



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

Half Sandwich with chips or baked chips and one side: cup of soup, fruit or Mac & Cheese. *Excludes Muffalettas*

Substitute a Side Salad for side options above.



SPECIALTY SANDWICHES

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

Make one of these sandwiches into a **MANAGER'S SPECIAL**

The Carmela 660 cal

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

Santa Fe Chicken Sandwich® 660 cal

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 590 cal

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

Italian Cruz Po'boy 550 cal

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

Ranchero Wrap 640 cal (side: 250 cal)

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

Chicken Panini 790 cal

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

Chipotle Chicken & Avocado Panini 930 cal

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

Make one of these sandwiches into a **MANAGER'S SPECIAL**

Amy's Turkey-O 420 cal

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

California Club 670 (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 780 cal

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

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.

Smokey Jack Panini 790 cal

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

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

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

FAMOUS FAVORITES

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

Make one of these sandwiches into a **MANAGER'S SPECIAL**

Reuben THE Great 570-1130 cal Original / Lighter

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

New York Yankee 1070/650 cal Original / Lighter

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

Beefeater 830/670 cal Original / Lighter

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

Wild Salmon-wich 540 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.



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.



BUILD YOUR OWN SANDWICH

Whole / Lighter / Half

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

Meats

- Ham 150/80 cal
- Salami 680/340 cal
- Tuna Salad with Eggs 380/190 cal
- Family-recipe Chicken Salad with Almonds & Pineapple 320/160 cal

Premium:

- Roasted Turkey Breast 150/80 cal
- Smoked Turkey Breast 160/80 cal
- Roast Beef 210/110 cal
- Corned Beef 360/180 cal
- Pastrami 650/320 cal

Spreads

- Mayo 90/45 cal
- Mustard 10 cal
- Stone-ground Mustard 15 cal
- Honey Mustard 80/40 cal
- Chipotle Aioli 100/50 cal
- Pesto Aioli 70/35 cal
- 1000 Island 70/35 cal
- Ranch 70/35 cal
- Jalapeño Ranch 45/20 cal

Breads

- Multigrain Wheat 210/100 cal
- Country White 240/120 cal
- 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
- Everything Bun 170/90 cal
- New Orleans French 220/110 cal
- Telera 270/130 cal
- Gluten-free 170/90 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

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



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

SALADS

Garden-Fresh Salad Bar

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

Add a protein 80-200 cal

Add some soup 90-570 cal

Bowl / Cup

GS **The Big Chef** 1070/540 cal Original / Lighter

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

GS **Mesa Chicken** 850/480 cal Original / Lighter

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** 740/400 cal Original / Lighter

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

GS **Chicken Club** 1130/580 cal Original / Lighter

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

Chicken Caesar 1020/510 cal Original / Lighter

Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

Substitute marinated wild salmon (200 cal) for any meat on any salad.



PASTAS & POTATOES

Add a Side Salad.

Penne & Meatballs 1150/750 cal Original / Lighter

Penne, meatballs, marinara, Asiago. Served with herb focaccia. (240/120 cal)

Chicken Alfredo 1240/750 cal Original / Lighter

Grilled, 100% antibiotic-free chicken breast, penne, Alfredo sauce, Asiago. Served with herb focaccia. (240/120 cal)

V **Zucchini Garden** 1090/710 cal Original / Lighter

Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago. Served with herb focaccia. (240/120 cal)

GS **The Plain Jane®** 1780/1020 cal Original / Lighter

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

GS **Pollo Mexicano** 1400/840 cal Original / Lighter

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

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



DESSERTS

Texas Chocolate Cake 400 cal

Fresh-Baked Cookie 300-310 cal

GS **Chewy Marshmallow Treat** 230 cal

Fudge-Nut Brownie 450 cal

Strawberry Shortcake 940 cal

Classic Cheesecake 530 cal

Strawberry Cheesecake 550 cal

DRINKS

Fountain Drinks & Iced Teas 0-440 cal

Bottled Drinks

Coffee

HANDCRAFTED BOWLS

New! **Modern Med** 1110 cal

100% antibiotic-free chicken breast, organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

New! **GS** **Great Southwest** 710 cal

100% antibiotic-free chicken breast, romaine lettuce, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch, Southwest spices.

New! **GS** **Ultimate BLT** 1120 cal

100% antibiotic-free chicken breast, organic quinoa, romaine lettuce, sliced bacon, tomato, pickled red onions, hard-boiled egg, chopped avocado, ranch.



SOUPS

BOWLS / CUPS

V **Broccoli Cheese** 570/430 cal

Chicken Noodle 370/280 cal

Irish Potato 550/390 cal

GS **V** **Tomato Basil** 530/340 cal

Chicken Pot Pie 530/310 cal

Spicy Seafood Gumbo 310/200 cal

Chili 490/350 cal

GS **V** **Hearty Vegetable Chili**
Plant-based 250/180 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 organic 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 ca

With 100% antibiotic-free chicken breast.

GS **Kid's Baked Potato** 680 cal

Butter, bacon and cheddar.



Kidwich Meals

The 2 items below served with one side: organic carrots, seasonal fruit or chips. 30-150 cal

GS **Chicken Tenders** 180 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** 530/560 cal

American cheese on multigrain wheat or country white. *Parents Note: If your kid has an egg allergy, please tell your order taker.*

**EARN POINTS
WITH EVERY
ORDER**



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

Jason's

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