

## 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.

- GS** **V** Kid's Pick 4 120-550 cal 3.99
- 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

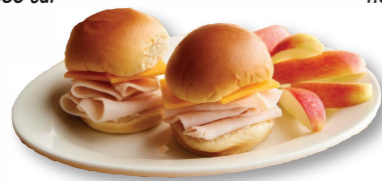
- NEW!** **GS** Chicken Tenders 240 cal 4.29
- Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup. **Parents Note:** If you have gluten-sensitive kids, please tell your order taker.

- V** Grilled Cheese 450/480 cal 3.99
- 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 Sliders 320 cal 4.59
- Nitrite-free ham, American cheese, on slider buns.

- NEW!** Turkey & Cheese Sliders 330 cal 4.59
- Nitrite-free turkey breast, American cheese, on slider buns.



## DRINKS

- Fountain Drinks 24/32 oz 0-440 cal 2.19/2.49

- Fresh-brewed Iced Teas 24/32 oz 2.19/2.49

- Unsweet 0 cal
- Sweet with cane sugar 210/280 cal
- Black Currant 0 cal
- Wild Berry Hibiscus 70/100 cal
- Caffeine-free with cane sugar

- Bottled Water 1.99

- Assorted Bottled Drinks 1.29-2.49

- Fresh-brewed Coffee or Hot Tea 1.29



## SOUPS



- ALL BOWLS 5.59
- ALL CUPS 4.09

- 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 4.69  
Served with chips or baked chips. (150/100 cal)

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

Whole 7.29 / Lighter Portion 6.29 / Half 6.29

Meats		Breads	
<i>Nitrite-free:</i>		Multigrain Wheat Rye	
Ham	140/70 cal	210/110 cal	260/130 cal
Roasted Turkey Breast	150/80 cal	Country White	240/120 cal
Smoked Turkey Breast	160/80 cal	<i>Toasted:</i>	
Roast Beef	210/100 cal	<b>NEW!</b> Sourdough	All-butter Croissant
Tuna Salad with Eggs	380/190 cal	200/100 cal	270/140 cal
Famous Chicken Salad with Almonds & Pineapple	330/170 cal	<b>Organic</b> Ancient Grain Bun	Onion Bun
		200/100 cal	220/110 cal
		<b>Organic</b> Wheat Wrap	New Orleans French
		180/90 cal	220/110 cal
		Herb Focaccia	Gluten-free
		210/100 cal	170/80 cal Add .69
Salami	680/340 cal		

Cheeses Add .69		Spreads	
Provolone	150/70 cal	Mayo	110/60 cal
Jalapeño	160/80 cal	Chipotle Aioli	130/70 cal
Pepper Jack	160/80 cal	Mustard	0 cal
Cheddar	180/90 cal	Pesto Aioli	70/35 cal
American	140/70 cal	Stone-ground Mustard	60/30 cal
Swiss	160/80 cal	0 cal	0 cal
Muenster	170/90 cal	Honey Mustard	60/30 cal
		40/20 cal	Jalapeño Ranch
			45/20 cal

Add-ons		
Fresh-cracked Egg*	Bacon Slices	Avocado Slices
80 cal Add .99	45/25 cal Add .99	60/30 cal Add .99
Guacamole	Roasted Red Pepper Hummus	
25/10 cal Add .89	50/25 cal Add .89	

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

## DESSERTS



- Fresh-Baked Incredible Cookie 1.39

- Sugar 320 cal
- Cranberry Walnut Oatmeal 300 cal
- Chocolate Chip 310 cal
- White Chocolate Macadamia Nut 330 cal

- GS** Udi's® Snickerdoodle 210 cal 2.19

- Fudge-Nut Brownie 450 cal 1.59

- Strawberry Shortcake 700 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

Do more and get more with our app!

Now you can order a DINE-IN Salad Bar from our app AND earn Deli Dollars.\*

Available on the App Store and Google Play. \*At participating locations.



Make meeting & eating easier! Parties, too.

**We Cater & Deliver!**

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



# Jason's deli®

## Deli Menu

Dine-In • To-Go • Delivery



NEW! The Carmela

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.

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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## SALADS & WRAPS

Add a one-time trip to our Salad Bar 4.69  
Served with chips or baked chips unless otherwise stated. (150/100 cal)

### 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. 8.59

Add your choice of protein 70-240 cal 1.99-4.99  
Add some soup! Bowl 2.49 / Cup 1.89

#### GS Mesa Chicken Salad

460-830 cal Original 9.59/Lighter Portion 7.59

Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.

**NEW!** Make it a wrap! Roll your salad in an **organic** wheat wrap. 8.29

#### GS Chicken Club Salad 590-1100 cal Original 9.59/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. 8.29

#### GS Nutty Mixed-Up Salad 430-770 cal Original 9.59/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. 8.29

#### GS The Big Chef 520-1030 cal Original 9.29/Lighter Portion 7.29

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. 7.39

#### Chicken Caesar 510-1010 cal Original 9.29/Lighter Portion 7.29

Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

**NEW!** Make it a wrap! Roll your salad (no croutons or focaccia) in an **organic** wheat wrap. 7.59

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

#### Taco Salad 1160/870 cal Original 9.29/Lighter Portion 7.29

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 1120/730 cal: Made with roasted corn and black bean mix.

## Wraps

### Turkey Wrap

380 cal (sides: 60-250 cal) 7.59

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) 8.59

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) 7.39

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.

### Mediterranean Wrap 340 cal (sides: 60-250 cal) 7.59

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.



## MANAGER'S HALF-SANDWICH

*Special*

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

### Half Specialty or Build Your Own Sandwich

and one side: cup of soup, fruit **or new option** Mac & Cheese 8.79

### Half Famous Favorites Sandwich

and one side: cup of soup, fruit **or new option** Mac & Cheese 9.79

Substitute a one-time trip to our Salad Bar for side. Add 1.10



Excludes Muffalettas

## FAMOUS FAVORITES

Add a one-time trip to our Salad Bar 4.69  
Served with chips or baked chips unless otherwise stated. (150/100 cal)

### Steak Po'boy 670 cal 9.59

Sirloin steak cooked medium,\* spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomatoes, mayo, toasted New Orleans French bread.



### Deli Cowboy® 1000/720 cal

Original 11.39 / Lighter Portion 9.39

1/2 pound of pit-smoked beef brisket, cheddar, red onions, barbecue sauce, toasted New Orleans French bread.

### Reuben THE Great 610-1170 cal Original 10.69 / Lighter Portion 8.69

1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

### The New York Yankee 1100/680 cal Original 11.79 / Lighter Portion 9.79

3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

### Wild Salmon-wich 600 cal (sides: 60-250 cal) 9.59

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 9.89 / Lighter Portion 7.89

1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, cup of au jus.

### Hot Comed Beef Sandwich 350-750 cal Original 9.69 / Lighter Portion 7.69

1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

### Hot Pastrami Sandwich 500-1040 cal Original 9.69 / Lighter Portion 7.69

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

## SPECIALTY SANDWICHES

Add a one-time trip to our Salad Bar 4.69  
Served with chips or baked chips unless otherwise stated. (150/100 cal)

### Amy's Turkey-O 450 cal 6.79

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 7.89

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 8.19

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

### Shelley's Deli Chick 650 cal 7.39

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

### The Papa Joe 570 cal 7.99

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) 7.29

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.

### Italian Cruz Po'boy 540 cal 6.79

Nitrite-free ham, salami, Italian peppers, Asiago, shredded lettuce, Roma tomatoes, stone-ground mustard, Italian dressing, toasted New Orleans French bread.

### Bigger Better BLT 610 cal 7.29

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

## Clubs

### Club Royale 680 cal 8.39

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) 8.39

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 8.39

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

## Paninis

### V Caprese Panini 750 cal 7.79

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

### Chicken Panini 770 cal 8.79

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

### Smokey Jack Panini 770 cal 8.69

**Updated!** Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing, **NEW** sourdough.

## MUFFALETAS

Add a one-time trip to our Salad Bar 4.69  
Served with chips or baked chips unless otherwise stated. (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 7.39

### Quarter Roasted Turkey Breast Muffaletta 490 cal 7.39

### Quarter Muffaletta *Special* 630-1060 cal 8.79

Served with chips or baked chips and one side: cup of soup, fruit **or new option** Mac & Cheese.

## PASTAS & POTATOES

Add a one-time trip to our Salad Bar 4.69  
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

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

Original 9.39 / Lighter Portion 7.59

### Chicken Alfredo

1240/760 cal

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

Original 9.39 / Lighter Portion 7.59

### V Zucchini Garden Pasta

1080/700 cal

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

Original 8.59 / Lighter Portion 7.29

### GS The Plain Jane® Potato

1830/1030 cal

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

Original 8.19 / Lighter Portion 6.99

### GS Texas Style Spud®

1520/880 cal

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

Original 8.39 / Lighter Portion 6.99

### GS Pollo Mexicano Potato

1370/850 cal

Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices on a baked potato.

Original 8.59 / Lighter Portion 7.19



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

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