

Gluten-Sensitive Menu

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.

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



Serving Satisfaction Since 1976

Soups

Organic Vegetable 160 cal bowl/120 cal cup
Tomato Basil 440 cal bowl/300 cal cup
Fire Roasted Tortilla 200 cal bowl/150 cal cup
Pozole Verde (while available) 220 cal bowl /170 cal cup

Salads

NEW! **Salmon Pacifica Salad**
450 cal Wild Alaska sockeye salmon, **organic** field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers and chopped avocados. Served with **NEW!** cucumber-dill vinaigrette.

NEW! **Mesa Chicken Salad**
850 cal original /490 cal lighter portion Grilled, 100% antibiotic-free chicken breast, cheddar, grape tomatoes, sliced avocado with our black bean and roasted corn mix on mixed salad greens. Served with **NEW!** jalapeño ranch dressing.

The Big Chef
930 cal original/470 cal lighter portion Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens. Served with ranch dressing.

Nutty Mixed-Up Salad
760 cal original/420 cal lighter portion Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix and **organic** apples. Served with balsamic vinaigrette.

Chicken Club Salad
1010 cal original/540 cal lighter portion Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens. Served with ranch dressing.

Black Bean Taco Salad
1100 cal original/730 cal lighter portion 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
35-310 cal (dip: 150 cal) Mixed, seasonal fruit.
Served with creamy fruit dip.

Potatoes & More

The Plain Jane® 1610 cal original/930 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

Pollo Mexicano Potato 1270 cal original/800 cal lighter portion
Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

Texas Style Spud® 1410 cal original/830 cal lighter portion Baked potato stuffed with smoked barbecue, cheddar, butter.

Garden Fresh Salad Bar

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

Mixed salad greens 1 cup/30 cal	Mixed fruit and yogurt 4 oz/70 cal
Organic field greens 1 cup/40 cal	Cottage cheese 2 oz/45 cal
Organic spinach 1 cup/10 cal	Feta 2 oz/60 cal
Grape tomatoes 4 tomatoes/10 cal	Beets 1 beet/5 cal
Broccoli 4 oz/15 cal	Zucchini 2 oz/5 cal
Mushrooms 2 oz/5 cal	Shredded Asiago 2 oz/90 cal
Organic baby carrots 5 carrots/10 cal	Shredded cheddar 14g/60 cal
Red bell pepper strips 4 strips/10 cal	NEW! Coleslaw 4 oz/100 cal
Yellow bell pepper strips 4 strips/10 cal	Roasted red pepper hummus 2 oz/110 cal
Red onion rings 2 pieces/0 cal	American potato salad 4 oz/260 cal
Cucumber slices 3 slices/5 cal	Black bean & roasted corn salad 4 oz/90 cal
Green olives 5 olives/30 cal	Diced almonds 1 oz/120 cal
Kalamata olives 5 olives/25 cal	Jalapenos 2 oz/5 cal
Artichokes 2 oz/10 cal	NEW! Piquillo peppers 2 oz/20 cal
Italian peppers 1 pepper/5 cal	Spicy giardiniera 2 oz/130 cal
Hard boiled eggs 1 egg/70 cal	Walnut cranberry trail mix 1 oz/80 cal
Bacon bits 1 oz/60 cal	Chocolate mousse 2 oz/190 cal
Organic apple slices 5 slices/30 cal	All Dressings!

Add a 4 oz. side of:
chicken salad with almonds and pineapple,
tuna salad with eggs, ham, roasted turkey breast,
or smoked turkey breast. (70-220 cal)

Grilled, 100% antibiotic-free chicken breast (150 cal)
4-piece J.D. Nuggetz (170 cal)
Fillet of wild salmon (220 cal)

Kid's Menu

J.D. Nuggetz 170 cal Four pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal.

Grilled Cheese 500 cal (on gluten-free bread / extra cost)
Hot Dog 280 cal (no bun or on gluten-free bread / extra cost)
Peanut Butter & Jelly 470 cal (on gluten-free bread / extra cost)
Ham & Cheese 390 cal (on gluten-free bread / extra cost)
Turkey & Cheese 400 cal (on gluten-free bread / extra cost)
Kid's Baked Potato 540 cal
Kid's Salad Bar

A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary. Additional nutrition information available upon request and at jasonsdeli.com.

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.

Build Your Own Sandwich

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

Meats

Hot pastrami 650/320 cal
Hot corned beef 290/140 cal
Roast beef 210/100 cal
Roasted turkey breast 160/80 cal
Smoked turkey breast 170/80 cal
Ham 140/70 cal
Chicken salad made with almonds & pineapple 320/160 cal
Tuna salad made with eggs 370/190 cal
Hard salami 80/40 cal
Grilled, 100% antibiotic-free chicken breast 150/80 cal

Cheeses (extra cost)

Swiss 160/80 cal
American 160/80 cal
Cheddar 170/90 cal
Muenster 170/90 cal
Provolone 160/80 cal
Jalapeño pepper jack 160/80 cal

Top It

Lettuce 0 cal
Tomato 0 cal
Organic field greens 0 cal
Organic spinach 5 cal
Red onion rings 0 cal
Italian peppers 5 cal

(extra cost)
Pico de gallo 10/5 cal
Guacamole 30/15 cal
Sliced avocado 120/60 cal
Oven roasted herb tomatoes 30/15 cal
Roasted red pepper hummus 35/15 cal
Sliced bacon 120/60 cal

Spreads

Yellow mustard 0 cal
Stone-ground mustard 0 cal
Honey mustard 35/15 cal
Mayonnaise 100/50 cal
Chipotle aioli 130/70 cal
Italian dressing 45/25 cal
Balsamic vinegar (bottle)
Extra virgin olive oil (bottle)
Basil pesto 60/30 cal

Sides

Chips or baked chips & pickle 165/105 cal
Organic blue corn tortilla chips & guacamole 480 cal
Organic blue corn tortilla chips & salsa 250 cal
Organic blue corn tortilla chips & roasted red pepper hummus 440 cal
American potato salad 510 cal
NEW! Coleslaw 210 cal
Black bean & roasted corn salad 180 cal
Steamed veggies 60 cal
Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 35-310 cal

Desserts

Chocolate or vanilla ice cream 220/210 (no cone)
Chocolate syrup topping, too! 100 cal
Udi's® Gluten-Free Snickerdoodle 220 cal

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