

Desserts



Fresh-Baked Incredible Cookie

Sugar 240 cal

Cranberry Walnut Oatmeal 300 cal

Chocolate Chip 270 cal

White Chocolate Macadamia Nut 330 cal

Udi's® Gluten-Free Snickerdoodle 220 cal

Fudge-Nut Brownie 410 cal

Strawberry Shortcake 670 cal

Classic Cheesecake 530 cal

Strawberry-Topped Cheesecake 550 cal

Carrot Cake 530 cal

Free Ice Cream

Because everyone deserves dessert!

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

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.

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



Jason's deli®

Serving Satisfaction Since 1976

Deli Menu

Dine-In • To-Go • Delivery



NEW! SALMON PACIFICA SALAD

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

Make meeting & eating easier! Parties, too.

We Cater & Deliver.

For all locations, maps & phone numbers, visit jasonsdeli.com



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A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary. Additional nutrition information available upon request and at jasonsdeli.com

Manager's Half-Sandwich Special

Served with chips or baked chips. (160/100 cal)

Any Half-Sandwich and your choice:

Cup of soup or fruit

Any Half-Sandwich and a one-time trip to our Salad Bar

For Famous Favorites

Excludes Muffalettas



Build Your Own Sandwich

Add a one-time trip to our Salad Bar

Served with chips or baked chips. (160/100 cal)

Substitute fresh fruit for chips. (35-80 cal)

Pick your meat, name your bread, select your spreads and dress it up. You also decide the size.

Meats

Choices below are nitrite-free.

- Ham 140/70 cal
- Roasted Turkey Breast 160/80 cal
- Smoked Turkey Breast 170/80 cal
- Roast Beef 210/100 cal
- Tuna Salad with Eggs 370/190 cal
- Famous Chicken Salad with Almonds & Pineapple 320/160 cal

Cheeses

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

Breads

- | | |
|------------------------------|--|
| Multigrain Wheat 200/100 cal | Toasted:
Telera Roll 240/120 cal |
| Country White 260/130 cal | Organic
Wheat Wrap 180/90 cal |
| Rye 230/120 cal | Herb Focaccia 210/110 cal |
| Udi's® Gluten-Free 240 cal | All-butter Croissant 260/130 cal |
| | Onion Bun 240/120 cal |
| | New Orleans French 230/110 cal |

Spreads

- | | |
|----------------------------|--------------------------------------|
| Mayo 100/50 cal | Thousand Island 60/30 cal |
| Mustard 0 cal | Ranch 60/30 cal |
| Stone-ground Mustard 0 cal | NEW! Jalapeño Ranch 45/25 cal |
| Honey Mustard 35/15 cal | Guacamole 30/15 cal |
| Chipotle Aioli 130/70 cal | NEW! Avocado Slices 60/30 cal |
| Basil Pesto 60/30 cal | Roasted Red Pepper Hummus 30/15 cal |

Meatless Eats

Add a one-time trip to our Salad Bar



- V Caprese Panini 740 cal (sides: 160/100 cal)**
Fresh mozzarella, **organic** spinach, Roma tomatoes, basil pesto. Pressed within olive oil-basted herb focaccia bread. Served with chips or baked chips.
- V Zucchini Garden Pasta 980/640 cal (bread: 220/110 cal)**
Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago. Served with toasted herb focaccia bread.
- V Spinach Veggie Wrap 390 cal (sides: 35-220 cal)**
Mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo, in a toasted **organic** wheat wrap. Served with salsa. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips.
- GS V Black Bean Taco Salad 1100/730 cal**
Mixed salad greens, **organic** blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.
- GS V Fresh Fruit 35-310 cal**
Whole, fresh, luscious fruit is delivered to our delis six days a week and is meticulously prepared daily. Served with creamy fruit dip.
- V Zucchini Grillini 550 cal (sides: 35-250 cal)**
Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive-oil basted multigrain wheat. Choice of one side: fresh fruit, steamed veggies, baked chips, or **organic** blue corn chips with salsa.

Pastas & Potatoes

Add a one-time trip to our Salad Bar

Penne Pasta & Meatballs

1090/720 cal (bread: 220/110 cal)
Penne pasta topped with meatballs, marinara, Asiago. Served with toasted herb focaccia bread.



Chicken Pasta Primo

1080/650 cal (bread: 220/110 cal)
Penne pasta topped with grilled, 100% antibiotic-free chicken breast, tomato-basil sauce, Asiago. Served with toasted herb focaccia bread.

Chicken Alfredo

1220/720 cal (bread: 220/110 cal)
Penne pasta topped with grilled, 100% antibiotic-free chicken breast, creamy Alfredo sauce, Asiago. Served with toasted herb focaccia bread.

GS The Plain Jane® Potato

1610/930 cal
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

GS Pollo Mexicano Potato

1270/800 cal
Baked potato stuffed with grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

NEW! GS Texas Style Spud®

1410/830 cal
Return of a classic! Baked potato stuffed with chopped pit-smoked beef brisket, cheddar, butter.

Muffalettas

Add a one-time trip to our Salad Bar

Served with chips or baked chips.
(160/100 cal)



A New Orleans original! Grilled, crusty Muffuletta bread is spread to the edges with our family-recipe olive mix and creamy provolone is melted over layers of premium meats.

Quarter Ham & Salami Muffuletta 500 cal

Quarter Roasted Turkey Breast Muffuletta 490 cal

9" Whole Muffuletta (feeds up to 4) 2010/1960 cal

Quarter Muffuletta Special 640-1010 cal

Served with chips or baked chips and your choice: cup of soup or fruit.

Specialty Sandwiches

Add a one-time trip to our Salad Bar

Served with chips or baked chips unless otherwise stated. (160/100 cal)



The Papa Joe 550 cal

Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, basil pesto, mayo, toasted on herb focaccia bread.

NEW! Shelley's Deli Chick 680 cal

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

Santa Fe Chicken Sandwich® 670 cal

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

Amy's Turkey-O 480 cal

Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun.

Tuna Melt 840 cal

Tuna salad with eggs, Swiss, tomato, mayo, grilled on multigrain wheat.

MeataBalla 1120 cal

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

Clubs

Club Royale 670 cal

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

California Club 690 cal (sides: 35-250 cal)

Roasted turkey breast, bacon, Swiss, guacamole, tomato, **organic** field greens, mayo, on a toasted croissant. Choice of one side: fresh fruit, steamed veggies, baked chips, or **organic** blue corn chips with salsa.

Deli Club 780 cal

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



Paninis

Smokey Jack Panini 750 cal

Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing. Pressed within olive oil-basted New Orleans French bread.

Chicken Panini 700 cal

Grilled, 100% antibiotic-free chicken breast, provolone, basil pesto, Roma tomatoes, **organic** spinach. Pressed within olive oil-basted New Orleans French bread.

Wraps

Turkey Wrap

390 cal (sides: 35-250 cal)

Roasted turkey breast, Roma tomatoes, **organic** field greens, guacamole, ranch dressing, in a toasted **organic** wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips, or **organic** blue corn chips with salsa.

Mediterranean Wrap 340 cal (sides: 35-250 cal)

Roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, Roma tomatoes, **organic** field greens, in an **organic** wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips, or **organic** blue corn chips with salsa.

Ranchero Wrap 530 cal (side: 250 cal)

Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted in an **organic** wheat wrap. Served with **organic** blue corn chips and salsa.



Famous Favorites

Add a one-time trip to our Salad Bar

Served with chips or baked chips unless otherwise stated. (160/100 cal)

Wild Salmon-wich 640 cal (sides: 35-250 cal)

Wild Alaska sockeye salmon, guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, on toasted herb focaccia bread. Choice of one side: fresh fruit, steamed veggies, baked chips, or **organic** blue corn chips with salsa.

Hot Pastrami Sandwich 500-1000 cal

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

Hot Corned Beef Sandwich 320-640 cal

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

Reuben THE Great 530-810 cal

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

The New York Yankee 1010/620 cal

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

Beefeater 820/660 cal

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

NEW! Deli Cowboy® 950/670 cal

Return of a classic! 1/2 pound of pit-smoked beef brisket, cheddar, red onions and our barbecue sauce, toasted on New Orleans French bread.



Award Winning* Kid's Menu

For kids
12 and under.

All Kid's meals include your choice of one drink: bottled water, organic apple juice, or organic low-fat white or chocolate milk. 0-180 cal

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

J.D. Pickle Meals

✓ Mac & Cheese 420 cal

✓ Cheese Pizza 470 cal

Pepperoni Pizza 520 cal

Bowtie Pasta
& Meatballs 640 cal

Kidwich Meals

The 6 items below served with your choice of one side: organic apples, organic carrots, seasonal fruit or chips. 30-160 cal

GS J.D. Nuggetz 170 cal

Four pieces of gluten-free and 100% antibiotic-free chicken breast, breaded with cornmeal. **Parents Note:** If you have gluten-sensitive kids, please tell your order taker.

✓ Grilled Cheese 460/520 cal
American cheese on your bread choice: multigrain wheat or country white.

All-Beef Hot Dog 310/500 cal
Add chili

Bowtie Pasta
& Chicken Alfredo 640 cal
Made with grilled, 100% antibiotic-free chicken breast.

✓ Kid's Salad Bar

GS Kid's Baked Potato 540 cal
Butter, bacon, cheddar.

✓ Peanut Butter & Jelly 430/490 cal
Organic peanut butter and organic jelly on your bread choice: multigrain wheat or country white.

Ham & Cheese 240-410 cal
Nitrite-free ham, American cheese on your bread choice: organic wheat wrap, multigrain wheat or country white.

Turkey & Cheese 250-420 cal
Nitrite-free turkey, American cheese on your bread choice: organic wheat wrap, multigrain wheat or country white.



*20 Best Kids-Menu Dishes (J.D. Nuggetz),
#1 Family Restaurant, Top 10 Family Restaurants - *Parents* magazine

Drinks

Fountain Drinks 24/32 oz 0-440 cal

Fresh-brewed Teas 24/32 oz

Unsweetened

Sweetened with cane sugar 210/280 cal

Black Currant

Jason's Water

Jason's Cane Sugar Sodas

Simply Orange Juice

Organic Bottled Teas

Organic Milks

Fresh-brewed Coffee

Hot Tea



Soups



BOWL / CUP

Broccoli Cheese 390/290 cal

Chicken Noodle 260/190 cal

GS Fire Roasted Tortilla 200/150 cal

✓ French Onion 350/230 cal

GS ✓ Organic Vegetable 160/120 cal

GS ✓ Tomato Basil 440/300 cal

IT'S BACK! Irish Potato 550/390 cal

BOWL / CUP

Southwest Chicken Chili 310/230 cal

Chili 490/350 cal

Chicken Pot Pie 460/250 cal

Spicy Seafood Gumbo 320/210 cal

Salads

Garden Fresh Salad Bar

Create your own masterpiece, from apples to zucchini. It's all you care to eat for one price. Fresh organics, dozens of toppings, real cheeses, fresh-made sides and famous mini muffins.

Add a 4 oz. side of: famous chicken salad with almonds and pineapple, tuna salad with eggs, nitrite-free ham, roasted turkey breast, or nitrite-free smoked turkey breast. 70-220 cal

Grilled, 100% antibiotic-free chicken breast 150 cal

4-piece 100% antibiotic-free J.D. Nuggetz 170 cal

Fillet of wild salmon 220 cal

Add some soup!

Bowl / Cup

Developed with **MD Anderson Cancer Center**

Making Cancer History*

NEW! GS Salmon Pacifica Salad 450 cal

Wild Alaska sockeye salmon, organic field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with **NEW!** cucumber-dill vinaigrette.

A portion of the proceeds from the Salmon Pacifica Salad benefits cancer prevention research and programs at MD Anderson. At participating locations.

NEW! GS Mesa Chicken Salad 850/490 cal

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

GS Chicken Club Salad 1010/540 cal

Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens, served with ranch dressing.

GS Nutty Mixed-Up Salad 760/420 cal

Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.

GS The Big Chef 930/470 cal

Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens, served with ranch dressing.

Chicken Caesar 700/350 cal

Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, served with creamy Caesar dressing.

Substitute wild salmon (220 cal) for any meat on the 5 salads above.

Taco Salad 730-1280 cal

Mixed salad greens, organic blue corn chips, topped with your choice: Chili, Southwest Chicken Chili or black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.