



# 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

Excludes Muffalettas. Served with chips or baked chips. 150/100 cal

**Half Specialty or Build Your Own Sandwich** 8.49

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

**Half Famous Favorites Sandwich** 9.49

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

Substitute a Side Salad for side. Add 1.29

## MUFFALETTAS

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

**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 7.09

**Quarter Roasted Turkey Breast Muffaletta** 490 cal 7.09

**Quarter Muffaletta Special** 630-1060 cal 8.49

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



## FAMOUS FAVORITES

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

**Reuben THE Great** 610-1170 cal Original 11.09 / Lighter 9.09

1/2-pound of hot corned beef or pastrami, Swiss, sauerkraut, 1000 Island, toasted rye.

**New York Yankee** 1100/680 cal Original 12.29 / Lighter 10.29

3/4-pound combo of hot corned beef and pastrami, Swiss, toasted rye.

**Beefeater** 850/690 cal Original 10.19 / Lighter 8.19

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

**Steak Po'boy** 670 cal 10.19

Sirloin steak cooked medium\*, spicy piquillo pepper relish, provolone, shredded lettuce, tomato, mayo, toasted New Orleans French.

**Wild Salmon-wich** 600 cal (sides: 60-250 cal) 10.29

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.

## PANINIS

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

**Chicken Panini** 770 cal 8.59

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

**Smokey Jack Panini** 770 cal 8.29

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

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

## SPECIALTY SANDWICHES

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

**The Carmela** 670 cal 8.09

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

**Amy's Turkey-O** 450 cal 6.59

Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, tomato, leafy lettuce, stone-ground mustard, toasted onion bun.

**Santa Fe Chicken Sandwich®** 650 cal 8.19

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

**Shelley's Deli Chick** 650 cal 7.39

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

**Bigger Better BLT** 610 cal 7.59

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

**Italian Cruz Po'boy** 540 cal 6.49

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

**Grilled Cheese & Tomato Soup Combo** 990 cal 7.19

**IT'S BACK!** Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.



## CLUBS

Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

**California Club** 690 cal (sides: 60-250 cal) 8.49

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** 680 cal 8.49

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

**Deli Club** 800 cal 8.09

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



## BUILD YOUR OWN SANDWICH

Whole 7.39 / Lighter 6.39 / Half 6.39 Served with chips or baked chips. 150/100 cal | Add a Side Salad. 5.59

### Meats

Salami 680/340 cal

### Nitrite-free:

Ham 140/70 cal

Roasted Turkey Breast 150/80 cal

Smoked Turkey Breast 160/80 cal

Roast Beef 210/100 cal

Tuna Salad with Eggs 380/190 cal

Family-recipe Chicken Salad with Almonds & Pineapple 330/170 cal

### Cheeses

Add .69

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

### Breads

Multigrain Wheat 210/100 cal

Country White 240/120 cal

Rye 260/130 cal

### Toasted:

Sourdough 200/100 cal

Organic Ancient Grain Bun 200/100 cal

Organic Wheat Wrap 180/90 cal

Herb Focaccia 210/110 cal

All-butter Croissant 270/140 cal

Onion Bun 220/110 cal

New Orleans French 220/110 cal

Gluten-free Add .69 170/90 cal

### Spreads

Mayo 110/60 cal

Mustard 0 cal

Stone-ground Mustard 0 cal

Honey Mustard 40/20 cal

Chipotle Aioli 130/70 cal

Pesto Aioli 70/35 cal

1000 Island 60/30 cal

Ranch 60/30 cal

Jalapeño Ranch 45/20 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 .89

Roasted Red Pepper

Hummus 50/25 cal Add .89

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



# SALADS & WRAPS

## Full-Service Salad Bar 7.99

Just select your ingredients, and we will prepare it for you!

**Add a protein** 70-240 cal 2.09-5.29

**Add some soup** 120-550 cal Bowl 2.69 | Cup 2.09

**New!** Roll your favorite salad in an organic wheat wrap!  
All wraps served with chips or baked chips. (150/100 cal)

**GS Mesa Chicken** 490-860 cal Original 9.29 / Lighter 7.79 / Wrap 8.49  
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 9.29 / Lighter 7.79 / Wrap 8.49  
Grilled, 100% antibiotic-free chicken breast, organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.

**GS Chicken Club** 590-1100 cal Original 9.29 / Lighter 7.79 / Wrap 8.49  
Grilled, 100% antibiotic-free chicken breast, sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

**GS The Big Chef** 520-1030 cal Original 8.49 / Lighter 6.99 / Wrap 7.69  
Nitrite-free ham and roasted turkey, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch.

**Chicken Caesar** 510-1010 cal Original 8.59 / Lighter 7.09 / Wrap 7.89  
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia. (croutons and focaccia not included on wrap.)

Substitute marinated wild salmon (200 cal) or sirloin steak cooked medium\* (150 cal) for any meat on any salad. Add 2.09

## Wraps

Add a Side Salad. 5.59

**Turkey Wrap** 380 cal (sides: 60-250 cal) 7.59  
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.

**Ranchero Wrap** 630 cal (side: 250 cal) 8.19  
Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch, toasted organic wheat wrap, blue corn chips with salsa.



# PASTAS

Served with herb focaccia. 210/110 cal | Add a Side Salad. 5.59

**Chicken Alfredo** 1240/750 cal Original 9.09 / Lighter 7.59  
Grilled, 100% antibiotic-free chicken breast, penne, Alfredo sauce, Asiago.

**Penne & Meatballs** 1150/750 cal Original 8.99 / Lighter 7.59  
Penne, meatballs, marinara, Asiago.

**V Zucchini Garden** 1090/710 cal Original 8.89 / Lighter 7.49  
Penne, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.

# POTATOES

Add a Side Salad. 5.59

**GS The Plain Jane**® 1770/1020 cal Original 8.49 / Lighter 7.39  
Cheddar, sour cream, butter, bacon, green onions.

**GS Pollo Mexicano** 1320/840 cal Original 8.59 / Lighter 7.49  
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

**GS Texas Style Spud**® 1520/880 cal Original 8.59 / Lighter 7.49  
Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter.

# SOUPS

ALL BOWLS 5.99 | ALL CUPS 4.49

Broccoli Cheese	430/320 cal	Chicken Pot Pie	530/310 cal
Chicken Noodle	260/200 cal	Spicy Seafood Gumbo	310/200 cal
<b>GS</b> Fire Roasted Tortilla	210/160 cal	Southwest Chicken Chili	310/220 cal
<b>GS V</b> Organic Vegetable	190/140 cal	Chili	510/370 cal
<b>GS V</b> Tomato Basil	510/330 cal	Seasonal Beef Stew	200/140 cal
Irish Potato	550/390 cal	Seasonal Maine Lobster Chowder	390/290 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 chocolate milk. 0-180 cal

## J.D. Pickle Meals

<b>V</b> Cheese Pizza	470 cal	3.79
Pepperoni Pizza	520 cal	3.79
<b>V</b> Mac & Cheese	420 cal	3.79
Penne & Meatballs	610 cal	4.39
Penne & Chicken Alfredo	620 cal	4.39
With grilled, 100% antibiotic-free chicken breast.		
<b>GS</b> Kid's Baked Potato	670 cal	4.39
Butter, bacon and cheddar.		



## Kidwich Meals

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

<b>GS</b> Chicken Tenders	240 cal	4.69
Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup. <i>Parents Note: If you have gluten-sensitive kids, please tell your order taker.</i>		
<b>V</b> Grilled Cheese	450/480 cal	3.79
American cheese on multigrain wheat or country white.		
Ham & Cheese Sliders	320 cal	4.39
Nitrite-free ham, American cheese, slider buns.		
Turkey & Cheese Sliders	320 cal	4.39
Nitrite-free turkey breast, American cheese, slider buns.		



# DESSERTS

Fresh-Baked Cookie	300-310 cal	1.49
<b>GS</b> Udi's® Snickerdoodle	210 cal	2.29
Fudge-Nut Brownie	450 cal	1.69
Strawberry Shortcake	700 cal	3.69
Cheesecake	530-550 cal	3.69
Classic or Strawberry		
Ice Cream Float	640-660 cal	2.09
Coca-Cola® or Root Beer		

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

# DRINKS

Fountain Drinks & Iced Teas	0-440 cal	2.49/2.79
Bottled Drinks		1.39-2.59
Coffee or Hot Tea		1.39



Earn Deli Dollar rewards when you order on our app or online!

For all locations, maps & phone numbers, visit [jasonsdeli.com](http://jasonsdeli.com)



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