

JM's Food Court | Deli

Disclaimer: Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

Menu Item	Vegan Yes (Y) No (N)
Hot Signature Sandwich	
BBQ Turkey and Cheddar Panini	N
Buffalo Chicken Panini	N
Caprese Panini	N
Grilled Chicken and Bacon Flatbread Melt	N
Cheesy Sun-Dried Tomato Flatbread Melt	N
Cold Signature Sandwich	
Turkey BLT	N
Garden Veggie Ciabatta	N
Roast Beef, Caramelized Onions & Kale Ciabatta	N
Side Salad	
Dill Potato Salad	N
Mediterranean Pasta Salad	N
Create Your Own	
Bread	
White Bread	Y
Whole Wheat Bread	Y
Sprouted Grain Bread - Big 16	Y
Wrap, White	Y
Wrap, Jalapeno Cheese	Y
Wrap, Spinach	Y
Wrap, Honey Wheat	Y
Udi's Tortilla Wrap	N
Protein	
Ham	N
Turkey Breast	N
Roast Beef	N
Beyond Chicken (meatless)	Y
Hummus	Y
Cheese	
Pepper Jack	N
Provolone	N
American Cheese	N

JM's Food Court | Deli Continued

Menu Item	Vegan Yes (Y) No (N)
Toppings	
Green Leaf Lettuce	Y
Sliced Tomatoes	Y
Cucumbers	Y
Spinach	Y
Sliced Green Bell Peppers	Y
Carrot	Y
Sliced Onions	Y
Bacon	N
Spread	
Mayonnaise	N
Light Mayonnaise	N
Mustard, Yellow	Y
Vegan Mayo	Y
Guacamole	Y
Side	
Dill Pickle Spears	Y

JM's Food Court | Mongolian

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Menu Item	Vegan Yes (Y) No (N)
Create Your Own Stir-Fry	
Base	
Brown Rice	Y
Fried Rice	N
Rice Noodles	Y
White Rice	Y
Protein	
Chicken	N
Beef	N
Tofu	Y
Vegetable	
Golden Vegetable	Y
Sauce	
General Tso	Y
Teriyaki	Y
Szechuen	N
Sweet Chili Thai	Y
Stir Fry	N
Garlic Chili	Y
Pad Thai	
Scallion	Y
Lime Wedge	Y
Pad Thai Sauce	Y
Peanuts	Y
Scrambled Egg	N
Shrimp	N
Fried Dumpling	
Dumpling Sauce	Y
Fried Vegetable Dumpling	Y
Fried Chicken Dumpling	N
Fried Egg Roll	
Fried Pork Egg Roll	N
Fried Veggie Egg Roll	N

JM's Food Court | Salad

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Menu Item	Vegan Yes (Y) No (N)
Signature Salad	
Large Chicken & Grape Power Salad	N
Large Chicken -Blue Power Salad	N
Large Smoky Southern Cobb Salad	N
Breadstick	Y
Create Your Own Salad	
Base	
Flour Tortilla	Y
Romaine Lettuce	Y
Spinach	Y
Kale	Y
Protein (add on)	
Grilled Chicken	N
Carne Asada Steak	N
Grilled Salmon	N
Tofu	Y
Topping	
Carrot	Y
Sliced Red Onions	Y
Tomatoes	Y
Cucumbers	Y
Shredded Cheese	N
Dressing	
Ranch	N
1000 Island Dressing	N
Blue Cheese Dressing	N
French Dressing	Y
Lite Ranch Dressing	N
Lite Italian Dressing	Y
Red Wine Vinegar	Y
Garnish	
Croutons	N
Sunflower Seeds	Y
Dried Cranberries	Y

JM's Food Court | Soup

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Menu Item	Vegan Yes (Y) No (N)
Black Bean Santa Fe Soup	N
Boston Clam Chowder	N
Broccoli Cheddar Soup	N
Chicken Tortilla Soup	N
Chicken Gumbo	N
Chicken Noodle Soup	N
Garden Vegetable Soup	N
Italian Wedding Soup	N
Potato Soup	N
Three Bean Chili	Y
Timberline Chili	N
Tomato Basil Soup	N
Tomato Creamy Bisque	N
Vegetarian Chili	Y
Potato Bacon Soup	N
Tomato Soup	N
Broccoli Cheese Soup	N
Minestrone Soup	N
Loaded Potato Soup	N