

Gluten-Sensitive Menu

Jason's deli®

For guests who do not have Celiac Disease, a lifelong inherited autoimmune condition, but do have gluten sensitivity or prefer to avoid gluten. Jason's Deli is not a gluten-free environment.

And so much more...

Please notify your Order Taker if you are gluten-sensitive.

Soups

Tomato Basil **V**
Organic Vegetable **V**
Fire Roasted Tortilla

Salads

- NEW!** Quinoa Shrimp & Mango Salad
Organic field greens, grape tomatoes, avocado slices, topped with our tri-colored organic quinoa mixed with wild-caught Gulf shrimp, mango, Pickapeppa sauce, pico de gallo. Garnished with green onions.
- The Big Chef (request gluten-free dressing)**
Ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens.
- Nutty Mixed-Up Salad (request gluten-free dressing)**
Natural, grilled chicken breast, organic field greens, grapes, feta, nuts, dried cranberries, pumpkin seeds, raisins and organic apples.
- Chicken Club Salad (request gluten-free dressing)**
Natural, grilled chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.
- NEW!** Black Bean Taco Salad
Lettuce, organic blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.
- Fresh Fruit Bowl or Fresh Fruit Cup**
Mixed, seasonal fruit. Served with creamy fruit dip.

Garden Fresh Salad Bar

Indulge all you like! Gluten-Free Items & Dressings: **V**

Lettuce
Organic field greens
Organic spinach
Grape tomatoes
Broccoli
Mushrooms
Organic baby carrots
Red bell pepper strips
Yellow bell pepper strips
Red onion rings
Cucumber slices
Green olives
Kalamata olives
Artichokes
Italian peppers
Hard boiled eggs
Bacon bits
Apple slices
Quinoa & mango salad
Mixed fruit and yogurt
Cottage cheese
Feta
Beets
Sweet peas
Zucchini sticks
Shredded Asiago

NEW! Shredded cheddar
Roasted red pepper hummus
American potato salad
Black bean & roasted corn salad
3-bean salad
NEW! Caprese salad
Green chile potato salad with bacon
Spicy giardiniera (where available)
Walnut cranberry trail mix
Chocolate mousse

Dressings
Bleu Cheese
Ranch
Low-fat Ranch
Italian
Lite Raspberry Vinaigrette
Balsamic Vinaigrette
Creamy Caesar (ask attendant)
Thousand Island
Honey Mustard
Extra Virgin Olive Oil (bottle)
Organic Balsamic Vinegar (bottle)
Red Wine Vinegar (bottle)
Light Honey French (bottle)
(where available)

Add a 4 oz. side of:
chicken salad with almonds and pineapple, tuna salad with eggs, ham, roasted turkey breast, or smoked turkey breast.

Natural, grilled chicken breast • 4-piece J.D. Nuggetz • Fillet of wild salmon

Build Your Own Sandwich

Gluten-free bread available at an extra cost or ask for no bread.

Meats

Hot pastrami
Hot corned beef
Roast beef
Roasted turkey breast
Smoked turkey breast
Ham
Chicken salad made with almonds & pineapple
Tuna salad made with eggs
Hard salami
Natural, grilled chicken breast

Cheeses (extra cost)

Swiss Muenster
American Provolone
Cheddar Jalapeño pepper jack

Top It

Lettuce
Tomato
Organic field greens
Organic spinach
Red onion rings
Italian peppers
(extra cost)
Pico de gallo
Guacamole
Sliced avocado
Oven roasted herb tomatoes
Roasted red pepper hummus
Sliced bacon

Spreads

Yellow mustard
Stone-ground mustard
Mayonnaise
Chipotle aioli
Italian dressing
Balsamic vinegar (bottle)
Extra virgin olive oil
Olive mix
Fresh basil pesto

Potatoes & More

- The Plain Jane®**
Baked potato stuffed with cheddar, sour cream, natural buttery blend, bacon, green onions.
- Pollo Mexicano Potato**
Baked potato stuffed with cheddar, sour cream, natural buttery blend, pico de gallo, Southwest spices.
- Texas Style Spud® (where available)**
Baked potato stuffed with smoked barbecue, cheddar, natural buttery blend.
- J.D. Nuggetz**
Six or eight pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal.

Kid's Menu

- J.D. Nuggetz**
Four pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal.
- Grilled Cheese (on gluten-free bread / extra cost) **V****
Hot Dog (no bun or on gluten-free bread / extra cost)
Peanut Butter & Jelly (on gluten-free bread / extra cost) **V**
Ham & Cheese (on gluten-free bread / extra cost)
Turkey & Cheese (on gluten-free bread / extra cost)
Kid's Baked Potato
Kid's Salad Bar
- Chips or baked chips & pickle**
Organic blue corn tortilla chips & salsa
Organic blue corn tortilla chips & roasted red pepper hummus
Organic blue corn tortilla chips & guacamole
- NEW!** Caprese salad
American potato salad
Green chile potato salad with bacon
NEW! Black bean & roasted corn salad
Steamed veggies
Fresh fruit & creamy fruit dip

Sides

Desserts

Chocolate or vanilla ice cream (no cone)
Chocolate syrup topping, too!

V Vegetarian item

Note: As a service to our guests, this menu and the information on it is provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli), combined with the ingredient and allergen data from Jason's suppliers. Jason's Deli and AFL assume no responsibility for its use and information (which has not been verified by Jason's Deli). Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons.