

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

**Hearty Vegetable Chili** 500 cal bowl/340 cal cup  
Plant-based

## Salads

**Garden-Fresh Salad Bar**

(excluding pasta, croutons, breads or crackers)

Add a protein\* 80-200 cal

Add some soup 90-530 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** 740 cal original/400 cal lighter

Grilled, 100% antibiotic-free chicken breast, organic field greens, feta, grapes, cranberry-walnut mix, strawberries, 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** 1070 cal original/540 cal 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®** 1560 cal original/900 cal lighter

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

## Sandwiches

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

## Handcrafted Bowls

**Great Southwest** 890 cal

100% antibiotic-free chicken breast, lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch dressing, Southwest spices.

**Ultimate BLT** 810 cal

100% antibiotic-free chicken breast, organic quinoa, lettuce, sliced bacon, tomato, pickled red onions, hard-boiled egg, chopped avocado, ranch dressing.

**Modern Med** 920 cal (request no pita)

100% antibiotic-free chicken breast, organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

## Kid's Meals

**Kid's Baked Potato** 680 cal

Butter, bacon and cheddar.

**Chicken Tenders** 180 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).

## Desserts

**Chewy Marshmallow Treat** 230 cal

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

**Chocolate syrup topping, tool** 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** 80-0 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.