

Desserts



Fresh-Baked Incredible Cookie	1.19
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	1.99
Fudge-Nut Brownie 410 cal	1.39
Strawberry Shortcake 670 cal	3.29
Classic Cheesecake 530 cal	3.29
Strawberry-Topped Cheesecake 550 cal	3.29
Carrot Cake 530 cal	3.29

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



Serving Satisfaction Since 1976

Deli Menu

Dine-In • To-Go • Delivery



NEW! SALMON PACIFICA SALAD

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

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

Manager's Half-Sandwich Special

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. (35-80 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

Choices below are nitrite-free.

Ham	140/70 cal
Roasted Turkey Breast	160/80 cal
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

Cheeses Add .69

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

Breads

Multigrain Wheat	200/100 cal	Telera Roll	240/120 cal
Country White	260/130 cal	Organic	
Rye	230/120 cal	Wheat Wrap	180/90 cal
Udi's® Gluten-Free	240 cal	Herb Focaccia	210/110 cal
	.59	All-butter Croissant	260/130 cal
		Onion Bun	240/120 cal
		New Orleans French	230/110 cal

Spreads

Mayo	100/50 cal	Thousand Island	60/30 cal
Mustard	0 cal	Ranch	60/30 cal
Stone-ground Mustard	0 cal	NEW! Jalapeño Ranch	45/25 cal
Honey Mustard	35/15 cal	Guacamole	30/15 cal .89
Chipotle Aioli	130/70 cal	NEW! Avocado Slices	60/30 cal .89
Basil Pesto	60/30 cal	Roasted Red Pepper Hummus	30/15 cal .89

Meatless Eats

Add a one-time trip to our Salad Bar 4.59



V Caprese Panini 740 cal (sides: 160/100 cal) 7.29
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) Original 7.89 / Lighter Portion 6.49
Bowtie pasta topped with roasted zucchini and a fresco mix of roasted tomatoes, **organic** spinach, artichoke hearts, Asiago. Served with toasted herb focaccia bread.

V Spinach Veggie Wrap 390 cal (sides: 35-220 cal) 6.59
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.

GS V Black Bean Taco Salad 1100/730 cal Original 7.79 / Lighter Portion 6.29
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.

GS V Fresh Fruit 35-310 cal Bowl 6.29 / Cup 2.79
Whole, fresh, luscious fruit is delivered to our delis six days a week and is meticulously prepared daily. Served with creamy fruit dip.

V Zucchini Grillini 550 cal (sides: 35-250 cal) 6.59
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.

Pastas & Potatoes

Add a one-time trip to our Salad Bar 4.59

Penne Pasta & Meatballs

1090/720 cal (bread: 220/110 cal) Original 7.89 / Lighter Portion 6.49
Penne pasta topped with meatballs, marinara, Asiago. Served with toasted herb focaccia bread.

Chicken Pasta Primo

1080/650 cal (bread: 220/110 cal) Original 7.99 / Lighter Portion 6.59
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) Original 7.99 / Lighter Portion 6.59
Penne pasta topped with grilled, 100% antibiotic-free chicken breast, creamy Alfredo sauce, Asiago. Served with toasted herb focaccia bread.

GS The Plain Jane® Potato

1610/930 cal Original 7.59 / Lighter Portion 6.49
Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.

GS Pollo Mexicano Potato

1270/800 cal Original 7.69 / Lighter Portion 6.59
Baked potato stuffed with grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

NEW! GS Texas Style Spud®

1410/830 cal Original 7.69 / Lighter Portion 6.59
Return of a classic! Baked potato stuffed with chopped pit-smoked beef brisket, cheddar, butter.



Muffalettas

Add a one-time trip to our Salad Bar 4.59

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



A New Orleans original! 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** 500 cal 6.29
- Quarter Roasted Turkey Breast Muffaletta** 490 cal 6.29
- 9" Whole Muffaletta (feeds up to 4)** 2010/1960 cal 11.99

Quarter Muffaletta Special 640-1010 cal 7.59

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

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 7.29
Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, basil pesto, mayo, toasted on herb focaccia bread.

NEW! Shelley's Deli Chick 680 cal 6.59
Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant.

Santa Fe Chicken Sandwich® 670 cal 7.29
Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat.

Amy's Turkey-O 480 cal 5.79
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 7.29
Tuna salad with eggs, Swiss, tomato, mayo, grilled on multigrain wheat.

MeataBalla 1120 cal 7.99
Meatballs, marinara, provolone, toasted on New Orleans French bread.

Clubs

Club Royale 670 cal 7.59
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant.

California Club 690 cal (sides: 35-250 cal) 7.59
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.

Deli Club 780 cal 7.39
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat.



Paninis

Smokey Jack Panini 750 cal 7.49
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 7.69
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: 35-250 cal) 6.69
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: 35-250 cal) 6.69
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) 7.19
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.



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: 35-250 cal) 8.49
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 Original 8.99 / Lighter Portion 6.99
1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.

Hot Corned Beef Sandwich 320-640 cal Original 8.99 / Lighter Portion 6.99
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

Reuben THE Great 530-810 cal Original 9.99 / Lighter Portion 7.99
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye.

The New York Yankee 1010/620 cal Original 10.99 / Lighter Portion 8.99
3/4 pound combo of hot corned beef and pastrami, Swiss on toasted rye.

Beefeater 820/660 cal Original 8.99 / Lighter Portion 6.99
1/2 pound of hot roast beef, provolone, mayo, toasted on New Orleans French bread. Served with a cup of au jus.

NEW! Deli Cowboy® 950/670 cal Original 10.99 / Lighter Portion 8.99
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.



*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

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

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

- 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 Grilled Cheese** 460/520 cal 3.49
American cheese on your bread choice: multigrain wheat or country white.
- All-Beef Hot Dog** 310/500 cal 3.49
Add chili .59

- V Peanut Butter & Jelly** 430/490 cal 3.49
Organic peanut butter and **organic** jelly on your bread choice: multigrain wheat or country white.
- Ham & Cheese** 240-410 cal 3.99
Nitrite-free ham, American cheese on your bread choice: **organic** wheat wrap, multigrain wheat or country white.
- Turkey & Cheese** 250-420 cal 3.99
Nitrite-free turkey, American cheese on your 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** 24/32 oz 0-440 cal 1.99/2.29
- Fresh-brewed Teas** 24/32 oz 1.99/2.29
 - Unsweetened
 - Sweetened with cane sugar 210/280 cal
 - Black Currant
- Jason's Water 1.89
- Jason's Cane Sugar Sodas 2.19
- Simply Orange Juice 2.49
- Organic** Bottled Teas 2.19
- Organic** Milks 1.29
- Fresh-brewed Coffee 1.29
- Hot Tea 1.29



Soups



- BOWL 4.99 / CUP 3.49**
- Broccoli Cheese** 390/290 cal
- Chicken Noodle** 260/190 cal
- Fire Roasted Tortilla** 200/150 cal
- French Onion** 350/230 cal
- GS V Organic Vegetable** 160/120 cal
- GS V Tomato Basil** 440/300 cal
- IT'S BACK! Irish Potato** 550/390 cal
- BOWL 5.99 / CUP 4.49**
- Southwest Chicken Chili** 310/230 cal
- Chili** 490/350 cal
- Chicken Pot Pie** 460/250 cal
- Spicy Seafood Gumbo** 320/210 cal

Salads

Garden Fresh 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. 7.99

- 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

Developed with MD Anderson Cancer Center

Making Cancer History*

- NEW! GS Salmon Pacifica Salad** 450 cal 9.99
Wild Alaska sockeye salmon, **organic** field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with **NEW!** cucumber-dill vinaigrette.
- A portion of the proceeds from the Salmon Pacifica Salad benefits cancer prevention research and programs at MD Anderson. At participating locations.

NEW! GS Mesa Chicken Salad

- 850/490 cal Original 8.69 / Lighter Portion 7.19
Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with **NEW!** jalapeño ranch dressing.
- GS Chicken Club Salad** 1010/540 cal Original 8.69 / Lighter Portion 7.19
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens, served with ranch dressing.
- GS Nutty Mixed-Up Salad** 760/420 cal Original 8.69 / Lighter Portion 7.19
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, served with balsamic vinaigrette.
- GS The Big Chef** 930/470 cal Original 7.69 / Lighter Portion 6.19
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens, served with ranch dressing.
- Chicken Caesar** 700/350 cal Original 7.89 / Lighter Portion 6.39
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, served with creamy Caesar dressing.

Substitute wild salmon (220 cal) for any meat on the 5 salads above. Add 1.99

- Taco Salad** 730-1280 cal Original 7.79 / Lighter Portion 6.29
Mixed salad greens, **organic** blue corn chips, topped with your choice: Chili, Southwest Chicken Chili or black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.

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