

# Jason's deli

## 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. 110-160 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® 710 cal

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

#### Shelley's Deli Chick 590 cal

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

#### Bigger Better BLT 640 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 670 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.

#### Turkey Wrap 380 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.

#### Chicken Panini 780 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.

#### 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.

#### It's back! Grilled Cheese & Tomato Soup Combo 1040 cal

Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.



### FAMOUS FAVORITES

Served with chips. 110-160 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. 110-160 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. 110-160 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  
Roasted Turkey Breast 150/80 cal  
Smoked Turkey Breast 160/80 cal  
Roast Beef 210/110 cal

#### Premium:

Corned Beef 360/180 cal  
Pastrami 650/320 cal

#### Spreads

Mayo 90/45 cal  
Mustard 10 cal  
Stone-ground Mustard 15/10 cal  
Honey Mustard 80/40 cal  
Chipotle Aioli 100/50 cal  
Pesto Aioli 70/35 cal  
1000 Island 70/35 cal  
Ranch 60/30 cal  
Jalapeño Ranch 40/20 cal

#### Breads

Multigrain Wheat 260/130 cal  
Country White 280/140 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

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

## SALADS

### Garden-Fresh Salad Bar

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

Add a protein 80-190 cal

Add some soup 160-570 cal

Bowl / Cup

- 05 The Big Chef** 1050/530 cal Original / Lighter  
Nitrite-free ham and roasted turkey, Asiago, cheddar, grape tomatoes, country olive blend, hard-boiled egg, mixed salad greens, ranch.
- 05 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.
- 05 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.
- 05 Chicken Club** 1110/570 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, pork and beef 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)
- 05 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)

- 05 The Plain Jane®** 1780/1020 cal Original / Lighter  
Cheddar, sour cream, butter, bacon, green onions.
- 05 Pollo Mexicano** 1400/840 cal Original / Lighter  
100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.
- 05 Texas Style Spud®** 1560/900 cal Original / Lighter  
Chopped pit-smoked BBQ beef, barbecue sauce, cheddar, butter.
- 05 The CB Ranch Potato** 1760/1020 cal Original / Lighter  
100% antibiotic-free chicken breast, ranch, cheddar, sour cream, butter, bacon, green onions.



## DESSERTS

- Texas Chocolate Cake 560 cal
- Fresh-Baked Cookie 300-310 cal
- 05 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

**Modern Med** 600 cal  
100% antibiotic-free chicken breast, organic quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, toasted pita, Greek dressing.

**05 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.

**05 Ultimate BLT** 780 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

- |                           |             |  |             |
|---------------------------|-------------|--|-------------|
| <b>05 Broccoli Cheese</b> | 570/430 cal | <b>Spicy Seafood Gumbo</b>                 | 310/200 cal |
| <b>Chicken Noodle</b>     | 370/280 cal | <b>Chili</b>                               | 490/360 cal |
| <b>Irish Potato</b>       | 550/390 cal | <b>05 It's back! Fire Roasted Tortilla</b> | 210/160 cal |
| <b>05 05 Tomato Basil</b> | 510/330 cal | <b>Seasonal Soup</b>                       |             |
| <b>Chicken Pot Pie</b>    | 530/310 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

- 05 Cheese Pizza** 470 cal
- Pepperoni Pizza** 520 cal
- 05 Mac & Cheese** 470 cal
- Penne & Meatballs** 610 cal  
With pork and beef meatballs
- Penne & Chicken Alfredo** 620 cal  
With 100% antibiotic-free chicken breast.
- 05 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

- 05 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.*
- 05 Grilled Cheese** 580/600 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



### 05 Vegetarian

**05 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 different 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](http://jasonsdeli.com)

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