



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 2.49**



SPECIALTY SANDWICHES

Served with chips. 110-160 cal | Add a Side Salad. 7.49

Make one of these sandwiches into a **MANAGER'S SPECIAL** 10.79

- The Carmela** 660 cal 10.09
Salami, pepperoni, ham - provolone, spicy piquillo pepper relish, mayo, sourdough.
- Santa Fe Chicken Sandwich®** 710 cal 10.39
Grilled chicken, bacon, Swiss, guacamole, tomato, 1000 Island, multigrain wheat.
- Shelley's Deli Chick** 590 cal 9.49
Chicken salad with almonds and pineapple, lettuce, tomato, croissant.
- Bigger Better BLT** 640 cal 8.99
Bacon, lettuce, tomato, fresh-cracked egg,* mayo, avocado, multigrain wheat.
- Italian Cruz Po'boy** 550 cal 7.89
Ham, salami, pepperoncini, Asiago, lettuce, tomato, stone-ground mustard, Italian dressing, New Orleans French.
- Ranchero Wrap** 670 cal (side: 250 cal) 10.39
Grilled chicken, cheddar, jalapeños, pico de gallo, Southwest spices, ranch, wheat wrap, blue corn chips and salsa.
- Turkey Wrap** 380 cal (sides: 60-250 cal) 9.99
Roasted turkey, tomato, field greens, guacamole, ranch, wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.
- Smokey Jack Panini** 790 cal 10.89
Nitrite-free smoked turkey, bacon, jalapeño pepper jack, guacamole, tomato, 1000 Island, sourdough.
- Chicken Panini** 780 cal 10.79
Grilled chicken, provolone, pesto aioli, tomato, spinach, sourdough.
- Chipotle Chicken & Avocado Panini** 930 cal 10.79
Grilled chicken, avocado, lemon crema, pepper jack, chipotle aioli, pickled red onions, telera. Served with blue corn chips and salsa.
- Amy's Turkey-O** 420 cal 8.69
Roasted turkey, avocado, pepper jack, red onions, tomato, lettuce, stone ground mustard, everything bun.
- California Club** 670 (sides: 60-250 cal) 11.19
Roasted turkey, bacon, Swiss, guacamole, tomato, field greens, mayo, croissant. One side: fresh fruit, steamed veggies, baked chips or blue corn chips with salsa.
- Club Royale** 690 cal 11.19
Smoked turkey, ham, bacon, Swiss, cheddar, lettuce, tomato, honey mustard, croissant.
- Deli Club** 780 cal 10.69
Ham, roasted turkey, bacon, cheddar, Swiss, lettuce, tomato, mayo, multigrain wheat.
- It's back! Caprese Panini** 770 cal 9.69
Mozzarella, spinach, roma tomato, pesto aioli, herb focaccia.
- NEW! Chicken Caprese Panini** 960 cal 11.39
Grilled chicken, mozzarella, spinach, roma tomato, pesto aioli, herb focaccia.



FAMOUS FAVORITES

Served with chips. 110-160 cal | Add a Side Salad. 7.49

Make one of these sandwiches into a **MANAGER'S SPECIAL** 12.79

- Reuben THE Great** 570-1130 cal Original 13.59 / Lighter 11.59
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, 1000 Island, marbled rye.
- New York Yankee** 1070/650 cal Original 15.09 / Lighter 13.09
3/4 pound combo of hot corned beef and pastrami, Swiss, marbled rye.
- Beefeater** 830/670 cal Original 12.59 / Lighter 10.59
1/2 pound of hot roast beef, provolone, mayo, New Orleans French, cup of au jus.
- Wild Salmon-wich** 540 cal (sides: 60-250 cal) 13.19
Wild Alaska sockeye salmon marinated in balsamic vinaigrette with guacamole, tomato, lettuce, chipotle aioli, 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. 7.49

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 8.69
- Quarter Roasted Turkey Breast Muffaletta** 490 cal 8.69
- Quarter Muffaletta Special** 630-1060 cal 10.49
Served with chips and one side: cup of soup, fruit or Mac & Cheese.



BUILD YOUR OWN SANDWICH

Whole 9.49 / Lighter 8.49 / Half 8.49

Served with chips. 110-160 cal | Add a Side Salad. 7.49

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 Add 2.80/1.80
- Pastrami 650/320 cal Add 2.80/1.80

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 Add 1.09

Cheeses

- Provolone 150/70 cal Add .69
- 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 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



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 9.99
Choose from dozens of fresh, wholesome ingredients, including select organics.

Add a protein 80-190 cal 2.69-6.29
Add some soup 160-570 cal Bowl 3.19 / Cup 2.59

GS The Big Chef 1050/530 cal Original 11.19 / Lighter 9.69
Ham, roasted turkey, Asiago, cheddar, grape tomatoes, olives, hard-boiled egg, salad greens, ranch.

GS Mesa Chicken 850/480 cal Original 11.89 / Lighter 10.39
Grilled chicken, salad greens, cheddar, grape tomatoes, avocado, roasted corn and black bean mix, jalapeño ranch.

GS Nutty Mixed-Up 740/400 cal Original 11.89 / Lighter 10.39
Grilled chicken, field greens, grapes, feta, cranberry-walnut mix, strawberries, balsamic vinaigrette.

GS Chicken Club 1110/570 cal Original 11.89 / Lighter 10.39
Grilled chicken, grape tomatoes, avocado, cheddar, Asiago, bacon, salad greens, ranch.

Chicken Caesar 1020/510 cal Original 11.19 / Lighter 9.69
Grilled chicken, romaine, Asiago, croutons, Caesar dressing, herb focaccia.

Substitute marinated wild salmon (200 cal) for any meat on any salad. Add 2.69



PASTAS & POTATOES

Add a Side Salad. 7.49

Penne & Meatballs 1150/750 cal Original 11.39 / Lighter 9.99
Penne, pork and beef meatballs, marinara, Asiago. Served with herb focaccia. (240/120 cal)

Chicken Alfredo 1240/750 cal Original 11.89 / Lighter 10.49
Grilled chicken, penne, Alfredo sauce, Asiago. Served with herb focaccia. (240/120 cal)

V Zucchini Garden 1090/710 cal Original 11.29 / Lighter 9.89
Penne, roasted zucchini, fresco mix of roasted tomatoes, 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 10.79 / Lighter 9.69
Grilled chicken, cheddar, sour cream, butter, pico de gallo, Southwest spices.

GS Texas Style Spud® 1560/900 cal Original 10.59 / Lighter 9.49
Chopped pit-smoked BBQ beef, barbecue sauce, cheddar, butter.

GS The CB Ranch Potato 1760/1020 cal Original 10.79 / Lighter 9.69
Grilled chicken, ranch, cheddar, sour cream, butter, bacon, green onions.



DESSERTS

Texas Chocolate Cake 560 cal 3.39

Fresh-Baked Cookie 300-310 cal 1.89

GS Chewy Marshmallow Treat 230 cal 4.49

Fudge-Nut Brownie 450 cal 2.19

Strawberry Shortcake 940 cal 4.49

Classic Cheesecake 530 cal 4.49

Strawberry Cheesecake 550 cal 4.69

DRINKS

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

Bottled Drinks 1.79-4.19

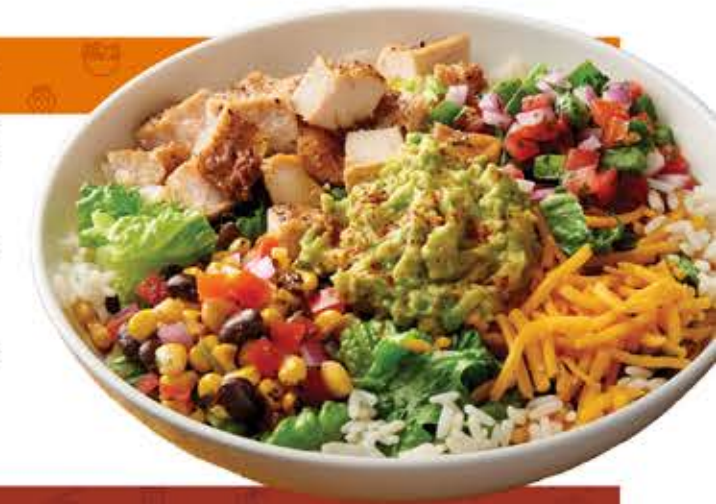
Coffee 1.69

HANDCRAFTED BOWLS

Modern Med 600 cal 11.19
Grilled chicken, quinoa, lettuce, tomatoes, olives, hummus, cucumber, feta, pita, Greek dressing.

GS Great Southwest 780 cal 10.19
Grilled chicken, romaine, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch, Southwest spices.

GS Ultimate BLT 780 cal 10.19
Grilled chicken, quinoa, romaine, bacon, tomato, pickled red onions, hard-boiled egg, avocado, ranch.



SOUPS

BOWLS 6.89 / CUPS 5.29

V Broccoli Cheese 570/430 cal **Spicy Seafood Gumbo** 310/200 cal

Chicken Noodle 370/280 cal **Chili** 490/360 cal

Irish Potato 550/390 cal **GS Fire Roasted Tortilla** 210/160 cal

GS V Tomato Basil 510/330 cal **Seasonal Soup**

Chicken Pot Pie 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

V Cheese Pizza 470 cal 4.59

Pepperoni Pizza 520 cal 4.59

V Mac & Cheese 470 cal 4.59

Penne & Meatballs 610 cal 5.19
With pork and beef meatballs

Penne & Chicken Alfredo 620 cal 5.19
With grilled chicken.

GS Kid's Baked Potato 680 cal 5.19
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 5.49

Breaded chicken strips. Served with ketchup.

Parents Note: If you have gluten-sensitive kids, please tell your order taker.

V Grilled Cheese 580/600 cal 4.59

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

