



DELI MENU

Dine-In / To-Go / Curbside Pickup / Delivery

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

MANAGER'S SPECIAL

Excludes Muffalettas. Served with chips or baked chips. 150/100 cal

Half Specialty or Build Your Own Sandwich

and one side: cup of soup, fruit or Mac & Cheese.

Half Famous Favorites Sandwich

and one side: cup of soup, fruit or Mac & Cheese.

Substitute a Side Salad for side options above.

MUFFALETTAS

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

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

Quarter Roasted Turkey Breast Muffaletta 490 cal

Quarter Muffaletta Special 630-1060 cal

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

FAMOUS FAVORITES

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

Reuben THE Great 560-1130 cal

Original / Lighter

1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, 1000 Island, **NEW** Marbled Rye.

New York Yankee 1070/650 cal

Original / Lighter

3/4 pound combo of hot corned beef and pastrami, Swiss, **NEW** Marbled Rye.

Beefeater 850/690 cal

Original / Lighter

1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French, cup of au jus.

Steak Po'boy 670 cal

Sirloin steak cooked medium,* spicy piquillo pepper relish, provolone, shredded lettuce, tomato, mayo toasted New Orleans French.

Wild Salmon-wich 570 cal (sides: 60-250 cal)

Wild Alaska sockeye salmon marinated in balsamic vinaigrette with guacamole, tomato, leafy lettuce, chipotle aioli, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

PANINIS

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

Chicken Panini 790 cal

Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, tomato, organic spinach, sourdough.

Smokey Jack Panini 790 cal

Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, tomato, 1000 Island, sourdough.

Caprese 770 cal

IT'S BACK! Fresh mozzarella, organic spinach, tomato, pesto aioli, herb focaccia.

Chipotle Chicken & Avocado Panini 930 cal

Grilled, 100% antibiotic-free chicken breast, sliced avocado, lemon crema, chipotle aioli, jalapeño pepper jack, pickled red onions on Mexican-style roll. Served with blue corn chips and salsa.



SPECIALTY SANDWICHES

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

The Carmela 680 cal

Three meats - salami, pepperoni, nitrite-free ham - melted provolone, spicy piquillo pepper relish, mayo, toasted sourdough.

Amy's Turkey-O 400 cal

Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, tomato, leafy lettuce, stone ground mustard, **NEW** Everything Bun.

Santa Fe Chicken Sandwich® 660 cal

Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, 1000 Island, toasted multigrain wheat.

Shelley's Deli Chick 600 cal

Family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

Bigger Better BLT 610 cal

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

Italian Cruz Po'boy 540 cal

Nitrite-free ham, salami, pepperoncini, Asiago, shredded lettuce, tomato, stone-ground mustard, Italian dressing, toasted New Orleans French.

Add a fresh-cracked egg* to any salad or sandwich. 80 cal

CLUBS

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

California Club 690 (sides: 60-250 cal)

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

Club Royale 690 cal

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

Deli Club 800 cal

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

BUILD YOUR OWN SANDWICH

Whole / Lighter / Half

Served with chips or baked chips. 150/100 cal | Add a Side Salad.

Meats

Salami 680/340 cal

Nitrite-free:

Ham 150/80 cal

Roasted Turkey Breast 150/80 cal

Smoked Turkey Breast 160/80 cal

Roast Beef 210/110 cal

Tuna Salad with Eggs 380/190 cal

Family-recipe Chicken Salad with

Almonds & Pineapple 330/170 cal

Cheeses

Provolone 150/70 cal

Cheddar 180/90 cal

Swiss 160/80 cal

American 140/70 cal

Muenster 160/80 cal

Jalapeño Pepper Jack 160/80 cal

Breads

Multigrain Wheat 210/100 cal

Country White 240/120 cal

NEW Marbled Rye 230/120 cal

Toasted:

Sourdough 200/100 cal

Ancient Grain Bun 260/130 cal

Organic Wheat Wrap 180/90 cal

Herb Focaccia 210/110 cal

All-butter Croissant 270/140 cal

NEW Everything Bun 170/90 cal

New Orleans French 220/110 cal

Gluten-free 170/90 cal

Spreads

Mayo 110/60 cal

Mustard 0 cal

Stone-ground Mustard 0 cal

Honey Mustard 80/40 cal

Chipotle Aioli 100/50 cal

Pesto Aioli 70/35 cal

1000 Island 60/30 cal

Ranch 70/35 cal

Jalapeño Ranch 45/20 cal

Add-ons

Fresh-cracked Egg* 80 cal

Avocado Slices 60/30 cal

Bacon Slices 45/25 cal

Guacamole 25/10 cal

Organic Roasted Red

Pepper Hummus 50/25 cal



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness. Eggs are served medium.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

SALADS & WRAPS

Garden-Fresh Salad Bar

Choose from dozens of fresh, wholesome ingredients, including select organics.

Add a protein 80-240 cal

Add some soup 90-570 cal

Bowl / Cup

Roll your favorite salad in an organic wheat wrap!

All wraps served with chips or baked chips. (150/100 cal)

GS Mesa Chicken 480-850 cal Original / Lighter / Wrap

Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

GS Nutty Mixed-Up 430-770 cal Original / Lighter / Wrap

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

GS Chicken Club 580-1130 cal Original / Lighter / Wrap

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

GS The Big Chef 540-1070 cal Original / Lighter / Wrap

Nitrite-free ham and roasted turkey, Asiago, cheddar, grape tomatoes, country olive blend, hard-boiled egg, mixed salad greens, ranch.

Chicken Caesar 510-1020 cal Original / Lighter / Wrap

Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia. (croutons and focaccia not included on wrap.)

Substitute marinated wild salmon (200 cal) or sirloin steak cooked medium* (150 cal) for any meat on any salad.

Wraps

Add a Side Salad.

Turkey Wrap 390 cal (sides: 60-250 cal)

Roasted turkey breast, tomato, organic field greens, guacamole, ranch, toasted organic wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Ranchero Wrap 640 cal (side: 250 cal)

Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch, toasted organic wheat wrap, blue corn chips and salsa.



PASTAS

Served with herb focaccia. 240/120 cal | Add a Side Salad.

Chicken Alfredo

1240/750 cal

Original / Lighter

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

Penne & Meatballs

1150/750 cal

Original / Lighter

Penne, meatballs, marinara, Asiago.

V Zucchini Garden

1090/710 cal

Original / Lighter

Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

POTATOES

Add a Side Salad.

GS The Plain Jane®

1780/1020 cal

Original / Lighter

Cheddar, sour cream, butter, bacon, green onions.

GS Pollo Mexicano

1400/840 cal

Original / Lighter

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

GS Texas Style Spud®

1560/900 cal

Original / Lighter

Chopped pit-smoked BBQ beef, barbecue sauce, cheddar, butter.

GS The CB Ranch Potato

1770/1020 cal

Original / Lighter

Grilled, 100% antibiotic-free chicken breast, ranch, cheddar, sour cream, butter, bacon, green onions.

SOUPS

V Broccoli Cheese

BOWLS / CUPS

570/430 cal

Chicken Pot Pie

530/310 cal

Chicken Noodle

370/280 cal

Spicy Seafood Gumbo

310/200 cal

Irish Potato

550/390 cal

Chili

490/350 cal

GS Fire Roasted Tortilla

210/160 cal

New! Turkey Chili

320/220 cal

GS V Tomato Basil

530/340 cal

GS V Organic Garden Vegetable

120/90 cal



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

V Cheese Pizza 470 cal

Pepperoni Pizza 520 cal

V Mac & Cheese 470 cal

Penne & Meatballs 610 cal

Penne & Chicken Alfredo 620 cal

With grilled, 100% antibiotic-free chicken breast.

GS Kid's Baked Potato 680 cal

Butter, bacon and cheddar.



Kidwich Meals

The 4 items below served with one side: organic apples, organic carrots, seasonal fruit or chips. 30-150 cal

GS Chicken Tenders 240 cal

Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup. *Parents Note: If you have gluten-sensitive kids, please tell your order taker.*

V Grilled Cheese 450/480 cal

American cheese on multigrain wheat or country white.

Ham & Cheese Sliders 330 cal

Nitrite-free ham, American cheese, slider buns.

Turkey & Cheese Sliders 330 cal

Nitrite-free turkey breast, American cheese, slider buns.



DESSERTS

Fresh-Baked Cookie 300-310 cal

GS Udi's® Snickerdoodle 210 cal

Fudge-Nut Brownie 450 cal

Strawberry Shortcake 940 cal

Cheesecake 530-550 cal

Classic or Strawberry

New! **Texas Chocolate Cake** 400 cal

DRINKS

Fountain Drinks & Iced Teas 0-440 cal

Bottled Drinks

Coffee



We've upgraded our Deli Dollars rewards program.
jasonsdeli.com/rewards

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

V Vegetarian

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.

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

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

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