

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, 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 1110 cal original/570 cal lighter

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

The Big Chef 1050 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 1760 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 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

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 780 cal

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

Modern Med 600 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, 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

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.