

**Jason's Deli**

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
Yogurt Parfait	250	0	160	47	3	11
Banana Nut Muffin	220	0	170	29	1	5
<b>Specialty Sandwiches</b>						
The Papa Joe-half	260	0	700	24	2	14
Amy's Turkey-O -half	230	0	700	29	2	15
Santa Fe Chicken - half	330	0	670	22	6	27
Zucchini Grillini - half	370	0	400	46	15	15
Bigger, Better BLT (half)	340	0	460	23	7	15
<b>Famous Favorites</b>						
Wild Salmonwich (half)	290	0	400	22	2	16
<b>Panini's</b>						
Chicken Panini - half	390	5.5	790	24	0	24
<b>Wraps</b>						
Mediterranean Wrap	340	0	1,140	45	7	23
Turkey Wrap	380	0	1,040	42	6	42
Spinach Veggie Wrap-half	180	0	380	24	5	7
<b>Sides</b>						
Cup of Fruit (no dip)	100	0	0	27	3	1
Steamed Veggies	60	0	55	11	4	4
Baked Lays	100	0	115	20	0	2
Organic Blue Chips	220	0	90	27	3	3
Salsa	25	0	270	6	3	1
Guacamole	190	0	160	10	8	2

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RedPepper Hummus	400	0	236	8	2	3
Corn and Black Bean Salad	150	0	500	18	3	4
<b>Soups</b>						
Vegetable Soup - Cup	120	0	550	18	3	3
Roasted Tortilla Soup-cup	160	0	1040	16	3	6
Southwest Chicken Chili	250	0	980	24	6	22
<b>Salads</b>						
Nutty Mixed-Up Salad-lighter	430	0	810	41	3	21
Chef Salad- Lighter	460	5	1050	9	1	23
Chicken Caesar Salad Lighter	480	0	940	26	2	21
<b>Salad Dressing</b>						
Balsamic Vinaigrette	130	0	370	4	0	0
<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 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



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<b>Pasta and Potato</b>						
Plain Jane Lighter*	610	5	250	118	11	16
Polo Mexicano Lighter*	640	5	380	120	11	26
Lean Green Sweet-Lighter Potato*	550	30	340	100	15	15
Zucchini Garden Pasta Lighter	670	5	1290	70	10	16

\*Omit Cheese and Butter