

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, our allergen information is based on product information provided by Jason's approved food manufacturers. 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.

Real Choices											
PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Ciabatta Garden	X	X	X	-	X	-	-	X	X	-	-
Ciabatta Bing	X	X	X	-	X	-	-	X	X	-	-
Mediterranean Wrap	-	-	X	-	-	-	-	X	X	-	-
Tuna & Roasted Tomato Wrap	-	X	X	-	-	X	-	X	X	-	-
Spinach Veggie Wrap	X	-	-	-	-	-	-	X	X	-	-
Turkey Wrap	X	X	-	-	-	-	-	X	X	-	-
Turkey Reuben	X	-	X	-	-	-	-	X	X	-	-
Club Lite	X	X	X	-	-	-	-	X	X	-	-

Salads & Fruit											
PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Twisted Turkey Salad - w/ dressing	X	-	X	X	X	-	-	-	-	-	-
Twisted Turkey Salad - no dressing	X	-	-	X	X	-	-	-	-	-	-
Nutty Mixed-Up Salad w/ dressing	X	-	X	X	X	-	-	X	X	-	-
Nutty Mixed-Up Salad - no chicken - w/ dressing	X	-	X	X	X	-	-	X	X	-	-
Nutty Mixed-Up Salad - no dressing	X	-	X	X	X	-	-	-	-	-	-
Nutty Mixed-Up Salad - no chicken - no dressing	X	-	-	X	X	-	-	-	-	-	-
Taco Salad - Chili - no salsa	X	-	X	-	-	-	-	-	X	-	-
Taco Salad - Southwest Chili - no salsa	X	-	X	-	-	-	-	X	X	-	-
Homemade Salsa	-	-	-	-	-	-	-	-	-	-	-
Big Chef Salad	X	X	-	-	-	-	-	-	-	-	-
Marinated Chicken Breast Salad	X	-	X	-	-	-	-	-	-	-	-
Chicken Caesar Salad - no garlic bread	X	-	X	-	-	-	-	X	X	-	-
Foccicia Garlic Bread for Caesar Salad	X	X	X	-	X	-	-	X	X	-	-
Fresh Fruit Plate w/o Fruit Dip	-	-	-	-	-	-	-	-	-	-	-
Fresh Fruit Cup w/o Fruit Dip	-	-	-	-	-	-	-	-	-	-	-
Creamy Fruit Dip	X	-	-	-	-	-	-	-	-	-	-
Steamed Veggies	-	-	-	-	-	-	-	-	-	-	-
Low Fat Fruit and Yogurt Parfait	X	-	-	-	-	-	-	-	-	-	-

Build Your Own Items											
Build Your Own Meats	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Roast Beef	-	-	X	-	-	-	-	-	-	-	-
Roasted Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Smoked Turkey Breast	-	-	-	-	-	-	-	-	-	-	-
Premium Ham	-	-	-	-	-	-	-	-	-	-	-
Homemade Chicken Salad w/ Almonds	-	X	X	X	X	-	-	-	-	-	-
Homemade Tuna Salad	-	X	X	-	-	X	-	-	-	-	-
Hot New York Style Pastrami	-	-	-	-	-	-	-	-	-	-	-
Hot Corned Beef	-	-	-	-	-	-	-	-	-	-	-
Build Your Own Breads	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Rye bread	-	-	X	-	-	-	-	X	X	-	-
Whole Grain Wheat Bread	X	-	X	-	-	-	-	X	X	-	-
Country White Bread	X	-	X	-	-	-	-	X	X	-	-
New Orleans French Bread	-	-	-	-	-	-	-	X	X	-	-
Gourmet onion bun	-	X	-	-	-	-	-	X	X	-	-
Multigrain Ciabatta Bun	X	X	X	-	X	-	-	X	X	-	-
Herb Foccicia Bun	X	X	X	-	X	-	-	X	X	-	-
All Butter croissant	-	X	X	-	-	-	-	X	X	-	-
Organic Whole Wheat Wrap Bread	-	-	-	-	-	-	-	X	X	-	-

Build Your Own Items - continued

Build Your Own Cheeses	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Sliced American Cheese	X	-	X	-	-	-	-	-	-	-	-
Finlandia Swiss Cheese	X	-	-	-	-	-	-	-	-	-	-
Provolone Cheese	X	-	-	-	-	-	-	-	-	-	-
Jalapeno Pepper Jack Cheese	X	-	-	-	-	-	-	-	-	-	-
Mild Cheddar Cheese (Slices)	X	-	-	-	-	-	-	-	-	-	-
Shredded Cheddar	X	-	-	-	-	-	-	-	-	-	-
Build Your Own Spreads	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Yellow Deli Mustard	-	-	-	-	-	-	-	-	-	-	-
Organic Stoneground Mustard	-	-	-	-	-	-	-	-	-	-	-
Mayonnaise	-	X	-	-	-	-	-	-	-	-	-
Smoked Pepper Cilantro Aioli	-	X	X	-	-	-	-	-	-	-	-
Leos Italian Dressing	X	-	X	-	-	-	-	-	-	-	-
Leo's Low Fat Balsamic Vinaigrette	-	-	X	-	-	-	-	X	X	-	-
Extra Virgin Olive Oil	-	-	-	-	-	-	-	-	-	-	-
Basil Pesto Sauce	X	-	-	-	X	-	-	X	X	-	-
Roasted Red Pepper Hummus	-	-	X	-	-	-	-	-	-	-	-
Homemade Guacamole	-	-	-	-	-	-	-	-	-	-	-
Build Your Own Toppings	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Tomato Slice	-	-	-	-	-	-	-	-	-	-	-
Purple Onion Rings	-	-	-	-	-	-	-	-	-	-	-
Greek Peppers	-	-	-	-	-	-	-	-	-	-	-
Shredded Iceberg Lettuce	-	-	-	-	-	-	-	-	-	-	-
Leafy Lettuce	-	-	-	-	-	-	-	-	-	-	-
Organic Field Greens	-	-	-	-	-	-	-	-	-	-	-
Organic Spinach	-	-	-	-	-	-	-	-	-	-	-
Sliced Avocado	-	-	-	-	-	-	-	-	-	-	-
Homemade Pico De Gallo	-	-	-	-	-	-	-	-	-	-	-
Oven Roasted Tomatoes	-	-	-	-	-	-	-	-	-	-	-

Po'boys

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
The Italian Cruz	X	-	X	-	-	-	-	X	X	-	-
Beefeater	X	X	X	-	-	-	-	X	X	-	-
Pastrami Melt	X	X	X	-	-	-	-	X	X	-	-
Sergeant Pepper	X	X	X	-	-	-	-	X	X	-	-
Meataballa Poboy	X	X	X	-	-	-	-	X	X	-	-
Pot Roast Melt	X	X	X	-	-	-	-	X	X	-	-
Deli Cowboy	X	-	-	-	-	-	-	X	X	-	-
Pulled Pork Sandwich on Onion Bun	-	X	-	-	-	-	-	X	X	-	-
Pulled Pork Sandwich on Wheat Bun	-	X	X	-	-	-	-	X	X	-	-

Pasta

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Chicken Pasta Primo - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Penne Pasta with Meatballs - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Chicken Pasta Alfredo - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Fresco Garden Pasta w/ Portobello Mushrooms - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Fresco Garden Pasta w/ Chicken - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Pasta Alfredo (no chicken) - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Pasta Primo (no chicken) - w/ bread	X	X	X	-	X	-	-	X	X	-	-
Foccia Garlic Bread for Pasta	X	X	X	-	X	-	-	X	X	-	-

Potatoes

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Plain Jane Potato	X	-	X	-	-	-	-	-	-	-	-
Pollo Mexicano Potato	X	-	X	-	-	-	-	-	-	-	-
Spud Au Broc	X	-	X	-	-	-	-	X	X	-	-
Texas Style Spud - Pork	X	-	X	-	-	-	-	X	X	-	-
Texas Style Spud - Beef	X	-	X	-	-	-	-	-	-	-	-

Favorites

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Ruben THE Great	X	X	X	-	-	-	-	X	X	-	-
The New York Yankee - dry	X	-	X	-	-	-	-	X	X	-	-
Santa Fe Chicken Sandwich	X	X	X	-	-	-	-	X	X	-	-
Bird to the Wise w Mayo	X	X	-	-	-	-	-	X	X	-	-
Bird to the Wise - no dressing	X	X	-	-	-	-	-	X	X	-	-
BLT	X	X	X	-	-	-	-	X	X	-	-
Club Royale	X	X	X	-	-	-	-	X	X	-	-
Deli Club	X	X	X	-	-	-	-	X	X	-	-
Chicago Club	X	X	X	-	X	-	-	X	X	-	-
Tuna Melt	X	X	X	-	-	X	-	X	X	-	-
California Club	X	X	X	-	-	-	-	X	X	-	-
Ranchero Wrap	X	X	X	-	-	-	-	X	X	-	-
Philly Chic Wrap	X	X	X	-	-	-	-	X	X	-	-
Amy's Turkey-O	X	X	-	-	-	-	-	X	X	-	-

Muffalettas

Ham Muffaletta	X	-	-	-	-	-	-	X	X	-	-
Turkey Muffaletta	X	-	-	-	-	-	-	X	X	-	-

Paninis & Wrapinis

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Chicken Panini	X	-	X	-	X	-	-	X	X	-	-
Smokey Jack Panini	X	X	-	-	-	-	-	X	X	-	-
Chicken Club wrapini	X	X	X	-	-	-	-	X	X	-	-
Grilled Portobella Wrapini	X	-	-	-	-	-	-	X	X	-	-

Soups

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Broccoli Cheese	X	-	X	-	-	-	-	X	X	-	-
Chicken Noodle Soup	-	X	X	-	-	-	-	X	X	-	-
Creamy Irish Potato soup	X	-	X	-	-	-	-	X	X	-	-
SW Chicken chili	-	-	X	-	-	-	-	X	X	-	-
Texas Chili	-	-	X	-	-	-	-	-	X	-	-
Seafood gumbo	X	-	-	-	-	X	X	X	X	-	X
Tomato basil soup	X	-	-	-	-	-	-	-	-	-	-
Tortilla soup	-	-	X	-	-	-	-	-	-	-	-
Vegetarian Vegetable Pasta soup	X	X	-	-	-	-	-	X	X	-	-
Red Beans and Rice w/ Sausage	-	-	X	-	-	-	-	-	-	-	-
Vegetarian French Onion	X	-	X	-	-	-	-	X	X	-	-
Chicken Pot Pie	X	-	X	-	-	-	-	X	X	-	-
Poblano Corn Chowder	X	-	-	-	-	-	-	X	X	-	-
Clam Chowder	X	-	-	-	-	-	X	X	X	-	-

Desserts

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Baklava	-	-	X	-	X	-	-	X	X	-	-
Fudge Nut Brownies	X	X	X	-	X	-	-	X	X	-	-
Peanut Butter Cookies	X	X	X	X	-	-	-	X	X	-	-
Oatmeal Raisin Cookies	X	X	-	-	-	-	-	X	X	-	-
White Chocolate Macademia Nut Cookie	X	X	X	-	X	-	-	X	X	-	-
Cranberry Walnut Cookie	-	X	-	-	X	-	-	X	X	-	-
Chocolate Chip Cookie	X	X	X	-	X	-	-	X	X	-	-
Turtle Cheesecake	X	X	X	-	X	-	-	X	X	-	-
Plain Cheesecake	X	X	X	-	-	-	-	X	X	-	-
Fruit Topped Cheesecake (Marion Berry)	X	X	X	-	-	-	-	X	X	-	-
Strawberry Cheesecake	X	X	X	-	-	-	-	X	X	-	-
Triple Chocolate Cheesecake	X	X	X	-	-	-	-	X	X	-	-
Carrot Cake	X	X	-	-	X	-	-	X	X	-	-
Strawberry Shortcake	X	X	X	-	-	-	-	X	X	-	-
Ice Cream Cone	-	-	X	-	-	-	-	X	X	-	-
Ice Cream - Vanilla	X	-	-	-	-	-	-	-	-	-	-
Ice Cream - Chocolate	X	-	-	-	-	-	-	-	-	-	-
Chocolate Topping (for ice cream)	X	-	-	-	-	-	-	-	-	-	-

Chips and Pickles

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Ripple Chips (House Chips)	-	-	-	-	-	-	-	-	-	-	-
Blue Corn Tortilla Chips	-	-	-	-	-	-	-	-	-	-	-
Baked Lays Chips	-	-	X	-	-	-	-	-	-	-	-
Individual Potato Chips	-	-	-	-	-	-	-	-	-	-	-
Pickle (Dill Spears)	-	-	-	-	-	-	-	-	-	-	-

Seasonal / Limited Time Offers / Special Boards / "Little" Jason's Menu Items

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Ham Panini	X	X	-	-	-	-	-	X	X	-	-
Uptown Turkey Melt	X	X	X	-	-	-	-	X	X	-	-
VJ - No Dressing	X	X	X	-	X	-	-	X	X	-	-
VJ with Mustard	X	X	X	-	X	-	-	X	X	-	-
VJ with Mayo	X	X	X	-	X	-	-	X	X	-	-
Pizza Adobe	X	X	X	-	X	-	-	X	X	-	-
Pizza Blue	X	X	X	-	X	-	-	X	X	-	-
Cantina Wrapini	X	-	X	-	-	-	-	X	X	-	-
Café Wrap	X	X	X	-	-	-	-	X	X	-	-
JB's Bagelini	X	X	X	-	-	-	-	X	X	-	-
Hamit Down	X	-	X	-	-	-	-	X	X	-	-
Bronx Baker	X	-	X	-	-	-	-	-	-	-	-
Miami Panini	X	-	-	-	-	-	-	X	X	-	-
Smokey Jack Melt	X	-	X	-	-	-	-	X	X	-	-
Marlo's Big Cheesy	X	X	X	-	X	-	-	X	X	-	-
Egg Salad - Build Your Own "Meat"	-	X	-	-	-	-	-	-	-	-	-
Pepperoni	-	-	-	-	-	-	-	-	-	-	-
Bacon Strips	-	-	-	-	-	-	-	-	-	-	-
Beef Pot Roast	X	-	X	-	-	-	-	X	X	-	-
Sauerkraut	-	-	-	-	-	-	-	-	-	-	-

The nutritional information provided is a compilation of data provided by Analytical Food Laboratories, Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli), combined with the nutrient data from Jason's suppliers, the United States Department of Agriculture and nutrient data base analysis of Jason's recipes using Genesis SQL program from ESHA Research, Salem, Oregon. The rounding up of figures is based upon guidelines of the Food and Drug Administration. Deli Management, Inc. d/b/a Jason's Deli attempts to provide nutritional information regarding its products that is as complete as possible. However, some menu items may not be available in all restaurants.

Test products, test recipes, specials, limited time offers, and/or regional items may not be included. Further, from time to time, we may have to obtain product from different or substitute suppliers which may alter the information contained herein. While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. As many of our products are prepared by hand, serving sizes may vary. Further, differences in available packaging or serving containers may affect serving size. This listing is updated periodically in an attempt to reflect the current status of Deli Management, Inc. d/b/a Jason's Deli product line.