

## DESSERTS



### Fresh-Baked Incredible Cookie 1.29

Sugar 240 cal

Cranberry Walnut Oatmeal 300 cal

Chocolate Chip 270 cal

White Chocolate Macadamia Nut 330 cal

### **GS** Udi's® Snickerdoodle 2.19

### Fudge-Nut Brownie 410 cal 1.59

### Strawberry Shortcake 680 cal 3.49

### Classic Cheesecake 530 cal 3.49

### Strawberry-Topped Cheesecake 550 cal 3.49



## Free Ice Cream

Because everyone  
deserves dessert!

#### 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.

For the most current nutrition, ingredient and allergen information, visit our website: [jasonsdeli.com](http://jasonsdeli.com)

**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



Download the  
Jason's Deli  
Mobile App to  
earn rewards



Make meeting & eating easier! Parties, too.

### We Cater & Deliver!

For all locations, maps & phone numbers, visit  
[jasonsdeli.com](http://jasonsdeli.com)



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

DELI WORX-19APR

# Jason's deli®

## Deli Menu

Dine-In • To-Go • Delivery



Mesa Chicken Salad

## 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 Specialty or Build Your Own Sandwich  
and cup of soup or fruit 8.59

Half Famous Favorites Sandwich  
and a cup of soup or fruit 9.59

Substitute a one-time trip to our Salad Bar  
for soup or fruit Add 1.00



Excludes Muffalettas

## SALADS

### Garden-Fresh Salad Bar

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: chicken salad with almonds and pineapple, tuna salad with eggs, nitrite-free ham, roasted turkey breast, or nitrite-free smoked turkey breast. 1.89

- NEW!** Sirloin steak cooked medium\* 150 cal 4.99
- Fillet of wild salmon 200 cal 4.99
- Grilled, 100% antibiotic-free chicken breast 150 cal 3.99
- 100% antibiotic-free J.D. Nuggetz 180 cal 3.99
- Add some soup! Bowl 2.49 / Cup 1.89

**GS** Mesa Chicken Salad 880/460 cal Original 9.39 / Lighter Portion 7.39  
Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.

**GS** Chicken Club Salad 1010/540 cal Original 9.39 / Lighter Portion 7.39  
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon, mixed salad greens, ranch dressing.

**GS** Nutty Mixed-Up Salad 770/430 cal Original 9.39 / Lighter Portion 7.39  
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, balsamic vinaigrette.

**GS** The Big Chef 910/450 cal Original 8.99 / Lighter Portion 6.79  
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing.

**Chicken Caesar** 940/480 cal Original 8.99 / Lighter Portion 6.79  
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

Substitute wild salmon (200 cal) or sirloin steak cooked medium\* (150 cal) for any meat on the 5 salads above. Add 1.99

**Taco Salad** 720-1150 cal Original 8.99 / Lighter Portion 6.79  
Shredded lettuce, blue corn chips, cheddar, sour cream, guacamole, pico de gallo, Southwest spices, side of salsa, with Chili or Southwest Chicken Chili.

**GS V** Veggie Option 1010/680 cal: Made with roasted corn and black bean mix.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.

# 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!** Steak Po'boy 670 cal 9.39  
Sirloin steak cooked medium,\* spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomato, mayo, toasted New Orleans French bread.



**Reuben THE Great** 610-1170 cal Original 10.29 / Lighter Portion 8.29  
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

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

**Big E's Deli Burger** 730 cal 7.89  
Hot roast beef, American cheese, Thousand Island dressing, leafy lettuce, tomato, toasted onion bun.

**Beefeater** 840/680 cal Original 9.49 / Lighter Portion 7.49  
1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, cup of au jus.

**Deli Cowboy®** 950/670 cal Original 11.29 / Lighter Portion 9.29  
1/2 pound of pit-smoked beef brisket, cheddar, red onions, barbecue sauce, toasted New Orleans French bread.

**Wild Salmon-wich** 600 cal (sides: 60-250 cal) 9.59  
Wild Alaska sockeye salmon, guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

**The New York Yankee** 1100/680 cal Original 11.29 / Lighter Portion 9.29  
3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

**Hot Corned Beef Sandwich** 350-750 cal Original 9.29 / Lighter Portion 7.29  
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

**Hot Pastrami Sandwich** 500-1040 cal Original 9.29 / Lighter Portion 7.29  
1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.

Add a fresh-cracked egg\* to any salad or sandwich. 80 cal Add .99

## 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 with provolone melted over layers of premium meats.



**Quarter Ham & Salami Muffaletta** 520 cal 7.29  
**Quarter Roasted Turkey Breast Muffaletta** 490 cal 7.29

**Quarter Muffaletta Special** 630-1070 cal 8.59  
Served with chips or baked chips and a cup of soup or fruit.

# 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)

## Italian Cruz Po'boy 470 cal 6.59

*Return of a classic!* Nitrite-free ham, salami, Italian peppers, Asiago, shredded lettuce, Roma tomatoes, stone-ground mustard, Italian dressing, toasted New Orleans French bread.



## Rio Ranch Po'boy 610 cal 8.49

*Return of a classic!* Grilled, 100% antibiotic-free chicken breast, sautéed mushrooms, cheddar, green onions, pico de gallo, Southwest spices, ranch dressing, toasted New Orleans French bread.

## The Papa Joe 530 cal 7.99

Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, pesto aioli, toasted herb focaccia.

## Shelley's Deli Chick 600 cal 6.99

Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

## Santa Fe Chicken Sandwich® 670 cal 7.99

Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled multigrain wheat.

## Amy's Turkey-O 460 cal 6.59

Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, toasted onion bun.

## V Zucchini Grillini 560 cal (sides: 60-250 cal) 7.19

Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted multigrain wheat. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

## Bigger Better BLT 630 cal 7.29

Bacon, leafy lettuce, Roma tomatoes, fresh-cracked egg,\* mayo, avocado slices, toasted multigrain wheat.

## MeataBalla 1130 cal 8.39

Meatballs, marinara, provolone, toasted New Orleans French bread.

## Clubs

## California Club 700 cal (sides: 60-250 cal) 8.19

Roasted turkey breast, bacon, Swiss, guacamole, tomato, **organic** field greens, mayo, toasted croissant. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

## Club Royale 700 cal 8.19

Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, toasted croissant.



## Deli Club 790 cal 8.19

Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

## Paninis

## V Caprese Panini 750 cal 7.49

*It's Back!* Fresh mozzarella, **organic** spinach, Roma tomatoes, pesto aioli, herb focaccia.

## Chicken Panini 720 cal 8.69

Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, Roma tomatoes, **organic** spinach, New Orleans French bread.

## Smokey Jack Panini 740 cal 8.49

Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing, New Orleans French bread.

## Wraps

## Turkey Wrap 370 cal (sides: 60-250 cal) 7.49

Roasted turkey breast, Roma tomatoes, **organic** field greens, guacamole, ranch dressing, toasted **organic** wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.



## Mediterranean Wrap 330 cal (sides: 60-250 cal) 7.49

Roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, Roma tomatoes, **organic** field greens, **organic** wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

## V Spinach Veggie Wrap 350 cal (sides: 60-250 cal) 7.29

Mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo, toasted **organic** wheat wrap, side of salsa. One side: fresh fruit, steamed veggies, baked chips or blue corn chips.

## Ranchero Wrap 520 cal (side: 250 cal) 8.39

Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted **organic** wheat wrap, blue corn chips with salsa.

# PASTAS & POTATOES

Add a one-time trip to our Salad Bar 4.59

Pastas served with herb focaccia (210/110 cal)

## Penne Pasta & Meatballs 1080/680 cal

Original 8.39 / Lighter Portion 6.99

Penne pasta, meatballs, marinara, Asiago.



## Chicken Pasta Primo 1010/610 cal

Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, Asiago. Original 9.29 / Lighter Portion 7.19

## Chicken Alfredo 1170/690 cal

Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, Asiago. Original 9.29 / Lighter Portion 7.19

## V Zucchini Garden Pasta 1010/630 cal

Bowtie pasta, roasted zucchini, fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago. Original 8.39 / Lighter Portion 6.99

## GS The Plain Jane® Potato 1610/920 cal

Original 7.99 / Lighter Portion 6.79  
Cheddar, sour cream, butter, bacon, green onions on a baked potato.



## GS Pollo Mexicano Potato 1260/800 cal

Original 8.49 / Lighter Portion 6.99  
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices on a baked potato.

## GS Texas Style Spud® 1410/830 cal

Original 7.69 / Lighter Portion 6.59  
Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter on a baked potato.

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

# 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 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 3.99

**V** Cheese Pizza 470 cal 3.99

Pepperoni Pizza 520 cal 3.99

Bowtie Pasta & Meatballs 610 cal 4.39

Bowtie Pasta & Chicken Alfredo 620 cal 4.39

Made with grilled, 100% antibiotic-free chicken breast.

**GS** Kid's Baked Potato 670 cal 4.59  
Butter, bacon, cheddar.



**NEW!** **GS** **V** Kid's Pick 4 120-550 cal 3.79  
Choice of 4: 1 fruit, hard boiled egg, cucumbers, **organic** carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with roasted red pepper hummus or ranch dressing.

## Kidwich Meals

The 5 items below served with one side: **organic** apples, **organic** carrots, seasonal fruit or chips. 30-150 cal



**GS** J.D. Nuggetz 180 cal 4.29

Gluten-free and 100% antibiotic-free chicken breast. **Parents Note:** If you have gluten-sensitive kids, please tell your order taker.

**V** Grilled Cheese 470/500 cal 3.99

American cheese on multigrain wheat or country white.

**V** Peanut Butter & Jelly 440/470 cal 3.99

**Organic** peanut butter and **organic** jelly on multigrain wheat or country white.

**Ham & Cheese** 240-390 cal 4.59

Nitrite-free ham, American cheese, on **organic** wheat wrap, multigrain wheat or country white.

**Turkey & Cheese** 240-390 cal 4.59

Nitrite-free turkey breast, American cheese, on **organic** wheat wrap, multigrain wheat or country white.

# DRINKS

Fountain Drinks 24/32 oz 0-440 cal 2.09/2.39

Fresh-brewed Iced Teas 24/32 oz 2.09/2.39

Unsweet

Sweet with cane sugar 210/280 cal

Black Currant

Wild Berry Hibiscus 70/100 cal

*It's Back!* Caffeine-free with cane sugar

Jason's Water 1.99

Assorted Bottled Drinks 1.59 - 2.49

Fresh-brewed Coffee or Hot Tea 1.29



# SOUPS



ALL BOWLS 5.49

ALL CUPS 3.99

Broccoli Cheese 430/320 cal

Chicken Noodle 260/190 cal

**GS** Fire Roasted Tortilla 210/160 cal

**GS** **V** Organic Vegetable 160/120 cal

**GS** **V** Tomato Basil 440/300 cal

Irish Potato 550/390 cal

Chicken Pot Pie 530/310 cal

Spicy Seafood Gumbo 320/210 cal

Chili 470/340 cal

Southwest Chicken Chili 300/220 cal

# 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.

Whole 7.19 / Lighter Portion 6.29 / Half 6.29

## Meats

### Nitrite-free:

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

Salami

680/340 cal

## Cheeses Add .69

Provolone Jalapeño

160/80 cal

Pepper Jack

160/80 cal

Cheddar American

170/90 cal

Swiss Muenster

160/80 cal

170/90 cal

## Breads

Multigrain Wheat Rye

210/110 cal

Country White

240/120 cal

### Toasted:

**Organic**

Ancient Grain Bun

200/100 cal

Wheat Wrap

180/90 cal

Herb Focaccia

210/100 cal

All-butter Croissant

280/140 cal

Onion Bun

240/120 cal

New Orleans French

220/110 cal

Gluten-free

170/80 cal

Add .59

## Spreads

Mayo

100/50 cal

Mustard

0 cal

Stone-ground

Mustard

0 cal

Honey Mustard

40/20 cal

Chipotle Aioli

130/70 cal

Pesto Aioli

70/35 cal

Thousand Island

60/30 cal

Ranch

60/30 cal

Jalapeño Ranch

40/20 cal

## Add-ons

Fresh-cracked Egg\*

80 cal Add .99

**NEW!** Bacon Slices

60/30 cal Add .99

Avocado Slices

60/30 cal Add .99

Roasted Red Pepper Hummus

30/15 cal Add .89

Guacamole

25/10 cal Add .89

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.

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