

Jason's VEGETARIAN

SOUPS

Broccoli Cheese 570 cal bowl/430 cal cup

Tomato Basil 510 cal bowl/330 cal cup

SALADS

Garden-Fresh Salad Bar (excluding bacon and regional recipes)

Mesa Chicken Salad (request no chicken)

700 cal original/410 cal lighter Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

Nutty Mixed-Up Salad (request no chicken)

620 cal original/350 cal lighter Organic field greens, feta, grapes, cranberry-walnut mix, strawberries, balsamic vinaigrette.

SANDWICHES

Grilled Cheese & Tomato Soup Combo

1040 cal Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.

Build Your Own Veggie Sandwich

Your choice of bread, cheese, spreads and toppings!

Texacado Toast

670 cal Fresh avocados, roasted corn and black bean mix, cheddar, jalapeño ranch, on toasted Mexican-style bread with salsa. Served with blue corn chips and salsa.

Avocado Toast

380 cal Fresh avocado, feta, on toasted sourdough. Served with your choice of a cup of soup or fruit.

Spinach Veggie Wrap

430 cal Organic wheat wrap with mushrooms, organic spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

KID'S MENU

Mac & Cheese 470 cal

Grilled Cheese 580 cal wheat/600 cal white

Cheese Pizza 470 cal

Kid's Baked Potato (request no bacon) 650 cal

SIDES

American Potato Salad 8 oz/510 cal

Italian Pasta Salad 8 oz/350 cal

Roasted Corn & Black Bean Salad 8 oz/240 cal

Veggie Quinoa Salad 8 oz/180 cal

Steamed Veggies 60 cal

Pickle 1 spear/5 cal

Fresh Fruit Cup 80 cal (dip: 150 cal)

All Chips 110-160 cal

Blue Corn Tortilla Chips & Guacamole 410 cal

Blue Corn Tortilla Chips & Salsa 250 cal

Blue Corn Tortilla Chips & Roasted Red Pepper Hummus 420 cal

HANDCRAFTED BOWLS

Great Southwest 710 cal (request no chicken)

Lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch dressing, Southwest spices.

Modern Med 600 cal (request no chicken)

Organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

PASTAS

Served with toasted herb focaccia bread. (240/120 cal)

Pasta Alfredo (request no chicken)

1090 cal original/680 cal lighter Penne, Alfredo sauce, Asiago.

Zucchini Garden Pasta

1090 cal original/710 cal lighter Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

POTATOES

The Plain Jane® (request no bacon)

1650 cal original/960 cal lighter Cheddar, sour cream, butter, green onions.

VEGAN ALL THE WAY

Nutty Mixed-Up Salad (request no chicken or cheese)

540 cal original/310 cal lighter portion

Served with balsamic vinaigrette.

Spinach Veggie Wrap (request no cheese)

290 cal Organic wheat wrap with mushrooms, organic spinach, guacamole, pico de gallo. Salsa on the side.

Steamed Veggies 60 cal broccoli, zucchini, organic carrots, cauliflower

Blue corn tortilla chips & guacamole 410 cal

Blue corn tortilla chips & salsa 250 cal

Blue corn tortilla chips & roasted red pepper hummus 420 cal

Fresh Fruit Cup (request no fruit dip) 60-180 cal

Salad Bar Choices

Mixed salad greens
1 cup/5 cal

Organic field greens
1 cup/10 cal

Organic spinach
1 cup/20 cal

Grape tomatoes
4 tomatoes/15 cal

Cauliflower
4 oz/15 cal

Broccoli
4 oz/15 cal

Mushrooms
2 oz/5 cal

Organic baby carrots
5 carrots/10 cal

Red/yellow bell pepper
4 strips/10 cal

Artichoke hearts
2 oz/10 cal

Pepperoncinis
1 pepper/5 cal

Veggie Quinoa Salad
2 oz/30 cal

Beets
1 beet/5 cal

Zucchini sticks
2 oz/5 cal

Organic Hummus - Red Pepper
2 oz/100 cal

Cranberry walnut mix
1 oz/80 cal

Red onion rings
2 pieces/5 cal

Cucumber slices
3 slices/5 cal

Country Olive Blend
5 olives/35 cal

Jalapeños
2 oz/5 cal

Piquillo peppers
2 oz/15 cal

Spicy giardiniera
2 oz/130 cal

Croutons
4 oz/140 cal

All crackers
(except 3 Seed & Sea
Salt Flatbread)

Dressings 2 oz.
Extra Virgin Olive Oil
450 cal (bottle)

Balsamic Vinegar
130 cal (bottle)

Red Wine Vinegar
10 cal (bottle)

Balsamic Vinaigrette
140 cal

*Consuming raw or undercooked eggs may result in an increased risk for foodborne illness.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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