	-	-	-	-
"Lighter Plain" Jane Potato	Y	-	Y	-	-	-	-	-	-	-	-
Pollo Mexicano Potato	Y	-	Y	-	-	-	-	-	-	-	-
"Lighter" Pollo Mexicano Potato	Y	-	Y	-	-	-	-	-	-	-	-
Texas Style Spud - Beef (Limited Availability)	Y	-	Y	-	-	-	-	-	-	-	-
"Lighter" Texas Style Spud - Beef (Limited Availability)	Y	-	Y	-	-	-	-	-	-	-	-
Fiesta Spud - Texas Chili (Limited Availability)	Y	-	Y	-	-	-	-	-	Y	-	-
"Lighter" Fiesta Spud - Texas Chili (Limited Availability)	Y	-	Y	-	-	-	-	-	Y	-	-
Fiesta Spud - Chicken Chili (Limited Availability)	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Fiesta Spud - Chicken Chili (Limited Availability)	Y	-	Y	-	-	-	-	Y	Y	-	-

Pasta Entrees

Big taste with hearty penne pasta as a base and a fresh choice of sauces and toppings served with garlic olive oil foccacia bread. Rich sauces with real ingredients and time honored recipes.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Chicken Pasta Primo - no bread	Y	-	-	-	-	-	-	Y	Y	-	-
"Lighter" Chicken Pasta Primo - no bread	Y	-	-	-	-	-	-	Y	Y	-	-
Pasta Primo - no chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Penne Pasta with Meatballs - no bread	Y	Y	Y	-	-	-	-	Y	Y	-	-
"Lighter" Penne Pasta with Meatballs - no bread	Y	Y	-	-	-	-	-	Y	Y	-	-
Chicken Pasta Alfredo - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Chicken Pasta Alfredo - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Pasta Alfredo - no chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Pasta Alfredo - no chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Portobello Garden Pasta w/ Mushrooms - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
"Lighter" Portobello Garden Pasta w/ Mushrooms - no bread	Y	-	-	-	-	-	-	Y	Y	-	-
Portobello Garden Pasta with Chicken - no bread	Y	-	-	-	-	-	-	Y	Y	-	-
"Lighter" Portobello Garden Pasta with Chicken - no bread	Y	-	-	-	-	-	-	Y	Y	-	-
Garlic Olive Oil Foccacia Bread for Pasta	Y	Y	Y	-	Y	-	-	Y	Y	-	-

Jason's-own recipes with special attention to things like fresh-cut vegetables, real cheese, butter, white-meat chicken and select spices.

Soups

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Broccoli Cheese Soup - bowl	Y	-	Y	-	-	-	-	Y	Y	-	-
Broccoli Cheese Soup - cup	Y	-	Y	-	-	-	-	Y	Y	-	-
Chicken Noodle Soup - bowl	-	Y	Y	-	-	-	-	Y	Y	-	-
Chicken Noodle Soup - cup	-	Y	Y	-	-	-	-	Y	Y	-	-
SW Chicken Chili - bowl (no toppings)	-	-	Y	-	-	-	-	Y	Y	-	-
SW Chicken Chili - cup (no toppings)	-	-	Y	-	-	-	-	Y	Y	-	-
Creamy Irish Potato - bowl (no toppings)	Y	-	Y	-	-	-	-	Y	Y	-	-
Creamy Irish Potato - cup (no toppings)	Y	-	Y	-	-	-	-	Y	Y	-	-
Texas Chili - bowl (no toppings)	-	-	Y	-	-	-	-	-	Y	-	-
Texas Chili - cup (no toppings)	-	-	Y	-	-	-	-	-	Y	-	-
Tomato Basil Soup - bowl	Y	-	-	-	-	-	-	-	-	-	-
Tomato Basil Soup - cup	Y	-	-	-	-	-	-	-	-	-	-
Organic Vegetarian Vegetable Soup - bowl	-	-	Y	-	-	-	-	-	-	-	-
Organic Vegetarian Vegetable Soup - cup	-	-	Y	-	-	-	-	-	-	-	-
Vegetarian French Onion - bowl (with bread and cheese)	Y	-	Y	-	-	-	-	Y	Y	-	-
Vegetarian French Onion - cup (with bread and cheese)	Y	-	Y	-	-	-	-	Y	Y	-	-
Seafood gumbo - bowl (with rice)	Y	-	-	-	-	Y	Y	Y	Y	-	-
Seafood gumbo - cup (with rice)	Y	-	-	-	-	Y	Y	Y	Y	-	-
Fire roasted Tortilla - bowl	-	-	Y	-	-	-	-	-	-	-	-
Fire roasted Tortilla - cup	-	-	Y	-	-	-	-	-	-	-	-
Poblano Corn Chowder - bowl (Limited Availability)	Y	-	-	-	-	-	-	Y	Y	-	-
Poblano Corn Chowder - cup (Limited Availability)	Y	-	-	-	-	-	-	Y	Y	-	-
Red Beans and Rice w/Sausage - Bowl (Limited Availability)	-	-	Y	-	-	-	-	-	-	-	-
Red Beans and Rice w/Sausage - Cup (Limited Availability)	-	-	Y	-	-	-	-	-	-	-	-
Chicken Pot Pie - Bowl (w/ pastry) (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Chicken Pot Pie - Cup (w/ pastry) (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Seasonal Beef Stew - bowl	Y	-	Y	-	-	-	-	Y	Y	-	-
Seasonal Beef Stew - cup	Y	-	Y	-	-	-	-	Y	Y	-	-

Jason's Just right Kid's Menu

Nine good ways to help taste buds grow, with organic items like peanut butter and jelly, baby carrots and apple juice, and a junior salad bar meal. Available for kids 12 and under, junior meal prices include a drink choice: organic apple juice or organic milk.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Kid's Organic Peanut Butter & Jelly Sandwich - white	Y	-	Y	Y	Y	-	-	Y	Y	-	-
Kid's Organic Peanut Butter & Jelly Sandwich - wheat	Y	-	Y	Y	Y	-	-	Y	Y	-	-
Kid's Grilled Cheese Sandwich - white	Y	-	Y	-	Y	-	-	Y	Y	-	-
Kid's Grilled Cheese Sandwich - wheat	Y	-	Y	-	Y	-	-	Y	Y	-	-
Kid's Hot Dog	Y	Y	Y	-	-	-	-	Y	Y	-	-
Kid's Hot Dog with Chili	Y	Y	Y	-	-	-	-	Y	Y	-	-
Kid's Macaroni & Cheese	Y	Y	-	-	-	-	-	Y	Y	-	-
Kid's Cheese Pizza	Y	-	-	-	-	-	-	Y	Y	-	-
Kid's Pepperoni Pizza	Y	-	-	-	-	-	-	Y	Y	-	-
Turkey & Cheese Kidwich - Turkey on White	Y	-	Y	-	Y	-	-	Y	Y	-	-
Turkey & Cheese Kidwich - Turkey on Wheat	Y	-	Y	-	Y	-	-	Y	Y	-	-
Turkey & Cheese Kidwich on Organic Wrap	Y	-	Y	-	-	-	-	Y	Y	-	-
Ham & Cheese Kidwich on White	Y	-	Y	-	Y	-	-	Y	Y	-	-
Ham & Cheese Kidwich on Wheat	Y	-	Y	-	Y	-	-	Y	Y	-	-
Ham & Cheese Kidwich on Organic Wrap	Y	-	Y	-	-	-	-	Y	Y	-	-
Kid's Bowtie Pasta & Meatballs	-	Y	Y	-	-	-	-	Y	Y	-	-
Kid's Chicken Pasta Alfredo	Y	-	Y	-	-	-	-	Y	Y	-	-
Kids Pasta Alfredo - no chicken	Y	-	Y	-	-	-	-	Y	Y	-	-
Kid's Baked Potato	Y	-	Y	-	-	-	-	-	-	-	-
Kid's Chic-N-Wrap (Limited Availability)	Y	Y	Y	-	-	-	-	Y	Y	-	-

Fruit, Sides and More

A perfect addition to any sandwich or by themselves! Remember, all the food we serve is free of artificial trans fats & HFCS.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
American Potato Salad	-	Y	Y	-	-	-	-	-	-	-	-
Italian Pasta Salad	Y	-	Y	-	-	-	-	Y	Y	-	-
Three Bean Salad	Y	-	Y	-	-	-	-	-	-	-	-
Tuna Pasta Salad	Y	-	Y	-	-	Y	-	Y	Y	-	-
Steamed Veggies	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-
Fresh Made Guacamole	-	-	-	-	-	-	-	-	-	-	-
Fresh Made Salsa	-	-	-	-	-	-	-	-	-	-	-
Organic Blue Corn Tortilla Chips	-	-	-	-	-	-	-	-	-	-	-
Dill Pickle Spear	-	-	-	-	-	-	-	-	-	-	-
House Chips (ruffled)	-	-	-	-	-	-	-	-	-	-	-
Individual Bag Chips (to go chips)	-	-	-	-	-	-	-	-	-	-	-
Baked Lays	-	-	Y	-	-	-	-	-	-	-	-
Side Caesar Salad - no bread (Limited Availability)	Y	Y	Y	-	Y	Y	-	Y	Y	-	-
Honey mustard Coleslaw (Limited Availability)	Y	Y	Y	-	-	-	-	-	-	-	-

Desserts

Big & rich -- all by themselves or shared with friends at the table. Our popular strawberry shortcake satisfies with fresh strawberries and real whipped cream made fresh at each deli. Remember, all desserts and all the other food we serve is free of artificial trans fats & HFCS.

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Fudge Nut Brownie	Y	Y	-	-	Y	-	-	Y	Y	-	-
Turtle Cheese Cake	Y	Y	Y	Y	Y	-	-	Y	Y	-	-
Classic Plain Cheese Cake	Y	Y	Y	Y	Y	-	-	Y	Y	-	-
Fruit Topped Cheese Cake (Strawberry)	Y	Y	Y	Y	Y	-	-	Y	Y	-	-
Carrot Cake	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Classic Strawberry Shortcake	Y	Y	Y	-	-	-	-	Y	Y	-	-
Macadamia White Chip Cookie	Y	Y	-	Y	Y	-	-	Y	Y	-	-
Chocolate Chip Cookie	Y	Y	Y	Y	Y	-	-	Y	Y	-	-
Peanut Butter Cookie	Y	Y	-	Y	Y	-	-	Y	Y	-	-
Cranberry Walnut Cookie	Y	Y	-	Y	Y	-	-	Y	Y	-	-
Cream Cheese Pecan Bar	Y	Y	-	-	Y	-	-	Y	Y	-	-
Chocolate Caramelt Bar	Y	-	Y	-	-	-	-	Y	Y	-	-
White Chocolate Raspberry Bar	Y	Y	-	-	Y	-	-	Y	Y	-	-
Vanilla Soft Serve Dessert (before dispensed)	Y	-	-	-	-	-	-	-	-	-	-
Chocolate Soft Serve Dessert (before dispensed)	Y	-	-	-	-	-	-	-	-	-	-
Ice Cream Cone	-	-	Y	-	-	-	-	Y	Y	-	-
Chocolate Topping for Ice Cream	Y	-	-	-	-	-	-	-	-	-	-
Organic Kid's Sucker	-	-	-	-	-	-	-	-	-	-	-

Seasonal / Regional / Limited Time Offer Menu Items
No matter what - they are always free of artificial trans fats & HFCS

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
The VJ - no dressing (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pizza Fresco (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pizza Adobe (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-

Grab n Go Box Items
No matter what - they are always free of artificial trans fats, HFCS, MSG & Artificial Colors & Dyes

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Top Banana Pudding Parfait	Y	Y	-	-	-	-	-	Y	Y	-	-
Strawberry Shortcake Parfait	Y	Y	Y	-	-	-	-	Y	Y	-	-
Chocolate Mousse Parfait	Y	-	Y	-	-	-	-	-	-	-	-
Brownie Explosion Parfait	Y	Y	-	-	Y	-	-	Y	Y	-	-
Chocolaty Kooky Parfait	Y	Y	-	-	-	-	-	Y	Y	-	-
Mini Cookies (16)	Y	Y	-	Y	Y	-	-	Y	Y	-	-
Low Fat Fruit & Yogurt Parfait Cup	Y	-	-	-	-	-	-	-	Y	-	-
Cranberry Walnut Mix Cup	-	-	-	Y	Y	-	-	-	-	-	-
Cajun Nut Mix Cup	-	-	Y	Y	Y	-	-	Y	Y	-	-
Organic Granola Cup	-	-	-	-	-	-	-	-	Y	-	-

Breakfast - Real eye-openers
Free of artificial trans fats, high fructose corn syrup, MSG & Artificial Colors & Dyes

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Sunshine Starter - Croissant with Ham	Y	Y	Y		Y			Y	Y		
Sunshine Starter - Croissant with Bacon	Y	Y	Y		Y			Y	Y		
Sunshine Starter - Croissant with Sausage	Y	Y	Y		Y			Y	Y		
Sunshine Starter - Bagel with Ham	Y	Y	Y					Y	Y		
Sunshine Starter - Bagel with Bacon	Y	Y	Y					Y	Y		
Sunshine Starter - Bagel with Sausage	Y	Y	Y					Y	Y		
Huevos Ranchoero Wrap with Ham	Y	Y	Y					Y	Y		
Huevos Ranchoero Wrap with Bacon	Y	Y	Y					Y	Y		
Huevos Ranchoero Wrap with Sausage	Y	Y	Y					Y	Y		
Southwest Melt with Ham	Y	Y	Y					Y	Y		
Southwest Melt with Bacon	Y	Y	Y					Y	Y		
Southwest Melt with Sausage	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Ham	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Bacon	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Sausage	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Ham	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Bacon	Y	Y	Y					Y	Y		
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Sausage	Y	Y	Y					Y	Y		

Breakfast - Real eye-openers
Free of artificial trans fats, high fructose corn syrup, MSG & Artificial Colors & Dyes

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Plain Bagel	-	-	Y	-	-	-	-	Y	Y	-	-
Multi Grain Bagel	-	-	Y	-	-	-	-	Y	Y	-	-
Cinnamon Raisin Bagel	-	-	Y	-	-	-	-	Y	Y	-	-
French Toast Bagel (limited availability)	-	-	Y	-	-	-	-	Y	Y	-	-
Blueberry Muffin	Y	Y	Y	-	-	-	-	Y	Y	-	-
Morning Glory Muffin	-	Y	Y	-	Y	-	-	Y	Y	-	-
Banana Nut Muffin	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Cinnamon Roll	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Cheese Danish	Y	-	Y	-	-	-	-	Y	Y	-	-
Apple Danish	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Cinnamon Walnut Coffee Cake	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Red, White and Blueberry Coffee Cake	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pumpkin Coffee Cake (Limited Availability)	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Strawberry Jelly Packet	-	-	-	-	-	-	-	-	-	-	-
Grape Jelly Packet	-	-	-	-	-	-	-	-	-	-	-
Butter Packet	Y	-	-	-	-	-	-	-	-	-	-
Strawberry Cream Cheese Packet	Y	-	-	-	-	-	-	-	-	-	-
Plain Cream Cheese Packet	Y	-	-	-	-	-	-	-	-	-	-

At Jason's Deli, a top priority is always the health and safety of our guests. The FDA identified the major food allergens as milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soy, as well as ingredients that contain protein derived from these foods.

As part of our commitment to you, 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).

Every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, and/or the season of the year. Certain menu items may vary from deli to deli and may not be available at all locations. Limited time offers, test products, or regional items have not been included in the menus. All of our foods are prepared in a common kitchen.

Jason's Deli does not guarantee that cross-contact with other gluten-containing products or allergens will not occur. While some foods listed indicate they do not contain peanuts and/or tree nuts, peanuts and tree nuts may be used in common manufacturing plants.

We encourage anyone with food sensitivities, allergies, or special dietary needs to contact the Food Allergy and Anaphylaxis Network (FAAN) on the web at foodallergy.org.

Please note: The organization listed cannot provide nutritional information on our products.