



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. Add 2.99



SPECIALTY SANDWICHES

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 7.99

Make one of these sandwiches into a **MANAGER'S SPECIAL** 10.29

The Carmela 680 cal 9.99

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

Santa Fe Chicken Sandwich® 660 cal 10.49

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

Shelley's Deli Chick 600 cal 8.99

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

Bigger Better BLT 610 cal 8.99

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

Italian Cruz Po'boy 540 cal 7.99

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) 10.29

Grilled, 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 10.49

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

Chipotle Chicken & Avocado Panini 930 cal 10.49

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.



Make one of these turkey sandwiches into a **MANAGER'S SPECIAL** 10.49

Amy's Turkey-O 400 cal 8.49

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

California Club 690 (sides: 60-250 cal) 10.99

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 10.99

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

Deli Club 800 cal 10.49

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

Turkey Wrap 390 cal (sides: 60-250 cal) 9.99

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 10.79

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 Add .99

FAMOUS FAVORITES

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 7.99

Make one of these sandwiches into a **MANAGER'S SPECIAL** 12.99

Reuben THE Great 560-1130 cal Original 13.99 / Lighter 11.99

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

New York Yankee 1070/650 cal Original 14.99 / Lighter 12.99

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

Beefeater 850/690 cal Original 12.99 / Lighter 10.99

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

Steak Po'boy 670 cal 12.79

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) 12.99

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. 7.99

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 8.99

Quarter Roasted Turkey Breast Muffaletta 490 cal 8.99

Quarter Muffaletta Special 630-1060 cal 10.99

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



BUILD YOUR OWN SANDWICH

Whole 8.99 / Lighter 7.99 / Half 7.99 Served with chips or baked chips. 150/100 cal | Add a Side Salad. 7.99

Meats

Ham 150/80 cal

Tuna Salad with Eggs 380/190 cal

Family-recipe Chicken Salad with

Almonds & Pineapple 330/170 cal

Salami 680/340 cal

Premium:

Roasted Turkey Breast 150/80 cal Add .66

Smoked Turkey Breast 160/80 cal Add .66

Roast Beef 210/110 cal Add .66

Corned Beef 360/180 cal Add 1.00/1.00

Pastrami 650/320 cal Add 1.00/1.00

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

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 Add .69

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 Add .99

Avocado Slices 60/30 cal Add .99

Bacon Slices 45/25 cal Add .99

Guacamole 25/10 cal Add .99

Organic Roasted Red

Pepper Hummus 50/25 cal Add .99

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness. Steak and 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

Garden-Fresh Salad Bar 10.39

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

Add a protein 80-240 cal 2.49-6.09

Add some soup 90-570 cal Bowl 3.19 / Cup 2.59

GS The Big Chef 540-1070 cal Original 10.99 / Lighter 9.39
Nitrite-free ham and roasted turkey, Asiago, cheddar, grape tomatoes, country olive blend, hard-boiled egg, mixed salad greens, ranch.

GS Mesa Chicken 480-850 cal Original 11.99 / Lighter 9.99
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 11.99 / Lighter 9.99
Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, strawberries, balsamic vinaigrette.

GS Chicken Club 580-1130 cal Original 11.99 / Lighter 9.99
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon, mixed salad greens, ranch.

Chicken Caesar 510-1020 cal Original 10.99 / Lighter 9.99
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

Substitute marinated wild salmon (200 cal) or sirloin steak cooked medium* (150 cal) for any meat on any salad. Add 2.49



PASTAS & POTATOES

Add a Side Salad. 7.99

Penne & Meatballs 1150/750 cal Original 11.99 / Lighter 10.89
Penne, meatballs, marinara, Asiago. Served with herb focaccia. (240/120 cal)

Chicken Alfredo 1240/750 cal Original 11.99 / Lighter 10.89
Grilled, 100% antibiotic-free chicken breast, penne, Alfredo sauce, Asiago. Served with herb focaccia. (240/120 cal)

V Zucchini Garden 1090/710 cal Original 10.99 / Lighter 9.79
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 10.49 / Lighter 9.39
Cheddar, sour cream, butter, bacon, green onions.

GS Pollo Mexicano 1400/840 cal Original 10.99 / Lighter 9.89
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

GS Texas Style Spud 1560/900 cal Original 10.99 / Lighter 9.89
Chopped pit-smoked BBQ beef, barbecue sauce, cheddar, butter.

GS The CB Ranch Potato 1770/1020 cal Original 10.99 / Lighter 9.79
Grilled, 100% antibiotic-free chicken breast, ranch, cheddar, sour cream, butter, bacon, green onions.



DESSERTS

Texas Chocolate Cake 400 cal 2.89

Fresh-Baked Cookie 300-310 cal 1.99

GS Chewy Marshmallow Treat 230 cal 4.19

Fudge-Nut Brownie 450 cal 1.99

Strawberry Shortcake 940 cal 4.49

Classic Cheesecake 530 cal 4.49

Strawberry Cheesecake 550 cal 4.49



SOUPS

BOWLS 6.79 / **CUPS** 5.09

V Broccoli Cheese 570/430 cal

Chicken Noodle 370/280 cal

Irish Potato 550/390 cal

GS Fire Roasted Tortilla 210/160 cal

GS V Tomato Basil 530/340 cal

Chicken Pot Pie 530/310 cal

Spicy Seafood Gumbo 310/200 cal

Chili 490/350 cal

New! Chicken & Wild Rice 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 4.69

Pepperoni Pizza 520 cal 4.69

V Mac & Cheese 470 cal 4.99

Penne & Meatballs 610 cal 4.99

Penne & Chicken Alfredo 620 cal 4.99

With grilled, 100% antibiotic-free chicken breast.

GS Kid's Baked Potato 680 cal 4.99

Butter, bacon and cheddar.



Kidwich Meals

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

GS Chicken Tenders 240 cal 4.99

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 4.69

American cheese on multigrain wheat or country white.

Parents Note: If your kid has an egg allergy, please tell your order taker.

Ham & Cheese Sliders 330 cal 4.99

Nitrite-free ham, American cheese, slider buns.

Turkey & Cheese Sliders 330 cal 4.99

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



DRINKS

Fountain Drinks & Iced Teas 0-440 cal 2.99/3.19

Bottled Drinks 1.69-2.99

Coffee 1.59

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

