

## JM's Food Court | Deli

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Hot Signature Sandwich</b>												
BBQ Turkey and Cheddar Panini	1 each	570	126	14	10	0	65	1500	74	1	18	29
Buffalo Chicken Panini	1 each	460	144	16	5	0	50	1040	52	0	2	25
Caprese Panini	1 each	600	290	32	8	0	35	810	54	3	3	18
Grilled Chicken and Bacon Flatbread Mel	1 each	480	270	30	7	0	65	780	29	0	3	24
Cheesy Sun-Dried Tomato Flatbread Mel	1 each	400	180	20	14	0	50	690	31	1	4	18
<b>Cold Signature Sandwich</b>												
Turkey BLT	1 each	440	252	28	6	0	25	700	28	1	5	10
Garden Veggie Ciabatta	1 each	400	135	15	4	0	15	490	53	5	5	14
Roast Beef, Caramelized Onions & Kale C	1 each	420	108	12	3	0	25	760	51	2	5	24
<b>Side Salad</b>												
Dill Potato Salad	1/2 cup	140	70	7	1.5	0	5	310	14	2	2	2
Mediterranean Pasta Salad	1/2 cup	120	54	6	1	0	0	240	16	0	1	3
<b>Create Your Own</b>												
<b>Bread</b>												
White Bread	2 slices	130	13.5	1.5	0	0	0	260	25	0	3	4
Whole Wheat Bread	2 slices	120	9	1	0	0	0	220	22	4	1	8
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Wrap, White	1 each	310	60	7	3	0	0	740	52	2	0	8
Wrap, Jalapeno Cheese	1 each	310	60	7	3	0	0	1100	50	2	0	8
Wrap, Spinach	1 each	310	60	7	3	0	0	740	51	2	0	9
Wrap, Honey Wheat	1 each	310	80	9	2.5	0	0	520	49	6	1	8
Udi's Tortilla Wrap	1 each	170	35	4	2	0	0	330	27	5	4	5
<b>Protein</b>												
Ham	6 slices	90	25	3	1	0	45	950	2	0	1	14
Turkey Breast	4 slices	80	8	1	0	0	29	764	3	1	2	14
Roast Beef	3 slices	90	15	1.5	0.5	0	40	260	1	1	0	18

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Updated: 7/23/18

**JM's Food Court | Deli Continued**

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Beyond Chicken (meatless)	6 slices	130	30	3.5	0	0	0	330	5	3	0	20
Hummus	3 oz.	210	120	14	2	0	0	510	21	6	3	9
<b>Cheese</b>												
Pepper Jack	1 slice	50	35	4	2.5	0	15	85	1	0	0	3.5
Provolone	1 slice	50	35	4	2	0	10	120	1	0	0	3.5
American Cheese	1 slice	50	35	4	2.5	0	15	150	1	0	1	3
<b>Toppings</b>												
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Sliced Tomatoes	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	2 Tbsp..	0	0	0	0	0	0	5	0	0	0	0
Sliced Green Bell Peppers	1 Tbsp.	0	0	0	0	0	0	0	1	0	0	0
Carrot	2 Tbsp.	5	0	0	0	0	0	10	1.5	0.5	0.5	0
Sliced Onions	1 Tbsp.	5	0	0	0	0	0	0	2	0	0	0
Bacon	3 slices	110	70	8	3	0	25	380	0	0	0	6
<b>Spread</b>												
Mayonnaise	1 Tbsp.	110	100	11	2	0	5	75	0	0	0	0
Light Mayonnaise	1 Tbsp.	35	30	3.5	0.5	0	<5	100	1	0	0	0
Mustard, Yellow	2 Tbsp.	0	0	0	0	0	0	310	6	0	3	0
Vegan Mayo	1 Tbsp..	90	90	10	1	0	0	80	0	0	0	0
Guacamole	2 Tbsp.	60	45	5	1	0	0	105	3	2	0	1
<b>Side</b>												
Dill Pickle Spears	1 each	0	0	0	0	0	0	65	0	0	0	0

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# JM's Food Court | Mongolian

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<b>Create Your Own Stir-Fry</b>												
<b>Base</b>												
Brown Rice	1 cup	200	15	2	0	0	0	10	42	2	0	4
Fried Rice	1 cup	260	54	6	1	0	25	330	46	2	2	6
Rice Noodles	1 cup	190	0	0	0	0	0	100	41	1	0	3
White Rice	1 cup	170	5	0	0	0	0	5	38	1	0	3
<b>Protein</b>												
Chicken	1/2 cup	190	99	11	3	0	60	1330	1	0	0	20
Beef	1/2 cup	150	54	6	2.5	0	55	1330	1	0	0	20
Tofu	1/2 cup	110	54	6	0.5	0	0	0	3	1	0	11
<b>Vegetable</b>												
Golden Vegetable	1/4 cup	15	0	0	0	0	0	10	3	1	1	1
<b>Sauce</b>												
General Tso	1/4 cup	110	0	0	0	0	0	780	24	0	20	2
Teriyaki	1/4 cup	90	20	2	0	0	0	660	16	0	14	2
Szechuen	1/4 cup	90	40	4	0	0	0	820	10	0	3	2
Sweet Chili Thai	1/4 cup	80	10	1	0	0	0	240	18	0	14	0
Stir Fry	1/4 cup	70	30	3	0	0	0	880	8	0	4	2
Garlic Chili	1/4 cup	90	20	2	0	0	0	1160	16	0	14	2
<b>Pad Thai</b>												
Scallion	2 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Lime Wedge	1 wedge	5	0	0	0	0	0	0	1	0	0	0
Pad Thai Sauce	3/4 cup	420	60	9	0	0	0	1800	78	0	72	0
Peanuts	1 Tbsp.	60	7	1	0	0	0	60	3	1	1	3
Scrambled Egg	1/4 cup	60	35	4	1.5	0	170	150	0	0	0	6
Shrimp	1/2 cup	60	0	0	0	0	125	350	0	0	0	15

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<b>Fried Dumpling</b>												
Dumpling Sauce	1/4 cup	50	0	0	0	0	0	2380	10	0	8	3
Fried Vegetable Dumpling	5 each	395	210	22.5	2.5	0	0	590	42	3	3	6
Fried Chicken Dumpling	5 each	365	210	22.5	4	0	35	440	27	1	2	12
<b>Fried Egg Roll</b>												
Fried Pork Egg Roll	1 each	220	117	13	3	0	10	410	20	2	3	7
Fried Veggie Egg Roll	1 each	180	72	8	1.7	0	0	450	22	2	2	4

## JM's Food Court | Salad

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<b>Signature Salad</b>												
Large Chicken & Grape Power Salad	1 each	610	324	36	8	0	55	510	50	6	18	26
Large Chicken -Blue Power Salad	1 each	460	234	26	7	0	45	640	40	3	32	20
Large Smoky Southern Cobb Salad	1 each	460	243	27	9	0	240	1170	16	3	7	34
Breadstick	1 each	130	5	0.5	0	0	0	290	27	1	1	5
<b>Create Your Own Salad</b>												
<b>Base</b>												
Flour Tortilla	1 each	310	60	7	3	0	0	740	52	2	0	8
Romaine Lettuce	1 cup	10	0	0	0	0	0	0	2	1	1	1
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Kale	1 cup	7	0	0	0	0	0	11	0.9	0.9	0.3	0.6
<b>Protein (add on)</b>												
Grilled Chicken	3 oz.	110	35	4	1	0	55	200	2	0	2	14
Carne Asada Steak	3 oz.	130	60	7	2.5	0	30	140	1	0	0	16
Grilled Salmon	1 each	140	45	5	0.5	0	55	210	0	0	0	21
Tofu	1/2 cup	110	6	0.5	0	0	0	0	3	1	0	11
<b>Topping</b>												
Carrot	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Sliced Red Onions	1 Tbsp.	5	0	0	0	0	0	0	2	0	0	0
Tomatoes	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Shredded Cheese	2 Tbsp.	55	40	4.5	3	0	12.5	90	0.5	0	0	3.5

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<b>Dressing</b>												
Ranch	2 Tbsp.	100	100	11	1.5	0	10	240	1	0	0	0
1000 Island Dressing	1 each	260	220	24	4	0	20	440	8	0	8	0
Blue Cheese Dressing	2 Tbsp..	150	140	16	3.5	0	20	240	1	0	1	1
French Dressing	2 Tbsp.	130	110	12	2	0	0	210	7	0	6	0
Lite Ranch Dressing	2 Tbsp..	110	90	10	1.5	0	10	280	1	0	1	1
Lite Italian Dressing	2 Tbsp..	25	15	1.5	0	0	0	410	3	0	2	0
Red Wine Vinegar	2 Tbsp..	0	0	0	0	0	0	0	0	0	0	0
<b>Garnish</b>												
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Sunflower Seeds	1 Tbsp.	60	43	5	1	0	0	47	2	1	0	2
Dried Cranberries	2 Tbsp..	65	2.5	0.25	0	0	0	2.5	16.4	1.5	19	0

## JM's Food Court | Soup

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Black Bean Santa Fe Soup	12 fl. oz.	230	21	2	0	0	8	1440	41	12	5	12
Boston Clam Chowder	12 fl. oz.	293	107	12	5	0	41	1290	33	2	11	12
Broccoli Cheddar Soup	12 fl. oz.	210	108	12	4	0	23	1200	20	2	8	5
Chicken Tortilla Soup	12 fl. oz.	180	20	2	0	0	8	1230	30	9	<1	9
Chicken Gumbo	12 fl. oz.	90	6	<1	0	0	8	1210	18	2	3	3
Chicken Noodle Soup	12 fl. oz.	140	48	5	1.5	*0	23	1365	17	0	0	6
Garden Vegetable Soup	12 fl. oz.	120	0	0	0	0	0	1200	29	3	14	3
Italian Wedding Soup	12 fl. oz.	165	48	5	2	0	15	1125	20	1.5	1.5	8
Potato Soup	12 fl. oz.	353	161	18	8	0	41	1335	38	3	14	11
Three Bean Chili	12 fl. oz.	290	41	5	1	0	0	570	47	17	15	14
Timberline Chili	12 fl. oz.	440	171	19	7	1	70	1490	37	8	13	29
Tomato Basil Soup	12 fl. oz.	420	270	30	9	0	45	1275	30	5	24	6
Tomato Creamy Bisque	12 fl. oz.	230	98	11	4.5	0	26	1470	25	1.5	16	8
Vegetarian Chili	12 fl. oz.	270	22	2	0	0	0	615	51	17	8	12
Potato Bacon Soup	12 fl. oz.	260	100	11	4.5	0	30	1240	31	4	9	9
Tomato Soup	12 fl. oz.	330	184	20	11	0	70	1284	25	3	17	12
Broccoli Cheese Soup	12 fl. oz.	323	188	21	8	0	41	1230	23	3	11	9
Minestrone Soup	12 fl. oz.	180	30	3	0	0	0	720	36	12	6	12
Loaded Potato Soup	12 fl. oz.	525	300	33	15	1	75	1305	39	3	3	18