

## 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 4.29
- V** Cheese Pizza 470 cal 4.29
- Pepperoni Pizza 520 cal 4.29
- Penne Pasta & Meatballs 610 cal 4.69
- Penne Pasta & Chicken Alfredo 620 cal 4.69  
With grilled, 100% antibiotic-free chicken breast.
- GS** Kid's Baked Potato 670 cal 4.99  
Butter, bacon, cheddar.



- GS** **V** Kid's Pick 4 120-550 cal 4.29  
Choice of 4: 1 fruit, hard-boiled egg, 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

- NEW!** **GS** Chicken Tenders 240 cal 4.69  
Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup. **Parents Note:** If you have gluten-sensitive kids, please tell your order taker.
- V** Grilled Cheese 450/480 cal 4.29  
American cheese on multigrain wheat or country white.
- V** Peanut Butter & Jelly 450/480 cal 3.99  
Organic peanut butter and organic jelly on multigrain wheat or country white.
- NEW!** Ham & Cheese or Turkey & Cheese Sliders 320-330 cal 4.99  
Nitrite-free ham or nitrite-free turkey, American cheese, on slider buns.

## DESSERTS

- Fresh-Baked Incredible Cookie 1.49  
Cranberry Walnut Oatmeal 300 cal  
Chocolate Chip 310 cal
- GS** Udi's® Snickerdoodle 210 cal 2.29
- Fudge-Nut Brownie 450 cal 1.79
- Strawberry Shortcake 700 cal 3.69



## DRINKS

- Fountain Drinks 24/32 oz 0-440 cal 2.49/2.99
- Fresh-brewed Iced Teas 24/32 oz 2.49/2.99  
Unsweet 0 cal  
Sweet with cane sugar 210/280 cal
- Bottled Water 1.99
- Assorted Bottled Drinks 1.29-2.49
- Fresh-brewed Coffee or Hot Tea 1.59



## SOUPS

ALL BOWLS 5.89 ALL CUPS 4.39

- Broccoli Cheese 430/320 cal
- Chicken Noodle 260/200 cal
- GS** Fire Roasted Tortilla 210/160 cal
- GS** **V** Organic Vegetable 160/120 cal
- GS** **V** Tomato Basil 510/330 cal
- Irish Potato 550/390 cal
- Spicy Seafood Gumbo 320/210 cal
- Chicken Pot Pie 530/310 cal
- Chili 470/340 cal
- Southwest Chicken Chili 300/220 cal



## BUILD YOUR OWN SANDWICH

Add a one-time trip to our Salad Bar. 5.99  
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                   | Roast Beef 210/100 cal                                    |
| Roasted Turkey Breast 150/80 cal | Tuna Salad with Eggs 370/190 cal                          |
| Smoked Turkey Breast 160/80 cal  | Famous Chicken Salad with Almonds & Pineapple 320/160 cal |

- Salami 680/340 cal

### Cheeses Add .79

- |                      |                                 |
|----------------------|---------------------------------|
| Provolone 150/70 cal | American 160/80 cal             |
| Cheddar 170/90 cal   | Muenster 170/90 cal             |
| Swiss 160/80 cal     | Jalapeño Pepper Jack 160/80 cal |

- |                |                                     |         |
|----------------|-------------------------------------|---------|
| <b>Add-ons</b> | Fresh-cracked Egg* 80 cal           | Add .99 |
|                | Avocado Slices 60/30 cal            | Add .99 |
|                | Bacon Slices 45/25 cal              | Add .99 |
|                | Roasted Red Pepper Hummus 50/25 cal | Add .99 |
|                | Guacamole 25/10 cal                 | Add .99 |

### Breads

- |                              |                 |
|------------------------------|-----------------|
| Multigrain Wheat 210/110 cal | Rye 260/130 cal |
| Country White 240/120 cal    |                 |

#### Toasted:

- |  |                                  |
|--|----------------------------------|
| <b>NEW!</b> Sourdough 200/100 cal            | All-butter Croissant 270/140 cal |
| <b>Organic</b> Ancient Grain Bun 200/100 cal | Onion Bun 220/110 cal            |
| <b>Organic</b> Wheat Wrap 180/90 cal         | New Orleans French 220/110 cal   |
| Herb Focaccia 210/100 cal                    | Gluten-free 170/80 cal Add .79   |

### Spreads

- |                            |                           |
|----------------------------|---------------------------|
| Mayo 100/60 cal            | Chipotle Aioli 130/70 cal |
| Mustard 0 cal              | Pesto Aioli 70/35 cal     |
| Stone-ground Mustard 0 cal | Thousand Island 60/30 cal |
| Honey Mustard 40/20 cal    | Ranch 60/30 cal           |
|                            | Jalapeño Ranch 45/20 cal  |

Jason's deli®

## Deli Menu

Dine-In • To-Go • Delivery • Curbside Pickup

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



## 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



Do more and get more  
with our app!

Earn Deli Dollar rewards when you  
order with the app.



Make meeting & eating easier. Parties, too!

We Cater & Deliver!



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



