

# Desserts

<b>Fresh-Baked Incredible Cookie</b>	1.19
sugar 240 cal	
cranberry walnut oatmeal 300 cal	
chocolate chip 270 cal	
white chocolate macadamia nut 330 cal	
<b>Udi's® Gluten-Free Snickerdoodle</b>	1.99
220 cal	
<b>Fudge-Nut Brownie</b>	1.39
410 cal	
<b>Strawberry Shortcake</b>	3.29
670 cal	
<b>Classic Cheesecake</b>	3.29
530 cal	
<b>Strawberry-Topped Cheesecake</b>	3.29
550 cal	
<b>Carrot Cake</b>	3.29
530 cal	

**FREE**  
ice cream

Because everyone  
deserves dessert!



For the most current nutrition,  
ingredient and allergen information,  
visit our website: [jasonsdeli.com](http://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](http://jasonsdeli.com)

**Jason's**



Wild, Natural & Sustainable™

©Ver B DMI-16 OCT

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](http://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 7.59

Any Half-Sandwich and a one-time trip  
to our Salad Bar 8.59

**For Famous Favorites add 1.00**

Excludes Muffalettas

## Build Your Own Sandwich

Add a one-time trip to our Salad Bar 4.59

Served with chips or baked chips. (160/100 cal)  
Substitute fresh fruit for chips. (50-90 cal) 1.79

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

whole 6.59 / lighter portion 5.59 / half 5.59

### 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
---	-------------

### 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 .59 extra 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

add for only .89

guacamole	30/15 cal
roasted red pepper hummus	30/15 cal

# Meatless Eats

Add a one-time trip to our Salad Bar 4.59

**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. 7.29

**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. original 7.89 / lighter portion 6.49

**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. 6.59

**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. original 7.79 / lighter portion 6.29

**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. 6.59

**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. bowl 6.29 / cup 2.79

## Pastas, Potatoes & More

Add a one-time trip to our Salad Bar 4.59

**Penne Pasta & Meatballs** 1090/720 cal (bread: 220/110 cal)  
Penne pasta topped with meatballs, marinara, Asiago. Served with toasted herb focaccia bread. original 7.89 / lighter portion 6.49

**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. original 7.99 / lighter portion 6.59

**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. original 7.99 / lighter portion 6.59

**ES The Plain Jane® Potato** 1610/930 cal  
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions. original 7.59 / lighter portion 6.49

**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. original 7.69 / lighter portion 6.59

**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. 8-piece 7.99 / 6-piece 6.79

# Muffalettas

Add a one-time trip to our Salad Bar 4.59

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 6.29

**Quarter Roasted Turkey Breast Muffaletta** 570 cal 6.29

**9" Whole Muffaletta (feeds up to 4)** 2340/2290 cal 11.99

**Quarter Muffaletta *Special*** 720-1100 cal 7.59

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 4.59

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. 8.49

**Hot Pastrami Sandwich** 500-1000 cal

1/2 pound of hot pastrami. Your choice of bread, topped the way you like it. original 8.99 / lighter portion 6.99

**Hot Corned Beef Sandwich** 320-640 cal

1/2 pound of hot corned beef. Your choice of bread, topped the way you like it. original 8.99 / lighter portion 6.99

**Reuben THE Great** 530-810 cal

1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye. original 9.99 / lighter portion 7.99

**The New York Yankee** 1010/620 cal

3/4 pound combo of hot corned beef and pastrami, Swiss on toasted rye. original 10.99 / lighter portion 8.99

**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. original 8.99 / lighter portion 6.99

**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. original 10.99 / lighter portion 8.99



# Specialty Sandwiches

Add a one-time trip to our Salad Bar 4.59

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. 7.29

**Chicken Salad Croissant** 680 cal

Our famous chicken salad with almonds and pineapple, with lettuce and tomato, on a toasted croissant. 6.59

**Santa Fe Chicken Sandwich®** 670 cal

Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat. 7.29

**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. 5.79

**Tuna Melt** 840 cal

Tuna salad with eggs, Swiss, tomato, mayo, grilled on multigrain wheat. 7.29

**MeataBalla** 1120 cal

Meatballs, marinara, provolone, toasted on New Orleans French bread. 7.99

## 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. 7.59

**Club Royale** 670 cal

Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant. 7.59

**Deli Club** 780 cal

Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat. 7.39

## 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. 7.49

**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. 7.69

## 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. 6.69

**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. 6.69

**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. 7.19

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](http://jasonsdeli.com).

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

- V** Mac & Cheese 420 cal 3.49
- V** Cheese Pizza 470 cal 3.49
- Pepperoni Pizza 520 cal 3.49
- Bowtie Pasta & Meatballs 640 cal 3.99
- V** Bowtie Pasta & Chicken Alfredo 640 cal 3.99  
Made with grilled, 100% antibiotic-free chicken breast.
- V** Kid's Salad Bar 4.59
- GS** Kid's Baked Potato 540 cal 3.99  
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

- GS** J.D. Nuggetz 170 cal 4.29  
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.
- V** Peanut Butter & Jelly 430/490 cal 3.49  
Made with **organic** peanut butter and **organic** jelly on your choice of bread: multigrain wheat or country white.
- V** Grilled Cheese 460/520 cal 3.49  
Bread choice: multigrain wheat or country white.
- V** Ham & Cheese 240-410 cal 3.99  
Made with nitrite-free ham. Bread choice: **organic** wheat wrap, multigrain wheat or country white.
- All-Beef Hot Dog 310/500 cal 3.49  
add chili .59
- V** Turkey & Cheese 250-420 cal 3.99  
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 2.09
- NEW!** 32 oz Commemorative cup 0 - 440 cal 2.39

## Fresh-brewed Teas

- 24 oz 2.09
- NEW!** 32 oz Commemorative cup 2.39

Unsweetened 210 / 280 cal

Sweetened with cane sugar 1.89

Black Currant 2.19

Jason's Water 2.49

Jason's Cane Sugar Sodas 2.19

Simply Orange Juice 1.29

Organic Bottled Teas 1.29

Organic Milks 1.29

Fresh-brewed Coffee 1.29

Hot Tea 1.29

# Soups

- browl 4.99 / cup 3.49
- Broccoli Cheese 390/290 cal **V** French Onion 350/230 cal
- Chicken Noodle 260/190 cal **GS** **V** Organic Vegetable 160/120 cal
- GS** Fire Roasted Tortilla 200/150 cal **GS** **V** Tomato Basil 440/300 cal
- browl 5.99 / cup 4.49
- 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. 8.29

**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 1.89

Grilled, 100% antibiotic-free chicken breast 150 cal 3.99

4-piece 100% antibiotic-free J.D. Nuggetz 170 cal 3.99

Fillet of wild salmon 220 cal 4.99

Add some soup! bowl 1.99 / cup 1.39

# Salads

Developed with

**MD Anderson Cancer Center**

Making Cancer History®

**NEW! GS Super Slaw Salmon Salad 490 cal 9.99**

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. original 8.69 / lighter portion 7.19

**GS Nutty Mixed-Up Salad 500/290 cal**  
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples. original 8.69 / lighter portion 7.19

**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. original 7.69 / lighter portion 6.19

**Chicken Caesar 700/350 cal**  
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, creamy Caesar dressing. original 7.89 / lighter portion 6.39

**Substitute wild salmon (220 cal) for any meat on the 4 salads above. Add 1.99**

**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. original 7.79 / lighter portion 6.29