

Jason's Deli

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
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
Specialty Sandwiches – half size						
The Papa Joe	280	3	720	25	2	15
Amy's Turkey-O	230	3	700	26	3	14
Santa Fe Chicken (omit cheese and Thousand Island dressing)	220	1.5	560	21	6	21
Shelly's Deli Chick (request wheat bread)	280	2	460	27	7	12
Famous Favorites – half size						
Wild Salmon-wich	290	2	390	23	2	16
Panini's – half size						
Chicken Panini	390	5	800	24	0	24
Wraps-half size						
Turkey Wrap	190	1	530	21	4	11
Spinach Veggie Wrap	220	4	510	26	5	10
Sides						
Cup of Fruit (no dip)	100	0	0	25	3	2
Steamed Veggies	60	0	55	11	4	4
Baked Lays	100	0	115	20	0	2
Blue Corn Tortilla Chips	220	0	90	27	3	3
Salsa	30	0	330	7	2	1
Guacamole	190	0	160	10	8	2
Red Pepper Hummus	200	1	470	16	4	6
Corn and Black Bean Salad	240	2.5	370	35	7	7

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Soups						
Vegetable Soup - Cup	140	3	540	20	3	3
Roasted Tortilla Soup- Cup	140	0	1030	14	3	6
Southwest Chicken Chili	280	5	1030	24	6	24
Salads - Lighter						
Nutty Mixed-Up Salad	430	0	820	43	5	20
The Big Chef Salad	520	10	1150	10	1	27
Chicken Caesar Salad	510	7	1040	27	3	24
Salad Dressing						
Balsamic Vinaigrette	140	2	360	5	0	0
Salad Bar						
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 & Yogurt, Hard Boiled Egg, Corn & 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>						
Salad Bar Protein Sides						
Chicken Breast	150	0	610	0	0	28
Wild Salmon	170	0	140	0	0	25
Chicken Salad	330	0	550	14	2	14
Tuna Salad	380	5	540	3	0	33
Pasta and Potato - Lighter						
Plain Jane*	550	4.5	230	117	11	17
Pollo Mexicano*	580	2.5	570	119	12	25
Zucchini Garden Pasta	670	6	1300	70	9	15
*Omit Cheese and Butter						