

Soups

- French Onion 350 cal bowl/230 cal cup** (soy-based broth)
- Organic Vegetable 160 cal bowl/120 cal cup**
- Tomato Basil 440 cal bowl/300 cal cup**

Salads

- Garden Fresh Salad Bar**
(excluding bacon and regional recipes)
- Nutty Mixed-Up Salad** (request no chicken)
350 cal original/210 cal lighter portion Organic field greens, grapes, feta, nuts, cranberry-walnut mix, organic apples.
- Chicken Club Salad** (request no chicken or bacon)
310 cal original/160 cal lighter portion Grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.
- 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.

Sandwiches & Wraps

- Spinach Veggie Wrap**
390 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.
- Zucchini Grillini**
550 cal Roasted zucchini, Muenster, organic spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive-oil basted multigrain wheat.

Build Your Own Veggie Sandwich
Your choice of bread, cheese, spreads and toppings!

Caprese Panini
740 cal Fresh mozzarella, organic spinach, Roma tomatoes, basil pesto, pressed within herb focaccia bread.

Grilled Cheese & Tomato Soup Combo
930 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, served with a bowl of tomato basil soup.

Pasta

- Pasta Primo** (request no chicken)
920 cal original/580 cal lighter portion Penne pasta topped with tomato-basil sauce, Asiago.
- Pasta Alfredo** (request no chicken)
1060 cal original/650 cal lighter portion Penne pasta topped with creamy Alfredo sauce, Asiago.
- Zucchini Garden Pasta**
980 cal original/640 cal lighter portion Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

- The Plain Jane®** (request no bacon)
1490 cal original/870 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.
- Pollo Mexicano Potato** (request no chicken)
1200 cal original/730 cal lighter portion Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.

Kid's Menu

- Peanut Butter & Jelly 430 cal wheat/490 cal white**
- Mac & Cheese 420 cal**
- Grilled Cheese 460 cal wheat/520 cal white**
- Cheese Pizza 470 cal**
- Kid's Baked Potato** (request no bacon) **530 cal**

Sides

- NEW!** **Coleslaw 8 oz/210 cal**
- American potato salad 8 oz/510 cal**
- Caprese pasta insalata 8 oz/140 cal**
- Italian pasta salad 8 oz/350 cal**
- Black bean & roasted corn salad 8 oz/180 cal**
- Steamed veggies 60 cal**
- Fresh fruit cup (cup or bowl) 35-310 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**

All Desserts!

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 notify your Order Taker if you are gluten-sensitive. Ask for our detailed Gluten-Sensitive Menu.

Vegan All The Way



Serving Satisfaction Since 1976

Organic Vegetable Soup 160 cal bowl/120 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)
290 cal original/180 cal lighter portion

Spinach Veggie Wrap (request no cheese)
300 cal Organic wheat wrap with mushrooms, organic spinach, asiago, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies
60 cal
 (broccoli, zucchini, organic carrots)

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
Fresh Fruit Bowl or Fresh Fruit Cup (request no creamy fruit dip) 35-310 cal

Salad Bar Choices

Mixed salad greens 1 cup/30 cal	Artichokes 2 oz/10 cal	Yellow bell pepper strips 4 strips/10 cal
Organic field greens 1 cup/40 cal	Italian peppers 1 pepper/5 cal	Red onion rings 2 pieces/0 cal
Organic spinach 1 cup/10 cal	Organic apple slices 5 slices/30 cal	Cucumber slices 3 slices/5 cal
Grape tomatoes 4 tomatoes/10 cal	Beets 1 beet/5 cal	Green olives 5 olives/30 cal
Broccoli 4 oz/15 cal	Zucchini 2 oz/5 cal	Jalapenos 2 oz/5 cal
Mushrooms 2 oz/5 cal	Roasted red pepper hummus 2 oz/110 cal	NEW! Piquillo Peppers 2 oz/20 cal
Organic baby carrots 5 carrots/10 cal	Spicy cajun mix 1 oz/90 cal	Spicy giardiniera 2 oz/130 cal
Red bell pepper strips 4 strips/10 cal	Granola 2 oz/140 cal	
Kalamata olives 5 olives/25 cal		

All crackers
 (except Dr. Kracker Pumpkin Cheddar, Honey Graham, Organic Flatbread Crackers)

Dressings 2 oz.
 Olive Oil (bottle)
 Organic Balsamic Vinegar (bottle)
 Red Wine Vinegar (bottle)
 Balsamic Vinaigrette 100 cal
 Raspberry Vinaigrette 100 cal
NEW! Cucumber-Dill Vinaigrette 200 cal

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