

### Our Lighter Side

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

Description of Product	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Club Lite	321	1 sandwich	475	125	14	5	0	75	1527	49	7	12	44
Spinach Veggie Wrap	224	1 sandwich	359	150	17	8	0	30	620	40	6	3	16
Mediterranean Wrap	233	1 sandwich	320	100	11	2	0	10	940	47	6	4	14
Turkey Reuben	417	1 sandwich	510	116	13	6	0	82	3047	53	6	0	44
Savvy Chicken Salad Wrap	254	1 sandwich	354	122	14	3	0	28	536	45	5	8	16
Turkey Wrap	255	1 sandwich	359	130	14	4	0	35	1060	40	5	4	22
Frescha Sandwich	233	1 sandwich	590	340	38	8	0	20	900	46	4	4	15
Tuna & Roasted Tomato Wrap (Limited Availability)	254	1 sandwich	557	239	27	4	0	71	899	59	11	2	22
Ciabatta Bing (Limited Availability)	320	1 sandwich	530	160	18	6	0	55	1270	59	10	5	30
Garden Sandwich - Ciabatta Bun (Limited Availability)	412	1 sandwich	540	260	28	9	0	35	1060	55	7	11	17
Garden Sandwich - Wrap Bread (Limited Availability)	398	1 sandwich	510	260	29	11	0	35	1020	49	7	11	16
Better Choice Roast Beef Sandwich (Limited Availability)	252	1 sandwich	408	163	18	5	0	54	760	37	3	9	22

### 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Club Royale	359	1 sandwich	710	340	38	19	0	140	1830	43	2	8	50
Chicago Club	328	1 sandwich	624	319	35	10	0	74	1655	46	7	4	36
Deli Club	404	1 sandwich	827	371	41	14	0	123	2430	67	11	11	57
California Club	283	1 sandwich	710	410	45	19	0	120	1520	38	2	6	38
Reuben THE Great	616	1 sandwich	860	311	35	15	0	114	4186	56	9	2	75
The New York Yankee - no dressing	462	1 sandwich	1200	640	71	32	0	485	2370	46	5	3	92
Amy's Turkey-O	334	1 sandwich	592	200	22	7	0	70	1432	68	7	10	31
BLT	246	1 sandwich	800	437	49	14	0	58	1850	68	10	10	30
Tuna Melt	353	1 sandwich	960	558	62	18	0	165	1310	47	6	7	54
Wild Salmon-wich	352	1 sandwich	670	360	41	6	0	80	1000	46	6	4	32
Santa Fe Chicken Sandwich	318	1 sandwich	680	290	32	12	0	115	1360	46	7	9	51
The Poppa Joe Sandwich	274	1 sandwich	830	500	55	10	0	75	1710	54	6	4	28
Ranchero Wrap	442	1 sandwich	680	250	28	10	0	130	2060	59	8	4	52

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Pastrami Sourdough Meltdown (Limited Availability)	299	1 sandwich	870	600	67	25	0	110	1180	40	4	2	30
Cranberry Ciabatta Sandwich (Limited Availability)	367	1 sandwich	622	191	21	13	0	85	922	80	6	34	10
Philly Chicken Wrap (Limited Availability)	354	1 sandwich	540	170	19	7	0	80	940	51	5	8	40
Bird to the Wise with mayo (Limited Availability)	466	1 sandwich	1491	1017	113	49	0	263	2053	49	0	7	71
Bird to the Wise - dry (Limited Availability)	452	1 sandwich	1391	918	102	47	0	253	1978	49	0	7	71
Maverick Wrap (Limited Availability)	326	1 sandwich	649	322	36	14	0	103	1147	42	5	4	41
Café Wrap (Limited Availability)	323	1 sandwich	793	462	51	20	0	106	2184	38	4	4	46

### Entrée Salads

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

Description of Product	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Big Chef Salad - no dressing	464	1 salad	502	268	30	13	0	326	1656	13	2	5	50
"Lighter" The Big Chef Salad - no dressing	249	1 salad	340	200	22	9	0	180	1100	7	1	3	30
Nutty Mixed Up Salad - no dressing	381	1 salad	440	120	13	6	0	90	900	50	6	29	34
"Lighter" Nutty Mixed Up Salad - no dressing	218	1 salad	240	60	6	3	0	45	430	30	3	19	17
Nutty Mixed Up Salad - no chicken - no dressing	254	1 salad	310	110	12	6	0	30	380	47	5	29	9
"Lighter" Nutty Mixed Up Salad - no chicken - no dressing	154	1 salad	170	50	6	3	0	10	170	29	3	19	4
Chicken Club Salad - no dressing	483	1 salad	610	360	40	16	0	140	1370	18	7	5	48
"Lighter" Chicken Club Salad - no dressing	267	1 salad	320	190	21	8	0	70	740	10	4	3	25
Chicken Caesar Salad - no bread	461	1 salad	700	380	42	15	0	120	2060	32	4	6	49
"Lighter" Chicken Caesar Salad - no bread	217	1 salad	340	180	20	7	0	55	1000	15	2	3	24
Caesar Salad - no chicken - no bread	382	1 salad	703	455	51	20	0	80	1812	33	4	7	30
"Lighter" Caesar Salad - no chicken - no bread	153	1 salad	280	180	19	7	0	25	740	14	2	3	11
Garlic Olive Oil Focaccia Bread for Caesar Salad	56	2 pieces	220	124	16	2	0	0	205	19	1	1	4
Taco Salad with Chili - no salsa	761	1 salad	1310	710	78	25	0	140	1510	110	18	12	45
"Lighter" Taco Salad with Chili - no salsa	408	1 salad	770	410	46	14	0	90	1840	61	12	7	32
Taco Salad with SW Chicken Chili - no salsa	770	1 salad	1220	630	70	21	0	125	1410	115	19	11	40
"Lighter" Taco Salad with SW Chicken Chili - no salsa	408	1 salad	670	330	36	10	0	75	1710	67	13	5	27
Marinated Chicken Breast Salad - no dressing (Limited Availability)	329	1 salad	520	300	34	11	0	120	1460	15	4	2	41
Twisted Turkey Salad - no dressing (Limited Availability)	356	1 salad	638	406	45	10	0	58	1101	26	12	12	35
Fresh Fruit Cup - no dip	182	1 portion	89	3	0	0	0	0	2	23	3	18	1
Fresh Fruit Plate - no dip	590	1 portion	230	5	1	0	0	0	20	60	6	48	3
Creamy Fruit Dip - 2 oz	64	1 portion	152	71	8	6	0	32	24	16	0	16	2

## 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b><u>Fresh Vegetables &amp; Fruit</u></b>													
Salad Bar Lettuce	204	1 cup	36	2	0	0	0	0	22	8	3	5	2
Organic Field Greens	67	1 cup	10	0	0	0	0	0	20	3	1	1	1
Organic Spinach	30	1 cup	7	1	0	0	0	0	24	1	1	0	1
Cauliflower Florets	36	1/2 cup	9	0	0	0	0	0	11	2	1	1	1
Grape Tomatoes	23	4 each	5	0	0	0	0	0	1	1	0	0	0
Broccoli Florets	36	1/2 cup	10	1	0	0	0	0	10	2	1	1	1
Sliced Mushrooms	36	1/4 cup	8	1	0	0	0	0	2	1	0	1	1
Organic Baby Carrots	28	1/4 cup	13	0	0	0	0	0	15	3	1	2	0
Organic Green Peas	32	1/4 cup	26	0	0	0	0	0	35	5	1	2	2
Red Bell Pepper Ring	10	1 ring	3	0	0	0	0	0	0	1	0	0	0
Yellow Bell Pepper Ring	10	1 ring	3	0	0	0	0	0	0	1	0	0	0
Purple Onion Rings	12	2 rings	4	0	0	0	0	0	0	1	0	1	0
Cucumber Slices	35	5 slices	4	1	0	0	0	0	1	1	0	0	0
Sprouts	17	1/2 cup	5	1	0	0	0	0	1	1	0	0	1
Organic Red Apple Slices	113	1/2 cup	59	2	0	0	0	0	1	16	3	12	0
<b><u>Homemade Recipes</u></b>													
American Potato Salad	109	1/2 cup	199	127	14	2	0	51	268	15	2	2	3
Italian Pasta Salad	73	1/2 cup	139	68	8	1	0	0	402	15	1	0	4
Three Bean Salad	104	1/2 cup	185	56	6	1	0	0	257	19	6	3	10
Tuna Pasta Salad	91	1/2 cup	146	82	9	2	0	17	272	11	1	1	6
Mixed Fruit and Yogurt	86	1/2 cup	68	8	1	1	0	4	37	13	1	12	3
Banana Pudding	118	1/2 cup	135	42	5	3	0	16	125	20	0	17	3
Chocolate Mousse	100	1/2 cup	350	290	35	18	0	108	87	15	1	11	1

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<b><u>Dressings</u></b>													
1000 Island (Russian) Dressing	60	4 tbsp	260	220	24	4	0	20	160	8	0	8	0
Blue Cheese Dressing	60	4 tbsp	280	260	28	6	0	20	660	4	0	2	2
Low Fat Honey Mustard Dressing	60	4 tbsp	160	100	10	1	0	0	340	14	0	12	2
Lite Ranch Dressing	60	4 tbsp	140	120	14	2	0	10	260	4	0	2	2
Organic Country French Dressing	60	4 tbsp	140	80	9	1	0	0	500	14	0	12	0
Ranch Dressing	57	4 tbsp	253	240	27	3	0	20	493	3	0	0	1
Leo's Italian Dressing	60	4 tbsp	240	240	26	4	0	0	360	2	0	0	2
Balsamic Vinaigrette Dressing	60	4 tbsp	120	100	12	2	0	0	360	4	0	4	0
Leo's Fat Free Italian Dressing	60	4 tbsp	10	0	0	0	0	0	320	2	0	0	0
Low Fat Organic Raspberry Vinaigrette	60	4 tbsp	90	40	5	0	0	0	170	10	0	8	0
Creamy Caesar Dressing	58	4 tbsp	140	120	12	4	0	10	500	2	0	2	6
Extra Virgin Olive Oil	60	4 tbsp	480	480	56	8	0	0	0	0	0	0	0
Organic Balsamic Vinegar (bottle)	60	4 tbsp	60	0	0	0	0	0	0	12	0	12	0
<b><u>Cheeses</u></b>													
Asiago Cheese	23	1/4 cup	105	80	9	5	0	24	251	0	0	0	6
Cottage Cheese	113	1/2 cup	90	25	3	2	0	15	450	4	0	4	14
Feta Cheese	28	1/4 cup	70	50	6	4	0	25	300	2	1	1	4
Shredded Cheddar	32	1/4 cup	125	92	10	6	0	34	204	1	0	0	8

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<b><u>Add Protein</u></b>													
Smoked Turkey Breast (extra charge)	77	1/2 portion	69	0	0	0	0	28	440	1	0	1	15
Homemade Tuna Salad (extra charge)	88	1/2 portion	210	145	16	2	0	70	375	1	0	0	15
Homemade Chicken Salad (extra charge)	88	1/2 portion	170	120	13	2	0	28	185	7	1	5	7
Roasted Turkey Breast (extra charge)	77	1/2 portion	69	12	1	1	0	28	578	1	0	no info	14
Premium Ham (extra charge)	77	1/2 portion	69	25	3	1	0	28	564	1	0	0	12
Natural Grilled Chicken Breast (extra charge)	64	1/2 portion	60	5	1	0	0	30	260	1	0	0	13
<b><u>Other Items</u></b>													
Stuffed Green Olives	24	2 each	25	24	3	0	0	0	496	0	0	0	0
Kalamata Olives	15	2 each	40	36	4	0	0	0	240	1	0	0	0
Artichoke Hearts	65	1/4 cup	18	0	0	0	0	0	210	3	2	1	1
Italian Peppers	43	1/4 cup	15	0	0	0	0	0	495	3	2	0	0
Roasted Red Pepper Hummus	56	4 tbsp	120	60	6	0	0	0	340	14	4	2	4
Whole Beets	120	1/2 cup	40	0	0	0	0	0	250	8	1	6	0
Hard Boiled Egg	50	1 egg	78	48	5	2	0	212	62	1	0	1	6
Bacon Bits (nitrite free)	57	1/4 cup	283	219	24	8	0	61	526	4	0	4	16
Cranberry Walnut Mix	36	4 tbsp	143	35	4	0	0	0	7	25	3	16	3
Spicy Giardinera (where available)	28	2 tbsp	60	50	7	0	0	0	380	2	0	1	0
Spicy Cajun Nut Mix	36	4 tbsp	230	161	18	3	0	0	115	8	3	2	9
Organic Granola	27	4 tbsp	120	39	4	1	0	0	11	19	2	5	3
Croutons	32	4 tbsp	145	48	5	0	0	0	390	21	1	1	3
Garlic Toast	9	1 piece	57	39	4	0	0	0	44	4	0	0	0
Sunflower Seeds	23	2 tbsp	146	108	12	2	0	0	0	5	3	1	5
Cornbread Muffin	28	1 muffin	105	48	5	1	0	18	74	12	0	6	1
Gingerbread Muffin	28	1 muffin	90	27	3	1	0	10	35	14	0	9	1

**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.**

<b>Build Your Own Meats</b>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roast Beef	159	1 portion	206	71	8	4	0	87	699	0	0	0	30
Roast Beef - Slim Sandwich Portion	79	1/2 portion	103	36	4	2	0	44	349	0	0	0	15
Roast Beef - 1/2 Sandwich Portion	79	1/2 portion	103	36	4	2	0	44	349	0	0	0	15
Roasted Turkey Breast	159	1 portion	142	26	3	1	0	57	1191	3	0	0	28
Roasted Turkey Breast - Slim Sandwich Portion	77	1/2 portion	69	12	1	1	0	28	578	1	0	0	14
Roasted Turkey Breast - 1/2 Sandwich Portion	77	1/2 portion	69	12	1	1	0	28	578	1	0	0	14
Smoked Turkey Breast	159	1 portion	142	0	0	0	0	57	907	3	0	3	31
Smoked Turkey Breast - Slim Sandwich Portion	77	1/2 portion	69	0	0	0	0	28	440	1	0	1	15
Smoked Turkey Breast - 1/2 Sandwich Portion	77	1/2 portion	69	0	0	0	0	28	440	1	0	1	15
Premium Ham	159	1 portion	142	51	6	1	0	57	1164	0	0	3	26
Premium Ham - Slim Sandwich Portion	77	1 portion	69	25	3	1	0	28	564	0	0	1	12
Premium Ham - 1/2 Sandwich Portion	77	1 portion	69	25	3	1	0	28	564	0	0	1	12
Homemade Tuna Salad	177	1 portion	420	290	32	5	0	140	750	1	0	0	30
Homemade Tuna Salad - Slim Sandwich Portion	88	1/2 portion	210	145	16	2	0	70	375	1	0	0	15
Homemade Tuna Salad - 1/2 Portion	88	1/2 portion	210	145	16	2	0	70	375	1	0	0	15
Homemade Chicken Salad	177	1 portion	340	240	26	4	0	55	370	13	1	10	14
Homemade Chicken Salad - Slim Sandwich Portion	88	1/2 portion	170	120	13	2	0	28	185	7	1	5	7
Homemade Chicken Salad - 1/2 Sandwich Portion	88	1/2 portion	170	120	13	2	0	28	185	7	1	5	7
Hot Corned Beef	227	1 portion	340	122	14	6	0	68	1247	0	0	0	54
Hot Corned Beef - Slim Sandwich Portion	113	1/2 portion	170	61	7	3	0	34	624	0	0	0	27
Hot Corned Beef - 1/2 Sandwich Portion	113	1/2 portion	170	61	7	3	0	34	624	0	0	0	27
Hot New York Style Pastrami	227	1 portion	862	735	82	36	0	170	930	0	0	0	34
Hot New York Style Pastrami - Slim Sandwich Portion	113	1/2 portion	431	367	41	18	0	85	465	0	0	0	17
Hot New York Style Pastrami - 1/2 Sandwich Portion	113	1/2 portion	431	367	41	18	0	85	465	0	0	0	17
Natural Grilled Chicken Breast	127	1 portion	130	10	2	0	0	65	520	3	0	0	25
Natural Grilled Chicken Breast - Slim Sandwich Portion	64	1/2 portion	60	5	1	0	0	30	260	1	0	0	13
Natural Grilled Chicken Breast - 1/2 Sandwich Portion	64	1/2 portion	60	5	1	0	0	30	260	1	0	0	13
Egg Salad - Build Your Own "Meat" (Limited Availability)	177	1 portion	496	419	47	8	0	531	667	2	0	0	15

**Build your own - continued**

<b><u>Build Your Own Breads</u></b>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Organic Wheat Wrap	76	1 tortilla	180	30	3	2	0	0	260	34	3	1	6
1/2 Organic Wheat Wrap	38	1/2 tortilla	90	15	2	1	0	0	130	17	2	1	3
Multigrain Ciabatta Bun	90	1 bun	190	20	2	0	0	0	280	38	3	1	7
1/2 Multigrain Ciabatta Bun	45	1/2 bun	95	10	1	0	0	0	140	19	1	0	3
Herb Focaccia Bun	83	1 bun	200	27	3	0	0	0	410	37	2	1	7
1/2 Herb Focaccia Bun	42	1/2 bun	100	14	2	0	0	0	205	19	1	1	4
New Orleans French Bread	82	1 roll	207	13	1	0	0	0	657	41	1	1	7
1/2 New Orleans French Bread	41	1/2 roll	104	6	1	0	0	0	328	20	1	1	3
All Butter Croissant	85	1 croissant	257	98	11	7	0	32	302	34	1	4	5
1/2 All Butter Croissant	43	1/2 croissant	128	49	5	3	0	16	151	17	1	2	3
Gourmet Onion Bun	92	1 bun	240	25	3	1	0	5	350	47	0	7	7
1/2 Gourmet Onion Bun	46	1/2 bun	120	13	2	0	0	3	175	24	0	4	4
1/4 Muffaletta Bun	69	1/4 bun	170	10	1	0	0	0	370	34	1	1	6
Whole Grain Wheat bread	86	2 slices	220	27	3	0	0	0	360	44	6	6	8
Whole Grain Wheat bread - 1 slice	43	1 slice	110	14	2	0	0	0	180	22	3	3	4
Country White bread	90	2 slices	220	27	3	0	0	0	400	44	0	6	6
Country White bread - 1 slice	45	1 slice	110	14	2	0	0	0	200	22	0	3	3
Rye bread	102	2 slices	240	18	2	0	0	0	460	46	2	0	8
Rye bread - 1 slice	51	1 slice	120	9	1	0	0	0	230	23	1	0	4
Sourdough Bread	82	2 slices	160	0	0	0	0	0	360	32	2	0	6
Sourdough Bread - 1 slice	41	1 slice	80	0	0	0	0	0	180	16	1	0	3
Gluten Free Bread	86	2 slices	240	60	7	0	0	0	390	37	1	5	5
Gluten Free Bread - 1 slice	43	1 slice	120	30	4	0	0	0	195	19	1	3	3
<b><u>Build Your Own - Spreads</u></b>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yellow Deli Mustard	14	1 Tbsp	16	8	1	0	0	0	220	1	1	0	1
Organic Stone Ground Mustard	15	1 Tbsp	0	0	0	0	0	0	165	0	0	0	0
Mayonnaise	14	1 Tbsp.	100	100	11	2	0	0	75	0	0	0	0
Smoked Red Pepper-Cilantro Aioli	11	1 Tbsp	63	62	7	1	0	6	76	0	0	0	0
Basil Pesto (with pine nuts)	28	2 Tbsp	145	122	14	3	0	4	118	3	0	1	2
Leo's Italian Dressing	28	2 Tbsp.	110	110	12	2	0	0	170	1	0	0	1
Balsamic Vinaigrette Dressing	31	2 Tbsp.	70	60	7	0	0	0	160	2	0	2	0
Extra Virgin Olive Oil	17	1 Tbsp.	120	120	14	2	0	0	0	0	0	0	0
Homemade Guacamole	28	2 Tbsp	40	30	4	0	0	0	60	3	2	0	1
Roasted Red Pepper Hummus	28	2 Tbsp	60	30	3	0	0	0	170	7	2	1	2

## Build your own - continued

<b><u>Build Your Own - Toppings</u></b>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shredded Iceberg Lettuce	33	1/2 cup	5	0	0	0	0	0	3	1	0	1	0
Leafy Lettuce	10	1 leaf	2	0	0	0	0	0	3	0	0	0	0
Tomato Slice	20	1 slice	4	0	0	0	0	0	1	1	0	1	0
Roma Tomato Slices	45	3 slices	8	0	0	0	0	0	2	2	1	1	0
Organic Field Greens	28	1/2 cup	5	0	0	0	0	0	10	1	1	1	0
Organic Spinach	15	1/2 cup	3	1	0	0	0	0	12	1	0	0	0
Purple Onion Rings	12	2 rings	4	0	0	0	0	0	0	1	0	1	0
Italian Peppers	28	2 tbsp	10	0	0	0	0	1	330	2	1	0	0
Homemade Pico de Gallo	64	4 tbsp	15	1	0	0	0	0	3	3	1	2	1
Sliced Avocado	50	1/4 med	80	66	7	1	0	0	0	4	3	0	1
Oven Roasted Herb Tomatoes	28	2 tbsp	82	34	4	0	0	0	126	12	3	0	0
<b><u>Build Your Own Cheeses</u></b>													
	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Imported Swiss - 2 slices	45	2 slices	178	117	13	8	0	41	97	1	0	0	13
Imported Swiss - 1 slice	23	1 slice	89	58	6	4	0	20	49	0	0	0	6
Provolone - 2 slices	45	2 slices	162	117	13	7	0	32	389	0	0	0	10
Provolone - 1 slice	23	1 slice	81	58	6	4	0	16	194	0	0	0	5
Mild Cheddar - 2 slices	45	2 slices	178	131	15	8	0	49	292	2	0	0	11
Mild Cheddar - 1 slice	23	1 slice	89	66	7	4	0	24	146	1	0	0	6
Sliced American Cheese - 2 slices	45	2 slices	191	129	14	10	0	48	668	2	0	0	10
Sliced American Cheese - 1 slice	23	1 slice	95	64	7	5	0	24	334	1	0	0	5
Muenster Cheese - 2 slices	45	2 slices	220	180	20	10	0	50	50	0	0	0	12
Muenster Cheese - 1 slice	23	1 slice	110	90	10	5	0	25	25	0	0	0	6
Jalapeno Pepper Jack - 2 slices	45	2 slices	162	117	13	8	0	37	729	3	0	2	8
Jalapeno Pepper Jack - 1 slice	23	1 slice	81	58	6	4	0	19	364	2	0	1	4
Shredded Cheddar	32	1/4 cup	125	92	10	6	0	34	204	1	0	0	8

**Subs**

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

Description of Product	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Meataballa	474	1 sandwich	1065	581	65	26	0	219	2674	62	3	6	52
Beefeater	398	1 sandwich	794	341	38	15	0	180	2264	41	1	1	64
Sergeant Pepper	511	1 sandwich	968	411	46	16	0	180	2272	67	10	5	67
Pastrami Melt (Limited Availability)	346	1 sandwich	1230	850	94	42	0	190	1460	43	1	4	51
Pot Roast Melt (Limited Availability)	311	1 sandwich	766	287	32	13	0	175	1514	47	4	2	67
The Don (Limited Availability)	390	1 sandwich	710	270	30	13	0	160	1370	54	4	5	54
The Italian Cruz (Limited Availability)	403	1 sandwich	645	319	35	12	0	108	2877	52	4	4	32
Deli Cowboy (Limited Availability)	437	1 sandwich	1090	552	61	28	0	233	2086	62	2	16	72

**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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Smokey Jack Panini	424	1 panini	860	270	31	8	0	95	2220	88	3	8	54
Chicken Club Wrapini	309	1 wrapini	600	270	31	9	0	100	1160	40	4	3	41
Chicken Panini	314	1 panini	670	300	34	8	0	85	1270	48	2	3	41
Grilled Portobella Wrapini	334	1 wrapini	690	440	49	17	0	60	1110	44	6	5	24
JB's Bagelini (Limited Availability)	309	1 sandwich	580	210	24	7	0	55	1210	60	6	7	32
Cantina Wrapini (Limited Availability)	428	1 sandwich	510	180	20	7	0	95	1200	54	16	3	42
Miami Panini (Limited Availability)	357	1 sandwich	569	194	22	12	0	105	2250	46	2	1	49

**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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Whole Ham Muffaletta	1349	1 muffaletta	3170	2030	231	36	0	270	9880	155	5	11	108
1/2 Ham Muff	675	1/2 muffaletta	1590	1020	116	18	0	135	4940	78	3	6	54
1/4 Ham Muff	337	1/4 muffaletta	790	510	58	9	0	70	2470	39	1	3	27
Whole Turkey Muffaletta	1304	1 muffaletta	2980	1810	206	28	0	175	10210	153	5	15	105
1/2 Turkey Muff	652	1/2 muffaletta	1490	900	103	14	0	90	5100	77	3	8	53
1/4 Turkey Muff	326	1/4 muffaletta	740	450	52	7	0	45	2550	38	1	4	26
Whole Veggaletta Muff	1331	1 muffaletta	2780	1790	204	28	0	60	7260	167	13	17	55
1/2 Veggaletta Muff	665	1/2 muffaletta	1390	900	102	14	0	30	3630	84	6	9	27
1/4 Veggaletta Muff	333	1/4 muffaletta	690	450	51	7	0	15	1810	42	3	4	14

## 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spud Au Broc	1216	1 potato	1510	500	56	26	0	160	1790	207	17	23	57
"Lighter" Spud Au Broc	789	1 potato	840	180	20	11	0	60	750	143	11	14	27
"Plain" Jane Potato	1178	1 potato	2320	1350	150	61	0	190	1750	192	13	19	56
"Lighter Plain" Jane Potato	739	1 potato	1130	490	55	23	0	85	690	135	9	12	29
Pollo Mexicano Potato	1152	1 potato	1520	520	58	25	0	150	1650	196	16	18	59
"Lighter" Pollo Mexicano Potato	762	1 potato	940	270	29	13	0	75	1000	139	12	12	33
Texas Style Spud - Beef (Limited Availability)	1167	1 potato	1810	750	84	29	0	235	1010	193	13	18	58
"Lighter" Texas Style Spud - Beef (Limited Availability)	770	1 potato	1300	620	69	24	0	135	780	128	9	12	36
Fiesta Spud - Texas Chili (Limited Availability)	1173	1 potato	1650	690	77	30	0	105	1490	197	16	19	47
"Lighter" Fiesta Spud - Texas Chili (Limited Availability)	819	1 potato	1260	610	68	26	0	75	1140	133	11	13	33
Fiesta Spud - Chicken Chili (Limited Availability)	1173	1 potato	1560	610	68	26	0	90	1350	202	16	18	42
"Lighter" Fiesta Spud - Chicken Chili (Limited Availability)	819	1 potato	1200	560	62	23	0	65	1050	136	11	12	30

## 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Pasta Primo - no bread	497	1 portion	860	330	36	15	0	135	3040	85	6	11	48
"Lighter" Chicken Pasta Primo - no bread	251	1 portion	430	160	18	8	0	70	1550	44	3	6	24
Pasta Primo - no chicken - no bread	485	1 portion	397	242	27	13	0	65	1233	27	3	7	11
Penne Pasta with Meatballs - no bread	618	1 portion	703	416	46	18	0	147	2012	36	2	8	33
"Lighter" Penne Pasta with Meatballs - no bread	271	1 portion	550	260	29	11	0	85	1740	48	3	7	24
Chicken Pasta Alfredo - no bread	590	1 portion	650	350	39	22	0	185	1920	25	0	3	44
"Lighter" Chicken Pasta Alfredo - no bread	295	1 portion	330	180	20	11	0	95	960	13	0	1	22
Pasta Alfredo - no chicken - no bread	454	1 portion	520	340	38	22	0	120	1360	22	0	3	17
"Lighter" Pasta Alfredo - no chicken - no bread	227	1 portion	260	170	19	11	0	60	680	11	0	1	8
Portobello Garden Pasta w/ Mushrooms - no bread	449	1 portion	900	460	52	12	0	40	2490	89	12	7	26
"Lighter" Portobello Garden Pasta w/ Mushrooms - no bread	204	1 portion	410	180	21	6	0	25	1230	44	6	3	14
Portobello Garden Pasta sub Chicken - no bread	460	1 portion	870	330	37	10	0	100	2820	87	11	5	48
"Lighter" Portobello Garden Pasta sub Chicken - no bread	227	1 portion	460	190	21	6	0	60	1490	44	6	2	26
Garlic Olive Oil Focaccia Bread for Pasta	56	2 pieces	220	134	16	2	0	0	205	19	1	1	4

## 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheese Soup - bowl	372	1 bowl	452	268	30	19	0	94	2035	27	2	11	19
Broccoli Cheese Soup - cup	186	1 cup	226	134	15	10	0	47	1018	14	1	6	9
Chicken Noodle Soup - bowl	361	1 bowl	150	46	5	1	0	33	902	16	1	2	10
Chicken Noodle Soup - cup	163	1 cup	68	21	2	1	0	15	408	7	0	1	5
SW Chicken Chili - bowl (no toppings)	354	1 bowl	269	78	9	2	0	66	1324	27	7	3	25
SW Chicken Chili - cup (no toppings)	152	1 cup	116	34	4	1	0	28	569	12	3	1	11
Creamy Irish Potato - bowl (no toppings)	338	1 bowl	463	300	33	17	0	77	1104	33	2	5	8
Creamy Irish Potato - cup (no toppings)	161	1 cup	221	143	16	8	0	37	526	16	1	2	4
Texas Chili - bowl (no toppings)	347	1 bowl	396	177	20	9	0	45	1292	20	6	5	35
Texas Chili - cup (no toppings)	204	1 cup	233	104	12	5	0	27	760	12	4	3	21
Tomato Basil Soup - bowl	331	1 bowl	321	223	25	13	0	66	1123	22	4	12	3
Tomato Basil Soup - cup	177	1 cup	171	119	13	7	0	35	600	12	2	6	2
Organic Vegetarian Vegetable Soup - bowl	336	1 bowl	150	60	6	0	0	0	950	22	4	4	4
Organic Vegetarian Vegetable Soup - cup	202	1 cup	90	35	4	0	0	0	570	13	2	2	2
Vegetarian French Onion - bowl (with bread and cheese)	257	1 bowl	271	169	19	6	0	20	1189	17	2	4	8
Vegetarian French Onion - cup (with bread and cheese)	171	1 cup	193	123	14	5	0	20	830	10	1	2	7
Seafood gumbo - bowl (with rice)	410	1 bowl	301	87	10	4	0	39	1902	37	3	4	16
Seafood gumbo - cup (with rice)	219	1 cup	161	46	5	2	0	21	1001	20	2	2	8
Fire roasted Tortilla - bowl	391	1 bowl	317	143	16	2	0	22	1303	35	5	6	9
Fire roasted Tortilla - cup	205	1 cup	163	73	8	1	0	11	683	18	3	3	5
Poblano Corn Chowder - bowl (Limited Availability)	375	1 bowl	338	169	19	8	0	38	900	38	4	8	8
Poblano Corn Chowder - cup (Limited Availability)	219	1 cup	197	98	11	4	0	22	525	22	2	4	4
Red Beans and Rice w/Sausage - Bowl (Limited Availability)	422	1 bowl	275	56	6	2	0	20	1405	56	23	3	19
Red Beans and Rice w/Sausage - Cup (Limited Availability)	180	1 cup	122	23	3	1	0	8	582	25	10	1	8
Chicken Pot Pie - Bowl (w/ pastry) (Limited Availability)	394	1 bowl	500	210	24	13	0	90	1540	51	3	5	18
Chicken Pot Pie - Cup (w/ pastry) (Limited Availability)	228	1 cup	210	90	10	5	0	40	810	22	2	3	9
Seasonal Beef Stew - bowl	454	1 bowl	318	42	5	2	0	58	1165	44	9	10	27
Seasonal Beef Stew - cup	259	1 cup	181	24	3	1	0	33	664	25	5	6	15

### 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kid's Organic Peanut Butter & Jelly Sandwich - white	110	1 sandwich	375	104	12	2	0	0	540	56	2	22	10
Kid's Organic Peanut Butter & Jelly Sandwich - wheat	120	1 sandwich	359	97	11	2	0	0	445	56	8	21	13
Kid's Grilled Cheese Sandwich - white	128	1 sandwich	460	240	26	11	0	30	1130	42	1	10	12
Kid's Grilled Cheese Sandwich - wheat	128	1 sandwich	440	230	25	11	0	30	990	42	6	8	14
Kid's Hot Dog	110	1 sandwich	283	130	14	5	0	35	833	27	1	3	12
Kid's Hot Dog with Chili	224	1 sandwich	413	188	21	8	0	50	1258	33	3	5	24
Kid's Macaroni & Cheese	227	1 bowl	420	210	23	14	0	65	820	37	2	4	17
Kid's Cheese Pizza	187	1 pizza	470	180	20	7	0	40	820	53	4	3	20
Kid's Pepperoni Pizza	192	1 pizza	484	191	21	8	0	43	854	53	4	3	21
Turkey & Cheese Kidwich - Turkey on White	174	1 sandwich	371	94	10	5	0	48	1355	42	1	8	24
Turkey & Cheese Kidwich - Turkey on Wheat	174	1 sandwich	331	85	9	5	0	48	1215	38	6	6	26
Turkey & Cheese Kidwich on Organic Wrap	136	1 wrap	241	80	9	5	0	48	1005	19	2	1	21
Ham & Cheese Kidwich on White	174	1 sandwich	371	107	12	5	0	48	1384	41	1	9	23
Ham & Cheese Kidwich on Wheat	174	1 sandwich	331	98	11	5	0	48	1201	38	6	6	25
Ham & Cheese Kidwich on Organic Wrap	136	1 wrap	241	93	10	5	0	48	991	19	2	1	20
Kid's Bowtie Pasta & Meatballs	312	1 bowl	500	188	21	7	0	70	880	55	3	7	22
Kid's Chicken Pasta Alfredo	281	1 bowl	260	130	14	8	0	80	810	13	0	1	19
Kids Pasta Alfredo - no chicken	213	1 bowl	190	120	14	8	0	45	530	11	0	1	5
Kid's Baked Potato	431	1 potato	800	430	48	22	0	85	600	71	7	7	23
Kid's Chic-N-Wrap (Limited Availability)	133	1 sandwich	290	126	14	6	0	63	837	20	2	1	23

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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
American Potato Salad	204	1 container	350	220	25	4	0	90	500	28	3	3	5
Italian Pasta Salad	159	1 container	300	150	17	3	0	0	880	33	2	0	8
Three Bean Salad	204	1 container	360	110	12	1	0	0	500	37	11	6	20
Tuna Pasta Salad	159	1 container	250	140	16	3	0	30	480	19	2	2	10
Steamed Veggies	181	1 portion	61	2	0	0	0	0	66	13	5	5	4
Roasted Red Pepper Hummus	118	1/2 cup	252	114	12	0	0	0	716	30	8	4	8
Fresh Made Guacamole	122	1/2 cup	170	130	15	2	0	0	250	11	7	2	2
Fresh Made Salsa	122	1/2 cup	27	2	0	0	0	0	269	6	2	3	1
Organic Blue Corn Tortilla Chips	42	1 portion	220	100	11	1	0	0	90	27	3	0	3
Dill Pickle Spear	35	1 spear	5	0	0	0	0	0	410	1	1	0	0
House Chips (Ruffles)	42	1 serving	240	135	15	2	0	0	240	23	1	0	3
Individual Bag Chips To Go (Lays)	28	1 serving	160	90	10	1	0	0	170	15	1	0	2
Baked Lays	25	1 serving	100	15	2	0	0	0	115	20	2	2	2
Side Caesar Salad - no bread (Limited Availability)	378	1 salad	658	387	43	9	0	36	1503	53	6	6	16
Honeymustard Coleslaw (Limited Availability)	145	1 container	124	52	6	0	0	0	228	16	3	11	2

## 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	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fudge Nut Brownie	99	1 brownie	420	220	24	12	0	120	25	51	3	40	6
Turtle Cheese Cake	142	1 slice	550	290	32	16	0	100	450	58	2	43	8
Classic Plain Cheese Cake	151	1 slice	510	310	34	20	0	155	410	46	1	35	8
Fruit Topped Cheese Cake (Strawberry)	187	1 slice	520	310	34	20	0	155	410	49	2	37	8
Carrot Cake	142	1 slice	530	300	33	11	0	75	420	57	4	40	7
Classic Strawberry Shortcake	340	1 cake	630	310	37	18	0	120	550	74	3	45	5
Macadamia White Chip Cookie	71	1 cookie	330	160	18	6	0	45	150	40	0	25	4
Chocolate Chip Cookie	71	1 cookie	300	140	15	6	0	40	135	41	0	28	2
Peanut Butter Cookie	71	1 cookie	330	140	16	7	0	40	160	41	0	27	5
Cranberry Walnut Cookie	71	1 cookie	300	140	16	4	0	40	170	37	3	20	5
Cream Cheese Pecan Bar	74	1 bar	370	210	23	9	0	60	65	37	2	21	4
Chocolate Caramelt Bar	96	1 bar	450	180	20	12	0	45	300	63	2	36	5
White Chocolate Raspberry Bar	142	1 bar	510	170	19	10	0	45	240	80	2	59	6
Vanilla Soft Serve Dessert (before dispensed)	113	1 portion	159	41	5	3	0	11	74	24	0	24	3
Chocolate Soft Serve Dessert (before dispensed)	113	1 portion	170	41	5	3	0	11	79	25	0	24	5
Ice Cream Cone	5	1 cone	20	0	0	0	0	0	5	4	0	0	0
Chocolate Topping for Ice Cream	28	1 portion	100	10	1	1	0	0	15	22	1	21	1
Organic Kid's Sucker	6	1 sucker	23	0	0	0	0	0	0	6	0	6	0

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

Description of Product	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The VJ - no dressing (Limited Availability)	332	1 sandwich	890	510	57	25	0	135	1560	38	2	2	58
Pizza Fresco (Limited Availability)	494	1 portion	1287	597	67	20	0	64	2232	130	11	7	47
Pizza Adobe (Limited Availability)	541	1 portion	790	210	24	10	0	120	2350	96	5	25	51

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

Description of Product	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Top Banana Pudding Parfait	286	1 parfait	450	210	24	13	0	75	290	55	1	39	6
Strawberry Shortcake Parfait	218	1 parfait	450	280	34	17	0	110	280	41	1	26	3
Chocolate Mousse Parfait	214	1 parfait	800	620	73	38	0	210	140	44	4	36	3
Brownie Explosion Parfait	146	1 parfait	520	360	42	21	0	160	35	41	2	36	3
Chocolaty Kooky Parfait	228	1 parfait	730	390	46	21	0	140	160	81	2	67	4
Mini Cookies (16)	71	4 mini's	320	150	16	6	0	40	150	39	1	25	4
Low Fat Fruit & Yogurt Parfait Cup	281	1 parfait	230	35	4	2	0	15	135	41	1	37	10
Cranberry Walnut Mix Cup	127	1 cup	550	160	18	4	0	0	25	88	3	46	9
Cajun Nut Mix Cup	127	1 cup	810	560	63	11	0	0	400	27	12	6	31
Organic Granola Cup	127	1 cup	550	267	30	3	0	0	0	66	8	23	13

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

<u>Dine in Breakfast Sandwiches</u>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sunshine Starter - Croissant with Ham	285	1 sand	550	270	30	14	0	395	1270	38	1	4	33
Sunshine Starter - Croissant with Bacon	223	1 sand	580	320	35	17	0	380	1100	37	1	4	25
Sunshine Starter - Croissant with Sausage	264	1 sand	660	380	42	22	0	365	1300	37	1	4	30
Sunshine Starter - Bagel with Ham	304	1 sand	560	190	21	8	0	360	1350	55	2	4	36
Sunshine Starter - Bagel with Bacon	242	1 sand	580	240	27	10	0	345	1170	54	2	4	28
Sunshine Starter - Bagel with Sausage	283	1 sand	660	300	33	15	0	335	1380	54	2	4	33
Huevos Ranchero Wrap with Ham	349	1 sand	530	230	25	11	0	370	1280	42	4	3	37
Huevos Ranchero Wrap with Bacon	288	1 sand	550	280	31	13	0	355	1110	41	4	3	29
Huevos Ranchero Wrap with Sausage	329	1 sand	640	340	37	18	0	345	1310	41	4	3	34
Southwest Melt with Ham	265	1 sand	550	210	24	7	0	215	1240	54	2	4	31
Southwest Melt with Bacon	203	1 sand	570	260	29	10	0	200	1070	53	2	4	23
Southwest Melt with Sausage	244	1 sand	660	320	36	15	0	185	1270	53	2	4	28
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Ham	117	1 sand	230	120	14	6	0	190	520	13	1	2	14
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Bacon	106	1 sand	300	190	21	9	0	190	660	13	1	2	14
Mini Croissant Breakfast Sandwich with Jalapeno Cheese and Sausage	147	1 sand	380	250	28	14	0	180	860	13	1	2	19
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Ham	117	1 sand	230	120	14	6	0	190	520	13	1	2	14
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Bacon	106	1 sand	300	190	21	9	0	190	660	13	1	2	14
Mini Croissant Breakfast Sandwich with Cheddar Cheese and Sausage	147	1 sand	380	250	28	14	0	180	860	13	1	2	19

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

<u>Individual Breakfast Pastries</u>	Serving size (g)	Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Plain Bagel	104	1 bagel	260	15	2	0	0	0	380	51	2	4	8
Multi Grain Bagel	105	1 bagel	260	20	3	0	0	0	380	51	2	4	8
Cinnamon Raisin Bagel	104	1 bagel	260	15	2	0	0	0	370	52	2	6	8
French Toast Bagel (limited availability)	104	1 bagel	260	15	2	0	0	0	370	52	2	6	8
Blueberry Muffin	142	1 muffin	470	120	13	3	0	115	440	81	2	40	7
Morning Glory Muffin	142	1 muffin	590	270	30	7	0	55	400	72	4	40	9
Banana Nut Muffin	142	1 muffin	500	200	22	3	0	60	390	68	2	37	10
Cinnamon Roll	128	1 cinn roll	310	30	4	0	0	0	600	59	2	4	11
Cheese Danish	134	1 danish	500	240	27	14	0	55	480	55	1	22	8
Apple Danish	142	1 danish	520	200	22	10	0	20	500	68	2	26	8
Cinnamon Walnut Coffee Cake	88	1 slice	430	210	23	7	0	65	450	51	1	35	5
Red, White and Blueberry Coffee Cake	88	1 slice	410	180	19	7	0	65	450	55	1	39	4
Pumpkin Coffee Cake (Limited Availability)	88	1 slice	400	180	19	7	0	65	470	53	2	35	4
Strawberry Jelly Packet	14	1 packet	35	0	0	0	0	0	0	9	0	7	0
Grape Jelly Packet	14	1 packet	35	0	0	0	0	0	0	9	0	7	0
Butter Packet	15	1 packet	100	100	11	7	0	30	90	0	0	0	0
Strawberry Cream Cheese Packet	30	1 packet	100	80	9	6	0	25	75	4	0	3	1
Plain Cream Cheese Packet	30	1 packet	110	90	10	7	0	30	85	3	0	2	1

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.