



Jason's Deli

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Breakfast Sammy	270	5	480	20	3	15
Breakfast Veggie Wrap - Request No cheese	440	6	660	44	9	23
Blueberry Crumb Cake	90	2.5	45	8	0	1
Specialty Sandwiches - half size						
Amy's Turkey-O	210	2.5	720	21	3	14
Shelly's Deil Chick (request wheat bread)	290	1.5	500	32	4	13
Santa Fe Chicken (omit cheese and Thousand island dressing)	240	1.5	600	26	4	21
Famous Favorites - half size						
Wild Salmon-wich	260	1.5	430	24	2	15
Panini's - half size						
Chicken Panini	390	6	830	24	0	24
Smokey Jack Panini	400	6	1170	28	0	25
Wraps-half size						
Turkey Wrap	220	1	890	22	4	18
Spinach Veggie Wrap	220	4	510	26	5	10
Handcrafted Bowls (no dressing)						
Great Southwest Bowl - Request No CHEESE	500	3	820	56	8	32
Ultimate BLT Bowl	590	6	580	60	10	32
Modern Med Bowl	490	6	1300	41	8	41
Sides						
Salsa	30	0	330	7	2	1
Steamed Veggies	60	0	55	11	4	4
Baked Lays	110	0	120	18	1	2

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Cup of Fruit (no dip)	90	0	0	0	3	2
Guacamole	190	2.5	160	10	8	2
Blue Corn Tortilla Chips	220	1	90	27	3	3
Red Pepper Hummus	200	1	470	16	4	6
Roasted Corn and Black Bean Salad	240	1	370	34	7	7
House Chips	150	1	180	16	1	2
Lays Kettle Cooked Jalapeno Chips	150	1	130	16	1	2
Soups - cup						
Fire Roasted Tortilla Soup	160	1	930	16	3	6
Chili	400	11	1220	15	0	27
Chicken Noodle Soup	240	2	1830	24	2	18
Salads - Lighter						
Nutty Mixed-Up Salad (w/ Balsamic vinaigrette)	370	4.5	840	30	4	20
The Big Chef Salad (w/ Homemade ranch dressing)	530	12	1220	11	2	26
Chicken Caesar Salad (w/ Creamy Caesar dressing)	510	8	1040	27	3	24
Mesa Chicken Salad	430	7	810	18	6	21
Salad Dressing						
Balsamic Vinaigrette	130	1.5	340	5	0	0
Jalapeno Ranch	170	2.5	320	3	0	1
Balsamic Vinegar	60	0	0	12	0	0
Greek Dressing	170	2.5	520	3	0	0
Honey Mustard	150	1.5	340	13	0	2
Red Wine Vinegar	10	0	0	0	0	0



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Salad Bar						
Low Calorie Toppings	0-20	0	0-125	0-2	0-2	0-2
<i>Sliced Mushrooms, Jalapenos, Whole Beets, Red Bell Peppers, Artichoke Hearts, Organic Baby Carrots, Grape Tomatoes, Cucumber, Pepperoncini, Radishes</i>						
Medium Calorie Toppings	25-70	0	0-160	0-15	0-2	0-6
<i>Mixed greens, Country Olives, Red Apple, Green Peas, Cornbread Muffins, Mixed Fruit & Yogurt, Hard Boiled Egg, Corn & Black Bean, Broccoli Florets, Cauliflower Florets</i>						
Higher Calorie Toppings	80-120	0	0-90	4-17	1-2	0-3
<i>Bacon Bits, Cranberry Walnut Mix, Spicy Giardinera, Fresh Cracked Egg</i>						
Salad Bar Protein Sides						
Chicken Salad (with almonds and pineapple)	160	1.5	280	7	0	7
Natural Grilled Chicken Breast	150	1.5	610	1	0	28
Tuna Salad (with eggs)	210	2	280	0	0	24
Marinated Wild Salmon	200	1.5	230	1	0	25
100% Antibiotic Free Chicken Tenders	180	0.5	520	18	0	21
Nitrite-Free Ham	80	1	510	<1	0	13
Smoked Turkey Breast	80	0	550	3	0	14
Roasted Turkey Breast	70	0	660	2	0	14
Pasta and Potato - Lighter						
Plain Jane*	600	4	240	118	11	18
Pollo Mexicano*	630	3.5	580	120	12	26
Zucchini Garden Pasta	750	11	1440	71	9	20
Chicken Pasta Primo	650	8	1940	69	4	31
CB Ranch Potato*	800	7	680	119	11	32
Texas Style Spud*	690	3.5	860	141	13	22
*Omit Cheese and Butter						

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