

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 530 cal bowl/340 cal cup

Hearty Vegetable Chili 440 cal bowl/300 cal cup
Plant-based

Salads

Garden-Fresh Salad Bar

(excluding pasta, croutons, breads or crackers)

Add a protein* 80-200 cal

Add some soup 200-530 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

New! 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.

New! 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.

New! 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, fool 100 cal

Sides

All Chips 100-160 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

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.