

## 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

<b>V</b> Mac & Cheese 420 cal	3.69	<b>GS</b> <b>V</b> Kid's Pick 4 120-550 cal	3.99
<b>V</b> Cheese Pizza 470 cal	3.69	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.	
Pepperoni Pizza 520 cal	3.69	<b>GS</b> Kid's Baked Potato 670 cal	4.19
Penne Pasta & Meatballs 610 cal	4.19	Butter, bacon, cheddar.	
Penne Pasta & Chicken Alfredo 620 cal	4.19		
With grilled, 100% antibiotic-free chicken breast.			

### Kidwich Meals

The 5 items below served with one side: organic apples, organic carrots, seasonal fruit or chips. 30-150 cal

<b>NEW!</b> <b>GS</b> Chicken Tenders 240 cal	4.49
Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup.	
<b>Parents Note:</b> If you have gluten-sensitive kids, please tell your order taker.	
<b>V</b> Grilled Cheese 470/500 cal	3.69
American cheese on multigrain wheat or country white.	
<b>V</b> Peanut Butter & Jelly 440/470 cal	3.69
Organic peanut butter and organic jelly on multigrain wheat or country white.	
<b>NEW!</b> Ham & Cheese Sliders 330 cal	4.19
Nitrite-free ham, American cheese, on slider buns.	
<b>NEW!</b> Turkey & Cheese Sliders 340 cal	4.19
Nitrite-free turkey breast, American cheese, on slider buns.	

## DESSERTS

Fresh-Baked Incredible Cookie 1.39	
Cranberry Walnut Oatmeal 300 cal	
Chocolate Chip 310 cal	
<b>GS</b> Udi's® Snickerdoodle 210 cal	2.29
Fudge-Nut Brownie 430 cal	1.59

## DRINKS

Fountain Drinks 24/32 oz 0-440 cal	2.39 / 2.79
Fresh-brewed Iced Teas 24/32 oz	2.39 / 2.79
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	2.09
Assorted Bottled Drinks	1.29 - 2.59
Fresh-brewed Coffee or Hot Tea	1.29



## SOUPS

ALL BOWLS 5.79 ALL CUPS 4.19

Broccoli Cheese 430/320 cal
Chicken Noodle 260/190 cal
<b>GS</b> Fire Roasted Tortilla 210/160 cal
<b>GS</b> <b>V</b> Tomato Basil 440/300 cal
Irish Potato 550/390 cal
Seasonal Maine Lobster Chowder 390/290 cal
Spicy Seafood Gumbo 320/210 cal
Chicken Pot Pie 530/310 cal



## BUILD YOUR OWN SANDWICH

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

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

Whole 7.19 / Lighter Portion 6.19 / Half 6.19

### Meats

#### Nitrite-free:

Ham	140/70 cal
Roasted Turkey Breast	150/80 cal
Smoked Turkey Breast	160/80 cal
Roast Beef	210/100 cal
Tuna Salad with Eggs	370/190 cal
Famous Chicken Salad with Almonds & Pineapple	320/160 cal
Salami	680/340 cal

### Cheeses Add .69

Provolone	Jalapeño	150/70 cal
Cheddar	Pepper Jack	170/90 cal
Swiss	American	160/80 cal
	Muenster	160/80 cal
		170/90 cal

<b>Add-ons</b>	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 30/15 cal	Add .89
	Guacamole 25/10 cal	Add .89

### Breads

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

#### Toasted:

<b>NEW!</b> Sourdough	All-butter Croissant	100/50 cal	280/140 cal
Organic Ancient Grain Bun	Onion Bun	200/100 cal	240/120 cal
Organic Wheat Wrap	New Orleans French	180/90 cal	220/110 cal
Herb Focaccia	Gluten-free	210/100 cal	170/80 cal Add .69

### Spreads

Mayo	Chipotle Aioli	100/50 cal	100/50 cal
Mustard	Pesto Aioli	0 cal	70/35 cal
Stone-ground Mustard	Thousand Island	0 cal	60/30 cal
Honey Mustard	Ranch	40/20 cal	60/30 cal

Jason's deli®

## Deli Menu

Dine-In • To-Go • Delivery

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](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!

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](http://jasonsdeli.com)



## 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

8.19

### Half Famous Favorites Sandwich

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

9.29



Excludes Muffalettas

## SALADS

### GS Chicken Club Salad 990/520 cal

Original 9.29 / Lighter Portion 7.69

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

### GS Nutty Mixed-Up Salad 770/430 cal

Original 9.29 / Lighter Portion 7.69

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

### GS The Big Chef 910/460 cal

Original 8.39 / Lighter Portion 6.89

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

### Chicken Caesar 940/480 cal

Original 8.59 / Lighter Portion 7.09

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

### NEW! Tossed Salad

6.59

Mixed salad greens, grape tomatoes, kalamata olives, broccoli, carrots, cheddar, croutons, ranch dressing

## MUFFALETTAS

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

6.89

### Quarter Roasted Turkey Breast Muffaletta 490 cal

6.89

### Quarter Muffaletta Special 630-1060 cal

8.19

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

## FAMOUS FAVORITES

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

### 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)

9.99

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, or baked chips.

### Beefeater 830/670 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 Corned 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

## PASTAS & POTATOES

Pastas served with herb focaccia (210/110 cal)

### Penne Pasta & Meatballs

1080/680 cal Original 8.99 / Lighter Portion 7.59

Penne pasta, meatballs, marinara, Asiago.



### Chicken Pasta Primo

1010/610 cal Original 9.09 / Lighter Portion 7.69

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

### Chicken Alfredo

1170/690 cal Original 9.09 / Lighter Portion 7.69

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

### GS The Plain Jane® Potato 1610/920 cal

Original 8.19 / Lighter Portion 7.09

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

### GS Pollo Mexicano Potato 1260/800 cal

Original 8.29 / Lighter Portion 7.19

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

### GS Texas Style Spud® 1410/830 cal

Original 8.29 / Lighter Portion 7.19

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

## SPECIALTY SANDWICHES

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

### Amy's Turkey-O 450 cal

6.39

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



### MeataBalla 1120 cal

8.69

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

### Santa Fe Chicken Sandwich® 650 cal

7.89

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

### Shelley's Deli Chick 600 cal

7.19

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

### The Papa Joe 540 cal

7.89

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, or baked chips.

### Bigger Better BLT 600 cal

7.29

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

### V Grilled Cheese & Tomato Soup Combo 930 cal

6.99

*It's Back!* Grilled Muenster and cheddar cheese on multigrain wheat, bowl of Tomato Basil soup.

## Clubs

### Club Royale 690 cal

8.19

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)

8.19

Roasted turkey breast, bacon, Swiss, guacamole, tomato, **organic** field greens, mayo, toasted croissant. One side: fresh fruit, steamed veggies, or baked chips.

### Deli Club 790 cal

7.99

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



## Paninis

NEW! Pressed on sourdough bread.

### Chicken Panini 770 cal

8.29

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

### Smokey Jack Panini 770 cal

7.99

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



## Wraps

### Turkey Wrap

380 cal (sides: 60-250 cal)

7.29

Roasted turkey breast, Roma tomatoes, **organic** field greens, guacamole, ranch dressing, toasted **organic** wheat wrap. One side: fresh fruit, steamed veggies, or baked chips.

### Ranchero Wrap 520 cal (side: 250 cal)

7.89

Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted **organic** wheat wrap.



\*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.