Vegetarian Menu

Special diets get special attention. It’s a family thing.

Soups
- Organic Vegetable 160 cal bowl/120 cal cup
- Tomato Basil 440 cal bowl/300 cal cup

Salads
- Add an egg* for an extra charge
  - Garden Fresh Salad Bar
    (excluding bacon and regional recipes)
  - Mesa Chicken Salad (request no chicken)
    720 cal original/380 cal lighter portion
    Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.
  - Nutty Mixed-Up Salad (request no chicken)
    620 cal original/350 cal lighter portion
    Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.
  - Chicken Club Salad (request no chicken or bacon)
    790 cal original/400 cal lighter portion
    Grape tomatoes, sliced avocado, cheddar, Asiago on mixed salad greens, served with ranch dressing.
  - Black Bean Taco Salad
    1010 cal original/680 cal lighter portion
    Shredded lettuce, blue corn chips, topped with our roasted corn and black bean mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.

Sandwiches & Wraps
- Add an egg* for an extra charge
  - Grilled Cheese & Tomato Soup Combo
    930 cal
    193 cal *
    Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.
  - Spinach Veggie Wrap
    350 cal
    Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.
  - Zucchini Grillini
    560 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!

Pastas
- Served with toasted herb focaccia bread. (210/110 cal)
  - Pasta Primo (request no chicken)
    860 cal original/530 cal lighter portion
    Penne pasta topped with tomato-basil sauce, Asiago.
  - Pasta Alfredo (request no chicken)
    1020 cal original/610 cal lighter portion
    Penne pasta topped with creamy Alfredo sauce, Asiago.
  - Zucchini Garden Pasta
    1010 cal original/630 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/560 cal lighter portion
  Baked potato stuffed with cheddar, sour cream, butter, green onions.
- Pollo Mexicano (request no chicken)
  1180 cal original/720 cal lighter portion
  Baked potato stuffed with cheddar, sour cream, butter, pico de gallo, Southwest spices.
- Lean Green Sweet Potato
  720 cal original/470 cal lighter portion
  It’s Back!
  Organic spinach, fresh-cracked black pepper, Asiago on a baked sweet potato.

Sides
- Coleslaw 8 oz/200 cal
- American potato salad 8 oz/510 cal
- Italian pasta salad 8 oz/350 cal
- Roasted corn & black bean salad 8 oz/150 cal
- 3 bean salad 8 oz 420 cal
- Steamed veggies 60 cal
- Pickle 1 spear/5 cal
- Fresh fruit cup 60-80 cal (dip: 150 cal)
- Chips or baked chips 150/100 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

Kid’s Menu
- Kid’s Pick 4 120-650 cal
  Choice of 4: 1 fruit, hard boiled egg, cucumbers, organic carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with roasted red pepper hummus or ranch dressing.
- Peanut Butter & Jelly 440 cal wheat/470 cal white
- Mac & Cheese 420 cal
- Grilled Cheese 470 cal wheat/500 cal white
- Cheese Pizza 470 cal
- Kid’s Baked Potato (request no bacon) 640 cal

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.
2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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

Organic Vegetable Soup 160 cal bowl/120 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)
280 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 Bowl or Fresh Fruit Cup (request no creamy fruit dip) 60-310 cal
All chip flavors 150 cal

<table>
<thead>
<tr>
<th>Salad Bar Choices</th>
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<tbody>
<tr>
<td>Mixed salad greens 1 cup/5 cal</td>
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<tr>
<td>Organic field greens 1 cup/5 cal</td>
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<tr>
<td>Organic spinach 1 cup/10 cal</td>
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<tr>
<td>Grape tomatoes 4 tomatoes/10 cal</td>
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<tr>
<td>Broccoli 4 oz/15 cal</td>
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<tr>
<td>Mushrooms 2 oz/5 cal</td>
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<tr>
<td>Organic baby carrots 5 carrots/10 cal</td>
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<tr>
<td>Red/yellow bell pepper strips 4 strips/10 cal</td>
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<tr>
<td>Artichoke hearts 2 oz/10 cal</td>
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<tr>
<td>Italian peppers 1 pepper/5 cal</td>
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<tr>
<td>Organic apple slices 5 slices/30 cal</td>
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<tr>
<td>Beets 1 beet/5 cal</td>
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<tr>
<td>Green peas 2 oz/35 cal</td>
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<tr>
<td>Zucchini sticks 2 oz/5 cal</td>
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<tr>
<td>Roasted red pepper hummus 2 oz/100 cal</td>
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<tr>
<td>Spicy cajun mix 1 oz/90 cal</td>
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<tr>
<td>Granola 2 oz/100 cal</td>
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<tr>
<td>Cranberry walnut mix 1 oz/80 cal</td>
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<tr>
<td>Red onion rings 2 pieces/5 cal</td>
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<tr>
<td>Cucumber slices 3 slices/0 cal</td>
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<tr>
<td>Kalamata olives 5 olives/25 cal</td>
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<tr>
<td>Stuffed green olives 5 olives/30 cal</td>
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<tr>
<td>Jalapeños 2 oz/5 cal</td>
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<td>Piquillo peppers 2 oz/15 cal</td>
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<tr>
<td>Spicy giardiniera 2 oz/130 cal</td>
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<tr>
<td>Croutons 4 oz/140 cal</td>
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<td>All crackers (except 3 Seed &amp; Sea Salt Flatbread)</td>
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Dressings 2 oz.
Extra Virgin Olive Oil 110 cal (bottle)
Organic Balsamic Vinegar 60 cal (bottle)
Red Wine Vinegar 10 cal (bottle)
Balsamic Vinaigrette 130 cal

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