

**A Little Lighter Menu**  
**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
Garden Sandwich - Ciabatta Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Garden Sandwich - Wrap Bread	Y	Y	Y	-	-	-	-	Y	Y	-	-
Mediterranean Wrap	-	-	Y	-	-	-	-	Y	Y	-	-
Spinach Veggie Wrap	Y	-	-	-	-	-	-	Y	Y	-	-
Turkey Wrap	Y	Y	-	-	-	-	-	Y	Y	-	-
Turkey Reuben	Y	-	Y	-	Y	-	-	Y	Y	-	-
Club Lite	Y	Y	Y	-	Y	-	-	Y	Y	-	-

**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
Reuben THE Great	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The New York Yankee - no dressing	Y	-	Y	-	Y	-	-	Y	Y	-	-
Santa Fe Chicken Sandwich	Y	Y	Y	-	Y	-	-	Y	Y	-	-
BLT	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Tuna Melt	Y	Y	Y	-	Y	Y	-	Y	Y	-	-
Deli Club	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Chicago Club	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Amy's Turkey-O	Y	Y	-	-	Y	-	-	Y	Y	-	-
Club Royale	Y	Y	Y	-	-	-	-	Y	Y	-	-
California Club	Y	Y	Y	-	-	-	-	Y	Y	-	-
Ranchero Wrap	Y	Y	Y	-	-	-	-	Y	Y	-	-
Philly Chic	Y	Y	Y	-	-	-	-	Y	Y	-	-

**Fruit & Salads**  
**Choose a sensational specialty salad or be creative and build your own salad at our Famous Salad Bar with morgnics and options galore.**  
**The season's best mixed fruit with greamy fruit dip is a top to-go item**

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Nutty Mixed Up Salad	Y	-	Y	Y	Y	-	-	Y	Y	-	-
Nutty Mixed Up Salad - no chicken	Y	-	Y	Y	Y	-	-	Y	Y	-	-
Nutty Mixed Up Salad - no dressing	Y	-	Y	Y	Y	-	-	-	-	-	-
Nutty Mixed Up Salad - no chicken - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
Taco Salad with Chili - no salsa	Y	-	Y	-	-	-	-	-	Y	-	-
Taco Salad with SW Chicken Chili - no salsa	Y	-	Y	-	-	-	-	Y	Y	-	-
Big Chef Salad - no dressing	Y	Y	-	-	-	-	-	-	-	-	-
Chicken Caesar Salad - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
Caesar Salad - no chicken - no bread	Y	Y	Y	-	-	Y	-	Y	Y	-	-
Garlic Olive Oil Foccacia Bread for Caesar Salad	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Fresh Fruit Cup - with dip	Y	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Cup - no dip	-	-	-	-	-	-	-	-	-	-	-
Creamy Fruit Dip - 2 oz	Y	-	-	-	-	-	-	-	-	-	-
Steamed Veggies	-	-	-	-	-	-	-	-	-	-	-

**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
<b><u>Fresh Vegetables &amp; Fruit</u></b>											
SB Lettuce	-	-	-	-	-	-	-	-	-	-	-
Organic Field Greens	-	-	-	-	-	-	-	-	-	-	-
Organic Spinach	-	-	-	-	-	-	-	-	-	-	-
Cauliflower Florets	-	-	-	-	-	-	-	-	-	-	-
Grape Tomatoes	-	-	-	-	-	-	-	-	-	-	-
Broccoli Florets	-	-	-	-	-	-	-	-	-	-	-
Sliced Mushrooms	-	-	-	-	-	-	-	-	-	-	-
Organic Baby Carrots	-	-	-	-	-	-	-	-	-	-	-
Red Bell Pepper Ring	-	-	-	-	-	-	-	-	-	-	-
Yellow Bell Pepper Ring	-	-	-	-	-	-	-	-	-	-	-
Purple Onion Rings	-	-	-	-	-	-	-	-	-	-	-
Cucumber Slices	-	-	-	-	-	-	-	-	-	-	-
Sprouts	-	-	-	-	-	-	-	-	-	-	-
Organic Red Apple Slices	-	-	-	-	-	-	-	-	-	-	-
<b><u>Homemade Recipes</u></b>											
American Potato Salad	-	Y	Y	-	-	-	-	-	-	-	-
Honey mustard Coleslaw	Y	Y	Y	-	-	-	-	-	-	-	-
Italian Pasta Salad	Y	-	Y	-	-	-	-	Y	Y	-	-
Three Bean Salad	Y	-	Y	-	-	-	-	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	-	-	-	-	-	-	-	-

**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
<b><u>Dressings</u></b>											
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 Reduced Calorie Country French Dressing	-	-	Y	-	-	-	-	-	-	-	-
Ranch Dressing	Y	Y	-	-	-	-	-	-	-	-	-
Leo's Italian Dressing	Y	-	Y	-	-	-	-	-	-	-	-
Balsamic Vinaigrette Dressing	-	-	Y	-	-	-	-	Y	Y	-	-
Leo's Fat Free Italian Dressing	Y	-	-	-	-	-	-	Y	Y	-	-
Organic Raspberry Vinaigrette	-	-	Y	-	-	-	-	-	-	-	-
Cesar Dressing	Y	Y	Y	-	-	Y	-	-	-	-	-
Extra Virgin Olive Oil	-	-	-	-	-	-	-	-	-	-	-
Organic Balsamic Vinegar (bottle)	-	-	-	-	-	-	-	-	-	-	-
<b><u>Cheeses</u></b>											
Asiago Cheese	Y	-	-	-	-	-	-	-	-	-	-
Cottage Cheese	Y	-	-	-	-	-	-	-	-	-	-
Feta Cheese	Y	-	-	-	-	-	-	-	-	-	-
Shredded Cheddar	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
<b><u>Add Protein</u></b>											
Smoked Turkey	-	-	-	-	-	-	-	-	-	-	-
Homemade Tuna Salad	-	Y	Y	-	-	Y	-	-	-	-	-
Homemade Chicken Salad	-	Y	Y	Y	Y	-	-	-	-	-	-
Roasted Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Premium Ham	-	-	-	-	-	-	-	-	-	-	-
Marinated Chicken Strips	Y	-	Y	-	-	-	-	-	-	-	-
<b><u>Other Items</u></b>											
Stuffed Green Olives	-	-	-	-	-	-	-	-	-	-	-
Kalamata Olives	-	-	-	-	-	-	-	-	-	-	-
Artichokes	-	-	-	-	-	-	-	-	-	-	-
Italian Pepperocini	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-
Hard Boiled Egg	-	Y	-	-	-	-	-	-	-	-	-
Bacon Bits	-	-	-	-	-	-	-	-	-	-	-
Cranberry Walnut Mix	-	-	-	Y	Y	-	-	-	-	-	-
Cajun Mix	-	-	Y	Y	Y	-	-	Y	Y	-	-
Organic Granola	-	-	-	-	-	-	-	-	Y	-	-
Croutons	Y	-	-	-	-	-	-	Y	Y	-	-
Garlic Toast	-	-	Y	-	-	-	-	Y	Y	-	-
Cornbread 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	-	-	-	-	-	-	-	-	-	-	-
Turkey Breast - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Turkey Breast - 1/2 Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey - Slim Sandwich Portion	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey - 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 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	-	-	-	-	-	-	-	-	-	-	-

**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 Foccicia Bun	Y	Y	Y	-	Y	-	-	Y	Y	-	-
1/2 Herb Foccicia 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	-	-
1/2 All Butter Croissant	Y	-	Y	-	-	-	-	Y	Y	-	-
Gourmet Onion Bun	-	Y	Y	-	Y	-	-	Y	Y	-	-
1/2 Gourmet Onion Bun	-	Y	Y	-	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	-	-

<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 Sauce	Y	-	-	-	Y	-	-	Y	Y	-	-
Leo's Italian Dressing	Y	-	Y	-	-	-	-	-	-	-	-
Balsamic Vinaigrette	-	-	Y	-	-	-	-	Y	Y	-	-
Extra Virgin Olive Oil	-	-	-	-	-	-	-	-	-	-	-
Homemade Guacamole	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-

**Build your own - continued**

<b>Build Your Own - Toppings</b>	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	-	-	-	-	-	-	-	-	-	-	-

<b>Build Your Own Cheeses</b>	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Imported Finlandia Swiss - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Imported Finlandia Swiss - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Provolone - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Provolone - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Wisconsin Mild Cheddar - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Wisconsin Mild Cheddar - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Sliced American Cheese - 2 slices	Y	-	Y	-	-	-	-	-	-	-	-
Sliced American Cheese - 1 slice	Y	-	Y	-	-	-	-	-	-	-	-
Jalapeno Pepper Jack - 2 slices	Y	-	-	-	-	-	-	-	-	-	-
Jalapeno Pepper Jack - 1 slice	Y	-	-	-	-	-	-	-	-	-	-
Shredded Cheddar	Y	-	-	-	-	-	-	-	-	-	-

**Po'boys**  
**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
The Italian Cruz	Y	-	Y	-	-	-	-	Y	Y	-	-
Beefeater	Y	Y	Y	-	-	-	-	Y	Y	-	-
Pastrami Melt	Y	Y	Y	-	-	-	-	Y	Y	-	-
Sergeant Pepper	Y	Y	Y	-	-	-	-	Y	Y	-	-
Meataballa Poboy	Y	Y	Y	-	-	-	-	Y	Y	-	-

**Hot off the Sandwich Press**  
**When the new panini machines arrived, our foodies pressed everything in sight and the results are these four, more than satisfying sandwiches. Special features among the four include white meat chicken, homemade guacamole, real cheese, ripe roma tomatoes, Leo's famous Italian dressing and olive oil basted breads.**

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

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

Description of Product	MILK	EGG	SOY	PEANUT	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Plain Jane Potato	Y	-	Y	-	-	-	-	-	-	-	-
Pollo Mexicano Potato	Y	-	Y	-	-	-	-	-	-	-	-
Spud Au Broc	Y	-	Y	-	-	-	-	Y	Y	-	-
Texas Style Spud - Pork	Y	-	Y	-	-	-	-	Y	Y	-	-
Texas Style Spud - Beef	Y	-	Y	-	-	-	-	-	-	-	-

**Pasta**  
**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	Y	-	-
Penne Pasta with Meatballs - no bread	Y	Y	Y	-	-	-	-	Y	Y	-	-
Chicken Pasta Alfredo - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Pasta Alfredo - no chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Pasta Primo - no chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Portobello Garden Pasta w/ Mushrooms - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Portobello Garden Pasta with Chicken - no bread	Y	-	Y	-	-	-	-	Y	Y	-	-
Garlic Olive Oil Foccacia Bread for Pasta	Y	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
Ham Muffaletta	Y	-	Y	-	-	-	-	Y	Y	-	-
1/2 Ham Muff	Y	-	Y	-	-	-	-	Y	Y	-	-
1/4 Ham Muff	Y	-	Y	-	-	-	-	Y	Y	-	-
Turkey Muffaletta	Y	-	Y	-	-	-	-	Y	Y	-	-
1/2 Turkey Muff	Y	-	Y	-	-	-	-	Y	Y	-	-
1/4 Turkey Muff	Y	-	Y	-	-	-	-	Y	Y	-	-
Veggaletta	Y	-	Y	-	-	-	-	Y	Y	-	-
1/2 Veggaletta	Y	-	Y	-	-	-	-	Y	Y	-	-
1/4 Veggaletta	Y	-	Y	-	-	-	-	Y	Y	-	-

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

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 plain - bowl	-	-	Y	-	-	-	-	Y	Y	-	-
SW Chicken Chili plain - cup	-	-	Y	-	-	-	-	Y	Y	-	-
Creamy Irish Potato - bowl	Y	-	Y	-	-	-	-	Y	Y	-	-
Creamy Irish Potato - cup	Y	-	Y	-	-	-	-	Y	Y	-	-
Texas Chili - bowl	-	-	Y	-	-	-	-	-	Y	-	-
Texas Chili - cup	-	-	Y	-	-	-	-	-	Y	-	-
Tomato Basil Soup - bowl	Y	-	-	-	-	-	-	-	-	-	-
Tomato Basil Soup - cup	Y	-	-	-	-	-	-	-	-	-	-
Vegetarian Vegetable Pasta Soup - bowl	Y	Y	-	-	-	-	-	Y	Y	-	-
Vegetarian Vegetable Pasta Soup - cup	Y	Y	-	-	-	-	-	Y	Y	-	-
Vegetarian French Onion - bowl****	Y	-	Y	-	-	-	-	Y	Y	-	-
Vegetarian French Onion - cup****	Y	-	Y	-	-	-	-	Y	Y	-	-
**Seafood gumbo - bowl*	Y	-	-	-	-	Y	Y	Y	Y	-	-
**Seafood gumbo - cup*	Y	-	-	-	-	Y	Y	Y	Y	-	-
Fire roasted Tortilla - bowl	-	-	Y	-	-	-	-	-	-	-	-
Fire roasted Tortilla - cup	-	-	Y	-	-	-	-	-	-	-	-

\*Seafood Gumbo includes shrimp  
 \*\*Gumbo and Red Beans include rice  
 \*\*\*\*French Onion includes bread and cheese

**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	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 Quesadilla	Y	Y	-	-	-	-	-	Y	Y	-	-
Kid's Bowtie Pasta & Meatballs	-	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	-	-	-	-	-	-	-	-

**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	-	-	-	-	-	-	-	-
Honeymustard Coleslaw	Y	Y	Y	-	-	-	-	-	-	-	-
Italian Pasta Salad	Y	-	Y	-	-	-	-	Y	Y	-	-
Three Bean Salad	Y	-	Y	-	-	-	-	Y	Y	-	-
Tuna Pasta Salad	Y	-	Y	-	-	Y	-	Y	Y	-	-
Fresh Fruit Cup - w/ dip	Y	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Cup - no dip	-	-	-	-	-	-	-	-	-	-	-
Steamed Veggies	-	-	-	-	-	-	-	-	-	-	-
Roasted Red Pepper Hummus	-	-	Y	-	-	-	-	-	-	-	-
Guacamole	-	-	-	-	-	-	-	-	-	-	-
Homemade Salsa	-	-	-	-	-	-	-	-	-	-	-
Organic Blue Corn Tortilla Chips	-	-	-	-	-	-	-	-	-	-	-
Dill Pickle Spear	-	-	-	-	-	-	-	-	-	-	-
House Chips	-	-	-	-	-	-	-	-	-	-	-
Individual Bag Chips (to go chips)	-	-	-	-	-	-	-	-	-	-	-
Baked Lays	-	-	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	-	-
Classic Plain Cheese Cake	Y	Y	Y	-	-	-	-	Y	Y	-	-
Fruit Topped Cheese Cake (Strawberry)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Fruit Topped Cheese Cake (Blackberry)	Y	Y	Y	-	-	-	-	Y	Y	-	-
Sugar Free Chocolate Cheese Cake	Y	Y	Y	-	-	-	-	Y	Y	-	-
Carrot Cake	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Strawberry Short Cake	Y	Y	Y	-	-	-	-	Y	Y	-	-
Baklava	-	-	Y	-	Y	-	-	Y	Y	-	-
Macadamia White Chip Cookie	Y	Y	-	-	Y	-	-	Y	Y	-	-
Chocolate Chip Cookie	Y	Y	-	-	-	-	-	Y	Y	-	-
Peanut Butter Cookie	Y	Y	-	Y	-	-	-	Y	Y	-	-
Cranberry Walnut Cookie	Y	Y	-	-	Y	-	-	Y	Y	-	-
Vanilla Soft Serve Dessert	Y	-	-	-	-	-	-	-	-	-	-
Chocolate Soft Serve Dessert	Y	-	-	-	-	-	-	-	-	-	-
Ice Cream Cone	-	-	Y	-	-	-	-	Y	Y	-	-
Chocolate Topping for Ice Cream	Y	-	-	-	-	-	-	-	-	-	-

**Seasonal Items / Limited Time Offers / Special Boards / "Community" Jason's Deli 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
Tuna & Roasted Tomato Wrap	-	Y	Y	-	-	Y	-	Y	Y	-	-
Ciabatta Bing	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Chicken Milano Pasta - no bread	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Savvy Chicken Salad Wrap	-	Y	Y	Y	Y	-	-	Y	Y	-	-
Smart Choice Roast Beef	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Bird to the Wise with mayo	Y	Y	-	-	Y	-	-	Y	Y	-	-
Bird to the Wise - no dressing	Y	Y	-	-	Y	-	-	Y	Y	-	-
Marinated Chicken Breast Salad - no dressing	Y	-	Y	-	-	-	-	-	-	-	-
Twisted Turkey Salad - w/ dressing	Y	-	Y	Y	Y	-	-	-	-	-	-
Twisted Turkey Salad - no dressing	Y	-	-	Y	Y	-	-	-	-	-	-
Maverick Wrap	Y	Y	Y	-	-	-	-	Y	Y	-	-
Laredo Spud	Y	-	Y	-	-	-	-	-	Y	-	-
The VJ - no dressing	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The VJ - must	Y	Y	Y	-	Y	-	-	Y	Y	-	-
The VJ - mayo	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Ham Panini	Y	Y	Y	-	-	-	-	Y	Y	-	-
Uptown Turkey Melt	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pizza Fresco	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pizza Adobe	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Pizza Blue	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Cantina Wrapini	Y	-	Y	-	-	-	-	Y	Y	-	-

**Regional Items / Seasonal Items / Limited Time Offers / Special Boards / "Community" Jason's Deli 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
Pot Roast Melt	Y	Y	Y	-	-	-	-	Y	Y	-	-
Deli Cowboy	Y	-	Y	-	-	-	-	Y	Y	-	-
Pulled Pork Sandwich - onion bun	-	Y	Y	-	Y	-	-	Y	Y	-	-
Pulled Pork Sandwich - wheat bun	-	Y	Y	-	-	-	-	Y	Y	-	-
Miami Panini	Y	-	Y	-	-	-	-	Y	Y	-	-
Smokey Jack Melt	Y	-	Y	-	Y	-	-	Y	Y	-	-
Marlo's Big Cheesy	Y	Y	Y	-	Y	-	-	Y	Y	-	-
Egg Salad - Build Your Own "Meat"	-	Y	Y	-	-	-	-	-	-	-	-
Little Dippers - Broc & Carrots w/ Ranch	Y	Y	-	-	-	-	-	-	-	-	-
Little Dippers - Blue Corn chips w/ salsa	-	-	-	-	-	-	-	-	-	-	-
Little Dippers - Organic Apples & Celery w/ peanut butter	-	-	-	Y	-	-	-	-	-	-	-
Side Caesar Salad	Y	Y	Y	-	Y	Y	-	Y	Y	-	-
Poblano Corn Chowder - bowl	Y	-	-	-	-	-	-	Y	Y	-	-
Poblano Corn Chowder - cup	Y	-	-	-	-	-	-	Y	Y	-	-
Clam Chowder - bowl	Y	-	-	-	-	-	Y	Y	Y	-	-
Clam Chowder - cup	Y	-	-	-	-	-	Y	Y	Y	-	-
**Red Beans and Rice w/Sausage - Bowl	-	-	Y	-	-	-	-	-	-	-	-
**Red Beans and Rice w/Sausage - Cup	-	-	Y	-	-	-	-	-	-	-	-
Chicken Pot Pie - Bowl***	Y	-	Y	-	-	-	-	Y	Y	-	-
Chicken Pot Pie - Cup***	Y	-	Y	-	-	-	-	Y	Y	-	-
Café Wrap	Y	Y	Y	-	-	-	-	Y	Y	-	-
Hamit Down	Y	-	Y	-	Y	-	-	Y	Y	-	-
Bronx Baker	Y	-	Y	-	-	-	-	-	-	-	-

\*\*Red Beans include rice  
\*\*\*Pot Pie includes pastry

**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
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	-	-
Fresh Fruit Plate - with dip	Y	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Plate - no dip	-	-	-	-	-	-	-	-	-	-	-
Fruit & Cheese Box	Y	-	-	-	Y	-	-	Y	Y	-	-
Veggies with Ranch Box	Y	Y	Y	-	-	-	-	-	-	-	-
Veggies with Roasted Pepper Hummus Box	-	-	Y	-	-	-	-	-	-	-	-
Marinated Chicken Strips Cup	Y	-	Y	-	-	-	-	-	-	-	-
Chef Salad with Ranch	Y	Y	Y	-	-	-	-	-	-	-	-
Cranberry Walnut Mix Cup	-	-	-	Y	Y	-	-	-	-	-	-
Cajun Nut Mix Cup	-	-	Y	Y	Y	-	-	Y	Y	-	-
Organic Granola Cup	-	-	-	-	-	-	-	-	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](http://foodallergy.org). Please note: The organization listed cannot provide nutritional information on our products.