

GS **V** *Soup*

(under 700 mg Sodium)
Organic Vegetable (cup) 120 cal 550 mg

Salads

(under 700 mg Sodium)

GS Salmon Pacifica Salad 450 cal 410 mg
GS Nutty Mixed-Up Salad (lighter) 290 cal 590 mg

Sandwiches

(under 700 mg Sodium)

Tuna Melt (half) 430 cal 580 mg
 Amy's Turkey-O (half) 240 cal 640 mg
 California Club (half) 310 cal 650 mg
 Shelley's Deli Chick (half) 290 cal 430 mg
 Shelley's Deli Chick (lighter) 420 cal 590 mg
 Wild Salmonwich (half) 450 mg
 Turkey Wrap (half) 200 cal 540 mg
 Mediterranean Wrap (half) 170 cal 590 mg
V Zucchini Grillini (half) 290 cal 370 mg
V Spinach Veggie Wrap (half) 200 cal 480 mg

V *Garden Fresh Salad Bar*

(under 100 mg Sodium)

Mixed Salad Greens (cup) 30 cal 20 mg
Organic Field Greens (cup) 40 cal 80 mg
Organic Spinach (cup) 10 cal 40 mg
 Broccoli (4 oz) 15 cal 15 mg
 Cucumber slices (3 ea) 5 cal 0 mg
 Grape Tomatoes (4 ea) 10 cal 0 mg
 Hard Boiled Egg (1 ea) 70 cal 70 mg
Organic Carrots (5 ea) 10 cal 15 mg
Organic Apple slices (5 ea) 30 cal 0 mg
 Red/Yellow Bell Peppers (8 strips) 35-50 cal 5-10 mg
 Red Onion rings (2 ea) 0 cal 0 mg
 Mushrooms (2 oz) 5 cal 0 mg
 Beets (2 ea) 10 cal 70 mg
 Zucchini sticks (2 oz) 5 cal 0 mg
 Cornbread Muffin (1 ea) 70 cal 60 mg
 Cranberry Walnut (2 oz) 160 cal 0 mg
 Diced Almonds (2 oz) 240 cal 0 mg
 Sunflower Seeds (1 oz) 120 cal 0 mg
 Chocolate Mousse (2 oz) 190 cal 50 mg
 Gingerbread Muffin (1 ea) 90 cal 20 mg
 Mixed Fruit/Yogurt (4 oz) 70 cal 20 mg
 Olive Oil - bottle (2 oz) 450 cal 0 mg
Organic Balsamic Vinegar - bottle (2 oz) 60 cal 0 mg
 Red Wine Vinegar - bottle (2 oz) 10 cal 0 mg

Build Your Own Sandwich

Ingredients

V **Breads:**
 All-Butter Croissant (1 ea) 260 cal 300 mg
Organic Wheat Wrap (1 ea) 180 cal 320 mg
 Multigrain Wheat (2 slices) 220 cal 350 mg
 Onion Bun 240 cal 350 mg

GS **Meats:**
 Bacon (2 slices) 60 cal 200 mg
 Grilled Salmon (1 fillet) 220 cal 240 mg
 Chicken Salad (half) 160 cal 280 mg
 Tuna Salad (half) 190 cal 280 mg

GS **V** **Cheese:**
 Swiss (1 slice) 80 cal 85 mg
 Shredded Cheddar (2 oz) 60 cal 85 mg
 Muenster (1 slice) 90 cal 115 mg
 Cheddar (1 slice) 90 cal 140 mg
 Jalapeño Jack (1 slice) 80 cal 150 mg

GS **V** **Spreads/Dressings:**
 Thousand Island (1 tbs) 60 cal 60 mg
 Guacamole (1 tbs) 30 cal 45 mg
 Raspberry Cranberry Vinaigrette - bottle 1 tbs 15 cal 50 mg
 Ranch (1 tbs) 60 cal 60 mg

Kid's Menu

(under 600 mg Sodium)

GS Kid's Baked Potato 540 cal 310 mg
V Peanut Butter & Jelly - Wheat 450 cal 390 mg
V Peanut Butter & Jelly - White 480 cal 520 mg
 All-Beef Hot Dog 310 cal 470 mg
GS J.D. Nuggetz 170 cal 480 mg

Sides

GS **V** Fruit (cup) (request no creamy fruit dip) 45-80 cal 0-15 mg
GS **V** Fruit (bowl) (request no creamy fruit dip) 150-310 cal 10-75 mg
GS **V** Steamed Vegetables (cup) 60 cal 55 mg
 Kettle Chips (1 bag) 160 cal 90 mg
Organic Blue Corn Chips (1 bag) 220 cal 90 mg

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.

GS Denotes gluten-sensitive menu item. Jason's Deli is not a gluten-free environment. Please tell your order taker if you are gluten-sensitive.
V Denotes vegetarian items.