

Sodium Conscious Menu



Serving Satisfaction Since 1976

GS **V** *Soup*

(under 700 mg Sodium)

Organic Vegetable (cup) 120 cal 550 mg

Salads

(under 700 mg Sodium)

GS Super Slaw Salmon Salad (whole) 490 cal 560 mg

GS Nutty Mixed-Up Salad (lighter) 290 cal 590 mg

Sandwiches

(under 700 mg Sodium)

Tuna Melt (half) 420 cal 550 mg

Amy's Turkey-O (half) 240 cal 630 mg

California Club (half) 310 cal 650 mg

Chicken Salad Croissant (half) 290 cal 430 mg

Chicken Salad Croissant (lighter) 420 cal 590 mg

Wild Salmonwich (half) 320 cal 450 mg

Turkey Wrap (half) 200 cal 540 mg

Mediterranean Wrap (half) 170 cal 590 mg

V Zucchini Grillini (whole) 550 cal 680 mg

V Zucchini Grillini (half) 280 cal 340 mg

V Spinach Veggie Wrap (half) 200 cal 480 mg

V *Garden Fresh Salad Bar*

(under 100 mg Sodium)

Salad Bar Lettuce (cup) 25 cal 15 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

Green Peas (2 oz) 35 cal 50 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) 230 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) 0 mg

Organic Balsamic Vinegar - bottle (2 oz) 0 mg

Red Wine Vinegar - bottle (2 oz) 0 mg

Build Your Own Sandwich

Ingredients

Breads:

Multigrain Wheat (2 slices) 200 cal 280 mg

All-Butter Croissant (1 ea) 260 cal 300 mg

Organic Wheat Wrap (1 ea) 180 cal 320 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 **Cheese:**

Swiss (1 slice) 80 cal 85 mg

Shredded Cheddar (2 oz) 60 cal 85 mg

Muenster (1 slice) 90 cal 115 mg

Jalapeño Jack (1 slice) 90 cal 135 mg

Cheddar (1 slice) 90 cal 140 mg

Spreads/Dressings:

GS **V** Guacamole (1 tbsp) 30 cal 45 mg

GS **V** Raspberry Cranberry Vinaigrette - bottle 50 mg

GS Ranch (1 tbsp) 60 cal 60 mg

GS Thousand Island (1 tbsp) 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 430 cal 320 mg

V Peanut Butter & Jelly - White 490 cal 580 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) 90 mg

Organic Blue Corn Chips (1 bag) 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.