

Kid's Menu *For kids 12 and under.*

Our foods are free from dyes, artificial trans fats and flavors, processed MSG, and high-fructose corn syrup.

All Kid's meals include your choice of one drink: bottled water, organic apple juice, or organic low-fat white or chocolate milk. 0-180 cal

J.D. Pickle Meals

- V** Mac & Cheese 420 cal 3.69 **Bowtie Pasta & Chicken Alfredo** 640 cal 4.19
Made with grilled, 100% antibiotic-free chicken breast.
- V** Cheese Pizza 470 cal 3.69
- Pepperoni Pizza 520 cal 3.69
- Bowtie Pasta & Meatballs** 640 cal 4.19
- V** Kid's Salad Bar 4.79
- GS** Kid's Baked Potato 540 cal 4.25
Butter, bacon, cheddar.



Kidwich Meals

The 6 items below served with your choice of one side: organic apples, organic carrots, seasonal fruit or chips. 30-160 cal

- GS** J.D. Nuggetz 170 cal 4.29
Four pieces of gluten-free and 100% antibiotic-free chicken breast, breaded with cornmeal. **Parents Note:** If you have gluten-sensitive kids, please tell your order taker.
- V** Grilled Cheese 480/510 cal 3.69
American cheese on your bread choice: multigrain wheat or country white.
- Hot Dog 310/500 cal 3.69
Nitrite-free, all-beef hot dog. *Add chili .59*
- V** Peanut Butter & Jelly 450/480 cal 4.25
Organic peanut butter and organic jelly on your bread choice: multigrain wheat or country white.
- Ham & Cheese 240-400 cal 4.25
Nitrite-free ham, American cheese on your bread choice: organic wheat wrap, multigrain wheat or country white.
- Turkey & Cheese 250-400 cal 4.25
Nitrite-free turkey, American cheese on your bread choice: organic wheat wrap, multigrain wheat or country white.

Drinks

- Fountain Drinks 24/32 oz 0-440 cal 2.09/2.29
- Fresh-brewed Teas 24/32 oz 2.09/2.29
 - Unsweetened
 - Sweetened with cane sugar 210/280 cal
 - Black Currant
 - NEW!** Wild Berry Hibiscus with cane sugar 70/100 cal
- Jason's Water 1.89
- NEW!** Waters 1.59
- Simply Orange Juice 2.49
- Organic Milks 1.29
- Fresh-brewed Coffee or Hot Tea 1.29



A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary. Additional nutrition information available upon request and at jasonsdeli.com

Soups



- BOWL 4.99 / CUP 3.49
- Broccoli Cheese 430/320 cal
- Chicken Noodle 260/190 cal
- GS** Fire Roasted Tortilla 210/150 cal
- GS** **V** Organic Vegetable 160/120 cal
- GS** **V** Tomato Basil 470/310 cal
- Irish Potato 550/390 cal
- BOWL 5.99 / CUP 4.49
- Southwest Chicken Chili 300/220 cal
- Chili 470/340 cal
- Chicken Pot Pie 440/280 cal
- Spicy Seafood Gumbo 330/210 cal

Salads

NEW! Add an egg* today .99

Garden-Fresh Salad Bar

Create your own masterpiece, from apples to zucchini. It's all you care to eat for one price. Fresh **organics**, dozens of toppings, cheeses, fresh-made sides and famous mini muffins. 8.49

Add 4 oz. side of: famous chicken salad with almonds and pineapple, tuna salad with eggs, nitrite-free ham, roasted turkey breast, or nitrite-free smoked turkey breast. 70-190 cal 1.89

- Grilled, 100% antibiotic-free chicken breast 150 cal 3.99
- 4-piece 100% antibiotic-free J.D. Nuggetz 170 cal 3.99
- Fillet of wild salmon 200 cal 4.99
- Add some soup!** Bowl 1.99 / Cup 1.39

Developed with: **MD Anderson Cancer Center**
Making Cancer History®

GS **V** **Salmon Pacifica Salad** 420 cal 9.99
Wild Alaska sockeye salmon, **organic** field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with cucumber-dill vinaigrette.
A portion of the proceeds from the Salmon Pacifica Salad benefits cancer prevention research and programs at MD Anderson. At participating locations.

GS **Mesa Chicken Salad** 840/460 cal *Original 9.25 / Lighter Portion 7.29*
Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeño ranch dressing.

GS **Chicken Club Salad** 1010/540 cal *Original 9.25 / Lighter Portion 7.29*
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens, served with ranch dressing.

GS **Nutty Mixed-Up Salad** 780/430 cal *Original 9.25 / Lighter Portion 7.29*
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, served with balsamic vinaigrette.

GS **The Big Chef** 930/470 cal *Original 8.79 / Lighter Portion 6.79*
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens, served with ranch dressing.

Chicken Caesar 910/450 cal *Original 8.99 / Lighter Portion 6.79*
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, served with creamy Caesar dressing and toasted herb focaccia bread.
Substitute wild salmon (200 cal) for any meat on the 5 salads above. Add 1.99

Taco Salad 760-1280 cal *Original 8.79 / Lighter Portion 6.79*
Mixed salad greens, blue corn chips, topped with your choice: Chili, Southwest Chicken Chili, or black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.

Desserts



- Fresh-Baked Incredible Cookie** 1.19
 - Sugar 240 cal
 - Cranberry Walnut Oatmeal 300 cal
 - Chocolate Chip 270 cal
 - White Chocolate Macadamia Nut 330 cal
- Udi's® Gluten-Free Snickerdoodle** 210 cal 1.99
- Fudge-Nut Brownie** 410 cal 1.39
- Strawberry Shortcake** 670 cal 3.29
- Classic Cheesecake** 530 cal 3.29
- Strawberry-Topped Cheesecake** 550 cal 3.29
- Carrot Cake** 530 cal 3.29

Free Ice Cream

Because everyone deserves dessert!

For the most current nutrition, ingredient and allergen information, visit our website: jasonsdeli.com

NOTES:

This menu and information are provided by Analytical Food Laboratories (AFL), Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli), combined with the ingredient and allergen data from our suppliers. Jason's Deli and AFL assume no responsibility for its use and information which has not been verified by Jason's Deli.

Every effort is made to keep this information current. Factors including regional suppliers, recipe revisions and others may require ingredient changes. Serving sizes as described in the nutritional information may vary due to many offerings being individually prepared and the use of differing serving containers. Limited time offers, test or regional items have not been included in our menu.

GS Denotes Gluten-Sensitive Menu item. 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.

V Vegetarian

Now Available!
Our new mobile app.



Make meeting & eating easier! Parties, too.

We Cater & Deliver!

For all locations, maps & phone numbers, visit jasonsdeli.com



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Jason's deli®

Serving Satisfaction Since 1976

Deli Menu

Dine-In • To-Go • Delivery



Wholesome food forever.
It's a family thing.

Our foods are free from:
dyes, artificial trans fats and flavors, processed MSG,
and high-fructose corn syrup.

Manager's Half-Sandwich

Special

Served with chips or baked chips.
(150/100 cal)

Half-Sandwich and your choice:

Cup of soup or fruit **8.39**

Half-Sandwich and a one-time trip to our Salad Bar **9.39**

For Famous Favorites Add **1.00**

Excludes Muffalettas



Build Your Own Sandwich

Add a one-time trip to our Salad Bar **4.59**
Served with chips or baked chips. (150/100 cal)

Pick your meat, name your bread, select your spreads and dress it up. You also decide the size.

Whole **6.99** / Lighter Portion **6.29** / Half **6.29**

Meats	
<i>Nitrite-Free:</i>	
Ham	140/70 cal
Roasted Turkey Breast	150/70 cal
Smoked Turkey Breast	160/80 cal
Roast Beef	210/100 cal
Tuna Salad with Eggs	370/190 cal
Famous Chicken Salad with Almonds & Pineapple	320/160 cal

NEW! Salami 680/340 cal

Cheeses Add .69	
Cheddar	American 160/80 cal
Swiss	Muenster 170/90 cal
Provolone	NEW! Pimento Cheese 200/100 cal
Jalapeño Pepper Jack	160/80 cal

Breads	
Multigrain Wheat	Rye 250/130 cal
Country White	Udi's® Gluten-Free 240/120 cal Add .59
Toasted:	
Telera Roll	All-butter Croissant 260/130 cal
Wheat Wrap	Onion Bun 240/120 cal
Herb Focaccia	New Orleans French 230/110 cal
	NEW! Organic Ancient Grain Bun 200/100 cal

Spreads	
Mayo	Chipotle Aioli 130/70 cal
Mustard	Basil Pesto 60/30 cal
Stone-ground Mustard	Thousand Island 70/35 cal
Honey Mustard	Ranch 60/30 cal
	Jalapeño Ranch 40/20 cal

Add-Ons	
NEW! Fresh-Cracked Egg*	NEW! Add an egg
Avocado Slices	60/30 cal Add .99
Roasted Red Pepper Hummus	30/15 cal Add .89
Guacamole	30/15 cal Add .89

* Eggs are served medium. Consuming raw or undercooked eggs may result in an increased risk of foodborne illness.

Muffalettas

Add a one-time trip to our Salad Bar **4.59**
Served with chips or baked chips. (150/100 cal)



A New Orleans original! Grilled, crusty Muffaletta bread is spread to the edges with our family-recipe olive mix and provolone is melted over layers of premium meats.

Quarter Ham & Salami Muffaletta 540 cal **7.19**
Quarter Roasted Turkey Breast Muffaletta 500 cal **7.19**

Quarter Muffaletta Special 640-1080 cal **8.39**
Served with chips or baked chips and your choice: cup of soup or fruit.



Meatless Eats

Add a one-time trip to our Salad Bar **4.59**

NEW! Add an egg* today **.99**

V Caprese Panini 740 cal (sides: 150/100 cal) **7.49**
It's Back! Fresh mozzarella, **organic** spinach, Roma tomatoes, basil pesto. Pressed within olive oil-basted herb focaccia bread. Served with chips or baked chips.

V Zucchini Garden Pasta 980/640 cal (bread: 220/110 cal) **Original 8.19 / Lighter Portion 6.75**
Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago. Served with toasted herb focaccia bread.

GS V Black Bean Taco Salad 1100/730 cal **Original 8.79 / Lighter Portion 6.79**
Mixed salad greens, blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.

V Spinach Veggie Wrap 400 cal (sides: 35-220 cal) **7.29**
Mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo, in a toasted **organic** wheat wrap. Served with salsa. Choice of one side: fresh fruit, steamed veggies, baked chips or blue corn chips.

V Zucchini Grillini 570 cal (sides: 35-250 cal) **6.99**
Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive-oil basted multigrain wheat. Choice of one side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

GS V Fresh Fruit 35-310 cal (dip: 150 cal) **Bowl 6.99 / Cup 2.89**
Whole, fresh, luscious fruit is delivered to our delis six days a week and is meticulously prepared daily. Served with creamy fruit dip.

NEW! V Gourmet Pimento Cheese 710 cal (sides: 150/100 cal) **5.99**
Pimento cheese featuring fire-roasted piquillo peppers and 3 cheeses - cheddar, Muenster and jalapeño jack - leafy lettuce, tomato, on a toasted **organic** ancient grain bun. Served with chips or baked chips.

Famous Favorites

Add a one-time trip to our Salad Bar **4.59**
Served with chips or baked chips unless otherwise stated. (150/100 cal)



NEW! Add an egg* today **.99**

Reuben THE Great 590-1070 cal **Original 10.25 / Lighter Portion 8.25**
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye.

NEW! The Rachel 1030 cal **8.99**
Hot pastrami, roasted turkey breast, Swiss, coleslaw, Thousand Island dressing, on toasted rye.

NEW! Big E's Deli Burger 710 cal **7.89**
Hot roast beef, American cheese, house-made Savage Sauce, leafy lettuce, tomato, on a toasted onion bun.

Beefeater 820/660 cal **Original 9.25 / Lighter Portion 7.19**
1/2 pound of hot roast beef, provolone, mayo, toasted on New Orleans French bread. Served with a cup of au jus.

Deli Cowboy® 950/670 cal **Original 11.25 / Lighter Portion 9.25**
Return of a classic! 1/2 pound of pit-smoked beef brisket, cheddar, red onions, barbecue sauce, toasted on New Orleans French bread.

Wild Salmon-wich 620 cal (sides: 35-250 cal) **8.99**
Wild Alaska sockeye salmon, guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, on toasted herb focaccia bread. Choice of one side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

The New York Yankee 1100/670 cal **Original 11.25 / Lighter Portion 8.99**
3/4 pound combo of hot corned beef and pastrami, Swiss on toasted rye.

Hot Corned Beef Sandwich 350-750 cal **Original 9.25 / Lighter Portion 7.19**
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

Hot Pastrami Sandwich 500-1040 cal **Original 9.25 / Lighter Portion 7.19**
1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.

Pastas & Potatoes

Add a one-time trip to our Salad Bar **4.59**



Penne Pasta & Meatballs 1120/720 cal (bread: 220/110 cal) **Original 8.19 / Lighter Portion 6.75**
Penne pasta topped with meatballs, marinara, Asiago. Served with toasted herb focaccia bread.

Chicken Pasta Primo 1080/650 cal (bread: 220/110 cal) **Original 9.19 / Lighter Portion 7.19**
Penne pasta topped with grilled, 100% antibiotic-free chicken breast, tomato-basil sauce, Asiago. Served with toasted herb focaccia bread.

Chicken Alfredo 1220/720 cal (bread: 220/110 cal) **Original 9.19 / Lighter Portion 7.19**
Penne pasta topped with grilled, 100% antibiotic-free chicken breast, creamy Alfredo sauce, Asiago. Served with toasted herb focaccia bread.

GS The Plain Jane® Potato 1610/930 cal **Original 7.79 / Lighter Portion 6.49**
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

GS Pollo Mexicano Potato 1270/800 cal **Original 8.25 / Lighter Portion 6.99**
Baked potato stuffed with grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

GS Texas Style Spud® 1410/830 cal **Original 7.69 / Lighter Portion 6.59**
Return of a classic! Baked potato stuffed with chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter.

Specialty Sandwiches

Add a one-time trip to our Salad Bar **4.59**
Served with chips or baked chips unless otherwise stated. (150/100 cal)



NEW! Add an egg* today **.99**

The Papa Joe 550 cal **7.89**
Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, basil pesto, mayo, toasted on herb focaccia bread.

Shelley's Deli Chick 580 cal **6.59**
Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant.

NEW! JB's Southwest Turkey 670 cal **6.59**
Nitrite-free smoked turkey breast, provolone, guacamole, pico de gallo, chipotle aioli, on a toasted telera roll.

Santa Fe Chicken Sandwich® 690 cal **7.89**
Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat.

Amy's Turkey-O 470 cal **6.39**
Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun.

Tuna Melt 860 cal **7.29**
Tuna salad with eggs, Swiss, tomato, mayo, grilled on multigrain wheat.

MeataBalla 1120 cal **8.25**
Meatballs, marinara, provolone, toasted on New Orleans French bread.

Clubs

Club Royale 670 cal **7.99**
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant.

California Club 690 cal (sides: 35-250 cal) **7.99**
Roasted turkey breast, bacon, Swiss, guacamole, tomato, **organic** field greens, mayo, on a toasted croissant. Choice of one side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Deli Club 810 cal **7.99**
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat.

Paninis

Smokey Jack Panini 740 cal **8.29**
Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing. Pressed within olive oil-basted New Orleans French bread.

Chicken Panini 700 cal **8.49**
Grilled, 100% antibiotic-free chicken breast, provolone, basil pesto, Roma tomatoes, **organic** spinach. Pressed within olive oil-basted New Orleans French bread.

Wraps

Turkey Wrap 400 cal (sides: 35-250 cal) **7.49**
Roasted turkey breast, Roma tomatoes, **organic** field greens, guacamole, ranch dressing, in a toasted **organic** wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Mediterranean Wrap 350 cal (sides: 35-250 cal) **7.49**
Roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, Roma tomatoes, **organic** field greens, in an **organic** wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Ranchero Wrap 540 cal (side: 250 cal) **8.25**
Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted in an **organic** wheat wrap. Served with blue corn chips and salsa.

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