



# GLUTEN SENSITIVE

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 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\* 80-190 cal

Add some soup 200-510 cal

Mesa Chicken Salad 850 cal original/480 cal lighter

Grilled chicken, salad greens, cheddar, grape tomatoes, avocado, roasted corn and black bean mix, jalapeño ranch.

Nutty Mixed-Up Salad 740 cal original/400 cal lighter

Grilled chicken, field greens, feta, grapes, cranberry-walnut mix, strawberries, balsamic vinaigrette.

Chicken Club Salad 1110 cal original/570 cal lighter

Grilled chicken, avocado, grape tomatoes, cheddar, Asiago, bacon, salad greens, ranch.

The Big Chef 1050 cal original/530 lighter

Ham and roasted turkey, Asiago, grape tomatoes, cheddar, olives, hard-boiled egg, salad greens, ranch.

## POTATOES

The CB Ranch Potato 1760 cal original/1020 cal lighter

Grilled chicken, 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 chicken, cheddar, sour cream, butter, pico de gallo, Southwest spices.

Texas Style Spud® 1560 cal original/900 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 710 cal

Grilled chicken, lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch, Southwest spices.

Ultimate BLT 780 cal

Grilled chicken, organic quinoa, lettuce, sliced bacon, tomato, pickled red onions, hard-boiled egg, avocado, ranch, Southwest spices.

Modern Med 600 cal (request no pita)

Grilled chicken, quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, pita, Greek dressing.

## KID'S MEALS

Kid's Baked Potato 680 cal

Butter, bacon and cheddar.

Chicken Tenders 180 cal

Breaded chicken breast strips. 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, too! 100 cal

## SIDES

All Chips 110-160 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

**NEW** Greek Giant White Beans

American Potato Salad 510 cal

Roasted Corn & Black Bean Salad 240 cal

Broccoli Salad 320 cal

Steamed Veggies 60 cal

Fresh Fruit Cup 80 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.