

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	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)
Garden Sandwich - Ciabatta Bun	312	1 sandwich	409	168	19	7	0	30	714	49	6	6	16
Garden Sandwich - Wrap Bread	298	1 sandwich	399	177	20	8	0	30	694	45	6	6	15
Mediterranean Wrap	231	1 sandwich	306	92	10	2	0	10	828	43	6	3	14
Spinach Veggie Wrap	224	1 sandwich	359	150	17	8	0	30	607	40	6	3	16
Turkey Wrap	255	1 sandwich	359	130	14	4	0	35	920	40	5	3	22
Turkey Reuben	417	1 sandwich	510	116	13	6	0	82	3047	53	6	0	44
Club Lite	321	1 sandwich	475	138	15	5	0	82	1885	49	7	10	41

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.

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Reuben THE Great	616	1 sandwich	860	311	35	15	0	114	4186	56	9	2	75
The New York Yankee - no dressing	488	1 sandwich	1189	625	69	32	0	194	2270	47	2	0	92
Santa Fe Chicken Sandwich	332	1 sandwich	757	340	38	14	0	130	1909	52	7	9	57
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
Deli Club	404	1 sandwich	827	371	41	14	0	123	2430	67	11	11	57
Chicago Club	363	1 sandwich	776	446	50	15	0	114	2785	46	7	2	46
Amy's Turkey-O	386	1 sandwich	648	242	27	11	0	33	2063	71	7	11	33
Club Royale	359	1 sandwich	730	390	44	21	0	160	2230	40	2	7	47
California Club	288	1 sandwich	830	510	57	27	0	145	1550	42	2	7	39
Ranchero Wrap	442	1 sandwich	891	444	49	17	0	160	3484	62	14	7	57
Philly Chic	368	1 sandwich	609	223	25	9	0	98	1498	52	5	8	47

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

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Nutty Mixed Up Salad	642	1 salad	920	410	45	8	0	95	2330	90	9	63	38
Nutty Mixed Up Salad - no chicken	506	1 salad	740	360	40	7	0	20	1250	87	9	63	10
Nutty Mixed Up Salad - no dressing	518	1 salad	636	163	18	6	0	93	1694	80	8	55	41
Nutty Mixed Up Salad - no chicken - no dressing	382	1 salad	457	112	12	5	0	20	609	77	8	55	10
Taco Salad with Chili - no salsa	853	1 salad	1972	997	111	27	0	112	1719	189	27	11	55
Taco Salad with SW Chicken Chili - no salsa	853	1 salad	1907	948	105	24	0	122	1723	193	28	10	49
Big Chef Salad - no dressing	464	1 salad	502	268	30	13	0	326	1656	13	2	5	50
Chicken Caesar Salad - no bread	518	1 salad	880	510	56	22	0	155	2900	36	4	7	58
Caesar Salad - no chicken - no bread	382	1 salad	703	455	51	20	0	80	1812	33	4	7	30
Garlic Olive Oil Foccacia Bread for Caesar Salad	56	2 pieces	220	124	16	2	0	0	205	19	1	1	4
Fresh Fruit Cup - with dip	246	1 portion	234	70	8	5	0	22	77	41	3	34	3
Fresh Fruit Cup - no dip	182	1 portion	89	3	0	0	0	0	2	23	3	18	1
Creamy Fruit Dip - 2 oz	64	1 portion	144	66	7	4	0	22	74	18	0	16	1
Steamed Veggies	181	1 portion	61	2	0	0	0	0	66	13	5	5	4

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)
<u>Fresh Vegetables & Fruit</u>													
SB 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
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
<u>Homemade Recipes</u>													
American Potato Salad	109	1/2 cup	199	127	14	2	0	51	268	15	2	2	3
Honey mustard Coleslaw	73	1/2 cup	62	26	3	0	0	0	114	8	1	5	1
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

Salad Bar

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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)
<u>Dressings</u>													
1000 Island (Russian) Dressing	57	4 tbsp	246	204	23	4	0	19	151	8	0	8	0
Blue Cheese Dressing	56	4 tbsp	280	260	28	6	0	20	660	4	0	2	2
Low Fat Honey Mustard Dressing	58	4 tbsp	151	85	9	1	0	0	321	13	0	11	2
Low Fat Ranch Dressing	60	4 tbsp	160	140	8	2	0	5	240	2	0	1	1
Organic Reduced Calorie Country French Dressing	64	4 tbsp	180	108	12	2	0	0	720	16	0	14	0
Ranch Dressing	57	4 tbsp	253	240	27	3	0	20	493	3	0	0	1
Leo's Italian Dressing	56	4 tbsp	220	220	24	4	0	0	340	2	0	0	2
Balsamic Vinaigrette Dressing	62	4 tbsp	140	120	14	0	0	0	320	4	0	4	0
Leo's Fat Free Italian Dressing	60	4 tbsp	10	0	0	0	0	0	320	2	0	0	0
Organic Raspberry Vinaigrette	62	4 tbsp	80	40	4	0	0	0	150	10	0	8	0
Cesar Dressing	58	4 tbsp	140	120	12	4	0	10	250	2	0	2	6
Extra Virgin Olive Oil	57	4 tbsp	454	454	53	8	0	0	0	0	0	0	0
Organic Balsamic Vinegar (bottle)	57	4 tbsp	57	0	0	0	0	0	0	11	0	11	0
<u>Cheeses</u>													
Asiago Cheese	23	1/4 cup	105	80	9	5	0	24	251	0	0	0	6
Cottage Cheese	113	1/4 cup	110	41	5	3	0	20	432	4	0	4	12
Feta Cheese	36	1/4 cup	109	65	7	5	0	24	435	0	0	0	5
Shredded Cheddar	32	1/4 cup	125	92	10	6	0	34	204	1	0	0	8

Salad Bar

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<u>Add Protein</u>													
Smoked Turkey	77	1/2 portion	70	6	1	0	0	21	561	1	0	1	14
Homemade Tuna Salad	88	1/2 portion	208	144	16	2	0	71	377	0	0	0	15
Homemade Chicken Salad	88	1/2 portion	156	93	10	1	0	28	266	7	1	5	9
Roasted Turkey Breast	77	1/2 portion	69	12	1	1	0	28	578	1	0	no info	14
Premium Ham	77	1/2 portion	69	25	3	1	0	28	564	1	0	0	12
Marinated Chicken Strips	68	1/2 portion	89	26	3	1	0	36	543	2	0	0	15
<u>Other Items</u>													
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
Artichokes	65	1/4 cup	18	0	0	0	0	0	210	3	2	1	1
Italian Pepperocini	43	1/4 cup	15	0	0	0	0	0	495	3	2	0	0
Roasted Red Pepper Hummus	59	4 tbsp	126	57	6	0	0	0	358	15	4	2	4
Hard Boiled Egg	50	1 egg	78	48	5	2	0	212	62	1	0	1	6
Bacon Bits	57	1/4 cup	243	164	18	6	0	81	1255	0	0	0	24
Cranberry Walnut Mix	36	4 tbsp	143	35	4	0	0	0	143	25	3	16	3
Cajun 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
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.

Build Your Own Meats	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
Turkey Breast - Slim Sandwich Portion	77	1/2 portion	69	12	1	1	0	28	578	1	0	0	14
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	144	13	1	0	0	43	1155	3	0	3	29
Smoked Turkey - Slim Sandwich Portion	77	1/2 portion	70	6	1	0	0	21	561	1	0	1	14
Smoked Turkey - 1/2 Sandwich Portion	77	1/2 portion	70	6	1	0	0	21	561	1	0	1	14
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	208	144	16	2	0	71	377	0	0	0	15
Homemade Tuna Salad - 1/2 Portion	88	1/2 portion	208	144	16	2	0	71	377	0	0	0	15
Homemade Chicken Salad	177	1 portion	310	190	21	3	0	55	530	14	1	11	18
Homemade Chicken Salad - Slim Sandwich Portion	88	1/2 portion	155	95	10	1	0	28	265	7	1	5	9
Homemade Chicken Salad - 1/2 Sandwich Portion	88	1/2 portion	155	95	10	1	0	28	265	7	1	5	9
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

Build your own - continued

Build Your Own Breads	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 Foccicia Bun	83	1 bun	200	27	3	0	0	0	410	37	2	1	7
1/2 Herb Foccicia 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	360	189	21	13	0	55	470	37	1	6	7
1/2 All Butter Croissant	43	1/2 croissant	180	95	11	7	0	28	235	19	1	3	4
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
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
Build Your Own - Spreads	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 Sauce	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	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	43	34	4	1	0	0	34	3	2	0	1
Roasted Red Pepper Hummus	30	2 Tbsp	60	30	4	0	0	0	170	7	2	1	2

Build your own - continued

Build Your Own - Toppings	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 Tomatoes	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
Build Your Own Cheeses	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 Finlandia Swiss - 2 slices	45	2 slices	178	117	13	8	0	41	97	1	0	0	13
Imported Finlandia 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
Wisconsin Mild Cheddar - 2 slices	45	2 slices	178	131	15	8	0	49	292	2	0	0	11
Wisconsin 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
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	45	1/4 cup	178	131	15	8	0	49	292	2	0	0	11

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	1 sandwich	645	319	35	12	0	108	2877	52	4	4	32
Beefeater	398	1 sandwich	794	341	38	15	0	180	2264	41	1	1	64
Pastrami Melt	346	1 sandwich	1226	845	94	42	0	199	1631	44	1	3	50
Sergeant Pepper	511	1 sandwich	895	391	43	16	0	180	2271	52	4	5	66
Meataballa Poboy	474	1 sandwich	1065	581	65	26	0	219	2674	62	3	6	52

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.

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Chicken Panini	356	1 panini	839	425	48	15	0	119	2385	49	2	3	53
Smokey Jack Panini	375	1 panini	790	375	42	15	0	59	3045	52	3	9	50
Chicken Club Wrapini	351	1 wrapini	782	407	46	17	0	143	1850	42	4	3	56
Grilled Portobella Wrapini	334	1 wrapini	672	414	47	16	0	61	925	45	7	5	24
JB's Bagelini	321	1 sandwich	624	313	35	8	0	70	1652	50	5	6	28

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	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 Jane Potato	1182	1 potato	2300	1326	147	59	0	193	2423	190	13	17	60
Pollo Mexicano Potato	1231	1 potato	1761	733	81	33	0	163	2558	200	17	19	62
Spud Au Broc	1216	1 potato	1535	500	56	28	0	192	3116	203	17	17	68
Texas Style Spud - Pork	1077	1 potato	1553	613	68	26	0	108	1703	191	13	19	48
Texas Style Spud - Beef	1167	1 potato	1812	755	84	29	0	237	1125	192	13	18	58

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	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	621	1 portion	589	310	35	15	0	142	2521	30	3	7	39
Penne Pasta with Meatballs - no bread	618	1 portion	703	416	46	18	0	147	2012	36	2	8	33
Chicken Pasta Alfredo - no bread	688	1 portion	793	476	53	29	0	209	2706	31	1	3	48
Pasta Alfredo - no chicken - no bread	552	1 portion	614	425	47	28	0	136	1621	28	1	3	21
Pasta Primo - no chicken - no bread	485	1 portion	397	242	27	13	0	65	1233	27	3	7	11
Portobello Garden Pasta w/ Mushrooms - no bread	504	1 portion	541	322	36	13	0	60	1394	37	10	2	19
Portobello Garden Pasta with Chicken - no bread	626	1 portion	714	373	42	15	0	133	2479	39	10	2	46
Garlic Olive Oil Foccacia Bread for Pasta	56	2 pieces	220	134	16	2	0	0	205	19	1	1	4

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)
Ham Muffaletta	983	1 muffaletta	1780	796	88	25	0	275	7691	149	14	7	105
1/2 Ham Muff	491	1/2 muffaletta	890	398	44	13	0	138	3846	75	7	4	53
1/4 Ham Muff	246	1/4 muffaletta	445	199	22	6	0	69	1922	37	3	2	26
Turkey Muffaletta	910	1 muffaletta	1561	573	64	19	0	178	6741	146	13	5	103
1/2 Turkey Muff	455	1/2 muffaletta	780	286	32	10	0	89	3370	73	7	3	52
1/4 Turkey Muff	228	1/4 muffaletta	390	143	16	5	0	45	1685	37	3	1	26
Veggaletta Muff	924	1 muffaletta	1267	491	55	13	0	49	4470	153	21	13	46
1/2 Veggaletta Muff	462	1/2 muffaletta	634	245	27	7	0	24	2235	76	10	6	23
1/4 Veggaletta Muff	231	1/4 muffaletta	317	123	14	3	0	12	1117	38	5	3	12

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 plain - bowl	354	1 bowl	269	78	9	2	0	66	1324	27	7	3	25
SW Chicken Chili plain - cup	152	1 cup	116	34	4	1	0	28	569	12	3	1	11
Creamy Irish Potato - bowl	338	1 bowl	463	300	33	17	0	77	1104	33	2	5	8
Creamy Irish Potato - cup	161	1 cup	221	143	16	8	0	37	526	16	1	2	4
Texas Chili - bowl	347	1 bowl	396	177	20	9	0	45	1292	20	6	5	35
Texas Chili - cup	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
Vegetarian Vegetable Pasta Soup - bowl	286	1 bowl	132	31	3	1	0	0	849	23	4	6	3
Vegetarian Vegetable Pasta Soup - cup	163	1 cup	76	18	2	0	0	0	485	13	2	4	2
Vegetarian French Onion - bowl****	257	1 bowl	273	169	19	6	0	20	1113	17	1	4	9
Vegetarian French Onion - cup****	171	1 cup	194	123	14	5	0	20	782	9	1	2	8
**Seafood gumbo - bowl*	410	1 bowl	301	87	10	4	0	39	1902	37	3	4	16
**Seafood gumbo - cup*	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

*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	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	483	238	27	10	0	40	1194	42	1	8	14
Kid's Grilled Cheese Sandwich - wheat	128	1 sandwich	443	229	26	10	0	40	1054	38	6	6	16
Kid's Hot Dog	113	1 sandwich	271	102	11	5	0	34	678	28	1	3	13
Kid's Hot Dog with Chili	229	1 sandwich	462	227	25	12	0	51	1163	33	3	4	23
Kid's Macaroni & Cheese	224	1 bowl	270	81	9	5	0	15	740	35	0	5	12
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 Quesadilla	133	1 sandwich	290	126	14	6	0	63	837	20	2	1	23
Kid's Bowtie Pasta & Meatballs	312	1 bowl	500	188	21	7	0	70	880	55	3	7	22
Kid's Chicken Pasta Alfredo	296	1 bowl	310	177	20	11	0	86	1137	13	1	1	20
Kids Pasta Alfredo - no chicken	228	1 bowl	221	151	17	10	0	50	594	12	1	1	6
Kid's Baked Potato	433	1 potato	796	429	48	28	0	143	694	70	5	6	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
Honeymustard Coleslaw	145	1 container	124	52	6	0	0	0	228	16	3	11	2
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
Fresh Fruit Cup - w/ dip	246	1 portion	234	70	8	5	0	22	77	41	3	34	3
Fresh Fruit Cup - no dip	182	1 portion	89	3	0	0	0	0	2	23	3	18	1
Steamed Veggies	181	1 portion	61	2	0	0	0	0	66	13	5	5	4
Roasted Red Pepper Hummus	132	1/4 cup	282	127	14	0	0	0	799	33	9	5	9
Guacamole	122	1/4 cup	184	147	16	2	0	0	147	11	8	1	2
Homemade Salsa	122	1/4 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	41	1 serving	233	131	15	4	0	0	219	22	1	0	3
Individual Bag Chips (to go chips)	28	1 serving	150	90	10	3	0	0	150	15	1	0	2
Baked Lays	28	1 serving	120	15	2	0	0	0	180	23	2	2	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
Fruit Topped Cheese Cake (Blackberry)	186	1 slice	570	306	34	20	0	155	410	61	1	48	8
Sugar Free Chocolate Cheese Cake	113	1 slice	340	210	23	13	0	105	320	39	6	0	6
Carrot Cake	142	1 slice	530	300	33	11	0	75	420	57	4	40	7
Strawberry Short Cake	263	1 cake	520	220	26	13	0	85	540	67	2	40	5
Baklava	69	1 piece	380	140	16	2	0	0	180	50	2	30	6
Macadamia White Chip Cookie	71	1 cookie	330	160	18	6	0	45	150	39	<1	25	4
Chocolate Chip Cookie	71	1 cookie	300	130	15	6	0	40	135	40	<1	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	36	3	20	5
Vanilla Soft Serve Dessert	113	1 portion	159	41	5	3	0	11	74	24	0	24	3
Chocolate Soft Serve Dessert	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

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	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)
Tuna & Roasted Tomato Wrap	254	1 sandwich	557	239	27	4	0	71	899	59	11	2	22
Ciabatta Bing	320	1 sandwich	508	170	19	7	0	53	1099	58	10	3	30
Chicken Milano Pasta - no bread	790	1 Portion	1086	421	47	9	0	170	2057	123	10	9	41
Savvy Chicken Salad Wrap	254	1 sandwich	354	122	14	3	0	28	536	45	5	8	16
Smart Choice Roast Beef	252	1 sandwich	408	163	18	5	0	54	760	37	3	9	22
Bird to the Wise with mayo	466	1 sandwich	1491	1017	113	49	0	263	2053	49	0	7	71
Bird to the Wise - no dressing	452	1 sandwich	1391	918	102	47	0	253	1978	49	0	7	71
Marinated Chicken Breast Salad - no dressing	425	1 salad	508	277	31	12	0	133	1691	15	4	5	44
Twisted Turkey Salad - w/ dressing	581	1 salad	1030	610	68	15	0	120	2960	50	13	27	52
Twisted Turkey Salad - no dressing	461	1 salad	860	539	60	15	0	121	2658	28	13	10	52
Maverick Wrap	326	1 sandwich	649	322	36	14	0	103	1147	42	5	4	41
Laredo Spud	970	1 potato	1173	268	30	12	0	31	620	199	21	12	34
The VJ - no dressing	332	1 sandwich	890	514	57	25	0	139	1547	37	2	1	58
The VJ - must	347	1 sandwich	905	514	57	25	0	139	1787	37	2	1	58
The VJ - mayo	346	1 sandwich	990	613	68	27	0	149	1622	37	2	1	58
Ham Panini	275	1 panini	506	194	22	9	0	65	1955	47	2	5	31
Uptown Turkey Melt	266	1 sandwich	398	146	16	6	0	79	1427	28	3	6	38
Pizza Fresco	494	1 portion	1287	597	67	20	0	64	2232	130	11	7	47
Pizza Adobe	451	1 portion	739	371	41	21	0	158	2671	49	3	18	47
Pizza Blue	363	1 portion	845	583	65	19	0	107	2465	35	10	4	37
Cantina Wrapini	496	1 sandwich	693	311	35	14	0	134	1914	57	17	3	52

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	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)
Pot Roast Melt	311	1 sandwich	766	287	32	13	0	175	1514	47	4	2	67
Deli Cowboy	437	1 sandwich	1090	552	61	28	0	233	2086	62	2	16	72
Pulled Pork Sandwich - onion bun	432	1 sandwich	657	194	22	5	0	110	2181	74	2	24	43
Pulled Pork Sandwich - wheat bun	429	1 sandwich	708	203	23	5	0	105	2393	83	2	22	44
Miami Panini	357	1 sandwich	569	194	22	12	0	105	2250	46	2	1	49
Smokey Jack Melt	342	1 sandwich	590	225	25	10	0	71	2874	53	5	11	42
Marlo's Big Cheesy	540	1 sandwich	718	377	42	18	0	60	1245	63	15	9	34
Egg Salad - Build Your Own "Meat"	177	1 portion	496	419	47	8	0	531	667	2	0	0	15
Little Dippers - Broc & Carrots w/ Ranch	193	1 portion	311	260	29	4	0	27	289	11	4	4	3
Little Dippers - Blue Corn chips w/ salsa	79	1 portion	147	66	7	1	0	0	197	17	3	1	3
Little Dippers - Organic Apples & Celery w/ peanut butter	208	1 portion	472	308	34	7	0	0	292	23	7	13	17
Side Caesar Salad	378	1 salad	658	387	43	9	0	36	1503	53	6	6	16
Poblano Corn Chowder - bowl	375	1 bowl	338	169	19	8	0	38	900	38	4	8	8
Poblano Corn Chowder - cup	219	1 cup	197	98	11	4	0	22	525	22	2	4	4
Clam Chowder - bowl	340	1 bowl	298	179	20	11	0	71	1176	21	1	3	10
Clam Chowder - cup	272	1 cup	272	143	16	9	0	57	941	17	1	2	8
**Red Beans and Rice w/Sausage - Bowl	422	1 bowl	275	56	6	2	0	20	1405	56	23	3	19
**Red Beans and Rice w/Sausage - Cup	180	1 cup	122	23	3	1	0	8	582	25	10	1	8
Chicken Pot Pie - Bowl***	383	1 bowl	454	203	23	12	0	85	1569	45	3	5	17
Chicken Pot Pie - Cup***	228	1 cup	320	151	17	9	0	58	918	32	2	3	10
Café Wrap	336	1 sandwich	781	451	50	19	0	127	2718	38	4	2	49
Hamit Down	320	1 sandwich	462	101	11	5	0	87	1787	49	2	1	40
Bronx Baker	706	1 potato	872	240	27	8	0	30	618	132	14	9	30

**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	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)
Banana Pudding Parfait	286	1 parfait	450	210	24	13	0	75	290	55	1	39	6
Strawberry Shortcake Parfait	370	1 parfait	370	240	29	15	0	100	190	29	1	19	2
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	240	30	4	2	0	15	135	45	2	38	10
Fresh Fruit Plate - with dip	652	1 portion	400	60	7	4	0	20	55	87	7	71	6
Fresh Fruit Plate - no dip	590	1 portion	230	5	1	0	0	0	20	60	6	48	3
Fruit & Cheese Box	248	1 box	470	280	32	16	0	85	1150	33	4	13	24
Veggies with Ranch Box	420	1 box	350	260	29	4	0	25	420	21	5	12	3
Veggies with Roasted Pepper Hummus Box	351	1 box	200	70	8	0	0	0	800	30	9	10	5
Marinated Chicken Strips Cup	136	1 cup	180	50	6	1.5	0	75	1090	3	0	0	28
Chef Salad with Ranch	580	1 box	1050	790	88	21	0	380	2250	15	3	8	51
Cranberry Walnut Mix Cup	127	1 cup	500	120	14	0	0	0	500	86	9	54	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	560	180	20	2.5	0	0	50	86	8	25	15

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.