



Real Choices

Guests with special diet needs count on this sandwich menu for all the flavor and nutritional values they want and need.

Description of Product	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Ciabatta Garden	312	11	1 Sandwich	419	168	19	7	0	30	1193	50	7	7	16	2766	27	261	3
Ciabatta Bing	320	11	1 Sandwich	518	170	19	7	0	53	1289	60	11	4	30	2718	34	360	3
Mediterranean Wrap	231	8	1 Sandwich	306	92	10	2	0	10	828	43	6	3	14	1190	4	18	3
Tuna & Roasted Tomato Wrap	254	9	1 sandwich	557	239	27	4	0	71	899	59	11	2	22	1766	59	41	3
Spinach Veggie Wrap	224	8	1 Sandwich	359	150	17	8	0	30	896	40	6	3	16	1991	16	232	2
Turkey Wrap	255	9	1 Sandwich	359	130	14	4	0	35	920	40	5	3	22	461	10	22	2
Turkey Reuben	417	15	1 Sandwich	510	116	13	6	0	82	3047	53	6	0	44	300	4	365	4
Club Lite	313	11	1 Sandwich	514	147	16	6	0	87	1607	50	6	11	43	1257	5	396	5

Fruit & Salads

The salads we make have healthy extras from organic field greens and organic apples in our Nutty Mixed up Salad to imported Kalamata olives

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Twisted Turkey Salad - w/ dressing	581	20	1 salad	1020	611	68	15	0	121	2958	48	13	26	52	2617	12	330	6
Twisted Turkey Salad - no dressing	461	16	1 salad	860	539	60	15	0	121	2658	28	13	10	52	2617	8	330	4
Nutty Mixed Up Salad	642	23	1 Salad	917	408	45	8	0	93	2511	93	9	65	36	2783	17	121	2
Nutty Mixed Up Salad - no chicken	506	18	1 Salad	739	357	40	7	0	20	1248	87	9	63	10	2783	17	121	2
Nutty Mixed Up Salad - no dressing	518	18	1 Salad	636	163	18	6	0	93	1694	80	8	55	41	2769	17	172	3
Nutty Mixed Up Salad - no chicken - no dressing	382	13	1 Salad	457	112	12	5	0	20	609	77	8	55	10	2769	17	107	2
Taco Salad with Chili	853	30	1 Salad	1972	997	111	27	0	112	2080	189	27	11	55	1728	23	733	5
Taco Salad with SW Chicken Chili	853	30	1 Salad	1907	948	105	24	0	122	2084	193	28	10	49	2428	27	734	6
Big Chef Salad	805	28	1 Salad	550	254	28	13	0	339	1722	25	7	12	53	7775	94	707	6
Marinated Chicken Breast Salad	855	30	1 Salad	575	273	30	13	0	133	1840	32	10	14	52	8737	113	683	7
Chicken Caesar Salad - w/ bread	631	22	1 Salad	1399	880	99	23	0	155	3449	72	6	4	61	10941	44	721	7
Caesar Salad - no chicken - w/ bread	495	17	1 Salad	1221	829	93	21	0	82	2364	68	6	4	30	10941	44	656	6
Garlic Olive Oil Focaccia Bread for Caesar Salad	107	4	2 pieces	404	231	27	3	0	0	410	37	2	1	7	0	0	20	3
Side Caesar Salad	378	13	1 Salad	658	387	43	9	0	36	1503	53	6	6	16	13413	54	372	3
Fresh Fruit Plate	681	24	1 Salad	389	77	9	5	0	22	136	78	8	63	7	14017	199	129	2
Fresh Fruit Plate-no dip	617	22	1 portion	243	10	1	0	0	0	61	61	8	47	5	13868	199	99	2
Fresh Fruit Cup	246	9	1 portion	234	70	8	5	0	22	77	41	3	34	3	232	65	53	1
Fresh Fruit Cup-no dip	182	6	1 portion	89	3	0	0	0	0	2	23	3	18	1	83	65	24	1
Creamy Fruit Dip	28	1	1 portion	64	30	3	2	0	10	33	8	0	7	1	66	0	13	0
Low Fat Fruit & Yogurt Parfait Cup	259	9	1 cup	226	28	3	2	0	11	107	43	2	36	9	128	15	275	1
Steamed Veggies	181	6	1 portion	61	2	0	0	0	0	66	13	5	5	4	10716	89	57	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.

Build Your Own Meats	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Roast Beef	159	6	1	206	71	8	4	0	87	699	0	0	0	30	0	0	0	2
Roast Beef - Slim Sandwich Portion	79	3	1/2 portion	103	36	4	2	0	44	349	0	0	0	15	0	0	0	1
Roast Beef - 1/2 Sandwich Portion	79	3	1/2 portion	103	36	4	2	0	44	349	0	0	0	15	0	0	0	1
Roasted Turkey Breast	159	6	1	142	26	3	1	0	57	1191	3	0	0	28	0	0	0	0
Turkey Breast - Slim Sandwich Portion	77	3	1/2 portion	69	12	1	1	0	28	578	1	0	0	14	0	0	0	0
Turkey Breast - 1/2 Sandwich Portion	77	3	1/2 portion	69	12	1	1	0	28	578	1	0	0	14	0	0	0	0
Smoked Turkey Breast	159	6	1	144	13	1	0	0	43	1155	3	0	3	29	0	0	0	1
Smoked Turkey - Slim Sandwich Portion	77	3	1/2 portion	70	6	1	0	0	21	561	1	0	1	14	0	0	0	1
Smoked Turkey - 1/2 Sandwich Portion	77	3	1/2 portion	70	6	1	0	0	21	561	1	0	1	14	0	0	0	1
Premium Ham	159	6	1	142	38	4	1	0	85	1106	0	0	0	26	0	0	0	2
Premium Ham - Slim Sandwich Portion	77	3	1/2 portion	69	19	2	1	0	41	537	0	0	0	12	0	0	0	1
Premium Ham - 1/2 Sandwich Portion	77	3	1/2 portion	69	19	2	1	0	41	537	0	0	0	12	0	0	0	1
Homemade Tuna Salad	177	6	1	416	287	32	6	0	141	754	1	0	0	30	73	1	29	1
Homemade Tuna Salad - Slim Portion	88	3	1/2 portion	208	144	16	2	0	71	377	0	0	0	15	37	1	15	0
Homemade Tuna Salad - 1/2 Portion	88	3	1/2 portion	208	144	16	2	0	71	377	0	0	0	15	37	1	15	0
Homemade Chicken Salad	177	6	1	312	187	21	3	0	44	532	14	1	11	18	1	9	27	1
Homemade Chicken Salad - Slim Sandwich Portion	88	3	1/2 portion	156	93	10	1	0	28	266	7	1	5	9	0	4	14	0
Homemade Chicken Salad - 1/2 Sandwich Portion	88	3	1/2 portion	156	93	10	1	0	28	266	7	1	5	9	0	4	14	0
Hot Corned Beef	227	8	1	340	122	14	6	0	68	1247	0	0	0	54	0	0	0	3
Hot Corned Beef - Slim Sandwich Portion	113	4	1/2 portion	170	61	7	3	0	34	624	0	0	0	27	0	0	0	2
Hot Corned Beef - 1/2 Sandwich Portion	113	4	1/2 portion	170	61	7	3	0	34	624	0	0	0	27	0	0	0	2
Hot New York Style Pastrami	227	8	1	862	735	82	36	0	170	930	0	0	0	34	0	0	0	2
Hot New York Style Pastrami - Slim Sandwich Portion	113	4	1/2 portion	431	367	41	18	0	85	465	0	0	0	17	0	0	0	1
Hot New York Style Pastrami - 1/2 Sandwich Portion	113	4	1/2 portion	431	367	41	18	0	85	465	0	0	0	17	0	0	0	1



Build your own - continued

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.

Build Your Own Cheeses	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Imported Finlandia Swiss - 2 slices	45	2	2 slices	178	117	13	8	0	41	97	1	0	0	13	486	0	486	0
Imported Finlandia Swiss - 1 slice	23	1	1 slice	89	58	6	4	0	20	49	0	0	0	6	243	0	243	0
Provolone - 2 slices	45	2	2 slices	162	117	13	7	0	32	389	0	0	0	10	324	0	200	0
Provolone - 1 slice	23	1	1 slice	81	58	6	4	0	16	194	0	0	0	5	162	0	100	0
Wisconsin Mild Cheddar - 2 slices	45	2	2 slices	178	131	15	8	0	49	292	2	0	0	11	486	0	324	0
Wisconsin Mild Cheddar - 1 slice	23	1	1 slice	89	66	7	4	0	24	146	1	0	0	6	243	0	162	0
Sliced American Cheese - 2 slices	45	2	2 slices	191	129	14	10	0	48	668	2	0	0	10	955	0	100	0
Sliced American Cheese - 1 slice	23	1	1 slice	95	64	7	5	0	24	334	1	0	0	5	477	0	50	0
Jalapeno Pepper Jack - 2 slices	45	2	2 slices	162	117	13	8	0	37	729	3	0	2	8	486	0	243	0
Jalapeno Pepper Jack - 1 slice	23	1	1 slice	81	58	6	4	0	19	364	2	0	1	4	243	0	121	0
Shredded Cheddar	45	2	1 portion	178	131	15	8	0	49	292	2	0	0	11	486	0	324	0
Build Your Own Breads	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Organic Wheat Wrap	76	3	1 tortilla	180	30	3	2	0	0	260	34	3	1	6	-	-	-	1
1/2 Organic Wheat Wrap	38	2	1/2 tortilla	90	15	2	1	0	0	130	17	2	1	3	-	-	-	1
Multigrain Ciabatta Bun	90	3	1 bun	200	18	2	0	0	0	470	40	4	2	7	0	1	40	2
1/2 Multigrain Ciabatta Bun	45	2	1/2 bun	100	9	1	0	0	0	235	20	2	1	4	0	1	20	1
Herb Foccicia Bun	83	3	1 bun	200	27	3	0	0	0	410	37	2	1	7	0	0	20	3
1/2 Herb Foccicia Bun	42	1	1/2 bun	100	14	2	0	0	0	205	19	1	1	4	0	0	10	2
New Orleans French Bread	82	3	1 roll	207	13	1	0	0	0	657	41	1	1	7	0	0	149	4
1/2 New Orleans French Bread	41	1	1/2 roll	104	6	1	0	0	0	328	20	1	1	3	0	0	74	2
All Butter Croissant	85	3	1 croissant	360	189	21	13	0	55	470	37	1	6	7	750	0	60	2
1/2 All Butter Croissant	43	2	1/2 croissant	180	95	11	7	0	28	235	19	1	3	4	375	0	30	1
Gourmet Onion Bun	92	3	1 bun	240	25	3	1	0	5	350	47	0	7	7	0	1	20	3
1/2 Gourmet Onion Bun	46	2	1/2 bun	120	13	2	0	0	3	175	24	0	4	4	0	1	10	2
Whole Grain Wheat bread	86	3	2 slices	220	27	3	0	0	0	360	44	6	6	8	0	0	80	3
Whole Grain Wheat bread - 1 slice	43	2	1 slice	110	14	2	0	0	0	180	22	3	3	4	0	0	40	1
Country White bread	90	3	2 slices	220	27	3	0	0	0	400	44	0	6	6	0	0	40	3
Country White bread - 1 slice	45	2	1 slice	110	14	2	0	0	0	200	22	0	3	3	0	0	20	1
Rye bread	102	4	2 slices	240	18	2	0	0	0	460	46	2	0	8	0	0	40	3
Rye bread - 1 slice	51	2	1 slice	120	9	1	0	0	0	230	23	1	0	4	0	0	20	1



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Build Your Own - Spreads	Serving size (g)	Serving size	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Yellow Deli Mustard	14	1 Tbsp	1 portion	16	8	1	0	0	0	220	1	1	0	1	3	0	16	0
Organic Stone Ground Mustard	15	1 Tbsp	1 portion	0	0	0	0	0	0	165	0	0	0	0	0	0	0	0
Mayonnaise	14	1 Tbsp.	1 portion	100	100	11	2	0	0	75	0	0	0	0	0	0	0	0
Smoked Red Pepper-Cilantro Aioli	11	1 tbsp	1 portion	63	62	7	1	0	6	76	0	0	0	0	11	0	0	0
Basil Pesto Sauce	28	2 tbsp	1 portion	145	122	14	3	0	4	118	3	0	1	2	252	1	10	0
Leo's Italian Dressing	28	2 Tbsp.	1 portion	110	110	12	2	0	0	170	1	0	0	1	0	0	20	0
Low Fat Balsamic Vinaigrette	31	2 Tbsp.	1 portion	70	60	7	0	0	0	160	2	0	2	0	0	0	0	0
Extra Virgin Olive Oil	17	1 Tbsp.	1 portion	120	120	14	2	0	0	0	0	0	0	0	0	0	0	0
Homemade Guacamole	28	2 tbsp	1 portion	43	34	4	1	0	0	34	3	2	0	1	54	3	4	0
Roasted Red Pepper Hummus	30	2 tbsp	1 portion	60	30	4	0	0	0	170	7	2	1	2	0	2	20	1
Build Your Own - Toppings	Serving size (g)	Serving size	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Shredded Iceberg Lettuce	33	1/2 cup	1 portion	5	0	0	0	0	0	3	1	0	1	0	67	1	0	0
Leafy Lettuce	10	0	1 portion	2	0	0	0	0	0	3	0	0	0	0	741	2	4	0
Tomato slice	20	1	1 portion	4	0	0	0	0	0	1	1	0	1	0	167	3	2	0
Organic Field Greens	28	1/2 cup	1 portion	5	0	0	0	0	0	10	1	1	1	0	1000	no info	no info	0
Organic Spinach	15	1/2 cup	1 portion	3	1	0	0	0	0	12	1	0	0	0	1407	4	15	0
Purple Onion Rings	12	2 rings	1 portion	4	0	0	0	0	0	0	1	0	1	0	0	1	3	0
Italian Peppers	28	1 oz	1 portion	10	0	0	0	0	1	330	2	1	0	0	0	0	0	0
Homemade Pico de Gallo	45	2	1 portion	11	1	0	0	0	0	291	2	1	1	0	314	8	5	0
Sliced Avocado	50	1/4 med	1 portion	80	66	7	1	0	0	0	4	3	0	1	73	5	6	0
Oven Roasted Herb Tomatoes	28	1 oz	1 portion	82	34	4	0	0	0	126	12	3	0	0	365	0	13	1



Po'boys

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

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The Italian Cruz	403	14	1 sandwich	645	312	35	12	0	122	2849	50	4	4	32	766	9	383	6
Beefeater	398	14	1 sandwich	794	341	38	15	0	180	2264	41	1	1	64	324	0	474	8
Pastrami Melt	346	12	1 sandwich	1226	845	94	42	0	199	1631	44	1	3	50	486	1	635	7
Sergeant Pepper	511	18	1 sandwich	895	391	43	16	0	180	2271	52	4	5	66	1577	98	505	9
Meataballa Poboy	474	17	1 sandwich	1065	581	65	26	0	219	2674	62	3	6	52	792	8	604	8
Pot Roast Melt	311	11	1 sandwich	766	287	32	13	0	175	1514	47	4	2	67	413	0	488	7
Deli Cowboy	427	15	1 sandwich	825	420	47	13	0	215	2190	66	2	17	70	1176	10	558	11
Pulled Pork Sandwich - onion bun	432	15	1 sandwich	657	194	22	5	0	110	2181	74	2	24	43	4596	35	103	6
Pulled Pork Sandwich - wheat bun	429	15	1 sandwich	708	203	23	5	0	105	2393	83	2	22	44	4596	34	103	7

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.

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Chicken Pasta Primo - w/ bread	728	26	1 portion	993	143	61	18	0	142	2932	68	5	8	50	1245	10	343	5
Penne Pasta with Meatballs - w/ bread	725	26	1 portion	1111	650	74	21	0	147	2600	74	5	10	40	1365	11	328	6
Chicken Pasta Alfredo - w/ bread	795	28	1 portion	1197	707	80	32	0	209	3117	68	3	4	58	1248	1	593	5
Pasta Alfredo - no chicken - w/ bread	659	23	1 portion	1019	656	74	30	0	136	2032	65	3	4	28	1248	1	528	4
Pasta Primo - no chicken - w/ bread	592	21	1 portion	802	473	54	16	0	65	1644	64	5	8	18	1175	9	278	4
Portobello Garden Pasta w/ Mushrooms & w/ bread	610	22	1 portion	945	553	63	16	0	60	1805	74	12	3	26	2407	42	464	6
Portobello Garden Pasta with Chicken & w/ bread	732	26	1 portion	1119	604	69	17	0	133	2889	76	12	3	57	2407	42	528	7
Garlic Olive Oil Foccacia Bread for Pasta	107	4	2 pieces	404	231	27	3	0	0	410	37	2	1	7	0	0	20	3

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	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Plain Jane Potato	1182	42	1 potato	2300	1326	147	59	0	193	2423	190	13	17	60	5778	116	894	3
Pollo Mexicano Potato	1231	43	1 potato	1761	733	81	33	0	163	2919	200	16	19	65	6410	124	582	6
Spud Au Broc	1216	43	1 potato	1535	500	56	28	0	192	3116	203	17	17	68	4513	210	724	5
Texas Style Spud - Pork	1077	38	1 potato	1553	613	68	26	0	108	1703	191	13	19	48	2641	112	467	4
Texas Style Spud - Beef	1077	38	1 potato	1637	676	75	27	0	158	1003	189	13	17	46	2528	109	443	6



Favorites

Quintessential Jason's Deli sandwiches...fresh, delicious, big and beautiful. Only quality meat that is sliced fresh daily, garnished with fresh-cut produce and creatively dressed.

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Reuben THE Great	616	22	1 sandwich	860	311	35	15	0	114	4186	56	9	2	75	486	9	575	9
The New York Yankee - no dressing	488	17	1 sandwich	1189	625	69	32	0	194	2270	47	2	0	92	486	0	526	7
Santa Fe Chicken Sandwich	332	12	1 sandwich	757	340	38	14	0	130	1909	52	7	9	57	679	5	635	4
Bird to the Wise with mayo	466	16	1 sandwich	1491	1017	113	49	0	263	2053	49	0	7	71	600	1	620	5
Bird to the Wise - no dressing	452	16	1 sandwich	1391	918	102	47	0	253	1978	49	0	7	71	600	1	620	5
BLT	246	9	1 sandwich	800	437	49	14	0	58	1850	68	10	10	30	333	5	124	4
Tuna Melt	353	12	1 sandwich	960	558	62	18	0	165	1310	47	6	7	54	840	4	711	4
Deli Club	389	14	1 sandwich	882	398	44	16	0	146	2280	70	9	10	58	767	3	622	5
Chicago Club	13	363	1 sandwich	776	446	50	15	0	114	2785	46	7	2	46	3607	20	282	8
Amy's Turkey-O	386	14	1 sandwich	648	242	27	11	0	33	2063	71	7	11	33	1633	19	58	3
Club Royale	12	345	1 sandwich	846	461	51	27	0	185	2188	44	2	11	53	1517	3	569	3
California Club	10	288	1 sandwich	826	510	57	27	0	145	1548	42	2	7	39	1455	5	555	2
Ranchero Wrap	442	16	1 sandwich	890	443	49	17	0	160	3878	62	13	6	61	10770	37	615	8
Philly Chic	368	13	1 Sandwich	609	223	25	9	0	98	1498	52	5	8	47	1603	99	406	3

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 size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Ham Muffaletta	955	34	1	1747	744	83	25	0	332	7259	142	13	7	105	1361	13	871	17
1/2 Ham Muff	478	17	1	874	372	41	12	0	166	3629	71	7	4	52	680	6	435	8
1/4 Ham Muff	239	8	1	437	186	21	6	0	83	1815	36	3	2	26	340	3	218	4
Turkey Muffaletta	910	32	1	1561	573	64	19	0	178	6741	146	13	5	103	1361	13	854	13
1/2 Turkey Muff	455	16	1	780	286	32	10	0	89	3370	73	7	3	52	680	6	427	6
1/4 Turkey Muff	228	8	1	390	143	16	5	0	45	1685	37	3	1	26	340	3	214	3

Paninis & wrapinis

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	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Chicken Panini	356	13	1 sandwich	839	425	48	15	0	119	2385	49	2	3	53	1687	8	642	6
Smokey Jack Panini	375	13	1 sandwich	790	375	42	15	0	59	3045	52	3	9	50	885	6	154	6
Chicken Club Wrapini	12	351	1 wrapini	782	407	46	17	0	143	1850	42	4	3	56	882	6	586	3
Grilled Portobella Wrapini	334	12	1 sandwich	672	414	47	15	0	61	1286	45	7	5	24	2231	15	436	3



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 size	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Broccoli Cheese Soup - bowl	372	12 oz vol	1 bowl	452	268	30	19	0	94	2035	27	2	11	19	1714	38	528	1
Broccoli Cheese Soup - cup	186	7 oz vol	1 cup	226	134	15	10	0	47	1018	14	1	6	9	857	19	264	1
Chicken Noodle Soup - bowl	361	12 oz vol	1 bowl	214	72	8	2	0	47	2197	24	2	2	12	5182	3	34	1
Chicken Noodle Soup - cup	163	7 oz vol	1 cup	97	33	4	1	0	21	995	11	1	1	5	2346	2	15	0
SW Chicken Chili plain - bowl	354	12 oz vol	1 bowl	269	78	9	2	0	66	1324	27	7	3	25	1515	9	85	3
SW Chicken Chili plain - cup	152	7 oz vol	1 cup	116	34	4	1	0	28	569	12	3	1	11	651	4	37	1
Creamy Irish Potato - bowl	338	12 oz vol	1 bowl	463	300	33	17	0	77	1104	33	2	5	8	3946	10	90	1
Creamy Irish Potato - cup	161	7 oz vol	1 cup	221	143	16	8	0	37	526	16	1	2	4	1880	5	43	0
Texas Chili - bowl	347	12 oz vol	1 bowl	396	177	20	9	0	45	1292	20	6	5	35	58	0	82	0
Texas Chili - cup	204	7 oz vol	1 cup	233	104	12	5	0	27	760	12	4	3	21	34	0	48	0
Tomato Basil Soup - bowl	331	12 oz vol	1 bowl	321	223	25	13	0	66	1123	22	4	12	3	1823	18	88	1
Tomato Basil Soup - cup	177	7 oz vol	1 cup	171	119	13	7	0	35	600	12	2	6	2	974	9	47	1
Vegetarian Vegetable Pasta Soup - bowl	286	12 oz vol	1 bowl	132	31	3	1	0	0	849	23	4	6	3	4127	9	48	1
Vegetarian Vegetable Pasta Soup - cup	163	7 oz vol	1 cup	76	18	2	0	0	0	485	13	2	4	2	2358	5	27	1
Vegetarian French Onion - bowl****	257	12 oz vol	1 bowl	273	169	19	6	0	20	1113	17	1	4	9	201	5	249	1
Vegetarian French Onion - cup****	171	7 oz vol	1 cup	194	123	14	5	0	20	782	9	1	2	8	201	3	229	0
**Seafood gumbo - bowl*	410	12 oz vol	1 bowl	301	87	10	4	0	39	1902	37	3	4	16	701	12	84	2
**Seafood gumbo - cup*	219	7 oz vol	1 cup	161	46	5	2	0	21	1001	20	2	2	8	369	6	44	1
Fire roasted Tortilla - bowl	391	12 oz vol	1 bowl	317	143	16	2	0	22	1303	35	5	6	9	607	25	65	2
Fire roasted Tortilla - cup	205	7 oz vol	1 cup	163	73	8	1	0	11	683	18	3	3	5	319	13	33	1

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



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 size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
Fresh Vegetables & Fruit																			
SB Lettuce	204	7	1 portion	36	2	0	0	0	0	22	8	3	5	2	2811	38	67	2	
Organic Field Greens	67	8	1 portion	10	0	0	0	0	0	20	3	1	1	1	2000	46	68	0	
Organic Spinach	30	8	1 portion	7	1	0	0	0	0	24	1	1	0	1	2813	8	30	1	
Cauliflower Florets	36	4	1 portion	9	0	0	0	0	0	11	2	1	1	1	5	16	8	0	
Cherry Tomatoes	68	4 each	1 portion	12	1	0	0	0	0	3	3	1	2	1	566	9	7	0	
Broccoli Florets	36	4	1 portion	10	1	0	0	0	0	10	2	1	1	1	1065	33	17	0	
Sliced Mushrooms	36	2	1 portion	8	1	0	0	0	0	2	1	0	1	1	0	1	1	0	
Organic Baby Carrots	28	2	1 portion	13	0	0	0	0	0	15	3	1	2	0	4167	2	7	0	
Red Bell Pepper Ring	10	1 ring	1 portion	3	0	0	0	0	0	0	1	0	0	0	313	19	1	0	
Yellow Bell Pepper Ring	10	1 ring	1 portion	3	0	0	0	0	0	0	1	0	0	0	20	18	1	0	
Purple Onion Rings	12	2 rings	1 portion	4	0	0	0	0	0	0	1	0	1	0	0	1	3	0	
Cucumber Slices	35	5 slices	1 portion	4	1	0	0	0	0	1	1	0	0	0	25	1	5	0	
Sprouts	17	4	1 portion	5	1	0	0	0	0	1	1	0	0	1	26	1	5	0	
Organic Red Apple Slices	113	4	1 portion	59	2	0	0	0	0	1	16	3	12	0	61	5	7	0	
Cheeses																			
Asiago Cheese	28	1	1 oz	100	70	8	5	0	25	310	2	0	0	7	100	0	30	??	
Cottage Cheese	113	4	4 oz	80	10	1	1	0	10	430	5	0	4	13	200	0	80	0	
Feta Cheese	30	1	1 oz	90	60	6	5	0	20	360	<1g	0	0	4	250	0	90	0	
Shredded Cheddar	28	1	1 oz	110	80	9	5	0	30	180	<1g	0	0	7	300	0	200	0	
Dressings																			
1000 Island (Russian) Dressing	57	2 oz	1 portion	246	204	23	4	0	19	151	8	0	8	0	0	2	0	0	
Blue Cheese dressing	56	2 oz	1 portion	280	260	28	6	0	20	660	4	0	2	2	0	0	80	0	
Low Fat Honey Mustard	58	2 oz	1 portion	151	85	9	1	0	0	321	13	0	11	2	189	2	38	0	
Low Fat Ranch dressing	60	2 oz	1 portion	160	140	8	2	0	5	240	2	0	1	1	0	0	20	0	
Organic Reduced Calorie Country French Dressing	64	2 oz	1 portion	180	108	12	2	0	0	720	16	0	14	0	0	2	0	1	
Ranch dressing	57	2 oz	1 portion	253	240	27	3	0	20	493	3	0	0	1	0	3	0	0	
Leo's Italian Dressing	56	2 oz	1 portion	220	220	24	4	0	0	340	2	0	0	2	0	0	40	0	
Low Fat Balsamic Vinaigrette	62	2 oz	1 portion	140	120	14	0	0	0	320	4	0	4	0	0	0	0	0	
Leo's Fat Free Italian Dressing	60	2 oz	1 portion	10	0	0	0	0	0	320	2	0	0	0	0	7	40	1	
Organic Raspberry Vinaigrette	62	2 oz	1 portion	80	40	4	0	0	0	150	10	0	8	0	0	204	0	1	
Ceasar Dressing	56	2 oz	1 portion	196	169	19	3	0	11	480	2	0	0	2	0	0	87	1	
Extra Virgin Olive Oil	57	2 oz	1 portion	454	454	53	8	0	0	0	0	0	0	0	0	0	0	0	
Organic Balsamic Vinegar	57	2 oz	1 portion	57	0	0	0	0	0	0	11	0	11	0	0	0	0	0	



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 size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
<u>Homemade Recipes</u>																			
American Potato Salad	113	4	1 portion	207	133	15	3	0	41	280	16	2	2	3	274	17	14	0	
Honeymustard Coleslaw	113	4	1 portion	97	41	5	0	0	0	179	12	2	9	2	4457	28	51	0	
Italian Pasta Salad	113	4	1 portion	357	113	13	2	0	0	646	53	3	3	10	432	14	27	3	
Three Bean Salad	113	4	1 portion	200	61	7	1	0	0	278	20	6	3	11	442	29	59	2	
Tuna Pasta Salad	113	4	1 portion	295	122	14	2	0	7	323	33	2	2	11	310	27	35	2	
Mixed Fruit and Yogurt	113	4	1 portion	89	10	1	1	0	5	48	17	1	15	4	52	7	122	0	
Banana Pudding	113	4	1 portion	130	30	3	2	0	20	125	14	3	5	4	129	1	109	0	
Chocolate Mousse	113	4	1 portion	395	332	40	20	0	121	92	17	2	13	1	1215	0	13	1	
<u>Add Protein</u>																			
Smoked Turkey	77	3	1 portion	70	6	1	0	0	21	561	1	0	1	14	0	0	0	1	
Homemade Tuna Salad	88	3	1 portion	208	144	16	2	0	71	377	0	0	0	15	37	1	15	0	
Homemade Chicken Salad	88	3	1 portion	156	93	10	1	0	28	266	7	1	5	9	0	4	14	0	
Turkey Breast	77	3	1 portion	69	12	1	1	0	28	578	1	0	no info	14	no info	no info	no info	no info	
Premium Ham	77	3	1 portion	69	19	2	1	0	41	537	0	0	0	12	0	0	0	1	
Chicken Strips	68	2	1 portion	89	26	3	1	0	36	543	2	0	0	15	0	0	32	1	
<u>Other Items</u>																			
Stuffed Green Olives	24	2	1 portion	25	24	3	0	0	0	496	0	0	0	0	151	3	13	0	
Kalamata Olives	15	2	1 portion	40	36	4	0	0	0	240	1	0	0	0	25	0	15	0	
Artichokes	65	2	1 portion	18	0	0	0	0	0	210	3	2	1	1	0	0	2	0	
Italian Pepperocini	43	2	1 portion	15	0	0	0	0	0	495	3	2	0	0	0	0	0	0	
Roasted Red Pepper Hummus	30	1	1 portion	60	30	4	0	0	0	170	7	2	1	2	0	2	20	1	
Hard Boiled Egg	50	1 egg	1 egg	78	48	5	2	0	212	62	1	0	1	6	293	0	25	1	
Bacon Bits	57	2	1 portion	243	164	18	6	0	81	1255	0	0	0	24	0	0	0	0	
Cranberry Walnut mix	28	1	1 portion	110	25	3	0	0	0	110	19	2	12	2	0	0	0	0	
Cajun Mix	28	1	1 portion	180	125	14	3	0	0	90	6	3	1	7	0	0	20	1	
Organic Granola	28	2	1 portion	110	23	3	0	0	0	5	20	2	9	3	50	0	20	1	
Croutons	32	1	1 portion	145	48	5	0	0	0	390	21	1	1	3	no info	no info	no info	no info	
Garlic Toast	9	1	1 piece	57	39	4	0	0	0	44	4	0	0	0	0	0	10	0	
Cornbread Muffin	28	1	1 muffin	105	48	5	1	0	18	74	12	0	6	1	0	0	6	0	
Gingerbread Muffin	28	1	1 muffin	90	27	3	1	0	10	35	14	0	9	1	0	0	0	0	



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, organic milk or a kids' fountain drink.

Description of Product	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Kid's Organic Peanut Butter & Jelly Sandwich	157	6	1 sandwich	605	230	26	5	0	0	563	77	4	37	17	0	36	70	3
Kid's Grilled Cheese Sandwich	142	5	1 sandwich	482	237	26	10	0	40	1113	46	0	6	14	1268	0	244	3
Kid's Hot Dog	113	4	1 portion	271	102	11	5	0	34	678	28	1	3	13	147	1	10	2
Kid's Hot Dog with Chili	227	8	1 portion	428	106	29	13	0	62	1249	27	3	5	23	19	0	67	2
Kid's Macaroni & Cheese	224	8	1 portion	270	81	9	5	0	15	740	35	0	5	12	500	0	200	1
Kid's Cheese Pizza	186	7	1 pizza	480	171	19	7	0	25	600	58	3	4	20	750	6	300	1
Kid's Pepperoni Pizza	194	7	1 pizza	504	190	21	8	0	30	660	58	3	4	21	750	6	300	2
Turkey & Cheese Kidwich - Turkey on White	186	7	1 sandwich	369	93	10	5	0	48	1258	46	0	6	24	400	0	140	3
Turkey & Cheese Kidwich - Turkey on Wheat	182	6	1 sandwich	369	109	12	5	0	61	1117	45	4	8	22	400	0	100	3
Turkey & Cheese Kidwich on Organic Wrap	134	5	1 sandwich	239	80	9	5	0	48	988	19	2	1	21	400	0	100	1
Kid's Ranch Wrapper	168	6	1 sandwich	425	226	25	12	0	100	1056	21	2	1	33	613	0	440	1
Kid's Bowtie Pasta & Meatballs	308	11	1 portion	337	192	21	7	0	70	1045	21	2	5	15	488	9	70	3
Kid's Baked Potato	433	15	1 potato	796	429	48	28	0	143	694	70	5	6	23	1417	40	447	1
Little Dippers - Broc & Carrots w/ Ranch	232	8	1 portion	325	258	29	4	0	26	325	14	5	7	3	18256	55	93	2
Little Dippers - Blue Corn chips w/ salsa	79	3	1 portion	147	66	7	1	0	0	197	17	3	1	3	496	0	22	1
Little Dippers - Organic Apples & Celery w/ peanut butter	157	6	1 portion	401	273	30	6	0	0	264	16	5	8	15	307	4	63	1

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 size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
American Potato Salad	227	8	1 portion	415	265	29	6	0	82	559	32	4	3	6	549	34	28	1
Honeymustard Coleslaw	227	8	1 portion	193	81	9	1	0	0	357	25	4	17	4	8915	56	103	1
Italian Pasta Salad	227	8	1 portion	715	225	25	4	0	0	1293	106	6	5	20	865	28	54	5
Three Bean Salad	227	8	1 portion	399	121	14	1	0	0	556	41	12	6	22	884	57	117	4
Tuna Pasta Salad	227	8	1 portion	590	245	27	4	0	15	646	67	4	5	23	621	53	69	3
Fresh Fruit Cup	246	9	1 portion	234	70	8	5	0	22	77	41	3	34	3	232	65	53	1
Fresh Fruit Cup-no dip	182	6	1 portion	89	3	0	0	0	0	2	23	3	18	1	83	65	24	1
Steamed Veggies	181	6	1 portion	61	2	0	0	0	0	66	13	5	5	4	10716	89	57	1
Roasted Red Pepper Hummus	120	4	1 portion	240	120	14	0	0	0	680	28	8	4	8	0	10	80	3
Guacamole	113	4	1 portion	170	136	15	2	0	0	136	10	7	1	2	215	11	16	1
Homemade Salsa	113	4	1 portion	31	2	0	0	0	0	619	7	2	3	1	793	11	8	0
Organic Blue Corn Tortilla Chips	41	1	1 portion	214	96	11	1	0	0	87	26	3	0	3	0	0	39	1
Dill Pickle Spear	35	1	1 spear	5	0	0	0	0	0	410	1	1	0	0	0	0	20	0
House Chips	41	1	1 serving	233	131	15	4	0	0	219	22	1	0	3	0	5	0	0



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 size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Fudge Nut Brownie	99	3	1	420	210	24	12	0	120	25	51	3	40	6	750	0	20	1
Turtle Cheese Cake	130	5	1 slice	500	270	30	10	0	100	380	50	2	34	8	750	0	100	1
Plain Cheese Cake	151	5	1 slice	520	280	31	17	0	130	440	54	1	37	9	1000	0	150	1
Fruit Topped Cheese Cake (Marion Berry)	186	7	1 slice	570	306	34	20	0	155	410	61	1	48	8	1000	0	80	1
Strawberry Cheese Cake	175	6	1 slice	528	279	31	17	0	130	440	56	1	38	5	1003	14	154	1
Triple Chocolate Cheese Cake	142	5	1 slice	550	260	32	16	0	100	450	58	2	43	8	750	0	150	1.44.00
Carrot Cake	144	5	1 slice	510	250	28	9	0	65	380	63	4	47	6	1750	2	40	2
Strawberry Short Cake	203	7	1 cake	412	132	15	9	0	54	521	63	1	36	6	581	28	77	2
Baklava	69	2	1 piece	375	160	16	2	0	0	181	50	2	30	6	0	0	20	2
Macadamia White Chip Cookie	71	3	1 cookie	340	170	18	7	0	40	150	39	<1	24	4	200	0	40	1
Oatmeal Cookie	71	3	1 cookie	270	70	7	1	0	25	140	48	2	26	4	0	0	40	2
Chocolate Chip Cookie	71	3	1 cookie	330	160	18	6	0	35	85	40	<1	17	4	200	0	20	1
Peanut Butter Cookie	71	3	1 cookie	340	180	20	5	0	35	200	34	2	18	7	200	0	20	1
Cranberry Walnut Cookie	71	3	1 cookie	310	140	16	4	0	35	190	39	3	20	5	200	0	40	2
Vanilla Soft Serve Dessert	113	4	1 portion	159	41	5	3	0	11	74	24	0	24	3	454	1	170	0
Chocolate Soft Serve Dessert	113	4	1 portion	170	41	5	3	0	11	79	25	0	24	5	454	1	170	1
Ice Cream Cone	4	1 cone	1 cone	20	0	0	0	0	0	20	4	0	0	0	0	0	0	0
Chocolate Topping for Ice Cream	28	1	1 portion	100	10	1	1	0	0	15	22	1	21	1	0	0	0	0



Seasonal Items / Limited Time Offers / Special Boards / "Little" Jason's Deli Menu Items
No matter what - they are always free of artificial trans fats & HFCS

Description of Product	Serving size (g)	Serving size (oz)	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)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
The VJ - no dressing	332	12	1 Sandwich	890	514	57	25	0	139	1547	37	2	1	58	243	0	263	6
The VJ - must	347	12	1 Sandwich	905	514	57	25	0	139	1787	37	2	1	58	243	0	263	6
The VJ - mayo	346	12	1 Sandwich	990	613	68	27	0	149	1622	37	2	1	58	243	0	263	6
Ham Panini	263	8	1 Sandwich	471	179	20	9	0	58	1660	46	2	5	24	627	5	483	5
Uptown Turkey Melt	266	9	1 Sandwich	398	146	16	6	0	79	1427	28	3	6	38	436	4	247	1
Pizza Adobe	451	16	1 portion	739	371	41	21	0	158	3018	49	3	18	48	2216	24	866	3
Pizza Blue	363	13	1 portion	845	583	65	19	0	107	2465	35	10	4	37	6327	28	566	9
Cantina Wrapini	496	17	1 sandwich	692	311	35	14	0	134	2275	57	17	3	55	7110	43	565	10
Café Wrap	336	12	1 sandwich	781	451	50	19	0	127	2718	38	4	2	49	716	5	409	2
JB's Bagelini	321	11	1 sandwich	624	313	35	8	0	70	1832	50	5	5	28	530	11	232	4
Hamit Down	320	11	1 sandwich	462	101	11	5	0	87	1787	49	2	1	40	275	1	259	4
Bronx Baker	706	25	1 potato	856	228	26	8	0	46	449	132	14	8	28	2295	75	135	8
Miami Panini	357	13	1 sandwich	569	188	21	12	0	119	2223	44	2	1	49	600	0	769	5
Smokey Jack Melt	342	12	1 sandwich	590	225	25	10	0	71	2874	53	5	11	42	859	5	5	3
Marlo's Big Cheesy	378	13	1 sandwich	698	374	42	18	0	60	1426	58	15	6	33	7674	38	637	9
Egg Salad - Build Your Own *Meat*	177	6	1 portion	496	419	47	8	0	531	667	2	0	0	15	992	14	63	2
Poblano Corn Chowder - bowl	375	12 oz vol	1 Bowl	338	169	19	8	0	38	900	38	4	8	8	2813	23	150	3
Poblano Corn Chowder - cup	219	7 oz vol	1 Cup	197	98	11	4	0	22	525	22	2	4	4	1641	13	88	2
Clam Chowder - bowl	340	12 oz vol	1 Bowl	298	179	20	11	0	71	1176	21	1	3	10	567	13	85	1
Clam Chowder - cup	272	7 oz vol	1 Cup	272	143	16	9	0	57	941	17	1	2	8	454	10	68	0
**Red Beans and Rice w/Sausage - Bowl	422	12 oz vol	1 bowl	275	56	6	2	0	20	1405	56	23	3	19	1583	12	71	5
**Red Beans and Rice w/Sausage - Cup	180	7 oz vol	1 cup	122	23	3	1	0	8	582	25	10	1	8	655	5	30	2
Chicken Pot Pie - Bowl***	383	12 oz vol	1 bowl	454	203	23	12	0	85	1569	45	3	5	17	6273	6	71	2
Chicken Pot Pie - Cup***	228	7 oz vol	1 cup	320	151	17	9	0	58	918	32	2	3	10	3429	3	39	2

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

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.