

DESSERTS



Fresh-Baked Incredible Cookie

- Sugar 240 cal
- Cranberry Walnut Oatmeal 300 cal
- Chocolate Chip 270 cal
- White Chocolate Macadamia Nut 330 cal

GS Udi's® Snickerdoodle

Fudge-Nut Brownie 410 cal

Strawberry Shortcake 680 cal

Classic Cheesecake 530 cal

Strawberry-Topped Cheesecake 550 cal



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

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



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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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

Half Famous Favorites Sandwich
and a cup of soup or fruit

Substitute a one-time trip to our Salad Bar
for soup or fruit *Extra Charge*



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.

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. 70-190 cal

NEW! Sirloin steak cooked medium*	150 cal	Extra Charge
Filet of wild salmon	200 cal	Extra Charge
Grilled, 100% antibiotic-free chicken breast	150 cal	Extra Charge
100% antibiotic-free J.D. Nuggetz	180 cal	Extra Charge
Add some soup!		Bowl / Cup Extra Charge

GS Mesa Chicken Salad 880/460 cal *Original / Lighter Portion*
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 / Lighter Portion*
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 / Lighter Portion*
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 / Lighter Portion*
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 / Lighter Portion*
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. *Extra Charge*

Taco Salad 720-1150 cal *Original / Lighter Portion*
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 *Extra Charge*
Served with chips or baked chips unless otherwise stated. (150/100 cal)

NEW! **Steak Po'boy** 670 cal
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 / Lighter Portion
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

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

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

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

Deli Cowboy® 950/670 cal *Original / Lighter Portion*
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*)
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 / Lighter Portion*
3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

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

Hot Pastrami Sandwich 500-1040 cal *Original / Lighter Portion*
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 *Extra Charge*

MUFFALETTAS

Add a one-time trip to our Salad Bar
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
Quarter Roasted Turkey Breast Muffaletta 490 cal

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

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

SPECIALTY SANDWICHES

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

Italian Cruz Po'boy 470 cal

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

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

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

Shelley's Deli Chick 600 cal

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

Santa Fe Chicken Sandwich® 670 cal

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

Amy's Turkey-O 460 cal

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)

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

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

MeataBalla 1130 cal

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

Clubs

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

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

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



Deli Club 790 cal

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

Paninis

V Caprese Panini 750 cal

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

Chicken Panini 720 cal

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

Smokey Jack Panini 740 cal

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)

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)

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)

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)

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 *Extra Charge*
Pastas served with herb focaccia (210/110 cal)

Penne Pasta & Meatballs

1080/680 cal

Original / Lighter Portion

Penne pasta, meatballs, marinara, Asiago.



Chicken Pasta Primo

1010/610 cal

Original / Lighter Portion

Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, Asiago.

Chicken Alfredo

1170/690 cal

Original / Lighter Portion

Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, Asiago.

V Zucchini Garden Pasta

1010/630 cal

Original / Lighter Portion

Bowtie pasta, roasted zucchini, fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago.

GS The Plain Jane® Potato

1610/920 cal

Original / Lighter Portion

Cheddar, sour cream, butter, bacon, green onions on a baked potato.



GS Pollo Mexicano Potato

1260/800 cal

Original / Lighter Portion

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 / Lighter Portion

Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter on a baked potato.

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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
- V** Cheese Pizza 470 cal
- Pepperoni Pizza 520 cal

Bowtie Pasta & Meatballs 610 cal

Bowtie Pasta & Chicken Alfredo 620 cal
Made with grilled, 100% antibiotic-free chicken breast.

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



NEW! **GS** **V** **Kid's Pick 4**
120-550 cal

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

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

American cheese on multigrain wheat or country white.

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

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

Ham & Cheese 240-390 cal

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

Turkey & Cheese 240-390 cal

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

DRINKS

Fountain Drinks 24/32 oz 0-440 cal

Fresh-brewed Iced Teas 24/32 oz

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

Assorted Bottled Drinks

Fresh-brewed Coffee or Hot Tea



SOUPS



BOWLS
CUPS

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

Pick your meat, name your bread, select your spreads and dress it up.

Whole 8.29 / Lighter Portion 6.79 / Half 6.79

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 *Extra Charge*

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 All-butter Croissant

Ancient Grain Bun 280/140 cal

Onion Bun

240/120 cal

Organic Wheat Wrap New Orleans French

180/90 cal 220/110 cal

Herb Focaccia Gluten-free

210/100 cal 170/80 cal *Extra Charge*

Spreads

Mayo Chipotle Aioli

100/50 cal 130/70 cal

Mustard Pesto Aioli

0 cal 70/35 cal

Stone-ground Thousand Island

Mustard 60/30 cal

0 cal Ranch

Honey Mustard 60/30 cal

40/20 cal Jalapeño Ranch

40/20 cal

Add-ons *Extra Charge*

Fresh-cracked Egg*

80 cal

NEW! Bacon Slices

60/30 cal

Avocado Slices

60/30 cal

Roasted Red Pepper Hummus

30/15 cal

Guacamole

25/10 cal

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