KID’S MENU
For kids 12 and under.

Our foods are free from dyes, artificial trans fatty acids, and high-fructose corn syrup.

All Kids’ meals include choice of one drink: bottled water, organic apple juice, or organic low-fat white or chocolate milk. 6-180 cal.

**J.D. Pickle Meals**

- Mac & Cheese 420 cal 3.99
- Cheese Pizza 470 cal 3.99
- Pepperoni Pizza 520 cal 3.99
- Bowtie Pasta & Meatballs 610 cal 4.09
- Bowtie Pasta & Chicken Alfredo 420 cal 4.09
- Choice of 4: 1. Fruit, hard boiled eggs, cucumbers, organic carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with whole grain sea pepper hummus or ranch dressing.
- Kid’s Pick 4 120-220 cal 3.99

**Kidwich Meals**
The 5 items below served with one side: organic apples, organic carrots, seasoned fruit or chips. 20-130 cal.

- J.D. Nuggets 180 cal 4.39
  Gluten-free fried, and 100% antibiotic-free chicken breast. Parent Note: If you have gluten-sensitive kids, please tell your order taker.
- Grilled Cheese 470/560 cal 3.59
  American cheese on multigrain wheat or country white.
- Peanut Butter & Jelly 440/470 cal 3.59
  Organic peanut butter and organic jelly on multigrain wheat or country white.
- Ham & Cheese 240-390 cal 4.09
  Nitrite-free ham, American cheese, on organic wheat wrap, multigrain wheat or country white.
- Turkey & Cheese 240-390 cal 4.09
  Nitrite-free turkey breast, American cheese, on organic wheat wrap, multigrain wheat or country white.

**SOUPS**

- Broccoli Cheese 430/320 cal
- Chicken Noodle 260/190 cal
- Fire Roasted Tomato 210/140 cal
- Organic Vegetable 160/120 cal
- Tomato Basil 440/320 cal
- Irish Potato 550/390 cal
- Chicken Pot Pie 530/310 cal

**DESSERTS**

- Fresh-Baked Incredible Cookie 1.39 Sugar 240 cal
- Cranberry Walnut Oatmeal 300 cal
- Chocolate Chip 270 cal
- White Chocolate Macadamia Nut 330 cal
- Udi’s® Snickerdoodle 2.19 Fudge-Nut Brownie 410 cal 1.99
- 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!

**Wholesome food forever.**
**It’s a family thing.**

- Mesa Chicken Salad

**BUILD YOUR OWN SANDWICH**
Add a one-time fee to our Side Bar 4.69 Served with chips or baked chips. 110/100 cal.

Pick your meat, name your bread, select your spreads and dress it up.
Whole 6.99 / Lighter Portion 5.99 / Half 5.99

**Meals**

- **White Rice**
  - Ham 140/170 cal
  - Roasted Turkey Breast 150/150 cal
  - Smoked Turkey Breast 160/180 cal
  - Roast Beef 210/160 cal
  - Tuna Salad with Egg 270/190 cal
  - Feta & Chicken Salad with Pita & Pineapple 200/140 cal
  - Salsa 200/240 cal

- **Meals**
  - Provolone & Jalapeño Jack 160/180 cal
  - Pepper Jack 160/180 cal
  - Cheese 170/90 cal
  - American 160/160 cal
  - Swiss 160/160 cal
  - Muenster 170/90 cal

**Breads**

- Multigrain Wheat 210/170 cal
  - Country White 240/250 cal

**Claws**

- Alabaster Crab 240/340 cal
  - Orange Bun 250/180 cal
  - New Orleans French 250/180 cal
  - Gluten-free 210/170 cal

**Spreads**

- Mayo 100/90 cal
  - Crème Fraîche 130/70 cal
  - Mustard 60/50 cal
  - Horseradish 70/60 cal
  - Honey Mustard 60/50 cal
  - Ranch 60/50 cal

**Cheeses**

- Cheddar 1.69
- Swiss 1.69
- Pepper Jack 1.69
- Provolone 1.69
- Muenster 1.69
- Jack 1.69

**Add-ons**

- Fresh-cracked Egg* 40 cal Add 99
- Bacon 50/40 cal Add 99
- Avocado 50/40 cal Add 99

**JASON’S DOLLAR MENU**

- 93 cent/ Caffeine-free with cane sugar
- 93 cent/ Caffeine-free with cane sugar
- 93 cent/ Caffeine-free with cane sugar

**DRINKS**

- 38 oz. 12 oz. 7 oz.
- 38 oz. 12 oz. 7 oz.

- Mr. Nugs 180 cal 4.39
- Nitrite-free fried, and 100% antibiotic-free chicken breast. Parent Note: If you have gluten-sensitive kids, please tell your order taker.
- Grilled Cheese 470/560 cal 3.59
- American cheese on multigrain wheat or country white.
- Peanut Butter & Jelly 440/470 cal 3.59
- Organic peanut butter and organic jelly on multigrain wheat or country white.
- Ham & Cheese 240-390 cal 4.09
- Nitrite-free ham, American cheese, on organic wheat wrap, multigrain wheat or country white.
- Turkey & Cheese 240-390 cal 4.09
- Nitrite-free turkey breast, American cheese, on organic wheat wrap, multigrain wheat or country white.

**NOTES**

This menu and information are provided by Analytical Food Laboratories (AFL), Grand Prairie, TX an independent testing facility contracted by Deli Management, Inc. dba 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 us.

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 varied offerings being individually prepared and the use of different serving containers. Limited-time offers, tests or regional forms have not been included in our menu.

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

- 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 not all Jason’s Deli’s cannot guarantee that contact with other gluten-containing products will not occur. As a result, we cannot recommend this for anyone 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.
- Vegetarian.

**Jason’s Deli**

- Download the Jason’s Deli Mobile App to earn rewards
- Jason’s Deli
- 93 cent/ Caffeine-free with cane sugar
- 93 cent/ Caffeine-free with cane sugar
- 93 cent/ Caffeine-free with cane sugar

- For all locations, maps & phone numbers, visit jasonsdeli.com
- Our foods are free from dyes, artificial trans fatty acids, and high-fructose corn syrup.

- 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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### FAMOUS FAVORITES
Add a one-time trip to our Salad Bar. 4.09
Served with chips or baked chips unless otherwise stated. (150/100 cal)

#### Steaks Po’boy
670 cal | 9.39
Steak, fried, cooked medium rare, served with pepper salad, provolone, shredded lettuce, tomato, onion, mayo, located New Orleans French bread.

#### Reuben The Great
610-1370 cal
Original | 3.59 / Lighter Portion 7.59
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

#### The Rachel
1030 cal
Hot pastrami, toasted rye bread, Swiss, cole slaw, Thousand Island dressing, toasted rye.

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

#### Beefeeater
840/680 cal
Original 9.59 / Lighter Portion 7.59
1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, half of a bun.

#### Cowboy®
950/670 cal
Original 11.49 / Lighter Portion 9.39
1/2 pound of 100% trimmed brisket, cheddar, red onion, barbecue sauce, toasted New Orleans French bread.

#### Wild Salmon-wich
650 cal (sides: 60-250 cal)
Wok Asian secoy salmon, guacamole, tomatoes, lettuce, cilantro, coleslaw, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

#### The New York Yankee
1100/860 cal
Original 11.49 / Lighter Portion 9.39
1/2 pound of combi hot corned beef and pastrami. Swiss, toasted rye.

#### Hot Corned Beef Sandwich
350-750 cal
Original 9.39 / Lighter Portion 7.39
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

#### Hot Pastrami Sandwich
800-1040 cal
Original 9.39 / Lighter Portion 7.39
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

### SALADS

#### Garden-Fresh Salad Bar
4.09
If you call to back, we give you fresh, organic, dressing of toppings, cheese, fresh made sides and famous mini muffins. 8.89

Add 4 oz. side:沙特 chicken with almonds and pineapple. Turkey with eggs, wild salmon, roasted turkey breast, or nitrite-free smoked turkey breast. 70-190 cal

#### Silton steak cooked medium* 150 cal
4.99
As part of wild salmon, 320 cal
4.99
Grilled, 100%-antibiotic-free chicken breast 150 cal
4.19
100%-antibiotic-free J.D. Nuggets 180 cal
4.19
Add some sauce!

#### Mesquite Chicken Salad
890/690 cal
Original 8.99 / Lighter Portion 7.49
Grilled, 100%-antibiotic-free chicken breast, mixed greens salad, radish, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeno ranch dressing.

#### Chicken Club Salad
1010/840 cal
Original 8.99 / Lighter Portion 7.49
Grilled, 100%-antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, bacon, onion, mixed greens salad, ranch dressing.

#### Nutty Mixed-Up Salad
770/430 cal
Original 8.99 / Lighter Portion 7.49
Grilled, 100%-antibiotic-free chicken breast, green grapes, grapes, feta, cranberry-walnut mix, organic apples, balsamic vinaigrette.

#### The Big Chef
910/430 cal
Original 8.19 / Lighter Portion 6.69
Grilled, 100%-antibiotic-free chicken breast, broccoli, grape tomatoes, kalamata olives, hand-diced mixed greens salad, basil garlic dressing.

#### Chicken Caesar
450/370 cal
Original 8.39 / Lighter Portion 6.89
Grilled, 100%-antibiotic-free chicken breast, romaine, croutons, Caesar dressing, toasted herb focaccia.

#### Substitute wild salmon (200 cal) or silton steak cooked medium* (120 cal)
As any order on the 50 cal above. Add 1.99

#### Taco Salad
720-1150 cal
Original 8.29 / Lighter Portion 6.79
Shredded lettuce, blue corn chips, cheddar, cream, guacamole, pico de gallo, Southwest spices, side of salsa, with Chili or Southwest Chicken Chili.

#### Veggie Option 109/68 cal
Mixed with roasted corn and black bean mix.

### SPECIALTY SANDWICHES
Add a one-time trip to our Salad Bar. 4.09
Served with chips or baked chips unless otherwise stated. (150/100 cal)

#### Italian Crusta Po’boy
470 cal | 6.09
Grilled, 100%-antibiotic-free chicken breast, parmesan, pepper jack, pepper jack, lettuce, tomato, mayo, located New Orleans French bread.

#### Rio Ranch Po’boy
540 cal | 7.09
Tater’s of a gluten. Grilled, 100%-antibiotic-free chicken breast, sourdough, lettuce, onion, tomato, mayo, located New Orleans French bread.

#### The Pope Joe
530 cal
Dedicated to our Founder. Toasted rye bread, Italian meats, provolone, pesto aioli, located herb focaccia.

#### Shelby’s Deli Cheesecakes
600 cal
Our famous chicken sandwich with almonds and pineapple, leafy lettuce, tomato, toasted rye.

#### 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 | 6.19
Roasted turkey bread, sliced avocado, jalapeno pepper jack, red onions, tomato, provolone, leafy lettuce, stone-ground mustard, toasted onion bun.

#### Zucchini Grillini
660 cal (sides: 60-250 cal)
Grilled zucchini, Muunche, organic spinach, red onion, romana tomatoes, kale, leafy lettuce, tomato, red pepper pepper, hummus, toasted multigrain wheat.

#### Better Big BLT
620 cal
Bacon, leafy lettuce, tomato, Italian meats, fresh-cracked egg* mayo, avocado slices, toasted multigrain wheat.

#### Meatballalisa
1110 cal
Meatballs, marinara, provolone, toasted New Orleans French bread.

#### California Club
700 cal (sides: 60-250 cal)
Swiss, guacamole, tomato, organic field greens, mayo, toasted club. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

#### Club Royale
750 cal | 9.99
Nitrite-free ham and cheese, lettuce, tomato, onion, bacon, Swiss, cheddar, leafy lettuce, turkey, honey mustard, toasted rye.

#### Deli 790 cal
Nitrite-free ham, toasted turkey bread, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

#### Caperese Panini
750 cal
100%-antibiotic-free chicken breast sandwich with mozzarella, tomato, basil, pesto, located New Orleans French bread.

#### Chicken Panini
720 cal
Grilled, 100%-antibiotic-free chicken breast, provolone, pesto aioli, located New Orleans French bread.

#### Smokey Jack Panini
740 cal
Smoked wooden smoked turkey breast, bacon, jalapeno pepper jack, guacamole, tomato, provolone, Thousand Island dressing, New Orleans French bread.

### Wraps
Add a one-time trip to our Salad Bar. 4.09
Served with chips or baked chips unless otherwise stated. (150/100 cal)

#### Turkey Wrap
370 cal | 6.09
Roasted turkey breast, romana tomatoes, organic field greens, guacamole, ranch dressing, toasted whole wheat wrap.

#### Mediterranean Wrap
330 cal (sides: 60-250 cal)
Roasted turkey breast, served pepper hummus, cucumbers, red onion, kalamata olives, romana tomatoes, organic field greens, organic wheat wrap.

#### Spinach Veggie Wrap
380 cal (sides: 60-250 cal)
Mushrooms, organic spinach, romana, guacamole, pico de gallo, roasted organic wheat wrap, side of salsa. One side: fresh fruit, steamed veggies, baked chips or blue corn chips with salsa.

#### Ranchero Wrap
520 cal (sides: 60-250 cal)
Grilled, 100%-antibiotic-free chicken breast, cheddar, jalapenos, pico de gallo, Southwest spices, ranch dressing, roasted organic wheat wrap, blue corn chips with salsa.

### PASTAS & POTATOES
Add a one-time trip to our Salad Bar. 4.09

#### Penne Pasta & Meatballs
1080/860 cal
Original 8.49 / Lighter Portion 7.09
Penne pasta, meatballs, marinara, basil, aleppo.

#### Chicken Pasta Primo
1100/870 cal
Original 8.99 / Lighter Portion 7.19
Grilled, 100%-antibiotic-free chicken breast, penne pasta, tomato basil sauce, Alegio.

#### Chicken Alfredo
1170/980 cal
Original 8.99 / Lighter Portion 7.19
Grilled, 100%-antibiotic-free chicken breast, penne pasta, Alfredo sauce, Alegio.

#### Zucchini Garden Pasta
1380/890 cal
Original 8.39 / Lighter Portion 6.99
Bowtie pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Alegio.

#### The Plain Jane®
1400/1000 cal
Original 8.99 / Lighter Portion 6.99
Cheese, sour cream, butter, bacon, green onions on a baked potato.

#### Polio Mexicano Pasta
1400/1000 cal
Original 8.09 / Lighter Portion 6.99
Grilled, 100%-antibiotic-free chicken breast, cheddar, sour cream, burger, pico de gallo, Southwest spices on a baked potato.

#### Texas Style Spud®
1410/860 cal
Original 8.09 / Lighter Portion 6.99
Chopped chicken, smoked beef brisket, barbecue sauce, cheddar, burger on a baked potato.

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