



DELI MENU

OUR FOODS ARE FREE FROM: DYES, ARTIFICIAL TRANS FATS & FLAVORS, PROCESSED MSG & HIGH-FRUCTOSE CORN SYRUP.

SPECIALTY SANDWICHES

MAKE ONE OF THESE SANDWICHES INTO A MANAGER'S SPECIAL |

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

CLASSICS

THE CARMELA 680 CAL |
Salami, pepperoni, ham, provolone, spicy piquillo pepper relish, mayo, sourdough.

SANTA FE CHICKEN SANDWICH® 710 CAL |
Grilled chicken, bacon, Swiss, guacamole, tomato, 1000 Island, multigrain wheat.

SHELLEY'S DELI CHICK 590 CAL |
Chicken salad with almonds and pineapple, lettuce, tomato, croissant.

BIGGER BETTER BLT 640 CAL |
Bacon, lettuce, tomato, fresh-cracked egg,* mayo, avocado, multigrain wheat.

ITALIAN CRUZ PO'BOY 550 CAL |
Ham, salami, pepperoncini, Asiago, lettuce, tomato, stone-ground mustard, Italian dressing, New Orleans French.

AMY'S TURKEY-O 420 CAL |
Roasted turkey, avocado, pepper jack, red onions, tomato, lettuce, stone ground mustard, Everything Bun.

WRAPS

RANCHERO WRAP 670 CAL |
Grilled chicken, cheddar, jalapeños, pico de gallo, Southwest spices, ranch, wheat wrap, blue corn chips and salsa. (SIDE: 250 CAL)

TURKEY WRAP 380 CAL |
Roasted turkey, tomato, field greens, guacamole, ranch, wheat wrap. One side: fruit, steamed veggies, baked chips or blue corn chips with salsa. (SIDES: 60-250 CAL)

CLUBS

CALIFORNIA CLUB 670 CAL |
Roasted turkey, bacon, Swiss, guacamole, tomato, field greens, mayo, croissant. One side: fruit, steamed veggies, baked chips or blue corn chips with salsa. (SIDES: 60-250 CAL)

CLUB ROYALE 690 CAL |
Smoked turkey and ham, bacon, Swiss, cheddar, lettuce, tomato, honey mustard, croissant.

DELI CLUB 780 CAL |
Ham, roasted turkey, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

PANINIS

SMOKEY JACK PANINI 790 CAL |
Smoked turkey, bacon, pepper jack, guacamole, tomato, 1000 Island, sourdough.

CHICKEN PANINI 780 CAL |
Grilled chicken, provolone, pesto aioli, tomato, spinach, sourdough.

CHIPOTLE CHICKEN & AVOCADO PANINI 930 CAL |
Grilled chicken, avocado, lemon crema, pepper jack, chipotle aioli, pickled red onions, telera bread, blue corn chips and salsa.

IT'S BACK! **CAPRESE PANINI** 770 CAL |
Fresh mozzarella, spinach, roma tomato, pesto aioli, herb focaccia.

NEW! **CHICKEN CAPRESE PANINI** 960 CAL |
Grilled chicken, fresh mozzarella, spinach, roma tomato, pesto aioli, herb focaccia.

MIX & MATCH

MANAGER'S SPECIAL

Half Sandwich with chips or baked chips and one side: cup of soup, fruit or mac & cheese.

Substitute a Side Salad for side options above.

• Make a Specialty Sandwich or BYO Sandwich into a Manager's Special

• Make a Famous Favorite into a Manager's Special

Excludes Muffalettas

BUILD YOUR OWN SANDWICH

Whole / Lighter / Half
Served with chips. 110-160 cal | Add a Side Salad. 6.62

MEATS 80 - 680 CAL

Ham
Salami
Tuna Salad with Eggs
Chicken Salad with Almonds & Pineapple
Roasted Turkey Breast
Smoked Turkey Breast
Roast Beef

Premium Meats
Corned Beef
Pastrami

SPREADS 10-100 CAL

Mayo
Mustard
Chipotle Aioli
Honey Mustard
Stone-ground Mustard
Pesto Aioli
1000 Island
Ranch
Jalapeño Ranch

BREADS 90-280 CAL

Multigrain Wheat
Country White
Marbled Rye

Toasted:
Sourdough
Ancient Grain Bun
Wheat Wrap
Focaccia
All-butter Croissant
Everything Bun
New Orleans French
Telera
Gluten-free

CHEESES 70-180 CAL

Provolone
Cheddar
Swiss
American
Muenster
Pepper Jack

ADD-ONS 10-60 cal

Avocado Slices
Bacon Slices
Guacamole
Roasted Red Pepper Hummus

MUFFALETTAS

Served with chips. 110-160 cal | Add a Side Salad. 6.62

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

FAMOUS FAVORITES

MAKE ONE OF THESE SANDWICHES INTO A MANAGER'S SPECIAL |

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

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, New Orleans French, cup of au jus.

WILD SALMON-WICH 540 CAL |
Marinated wild salmon with guacamole, tomato, lettuce, chipotle aioli, focaccia. One side: fruit, steamed veggies, baked chips or blue corn chips with salsa. (SIDES: 60-250 CAL)



WHOLE HAM & SALAMI MUFFALETTA



NUTTY MIXED-UP SALAD

GARDEN FRESH SALAD BAR

Choose from dozens of fresh, wholesome ingredients |
 Add a protein 80-190 CAL |
 Add some soup 160-570 CAL | Bowl / Cup



SPECIALTY SALADS

Substitute marinated wild salmon (200 cal) for any meat on any salad. Add 2.76

- THE BIG CHEF** 🍷 1050/530 CAL
Original / Lighter
Ham and roasted turkey, Asiago, cheddar, grape tomatoes, olives, hard-boiled egg, salad greens, ranch.
- MESA CHICKEN** 🍷 850/480 CAL
Original / Lighter
Grilled chicken, salad greens, cheddar, grape tomatoes, avocado, roasted corn and black bean mix, jalapeño ranch.
- NUTTY MIXED-UP** 🍷 770/430 CAL
Original / Lighter
Grilled chicken, field greens, grapes, feta, cranberry-walnut mix, strawberries, balsamic vinaigrette.

- CHICKEN CLUB** 🍷 1110/570 CAL
Original / Lighter
Grilled chicken, grape tomatoes, avocado, cheddar, Asiago, bacon, salad greens, ranch.
- CHICKEN CAESAR** 1020/510 CAL
Original / Lighter
Grilled chicken, romaine, Asiago, croutons, Caesar dressing, focaccia.

PASTAS & POTATOES

Add a Side Salad.

- PENNE & MEATBALLS** 1150/750 CAL
Original / Lighter
Penne, pork and beef meatballs, marinara, Asiago. Served with focaccia. (240/120 CAL)
- CHICKEN ALFREDO** 1240/750 CAL
Original / Lighter
Grilled chicken, penne, Alfredo sauce, Asiago. Served with focaccia. (240/120 CAL)
- ZUCCHINI GARDEN** 🍷 1090/710 CAL
Original / Lighter
Penne, roasted zucchini, fresco mix of roasted tomatoes, spinach, artichoke hearts, Asiago. Served with focaccia. (240/120 cal)
- THE PLAIN JANE** 🍷 1780/1020 CAL
Original / Lighter
Cheddar, sour cream, butter, bacon, green onions.
- POLLO MEXICANO** 🍷 1400/840 CAL
Original / Lighter
Grilled chicken, cheddar, sour cream, butter, pico de gallo, Southwest spices.
- TEXAS STYLE SPUD** 🍷 1560/900 CAL
Original / Lighter
Chopped pit-smoked BBQ beef, barbecue sauce, cheddar, butter.
- THE CB RANCH POTATO** 🍷 1760/1020 CAL
Original / Lighter
Grilled chicken, ranch, cheddar, sour cream, butter, bacon, green onions.

HANDCRAFTED BOWLS

- MODERN MED** 600 CAL |
Grilled chicken, quinoa, romaine, grape tomatoes, olives, hummus, cucumber, feta, pita, Greek dressing.
- GREAT SOUTHWEST** 🍷 780 CAL |
Grilled chicken, romaine, rice, pico de gallo, roasted corn and black bean salad and guacamole, cheddar, jalapeño ranch, Southwest spices.
- ULTIMATE BLT** 🍷 780 CAL |
Grilled chicken, quinoa, romaine, bacon, grape tomatoes, pickled red onions, hard-boiled egg, avocado, ranch.

SOUPS

BOWLS CUPS

- BROCCOLI CHEESE** 🍷 570/430 CAL
- CHICKEN NOODLE** 370/280 CAL
- IRISH POTATO** 550/390 CAL
- TOMATO BASIL** 🍷 🍷 510/330 CAL
- CHICKEN POT PIE** 530/310 CAL
- SPICY SEAFOOD GUMBO** 310/200 CAL
- CHILI** 490/360 CAL
- FIRE ROASTED TORTILLA** 🍷 210/160 CAL
- SEASONAL SOUP**

KIDS MENU

for kids 12 and under

All Kid's meals include choice of one drink: bottled water, apple juice, or low-fat white or chocolate milk. (0-180 CAL)

- CHEESE PIZZA** 🍷 470 CAL |
- PEPPERONI PIZZA** 520 CAL |
- MAC & CHEESE** 🍷 470 CAL |
- PENNE & MEATBALLS** 610 CAL |
Pork and beef meatballs, marinara.
- PENNE & CHICKEN ALFREDO** 620 CAL |
Grilled chicken, Alfredo sauce.
- KID'S BAKED POTATO** 🍷 680 CAL |
Butter, bacon and cheddar.

- The 2 items below served with one side: carrots, fruit or chips. 30-150 CAL
- CHICKEN TENDERS** 🍷 180 CAL |
Breaded chicken breast strips. Served with ketchup.
PARENTS NOTE: IF YOU HAVE GLUTEN-SENSITIVE KIDS, PLEASE TELL YOUR ORDER TAKER.
- 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.

DESSERTS

- TEXAS CHOCOLATE CAKE** 560 CAL |
- FRESH-BAKED COOKIE** 300-310 CAL |
- 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** |



CHICKEN POT PIE SOUP

🍷 Vegetarian
 🍷 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.

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. 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 DELI MENU ©DMI NP July 24

DELI DOLLARS REWARDS

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