

# Welcome!

Everything we serve is **FREE** of artificial trans fats, MSG and except fountain drinks, high fructose corn syrup. We are happy to make **half-sandwiches and reduced portion potatoes.**

*Just ask.*

## Real Choices

*served with your choice of organic blue corn tortilla chips & homemade salsa, fresh fruit, steamed veggies or baked chips and a pickle.*

### Ciabatta Garden

organic field greens, homemade guacamole and pico, cucumbers, red and yellow bell peppers, asiago and low fat balsamic vinaigrette on multigrain ciabatta.

419 calories, 19 g. total fat, 7 g. saturated fat, 1193 mg. sodium

### Ciabatta-Bing!

oven roasted turkey breast, roasted tomatoes, purple onions, homemade guacamole, swiss and organic field greens on multigrain ciabatta.

518 calories, 19 g. total fat, 7 g. saturated fat, 1289 mg. sodium

*New!*

### Mediterranean Wrap

oven roasted turkey breast, roasted red pepper hummus, cucumbers, purple onions, kalamata olives, roma tomatoes and organic field greens in an organic wheat wrap.

342 calories, 14 g. total fat, 2 g. saturated fat, 1042 mg. sodium

*New!*

### Tuna & Roasted Tomato Wrap

homemade tuna salad, roasted tomatoes and organic field greens in an organic wheat wrap.

557 calories, 27 g. total fat, 4 g. saturated fat, 899 mg. sodium

### Spinach Veggie Wrap

organic spinach, homemade pico and guacamole, sprouts, mushrooms, asiago in an organic wheat wrap with a side of homemade salsa.

359 calories, 17 g. total fat, 8 g. saturated fat, 896 mg. sodium

### Turkey Wrap

98% fat free oven roasted turkey breast, homemade guacamole and ranch dressing, tomatoes, sprouts, in an organic wheat wrap.

359 calories, 14 g. total fat, 4 g. saturated fat, 920 mg. sodium

### Turkey Reuben

98% fat free oven roasted turkey breast, sauerkraut, swiss, organic stone ground mustard, grilled on rye.

514 calories, 13 g. total fat, 6 g. saturated fat, 2626 mg. sodium





### Club Lite

smoked turkey breast, low fat ham, lettuce, tomato, swiss and low fat honey mustard on toasted whole grain wheat.

514 calories, 16 g. total fat, 6 g. saturated fat, 1607 mg. sodium

## Soups, Fruit & Salads

### cup • bowl

soup of the day   
french onion   
vegetable   
tomato basil   
broccoli cheese

### cup • bowl

chili  
southwest chicken chili  
spicy seafood gumbo

### Famous Salad Bar

all you can eat, fresh-cut vegetables, select organics, homemade potato and pasta salads, gingerbread muffins, garlic toast, etc., etc.

#### add a side of:

**chicken salad, tuna salad, ham, turkey, smoked turkey, or chicken breast**

#### add some soup!

cup • bowl

### Nutty Mixed-Up Salad

organic field greens, grapes, chicken breast, feta cheese, walnuts, dried cranberries, pumpkin seeds, raisins and organic apples. served with leo's balsamic vinaigrette.

**salad without chicken**

### Marinated

#### Chicken Breast Salad

tender chicken, cheddar, kalamata olives, tomatoes, homemade guacamole on mixed salad greens.

### Chicken Caesar

romaine, asiago, croutons, caesar dressing, marinated chicken breast.

**salad without chicken**

### The Big Chef

premium ham, oven roasted turkey breast, swiss, cheddar, tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens.

### Taco Salad

lettuce, organic blue corn tortilla chips, topped with your choice: chili or southwest chicken chili. garnished with cheddar, sour cream, southwest spices, homemade pico and guacamole. served with homemade salsa.

### Side Salad or

#### Caesar Side Salad

with purchase of sandwich, pasta or potato.

### Fresh Fruit Plate

served with creamy fruit dip.

### Fresh Fruit Cup

served with creamy fruit dip.

# Jason's deli

## Build Your Own served with chips or baked chips and a pickle


**whole/ • half/ • \*slim/**

roast beef  
oven roasted turkey breast  
smoked turkey breast  
premium ham  
homemade tuna salad  
homemade chicken salad

**whole/ • half/ • \*slim/**

hot corned beef  
hot new york style pastrami

*\*slim = half-portion meat  
between two whole slices of bread*

organic wheat wrap   
multigrain ciabatta  
herb foccacia

new orleans french bread  
all butter croissant  
whole grain wheat

white  
rye  
onion bun

mustard

organic stone ground mustard   
mayo

smoked red pepper-cilantro aioli  
basil pesto with pine nuts  
leo's italian dressing  
low fat balsamic vinaigrette  
extra virgin olive oil

**extra**

homemade guacamole  
roasted red pepper hummus

lettuce

tomato

 organic field greens

 organic spinach

purple onion rings

italian peppers

**extra**

homemade pico de gallo  
sliced avocado  
oven roasted herb tomatoes

**extra**

imported swiss  
provolone  
cheddar  
american  
jalapeño pepper jack

**extra**

*substitutes for chips & pickle*

 organic blue corn tortilla chips & homemade salsa  
 steamed veggies  
american potato salad  
honey mustard coleslaw  
italian or tuna pasta salad

fresh fruit **extra**

## Po'boys

*served on new orleans french bread  
with chips or baked chips and a pickle*

### Italian Cruz Po'boy

premium ham & hard salami, organic stone ground mustard, leo's italian dressing, sliced italian peppers and roma tomatoes, asiago and shredded lettuce.

### Beefeater

hot roast beef, provolone, mayo with cup of au jus.

### Pastrami Melt

hot pastrami, swiss, russian dressing.

### Sergeant Pepper®

hot roast beef, sautéed onions and bell peppers, provolone, mayo with cup of au jus.

### MeataBalla Po'boy

meatballs, Jason's own italian red sauce, provolone.

*New!*

### Pot Roast Melt

juicy pot roast, provolone and smoked red pepper-cilantro aioli.

## Pasta

*served hot with garlic olive oil foccacia bread*

### Chicken Pasta Primo

penne pasta topped with our original tomato-basil sauce, marinated chicken breast and asiago.

### Chicken Alfredo

penne pasta topped with creamy alfredo sauce, marinated chicken breast and asiago.

### Penne Pasta & Meatballs

penne pasta topped with Jason's own italian red sauce, meatballs and asiago.

### Portobello Garden Pasta **V**

grilled portobello mushrooms with oven roasted herb tomatoes, organic spinach, artichokes and asiago over bowtie pasta.

**prefer marinated chicken breast instead of portobello mushrooms? just ask!**

## Potatoes

*reduced portion potatoes for \$1 less*

### The Plain Jane®

natural buttery blend, cheddar, sour cream, bacon, green onions.

### Pollo Mexicano

marinated chicken breast, sour cream, homemade pico, cheddar, natural buttery blend, southwest spices.

### Spud Au Broc®

covered with broccoli cheese soup, cheddar, fresh broccoli, green onions, bacon.

### Texas Style Spud®

smoked barbecue, cheddar, natural buttery blend.

Jason's deli®

*Favorites* served with chips or baked chips  
and a pickle unless otherwise stated

**Reuben THE Great**

hot corned beef, swiss, sauerkraut,  
russian dressing, grilled on rye.

**The New York Yankee**

hot corned beef & pastrami, swiss on rye  
with your choice of mustard or mayo.

**Santa Fe Chicken Sandwich®**

marinated chicken breast, homemade  
guacamole, bacon, tomato, russian dressing,  
swiss, grilled on whole grain wheat.

**Bird to the Wise®**

oven roasted turkey breast, hot pastrami,  
swiss on toasted onion bun with  
your choice of mustard or mayo.

**BLT**

bacon, lettuce, tomato, mayo between  
toasted whole grain wheat.

**Tuna Melt**

homemade tuna salad, swiss, mayo,  
tomato, grilled on whole grain wheat.

**Deli Club**

premium ham and oven roasted  
turkey breast between toasted whole  
grain wheat with bacon, cheddar, swiss,  
lettuce, tomato, mayo.

**Chicago Club** *New!*

smoked turkey breast, bacon,  
smoked red pepper-cilantro aioli spread,  
organic spinach, roma tomatoes and  
provolone on herb foccacia.

*Special*  
**manager's**  
**HALF SANDWICH DEAL**

half of **any sandwich** on the menu  
(excluding muffalettas) and your choice of **one:**  
cup of any soup or fresh fruit  
side salad or caesar side salad

**Amy's Turkey-O** *New!*

oven roasted turkey breast, sliced avocado,  
jalapeño pepper jack cheese, purple onion rings,  
roma tomatoes, lettuce, organic stone ground  
mustard on a toasted onion bun.

**Club Royale**

smoked turkey breast, premium ham, bacon,  
lettuce, tomato, swiss, cheddar, honey mustard  
on toasted all butter croissant.

**California Club**

oven roasted turkey breast, homemade  
guacamole, tomato, sprouts, bacon, swiss, mayo  
on toasted all butter croissant. served with fresh  
fruit or baked chips or steamed veggies.

**Ranchero Wrap** *New!*

marinated chicken breast, homemade pico  
and ranch dressing, jalapeños, cheddar,  
southwest spices in an organic wheat wrap.  
served with organic blue corn tortilla chips and  
homemade salsa.

**Philly Chick® Wrap** *New!*

marinated chicken breast, sautéed onions and  
bell peppers, swiss and low fat honey mustard  
in an organic wheat wrap. served with fresh fruit  
or baked chips or steamed veggies.

**Jason's deli**®

*Muffalettas*

premium ham & hard salami or oven roasted turkey breast muffaletta  
with provolone and homemade olive mix, grilled to perfection.  
served with chips or baked chips and a pickle.

**9" Whole-Muff / Half-Muff / Quarter-Muff**

*Special*  
**quarter-muff DEAL**

premium ham & hard salami or oven roasted turkey breast  
muffaletta with choice of any cup of soup or fresh fruit cup.

*Paninis & Wrapinis*® served with chips or baked chips  
and a pickle

**Smokey Jack Panini**

smoked turkey breast and bacon with jalapeño pepper jack, roma tomatoes,  
russian dressing and homemade guacamole, pressed between olive oil basted french bread.

**Chicken Panini** *New!*

marinated chicken breast with provolone, basil pesto with pine nuts, roma tomatoes and  
organic spinach, pressed between olive oil basted french bread.

**Chicken Club Wrapini®** *New!*

grilled marinated chicken breast, bacon strips, purple onions, roma tomatoes, homemade  
ranch dressing, swiss and cheddar, pressed between olive oil basted organic wheat wrap bread.

**Grilled Portobello Wrapini®** *New!*

grilled portobello mushroom marinated in leo's italian dressing, homemade guacamole,  
homemade pico de gallo, organic spinach and asiago, pressed between  
olive oil basted organic wheat wrap bread.

# New! Jason's Just-Right Kid's Menu

dine-in or to-go for kids 12 and under

## Pick 1 Meal

(includes side & drink)

- ✓ Organic Peanut Butter & Jelly
- Grilled Cheese Kidwich ✓
- Deli Hot Dog
- add chili 59¢

(includes drink)

- Mac & Cheese ✓
- Cheese Pizza ✓
- Pepperoni Pizza

(includes side & drink)

- Turkey & Cheese Kidwich
- (bread choice: wheat, white or organic wheat wrap)

### Ranch Wrapper

(chicken breast, cheddar and ranch dressing in an organic wheat wrap)

(includes drink)

- Bowtie Pasta & Meatballs
- Salad Bar
- Baked Potato
- (natural buttery blend, cheddar, sour cream, bacon)

## Pick 1 Side

- Organic Carrots
- Potato Chips
- Organic Apples
- Fresh Fruit

## Pick 1 Drink

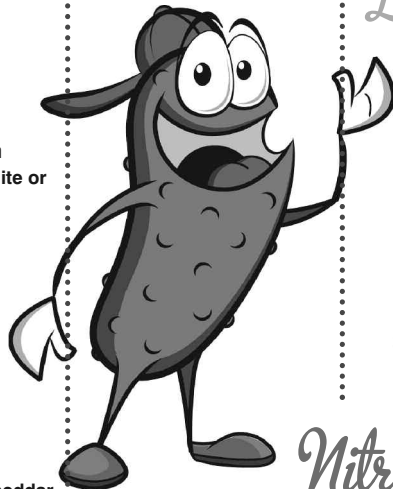
- Fountain Drink
- Organic Apple Juice
- Organic Milk

## Little Dippers

broccoli & organic carrots with ranch dressing

organic apple slices & celery sticks with organic peanut butter

organic blue corn tortilla chips & salsa



Nitrite-free!

Jason's deli

## Cup

- steamed veggies
- tuna penne pasta salad
- italian pasta salad
- american potato salad
- 3 bean salad (edamame/kidney/garbanzo)
- honey mustard coleslaw

## Sides

### your choice!

- organic blue corn tortilla chips with your choice: homemade salsa, homemade guacamole or roasted red pepper hummus.

### cup of fresh fruit

served with creamy fruit dip.

## Drinks

free refills with fountain drinks and tea

### Fountain Drinks

Unsweetened or Sweetened Tea

Black Currant Tea

Lemonade

Jason's Water

San Pellegrino

Orange Juice

Apple Juice

Boylan Cane Sodas

Organic Bottled Teas

Organic Milk

Organic Coffee\*

Hot Tea

Wine\*\*

Beer\*\*

Premium Beer\*\*

\*Caffeinated only. \*\*Where available

## Desserts

### Fresh Baked Cookies

cranberry walnut oatmeal, chocolate chip, white chocolate macadamia nut or peanut butter.

### Fudge Nut Brownie

Baklava

Strawberry Shortcake

Classic Cheesecake

Strawberry Cheesecake

Turtle Cheesecake

Chocolate Cheesecake

Fruit-topped Cheesecake

Carrot Cake

Always Free Ice Cream!

please eat responsibly.

Remember Gift Cards!

Available at all deli locations and online: [jasonsdeli.com](http://jasonsdeli.com)

dine-in, take out & delivery  
delivery charge and minimum may apply

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**COMING SOON:**

Orlando, FL  
 Wellington, FL  
 Louisville, KY  
 Edina, MN  
 St. Louis, MO  
 Las Cruces, NM

Jason's deli<sup>®</sup>

Coming Soon!

Menu Notes

The nutritional information provided is a compilation of data provided by Analytical Food Laboratories, Grand Prairie, TX (an independent testing facility contracted by Deli Management, Inc. d/b/a Jason's Deli.) While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. As many of our products are prepared by hand, serving sizes may vary. Further, differences in available packaging or serving containers may affect serving size.



Designates vegetarian items.

Contains one or more USDA certified organic ingredients.



Our product specifications result in a menu that is free of artificial trans fats and partially hydrogenated oils but are not necessarily low in saturated fat.



If you have any comments or suggestions, please call 1-800-444-DELI, or visit us online: jasonsdeli.com