

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 3.59
- V** Cheese Pizza 470 cal 3.59
- Pepperoni Pizza 520 cal 3.59
- Penne Pasta & Meatballs 610 cal 4.19
- Penne Pasta & Chicken Alfredo 620 cal 4.19
With grilled, 100% antibiotic-free chicken breast.
- GS** Kid's Baked Potato 670 cal 4.19
Butter, bacon, cheddar.



- GS** **V** Kid's Pick 4 120-550 cal 3.99
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 4.49
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 3.59
American cheese on multigrain wheat or country white.
- V** Peanut Butter & Jelly 450/480 cal 3.59
Organic peanut butter and organic jelly on multigrain wheat or country white.
- NEW!** Ham & Cheese or Turkey & Cheese Sliders 320-330 cal 4.19
Nitrite-free ham or nitrite-free turkey, American cheese, on slider buns.

DESSERTS

- Fresh-Baked Incredible Cookie 1.39
Cranberry Walnut Oatmeal 300 cal
Chocolate Chip 310 cal
- GS** Udi's® Snickerdoodle 210 cal 2.19
- Fudge-Nut Brownie 450 cal 1.59
- Strawberry Shortcake 700 cal 3.49



DRINKS

- Fountain Drinks 24/32 oz 0-440 cal 2.39/2.69
- Fresh-brewed Iced Teas 24/32 oz 2.39/2.69
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 1.29



SOUPS

ALL BOWLS 5.69 ALL CUPS 4.19

- 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. 4.79
Served with chips or baked chips. (150/100 cal)

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

Whole 7.09 / Lighter Portion 6.09 / Half 6.09

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 .69

- | | |
|----------------------|---------------------------------|
| 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 |

- | | | |
|----------------|-------------------------------------|---------|
| Add-ons | 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 .89 |
| | Guacamole 25/10 cal | Add .89 |

Breads

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

Toasted:

- | | |
|--|----------------------------------|
| NEW! Sourdough 200/100 cal | All-butter Croissant 270/140 cal |
| Organic Ancient Grain Bun 200/100 cal | Onion Bun 220/110 cal |
| Organic Wheat Wrap 180/90 cal | New Orleans French 220/110 cal |
| Herb Focaccia 210/100 cal | Gluten-free 170/80 cal Add .69 |

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 |

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

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

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



MANAGER'S HALF-SANDWICH *Special*

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

Half Specialty or Build Your Own Sandwich 8.09
and one side: cup of soup, fruit or new option Mac & Cheese

Half Famous Favorites Sandwich 9.09
and one side: cup of soup, fruit or new option Mac & Cheese

Substitute a one-time trip to our Salad Bar for side **Add 1.19**



Excludes Muffalettas

SALADS & WRAPS

Garden-Fresh Salad Bar 7.69

Just select your ingredients, and we will prepare it for you!

Add a side of protein 70-240 cal 1.99-5.09
Add some soup! Bowl 2.59 / Cup 1.99

GS Mesa Chicken Salad 460-830 cal Original 9.09 / Lighter Portion 7.59
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon, mixed salad greens, jalapeño ranch dressing.

NEW! Make it a wrap! Roll your salad in an **organic** wheat wrap. 8.09

GS Chicken Club Salad 590-1100 cal Original 9.09 / Lighter Portion 7.59
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon, mixed salad greens, ranch dressing.

NEW! Make it a wrap! Roll your salad in an **organic** wheat wrap. 8.09

GS Nutty Mixed-Up Salad 430-770 cal Original 9.09 / Lighter Portion 7.59
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, balsamic vinaigrette.

NEW! Make it a wrap! Roll your salad in an **organic** wheat wrap. 8.09

GS The Big Chef 520-1030 cal Original 8.29 / Lighter Portion 6.79
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing.

NEW! Make it a wrap! Roll your salad in an **organic** wheat wrap. 7.29

Chicken Caesar 510-1010 cal Original 8.49 / Lighter Portion 6.99
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

NEW! Make it a wrap! Roll your salad (no croutons/focaccia) in an **organic** wheat wrap. 7.49

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

Wraps

Turkey Wrap 380 cal (sides: 60-250 cal) 7.19
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.



Ranchero Wrap 630 cal (side: 250 cal) 7.79
Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted **organic** wheat wrap, blue corn chips with salsa.

V Spinach Veggie Wrap 420 cal (sides: 60-250 cal) 7.09
Mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo, toasted **organic** wheat wrap, side of salsa. One side: steamed veggies, baked chips or blue corn chips with salsa.

FAMOUS FAVORITES

Add a one-time trip to our Salad Bar. 4.79
Served with chips or baked chips. (150/100 cal)

Steak Po'boy 670 cal 9.69
Sirloin steak cooked medium*, spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomatoes, mayo, toasted New Orleans French bread.

Reuben THE Great 610-1170 cal Original 10.59 / Lighter Portion 8.59
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

The New York Yankee 1100/680 cal Original 11.69 / Lighter Portion 9.69
3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

Wild Salmon-wich 600 cal (sides: 60-250 cal) 9.79
Wild Alaska sockeye salmon marinated in balsamic vinaigrette with guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Beefeater 840/680 cal Original 9.69 / Lighter Portion 7.69
1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, cup of au jus.

Hot Corned Beef or Pastrami Sandwich 350-1040 cal Original 9.49 / Lighter Portion 7.49
1/2 pound of hot corned beef or 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

PASTAS & POTATOES

Add a one-time trip to our Salad Bar. 4.79
Pastas served with herb focaccia. (210/110 cal)

Penne Pasta & Meatballs 1150/750 cal Original 8.59 / Lighter Portion 7.19
Penne pasta, meatballs, marinara, Asiago.



Chicken Pasta Primo 1080/680 cal Original 8.69 / Lighter Portion 7.29
Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, Asiago.

Chicken Alfredo 1240/760 cal Original 8.69 / Lighter Portion 7.29
Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, Asiago.

GS The Plain Jane® Potato 1830/1030 cal Original 8.09 / Lighter Portion 6.99
Cheddar, sour cream, butter, bacon, green onions on a baked potato.

GS Texas Style Spud® 1520/880 cal Original 8.19 / Lighter Portion 7.09
Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter on a baked potato.

GS Pollo Mexicano Potato 1370/850 cal Original 8.19 / Lighter Portion 7.09
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices on a baked potato.

MUFFALETTAS

Add a one-time trip to our Salad Bar. 4.79
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 510 cal 6.79

Quarter Roasted Turkey Breast Muffaletta 490 cal 6.79

Quarter Muffaletta Special 630-1060 cal 8.09
Served with chips or baked chips and one side: cup of soup, fruit or new option Mac & Cheese.



SPECIALTY SANDWICHES

Add a one-time trip to our Salad Bar. 4.79
Served with chips or baked chips. (150/100 cal)

Amy's Turkey-O 450 cal 6.29
Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, toasted onion bun.



NEW! The Carmela 670 cal 7.69
Three meats - salami, pepperoni, nitrite-free ham - with melted provolone, spicy piquillo pepper relish, mayo, on **NEW** sourdough, toasted.

MeataBalla 1120 cal 8.59
Meatballs, marinara, provolone, toasted New Orleans French bread.

Santa Fe Chicken Sandwich® 650 cal 7.79
Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled multigrain wheat.

Shelley's Deli Chick 650 cal 7.09
Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

The Papa Joe 570 cal 7.79
Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, pesto aioli, toasted herb focaccia.

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 610 cal 7.19
Bacon, leafy lettuce, Roma tomatoes, fresh-cracked egg,* mayo, avocado slices, toasted multigrain wheat.

Clubs

Club Royale 680 cal 8.09
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, toasted croissant.



California Club 690 cal (sides: 60-250 cal) 8.09
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.

Deli Club 800 cal 7.89
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

Paninis

V Caprese Panini 750 cal 7.69
It's Back! Fresh mozzarella, **organic** spinach, Roma tomatoes, pesto aioli, herb focaccia.



Chicken Panini 770 cal 8.19
Updated! Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, Roma tomatoes, **organic** spinach, **NEW!** sourdough.

Smokey Jack Panini 770 cal 7.89
Updated! Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing, **NEW!** sourdough.

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

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