

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.

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

Menu

Dine-in . To-Go . Delivery



Serving Satisfaction **Since 1976**

40

since
1976

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

Manager's *Special* Half-Sandwich

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 addExcludes 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. (50-90 cal)

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

meats

nitrite-free ham	140/70 cal
roasted turkey breast	160/80 cal
nitrite-free 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
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breads

multigrain wheat	200/100 cal
country white	260/130 cal
rye	230/120 cal

toasted:

telera roll	240/120 cal
organic wheat wrap	180/90 cal
herb focaccia	210/110 cal
all-butter croissant	260/130 cal
onion bun	240/120 cal

New Orleans French	230/110 cal
Udi's® gluten-free	240 cal

cheeses

Swiss	160/80 cal
provolone	160/80 cal
jalapeño pepper jack	170/90 cal
cheddar	170/90 cal
American	160/80 cal
Muenster	170/90 cal

spreads

mayo	100/50 cal
mustard	0 cal
stone-ground mustard	0 cal
honey mustard	35/15 cal
chipotle aioli	130/70 cal
basil pesto	60/30 cal
Thousand Island	60/30 cal
ranch	60/30 cal

guacamole	30/15 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, our fresco mix, Asiago. Served with toasted herb focaccia bread.

V Spinach Veggie Wrap 390 cal (sides: 50-220 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.

ES V Black Bean Taco Salad 1160/830 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.

V Zucchini Grillini 550 cal (sides: 50-250 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.

ES V Fresh Fruit 50-260 cal (dip: 150 cal)
Whole, fresh, luscious fruit is delivered to our delis six days a week and is meticulously prepared daily. Served with creamy fruit dip.

Pastas, Potatoes & More

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.

ES The Plain Jane® Potato 1610/930 cal
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

ES 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.

ES J.D. Nuggetz 350/260 cal (sides: 50-250 cal)
100% antibiotic-free chicken breast, breaded with cornmeal. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.

Muffalettas

Add a one-time trip to our Salad Bar

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

Experience one of our best-loved sandwiches – a New Orleans Muffaletta. In one bite, you taste our Italian heritage and the party spirit of New Orleans! Grilled, crusty Muffaletta 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 Muffaletta 590 cal

Quarter Roasted Turkey Breast Muffaletta 570 cal

9" Whole Muffaletta (feeds up to 4) 2340/2290 cal

Quarter Muffaletta *Special* 720-1100 cal

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

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: 50-250 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.

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.



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.

Chicken Salad Croissant 680 cal

Our famous chicken salad with almonds and pineapple, with lettuce and 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

California Club 670 cal (sides: 50-250 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.

Club Royale 670 cal

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

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: 50-250 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: 50-250 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.

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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

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

J.D. Pickle Meals

- Mac & Cheese** 420 cal
- Cheese Pizza** 470 cal
- Pepperoni Pizza** 520 cal
- Bowtie Pasta & Meatballs** 640 cal
- Bowtie Pasta & Chicken Alfredo** 640 cal
Made with grilled, 100% antibiotic-free chicken breast.
- Kid's Salad Bar**
- Kid's Baked Potato** 540 cal
Butter, bacon, cheddar.

Kidwich Meals

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

- 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
Bread choice: multigrain wheat or country white.
- All-Beef Hot Dog** 310/500 cal
add chili
- Peanut Butter & Jelly** 430/490 cal
Made with **organic** peanut butter and **organic** jelly on your choice of bread: multigrain wheat or country white.
- Ham & Cheese** 240-410 cal
Made with nitrite-free ham. Bread choice: **organic** wheat wrap, multigrain wheat or country white.
- Turkey & Cheese** 250-420 cal
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 oz 0 - 330 cal
- NEW!** 32 oz Commemorative cup 0 - 440 cal

Fresh-brewed Teas

- 24 oz
- NEW!** 32 oz Commemorative cup
- 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

- Broccoli Cheese** 390/290 cal
- Chicken Noodle** 260/190 cal
- Fire Roasted Tortilla** 200/150 cal
- French Onion** 350/230 cal
- Organic Vegetable** 160/120 cal
- Tomato Basil** 440/300 cal
- Southwest Chicken Chili** 310/230 cal
- Chili** 490/350 cal
- Beef Stew (Seasonal)** 190/140 cal
- Chicken Pot Pie** 460/250 cal
- Spicy Seafood Gumbo** 320/210 cal

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!

Salads

Developed with

MD Anderson
~~Cancer~~ Center

Making Cancer History®

NEW! **GS** Super Slaw Salmon Salad 490 cal

Tri-colored **organic** quinoa is mixed with a Super Slaw of kale, broccoli, cabbage and carrots, tossed with a wasabi mustard-honey vinaigrette, topped with our cranberry-walnut mix and a wild Alaska sockeye salmon fillet.

A portion of the proceeds from the Super Slaw Salmon Salad benefits cancer prevention research and programs at MD Anderson.

GS **Chicken Club Salad** 510/300 cal
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.

GS **Nutty Mixed-Up Salad** 500/290 cal
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples.

GS **The Big Chef** 430/230 cal
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens.

Chicken Caesar 700/350 cal
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, creamy Caesar dressing.

Substitute wild salmon (220 cal) for any meat on the 4 salads above.

Taco Salad 730-1200 cal
Mixed salad greens, **organic** blue corn chips, topped with your choice: Chili or Southwest Chicken Chili. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.