

The Community Deli Menu



CELEBRATING **35** YEARS

Soups

- V French Onion
- V Organic Vegetable
- V Tomato Basil

Broccoli Cheese
Tortilla

cup 2.79 • bowl 3.79

Chili
Southwest Chicken Chili
Spicy Seafood Gumbo
Seasonal Beef Stew
Seasonal Chicken Pot Pie

cup 3.79 • bowl 4.79

Salads

The Big Chef

Ham, turkey breast, Swiss, cheddar, tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens.

original 7.29 / lighter 5.69

Nutty Mixed-Up Salad

Natural, grilled chicken breast, organic field greens, grapes, feta, nuts, dried cranberries, pumpkin seeds, raisins, organic apples.

original 7.99 / lighter 6.49

salad without chicken

original 6.99 / lighter 5.49

All You Can Eat Salad Bar

Fresh-cut vegetables, select organics, and more. 7.39

add a side of: chicken salad with almonds and pineapple, tuna salad, ham, turkey, smoked turkey or natural, grilled chicken breast 1.79

add some soup! cup .99 • bowl 1.59

NEW! Chicken Club Salad

Natural, grilled chicken breast, romaine and iceberg lettuce, grape tomatoes, sliced avocado, cheddar, asiago, bacon.

original 7.99 / lighter 6.49

Manager's Special

Half-Sandwich with a cup of Soup OR Fruit, chips & pickle 6.99

Half-Sandwich with Side Salad, chips & pickle 7.99

Our Lighter Side

Served with your choice of:

fresh fruit, steamed veggies, baked chips & pickle or organic blue corn tortilla chips with salsa.

Club Lite

Toasted whole grain wheat with smoked turkey breast, ham, Swiss, honey mustard, lettuce, tomato. 6.89

475 calories, 14 g. total fat, 5 g. saturated fat

V Spinach Veggie Wrap

Organic wheat wrap with mushrooms, organic spinach, asiago, sprouts, guacamole, pico de gallo.

Salsa on the side. 5.99

359 calories, 17 g. total fat, 8 g. saturated fat

Mediterranean Wrap

Organic wheat wrap with turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, roma tomatoes, organic field greens. 6.49

320 calories, 11 g. total fat, 2 g. saturated fat

Turkey Reuben

Turkey breast, sauerkraut, Swiss, organic stone ground mustard, grilled on rye. 6.89

510 calories, 13 g. total fat, 6 g. saturated fat

NEW! Savvy Chicken Salad Wrap

Organic wheat wrap with lower sodium chicken salad made with almonds and pineapple, roma tomatoes, red onions, leafy lettuce. 4.99

354 calories, 14 g. total fat, 3 g. saturated fat, 531 mg. sodium

Turkey Wrap

Organic wheat wrap with turkey breast, roma tomatoes, sprouts, guacamole, ranch dressing. 5.99

359 calories, 14 g. total fat, 4 g. saturated fat

Build Your Own Sandwich

Served with:

Chips or baked chips with a pickle.

Substitute fresh fruit for chips & pickle 1.59

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

whole/5.99 • half/4.99 • *slim/4.99

roast beef
oven roasted turkey breast
smoked turkey breast
premium ham
tuna salad
chicken salad with almonds & pineapple

.60 extra

hot corned beef
hot pastrami
natural, grilled chicken breast

add cheese .59

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

Subs

Served with:

Chips or baked chips with a pickle.

MeataBalla

Meatballs, Italian red sauce, provolone on New Orleans French bread. 6.89

Beefeater

Hot roast beef, provolone, mayo on New Orleans French bread with a cup of au jus. 6.99

Side Salad or Caesar Side Salad with entrée purchase 3.99

Specialty Sandwiches

Served with:

Chips or baked chips with a pickle unless otherwise stated.

Club Royale

Toasted croissant with smoked turkey breast, ham, bacon, Swiss, cheddar, lettuce, tomato, honey mustard. **6.99**

Chicago Club

Herb focaccia with smoked turkey breast, bacon, provolone, smoked red pepper-cilantro aioli, **organic** spinach, roma tomatoes. **6.89**

Deli Club

Toasted whole grain wheat with ham, turkey breast, bacon, cheddar, Swiss, lettuce, tomato, mayo. **6.99**

California Club

Toasted croissant with turkey breast, bacon, Swiss, tomato, sprouts, mayo, guacamole. Served with fresh fruit, steamed veggies or baked chips and pickle. **6.99**

Reuben THE Great

Hot corned beef, Swiss, sauerkraut, Russian dressing, grilled on rye. **7.79**

Prefer pastrami instead of corned beef? Just ask!

The V.J.

Hot corned beef & pastrami, Swiss with your choice of mustard or mayo, grilled on herb focaccia. **7.79**

BLT

Bacon, lettuce, tomato, mayo, toasted on whole grain wheat. **6.29**

Santa Fe Chicken Sandwich®

Natural, grilled chicken breast, bacon, Swiss, guacamole, tomato, Russian dressing, grilled on whole grain wheat. **6.99**

NEW! Freshca

Toasted herb focaccia with wilted **organic** spinach, asiago, artichokes, roma tomatoes, basil-pesto sauce with nuts. Served with your choice of: fresh fruit, steamed veggies, baked chips & pickle or **organic** blue corn tortilla chips with salsa. **5.59**

The Poppa Joe

Named for our Founder's Dad. Toasted herb focaccia with turkey breast, asiago, roasted tomatoes, basil pesto sauce with nuts, mayo. **6.59**

Ranchero Wrap

Organic wheat wrap with natural, grilled chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing. Served with **organic** blue corn tortilla chips and salsa. **6.99**

Quarter-Muffaletta Special

with a cup of Soup **OR** Fruit, chips & pickle **6.99**

Served with:

Chips or baked chips with a pickle.

Jason's signature sandwich begins with round, crusty New Orleans muffaletta bread we split and layer with ingredients. Topped with our famous family-recipe olive mix and grilled to perfection!

Ham & Hard Salami Muffaletta

Ham, hard salami, provolone, olive mix.

Turkey Breast Muffaletta

Turkey breast, provolone, olive mix.

VEGGIALETTA Muffaletta

Grilled portobello mushrooms, **organic** spinach, tomatoes, red and yellow bell peppers, red onions, provolone, olive mix.

9" Whole-Muffaletta 11.99

Half-Muffaletta 7.99

Quarter-Muffaletta 6.29

Muffalettas

Paninis & Wrapinis

Served with:

Chips or baked chips with a pickle.

Smokey Jack Panini

Smoked turkey breast, bacon, jalapeño pepper jack, guacamole, roma tomatoes, Russian dressing. Pressed within olive oil-basted French bread. **6.79**

Chicken Club Wrapini®

Natural, grilled chicken breast, bacon, Swiss, cheddar, red onions, roma tomatoes, ranch dressing. Pressed within an olive oil-basted **organic** wheat wrap. **7.29**

Chicken Panini

Natural, grilled chicken breast, provolone, basil pesto sauce with nuts, roma tomatoes, **organic** spinach. Pressed within olive oil-basted French bread. **7.29**

Potatoes

Spud Au Broc®

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

original 6.59 / lighter 5.59

The Plain Jane®

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

original 6.59 / lighter 5.59

Pollo Mexicano

Natural, grilled chicken breast, cheddar, sour cream, natural buttery blend, Southwest spices, pico de gallo.

original 6.89 / lighter 5.89

Pasta

Served with:

Warm olive oil focaccia bread.

Chicken Pasta Primo

Bowtie pasta topped with natural, grilled chicken breast, tomato-basil sauce, asiago.

original 7.69 / lighter 6.29

Bowtie Pasta & Meatballs

Bowtie pasta topped with meatballs, Italian red sauce, asiago.

original 7.29 / lighter 5.99

Chicken Alfredo

Bowtie pasta topped with natural, grilled chicken breast, creamy alfredo sauce, asiago.

original 7.69 / lighter 6.29

Side Salad or Caesar Side Salad with entrée purchase 3.99

Kid's Menu

For kids 12 and under. Dine-in or to-go.

All Kidwich & J.D. Pickle Meals include drink choice:

organic apple juice, organic low fat white or chocolate milk.

Kidwich Meals

Served with your choice of:

organic apples, organic carrots, fresh fruit or chips & pickle.

V Grilled Cheese 2.79

Bread choice: wheat or white

440 calories on wheat, 460 calories on white

Hot Dog 2.79 — add chili 59¢

283 calories, 413 calories with chili

Ham & Cheese 3.79

Bread choice: wheat, white or organic wheat wrap

331 calories on wheat, 371 calories on white, 241 calories on wrap

Turkey & Cheese 3.79

Bread choice: wheat, white or organic wheat wrap

331 calories on wheat, 371 calories on white, 241 calories on wrap

J.D. Pickle Meals

V Mac & Cheese 2.99

420 calories

V Cheese Pizza 2.99

470 calories

Pepperoni Pizza 2.99

484 calories

Bowtie Pasta & Meatballs 3.79

500 calories

Bowtie Pasta & Chicken Alfredo 3.79

With natural, grilled chicken breast.

311 calories

Kid's Salad Bar 3.79

Kid's Baked Potato 3.79

Natural buttery blend, bacon, cheddar, sour cream.

800 calories

**no artificial colors & dyes
or high fructose corn syrup!**

Sides
Steamed Veggies
Italian Pasta Salad
American Potato Salad
cup 1.79
Fresh Fruit served with creamy fruit dip
cup 2.79

Organic Blue Corn Tortilla Chips
with your choice: Salsa OR
Guacamole 2.29

Desserts

Fresh Baked Cookie .99

Cranberry walnut oatmeal or chocolate chip

Fudge-Nut Brownie 1.29

Strawberry Shortcake 2.99

**free
ice cream!**

Drinks

 free refills with fountain drinks and tea

Fountain Drinks 1.99

Unsweetened or Sweetened Tea 1.99

Black Currant Tea 1.99

Jason's Water 1.69

Orange Juice 1.89

Apple Juice 1.89

Boylan's Cane Sodas 2.19

Organic Bottled Teas 2.19

Organic Milk 1.29

Organic Fair Trade Coffee* 1.29

Organic Hot Tea 1.29

*Caffeinated only.

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.

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.

V Vegetarian item

Our natural, grilled chicken breast is completely free of antibiotics, from the egg to our kitchens.

Nutritional & allergen information is available on our website: www.jasonsdeli.com.

Ask for our Gluten-Free menu.

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

We Cater & Deliver

FLOWER MOUND, TX
6020 Long Prairie Rd.
(Highland Ranch)
972-355-3867

convenient order ahead pick-up window

ROWLETT, TX
5601 Liberty Grove
972-475-0088

convenient order ahead pick-up window

PORT CHARLOTTE, FL
US Hwy. 41 & SR 776
941-235-3354