

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

Tomato Basil 530 cal bowl/340 cal cup
Fire Roasted Tortilla 210 cal bowl/160 cal cup
Organic Garden Vegetable 120 cal bowl/90 cal cup
NEW! Hearty Vegetable Chili 500 cal bowl/340 cal cup

Salads

Garden-Fresh Salad Bar

(excluding pasta, croutons, breads or crackers)

Add a protein* 70-240 cal
Add some soup 160-530 cal

Mesa Chicken Salad 850 cal original/480 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 770 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/580 cal lighter

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

The Big Chef 1060 cal original/530 lighter

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

Potatoes

The CB Ranch Potato 1770 cal original/1020 cal lighter

Grilled, 100% antibiotic-free chicken breast, ranch, cheddar, sour cream, butter, bacon, green onions.

The Plain Jane® 1780 cal original/1020 cal lighter

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

Pollo Mexicano 1400 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 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 680 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 410 cal

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

Ham & Cheese Sliders 310 cal

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

Turkey & Cheese Sliders 320 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

All Chips 100-150 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 150 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.

Vegetarian Menu



Special diets get special attention. *It's a family thing.™*

Soups

Broccoli Cheese 570 cal bowl/430 cal cup

Tomato Basil 530 cal bowl/340 cal cup

Organic Garden Vegetable 120 cal bowl/90 cal cup

Salads & Wraps

Garden-Fresh Salad Bar (excluding bacon and regional recipes)

Mesa Chicken Salad (request no chicken)

700 cal original/410 cal lighter Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

Nutty Mixed-Up Salad (request no chicken)

620 cal original/350 cal lighter Organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.

Chicken Club Salad (request no chicken or bacon)

930 cal original/480 cal lighter Sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

Spinach Veggie Wrap

430 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

Sandwiches

Grilled Cheese & Tomato Soup Combo

1010 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Build Your Own Veggie Sandwich

Your choice of bread, cheese, spreads and toppings!

Texacado Toast

670 cal Fresh avocados, roasted corn and black bean mix, cheddar, jalapeño ranch, on toasted Mexican-style bread with salsa. Served with blue corn chips and salsa.

Kid's Menu

Mac & Cheese 470 cal

Grilled Cheese 450 cal wheat/480 cal white

Cheese Pizza 470 cal

Kid's Baked Potato (request no bacon) 650 cal

Sides

American potato salad 8 oz/510 cal

Italian pasta salad 8 oz/350 cal

Roasted corn & black bean salad 8 oz/240 cal

Steamed veggies 60 cal

Pickle 1 spear/5 cal

Fresh fruit cup 60-180 cal (dip: 150 cal)

All Chips 100-150 cal

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Pastas

Served with toasted herb focaccia bread. (240/120 cal)

Pasta Alfredo (request no chicken)

1090 cal original/680 cal lighter Penne, Alfredo sauce, Asiago.

Zucchini Garden Pasta

1090 cal original/710 cal lighter Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

Potatoes

The Plain Jane® (request no bacon)

1650 cal original/960 cal lighter Cheddar, sour cream, butter, green onions.

Vegan All The Way

Organic Garden Vegetable 120 cal bowl/90 cal cup

Nutty Mixed-Up Salad (request no chicken or cheese)

540 cal original/310 cal lighter portion

Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)

290 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies 60 cal broccoli, zucchini, organic carrots

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Cup (request no fruit dip) 60-180 cal

Salad Bar Choices

Mixed salad greens	Organic apple slices	Piquillo peppers
1 cup/5 cal	4 slices/30 cal	2 oz/15 cal
Organic field greens	Beets	Spicy giardiniera
1 cup/10 cal	1 beet/5 cal	2 oz/130 cal
Organic spinach	Green peas	Croutons
1 cup/20 cal	2 oz/35 cal	4 oz/140 cal
Grape tomatoes	Zucchini sticks	All crackers
4 tomatoes/15 cal	2 oz/5 cal	(except 3 Seed & Sea Salt Flatbread)
Cauliflower	Organic Hummus - Red Pepper	Dressings 2 oz.
4 oz/15 cal	2 oz/100 cal	Extra Virgin Olive Oil
Broccoli	Cranberry walnut mix	450 cal (bottle)
4 oz/15 cal	1 oz/80 cal	Balsamic Vinegar
Mushrooms	Red onion rings	130 cal (bottle)
2 oz/5 cal	2 pieces/5 cal	Red Wine Vinegar
Organic baby carrots	Cucumber slices	10 cal (bottle)
5 carrots/10 cal	3 slices/5 cal	Balsamic Vinaigrette
Red/yellow bell pepper	Kalamata olives	140 cal
4 strips/10 cal	5 olives/25 cal	
Artichoke hearts	Stuffed green olives	
2 oz/10 cal	5 olives/80 cal	
Italian peppers	Jalapeños	
1 pepper/5 cal	2 oz/5 cal	

Add a fresh-cracked egg* to any salad or sandwich. 80 cal

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