

## Jason's Deli

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
Breakfast Sammy	240	3.5	390	23	0	13
Banana Nut Muffin	220	0	170	29	0	5
Blueberry Muffin	190	1	180	34	0	3
Chocolate Hazelnut Beignet	90	2	60	10	0	2
<b>Specialty Sandwiches – half size</b>						
The Papa Joe	300	3	680	25	2	14
Amy's Turkey-O	210	2.5	690	21	3	14
Shelly's Deli Chick (request wheat bread)	270	1.5	460	27	6	13
Santa Fe Chicken (omit cheese and Thousand Island dressing)	220	1.5	560	21	6	21
<b>Famous Favorites – half size</b>						
Wild Salmon-wich	270	2	430	24	2	15
<b>Panini's – half size</b>						
Chicken Panini	390	6	790	24	0	24
<b>Wraps-half size</b>						
Turkey Wrap	190	1	520	21	4	13
Spinach Veggie Wrap	220	4	510	26	5	10
<b>Sides</b>						
Salsa	30	0	330	7	2	1
Steamed Veggies	60	0	55	11	4	4
Baked Lays	100	0	115	20	0	2
Cup of Fruit (no dip)	80	0	0	20	2	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
Corn and Black Bean Salad	240	1	370	34	7	7

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Soups</b>						
Organic Garden Vegetable Soup - Cup	90	0	970	13	2	4
Fire Roasted Tortilla Soup-Cup	160	0	1040	16	3	6
Chili	380	10	1280	12	2	25
<b>Salads - Lighter</b>						
Nutty Mixed-Up Salad (w/ Balsamic vinaigrette)	400	4	810	38	4	21
The Big Chef Salad (w/ Homemade ranch dressing)	530	12	1180	11	2	44
Chicken Caesar Salad (w/ Creamy Caesar dressing)	510	8	1040	27	3	24
<b>Salad Dressing</b>						
Balsamic Vinaigrette	130	1.5	340	5	0	0
Jalapeño Ranch	170	2.5	320	3	0	1
<b>Salad Bar</b>						
Low Calorie Toppings	0-15	0	0-125	0-2	0-2	0-2
<i>Yellow Bell Peppers, Sliced Mushrooms, Jalapenos, Whole Beets, Red Bell Peppers, Artichoke Hearts, Organic Baby Carrots, Grape Tomatoes, Pico de Gallo, Broccoli Florets</i>						
Medium Calorie Toppings	25-70	0	0-160	0-15	0-2	0-6
<i>Mixed greens, Kalamata Olives, Red Apple, Green Peas, Cornbread Muffins, Mixed Fruit &amp; Yogurt, Hard Boiled Egg, Corn &amp; Black Bean</i>						
Higher Calorie Toppings	80-120	0	0-90	4-17	1-2	0-3
<i>Cranberry Walnut Mix, Spicy Cajun Mix, Sunflower Seeds, Mixed Berry Granola</i>						
<b>Salad Bar Protein Sides</b>						
Chicken Salad (with almonds and pineapple)	290	3.5	620	12	<1	8
Natural Grilled Chicken Breast	150	1.5	610	1	0	28
Tuna Salad (with eggs)	190	2.5	270	0	0	17
Marinated Wild Salmon	200	1.5	230	1	0	25
<b>Pasta and Potato - Lighter</b>						
Plain Jane*	600	4	240	118	11	18
Pollo Mexicano*	630	3.5	580	120	12	26
Zucchini Garden Pasta	820	14	1570	72	9	25
*Omit Cheese and Butter						