

# Gluten Sensitive Menu

Variety for all. *It's a family thing.*™



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.**

## Soups

**Organic Vegetable** 190 cal bowl/140 cal cup

**Tomato Basil** 510 cal bowl/330 cal cup

**Fire Roasted Tortilla** 210 cal bowl/160 cal cup

## Salads

**Garden-Fresh Salad Bar**

(excluding pasta, croutons, breads or crackers)

**Add a protein\*** 70-240 cal

**Add some soup** 140-550 cal

**Mesa Chicken Salad** 880 cal original/490 cal lighter

Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

**Nutty Mixed-Up Salad** 790 cal original/430 cal lighter

Grilled, 100% antibiotic-free chicken breast, organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.

**Chicken Club Salad** 1130 cal original/600 cal lighter

Grilled, 100% antibiotic-free chicken breast, sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

**The Big Chef** 1050 cal original/530 cal lighter

Nitrite-free ham and roasted turkey, Asiago, grape tomatoes, cheddar, kalamata olives, hard-boiled egg, mixed salad greens, ranch.

## Potatoes

**The Plain Jane®** 1770 cal original/1020 cal lighter

Cheddar, sour cream, butter, bacon, green onions.

**Pollo Mexicano** 1390 cal original/840 cal lighter

Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

**Texas Style Spud®** 1520 cal original/880 cal lighter

Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter.

## Sandwiches

Gluten-free sandwich bread is available (extra charge) on any of our sandwiches, excluding Muffalettas.

## Kid's Meals

**Kid's Baked Potato** 670 cal

Butter, bacon and cheddar.

**Chicken Tenders** 240 cal

Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup.

**Parents Note:** If you have gluten-sensitive kids, please tell your order taker.

**Grilled Cheese** 450/480 cal

American cheese (request **Gluten Free Bread-extra charge**).

**Ham & Cheese Sliders** 320 cal

Nitrite-free ham, American cheese (request **Gluten Free Bread-extra charge**).

**Turkey & Cheese Sliders** 330 cal

Nitrite-free turkey breast, American cheese (request **Gluten Free Bread-extra charge**).

## Desserts

**Udi's® Snickerdoodle** 210 cal

**Chocolate or Vanilla Ice Cream** 210 cal (no cone)

**Chocolate syrup topping, too!** 100 cal

## Sides

**Chips or baked chips** 150/100 cal

**Pickle** 5 cal

**Blue corn chips & guacamole** 410 cal

**Blue corn chips & salsa** 250 cal

**Blue corn chips & roasted red pepper hummus** 420 cal

**American potato salad** 510 cal

**Roasted corn & black bean salad** 240 cal

**Steamed veggies** 60 cal

**Fresh Fruit Cup** 60-180 cal

**Fruit dip** 160 cal

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

\*Eggs are served medium. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.

Jason's Deli is not a gluten-free environment. If you are gluten-sensitive, please request gluten-free preparation when you order. 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. Ask for our Gluten-Sensitive Menu.