

Desserts

NEW!	Fresh-Baked Incredible Cookie	1.19
	sugar (240 cal)	
	cranberry walnut oatmeal (300 cal)	
	chocolate chip (270 cal)	
	white chocolate macadamia nut (330 cal)	
CS	Udi's® Gluten-Free Snickerdoodle (220 cal)	1.99
	Fudge-Nut Brownie (410 cal)	1.39
	Strawberry Shortcake (670 cal)	3.29
	Classic Cheesecake (530 cal)	3.29
	Strawberry-Topped Cheesecake (550 cal)	3.29
	Carrot Cake (530 cal)	3.29

FREE
ice cream

Because everyone
deserves dessert!

For the most current nutrition,
ingredient and allergen information,
visit our website: jasonsdeli.com

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.

CS 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.

V Vegetarian.

Make meeting & eating easier! Parties, too.

We Cater & Deliver.

For all locations, maps & phone numbers, visit
jasonsdeli.com



Wild, Natural & Sustainable®

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A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual
needs may vary. Additional nutrition information available upon request and at jasonsdeli.com.

Menu

Dine-in . To-Go . Delivery

Jason's deli®

Serving Satisfaction Since 1976

40 since
1976

All foods are free from artificial trans fats,
high-fructose corn syrup, MSG, artificial colors
and dyes.

Manager's Half-Sandwich *Special*

Served with chips or baked chips. (160/100 cal)

Any Half-Sandwich and your choice: cup of soup **OR** fruit 7.59

Any Half-Sandwich and a one-time trip to our Salad Bar 8.59

For Famous Favorites add 1.00

Excludes Muffalettas

Build Your Own Sandwich

Add a one-time trip to our Salad Bar 4.59

Served with chips or baked chips. (160/100 cal)
Substitute fresh fruit for chips. (50-90 cal) 1.79

Pick your **meat**, name your **bread**, select your **spreads** and **dress it up**. You also decide the size.

whole 6.59 / lighter portion 5.59 / half 5.59

meats

nitrite-free ham	(140/70 cal)
roasted turkey breast	(160/80 cal)
nitrite-free smoked turkey breast	(170/80 cal)
roast beef	(210/100 cal)
tuna salad with eggs	(440/220 cal)
famous chicken salad with almonds & pineapple	(340/170 cal)

cheeses

add cheese .69


Swiss	(170/90 cal)
provolone	(160/80 cal)
jalapeño pepper jack	(170/90 cal)
cheddar	(170/90 cal)
American	(160/80 cal)
Muenster	(170/90 cal)

breads

multigrain wheat	(200/100 cal)
country white	(260/130 cal)
rye	(230/120 cal)

toasted:

telera roll	(240/120 cal)
organic wheat wrap	(180/90 cal)
herb focaccia bread	(240/120 cal)
all-butter croissant	(260/130 cal)
onion bun	(240/120 cal)
New Orleans French bread	(230/110 cal)

Udi's® gluten-free 

bread .59 extra (240 cal)

spreads

mayo	(100/50 cal)	chipotle aioli	(130/70 cal)
mustard	(0 cal)	basil pesto	(130/60 cal)
stone-ground mustard	(0 cal)	Thousand Island	(60/30 cal)
honey mustard	(35/15 cal)	ranch	(60/30 cal)
	guacamole (30/15 cal)		
	roasted red pepper hummus (35/20 cal)		
	.89 extra		

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Soups

Broccoli Cheese	470/340 cal	 French Onion	220/180 cal
Chicken Noodle	260/190 cal	  Organic Vegetable	150/110 cal
 Fire Roasted Tortilla	200/150 cal	  Tomato Basil	430/350 cal
Irish Potato (seasonal)	550/390 cal		
	bowl 4.99 / cup 3.49		

Southwest Chicken Chili	310/230 cal	Chicken Pot Pie	530/280 cal
Chili	490/350 cal	Spicy Seafood Gumbo	230/200 cal
	bowl 5.99 / cup 4.49		

Salad Bar

Create your own masterpiece, from apples to zucchini. It's all you care to eat for one price. Fresh organics, dozens of toppings, real cheeses, fresh-made sides and famous mini muffins. 7.99

Add a 4 oz. side of: famous chicken salad with almonds and pineapple, tuna salad with eggs, nitrite-free ham, roasted turkey breast, or nitrite-free smoked turkey breast. (70-220 cal) 1.89

Grilled, 100% antibiotic-free chicken breast (140 cal) 3.99

4-piece 100% antibiotic-free J.D. Nuggetz (170 cal) 3.99

Fillet of wild salmon (220 cal) 4.99

Add some soup! bowl 1.99 / cup 1.39

Salads

Developed with:

**MD Anderson
Cancer Center**

Making Cancer History™


NEW!  **Super Slaw Salmon Salad** 490 cal 9.99

Tri-colored organic quinoa is mixed with a Super Slaw of kale, broccoli, cabbage and carrots, tossed with a wasabi mustard-honey vinaigrette, topped with our cranberry-walnut mix and a Wild Alaska sockeye salmon fillet.

A portion of the proceeds from the Super Slaw Salmon Salad benefits cancer prevention research and programs at MD Anderson. At participating locations.

 **Chicken Club Salad** 500/290 cal
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens. original 8.69 / lighter portion 7.19

 **Nutty Mixed-Up Salad** 480/280 cal
Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples. original 8.69 / lighter portion 7.19

 **The Big Chef** 420/220 cal
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens. original 7.69 / lighter portion 6.19

Chicken Caesar 680/320 cal (bread: 230/120 cal)
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, creamy Caesar dressing. Served with toasted herb focaccia bread. original 7.89 / lighter portion 6.39

Substitute wild salmon (220 cal) for any meat on the 4 salads above. Add 1.99

Taco Salad 720-1150 cal
Mixed salad greens, organic blue corn chips, topped with your choice: Chili or Southwest Chicken Chili. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side. original 7.79 / lighter portion 6.29

Meatless Eats

Add a one-time trip to our Salad Bar 4.59

- V Caprese Panini** 770 cal (sides: 160/100 cal)
 Fresh mozzarella, **organic** spinach, Roma tomatoes, basil pesto. Pressed within olive oil-basted herb focaccia bread. Served with chips or baked chips. 7.29
- V Zucchini Garden Pasta** 980/640 cal (bread: 230/120 cal)
 Bowtie pasta topped with roasted zucchini, our fresco mix, Asiago. Served with toasted herb focaccia bread.
original 7.89 / lighter portion 6.49
- V Spinach Veggie Wrap** 390 cal (sides: 50-220 cal)
 Mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo, in a toasted **organic** wheat wrap. Served with salsa. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips. 6.59
- CS V Black Bean Taco Salad** 1060/760 cal
 Mixed salad greens, **organic** blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Served with salsa on the side.
original 7.79 / lighter portion 6.29
- V Zucchini Grillini** 570 cal (sides: 50-250 cal)
 Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on olive-oil basted multigrain wheat. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa. 6.59
- CS V Fresh Fruit** 50-260 cal (dip: 150 cal)
 Whole, fresh, luscious fruit is delivered to our delis six days a week and is meticulously prepared daily. Served with creamy fruit dip.
bowl 6.29 / cup 2.79

Pastas, Potatoes & More

Add a one-time trip to our Salad Bar 4.59

- Penne Pasta & Meatballs** 1090/720 cal (bread: 230/120 cal)
 Penne pasta topped with meatballs, marinara, Asiago. Served with toasted herb focaccia bread.
original 7.89 / lighter portion 6.49
- Chicken Pasta Primo** 1060/650 cal (bread: 230/120 cal)
 Penne pasta topped with grilled, 100% antibiotic-free chicken breast, tomato-basil sauce, Asiago. Served with toasted herb focaccia bread.
original 7.99 / lighter portion 6.59
- Chicken Alfredo** 1200/720 cal (bread: 230/120 cal)
 Penne pasta topped with grilled, 100% antibiotic-free chicken breast, creamy Alfredo sauce, Asiago. Served with toasted herb focaccia bread.
original 7.99 / lighter portion 6.59
- CS The Plain Jane® Potato** 1730/1160 cal
 Baked potato stuffed with cheddar, sour cream, butter, bacon, green onions.
original 7.59 / lighter portion 6.49
- CS Pollo Mexicano Potato** 1340/1130 cal
 Baked potato stuffed with grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.
original 7.69 / lighter portion 6.59
- CS J.D. Nuggetz** 350/260 cal (sides: 50-250 cal)
 100% antibiotic-free chicken breast, breaded with cornmeal. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.
8-piece 7.99 / 6-piece 6.79

Muffalettas

Add a one-time trip to our Salad Bar 4.59

Served with chips or baked chips. (160/100 cal)

Experience one of our best-loved sandwiches – a New Orleans Muffaletta. In one bite, you taste our Italian heritage and the party spirit of New Orleans! Grilled, crusty Muffaletta bread is spread to the edges with our family-recipe olive mix, and creamy provolone is melted over layers of premium meats.

- Quarter Ham & Salami Muffaletta** 590 cal 6.29
- Quarter Roasted Turkey Breast Muffaletta** 570 cal 6.29
- 9" Whole Muffaletta (feeds up to 4)** 2340/2290 cal 11.99

- Quarter Muffaletta *Special*** 720-1100 cal 7.59
 Served with chips or baked chips and your choice: cup of soup OR fruit.

Famous Favorites

Add a one-time trip to our Salad Bar 4.59

Served with chips or baked chips unless otherwise stated. (160/100 cal)

- Wild Salmon-wich** 670 cal (sides: 50-250 cal)
 Wild Alaska sockeye salmon, guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, on toasted herb focaccia bread. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa. 8.49
- Hot Pastrami Sandwich** 500-1000 cal
 1/2 pound of hot pastrami. Your choice of bread, topped the way you like it. original 8.99 / lighter portion 6.99
- Hot Corned Beef Sandwich** 320-640 cal
 1/2 pound of hot corned beef. Your choice of bread, topped the way you like it. original 8.99 / lighter portion 6.99
- Reuben THE Great** 540-820 cal
 1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye. original 9.99 / lighter portion 7.99
- The New York Yankee** 1020/620 cal
 3/4 pound combo of hot corned beef and pastrami, Swiss on toasted rye. original 10.99 / lighter portion 8.99
- Beefeater** 820/660 cal
 1/2 pound of hot roast beef, provolone, mayo, toasted on New Orleans French bread. Served with a cup of au jus. original 8.99 / lighter portion 6.99



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Specialty Sandwiches

Add a one-time trip to our Salad Bar 4.59

Served with chips or baked chips unless otherwise stated. (160/100 cal)

The Papa Joe 580 cal
Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, basil pesto, mayo, toasted on herb focaccia bread. 7.29

Santa Fe Chicken Sandwich® 660 cal
Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat. 7.29

Amy's Turkey-O 480 cal
Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun. 5.79

Tuna Melt 920 cal
Tuna salad with eggs, Swiss, tomato, mayo, grilled on multigrain wheat. 7.29

MeataBalla 1120 cal
Meatballs, marinara, provolone, toasted on New Orleans French bread. 7.99

Clubs

California Club 700 cal (sides: 50-250 cal)
Roasted turkey breast, bacon, Swiss, guacamole, tomato, organic field greens, mayo, on a toasted croissant. Choice of one side: fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 7.59

Club Royale 680 cal
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant. 7.59

Deli Club 780 cal
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat. 7.39

Paninis

Smokey Jack Panini 750 cal
Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing. Pressed within olive oil-basted New Orleans French bread. 7.49

Cuban Press 600 cal
Nitrite-free pecan-smoked pork loin and ham, Swiss, sliced pickle, stone-ground mustard. Pressed within olive oil-basted telera roll. 6.79

Chicken Panini 690 cal
Grilled, 100% antibiotic-free chicken breast, provolone, basil pesto, Roma tomatoes, organic spinach. Pressed within olive oil-basted New Orleans French bread. 7.69

Wraps

Turkey Wrap 390 cal (sides: 50-250 cal)
Roasted turkey breast, Roma tomatoes, organic field greens, guacamole, ranch dressing, in a toasted organic wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 6.69

Mediterranean Wrap 360 cal (sides: 50-250 cal)
Roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, Roma tomatoes, organic field greens, in an organic wheat wrap. Choice of one side: fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa. 6.69

Ranchero Wrap 520 cal (side: 250 cal)
Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted in an organic wheat wrap. Served with organic blue corn chips and salsa. 7.19

Award-winning*

Kid's Menu

For kids 12 and under.

All kid's meals include your choice of one drink: bottled water, organic apple juice, or organic low-fat white or chocolate milk. 0-180 cal

No artificial colors & dyes or high-fructose corn syrup!

J.D. Pickle Meals

Mac & Cheese 3.49
420 cal

Bowtie Pasta & Meatballs 3.99
640 cal

Pepperoni Pizza 3.49
520 cal

Kid's Salad Bar 4.59

Cheese Pizza 3.49
470 cal

Bowtie Pasta & Chicken Alfredo 3.99 640 cal
Made with grilled, 100% antibiotic-free chicken breast.

Kid's Baked Potato 3.99
600 cal
butter, bacon, cheddar.

Kidwich Meals

The 6 items below served with your choice of: organic apples, organic carrots, seasonal fruit or chips. (30-160 cal)

J.D. Nuggetz 4.29
170 cal
Four pieces of gluten-free and 100% antibiotic-free chicken breast, breaded with cornmeal. PARENTS NOTE: If you have gluten-sensitive kids, please tell your order taker.

Grilled Cheese 3.49
460/520 cal
Bread choice: multigrain wheat or country white.

All-Beef Hot Dog 3.49
add chili .59
310/500 cal with chili

Turkey & Cheese 3.99
250-420 cal
Bread choice: organic wheat wrap, multigrain wheat or country white.

Peanut Butter & Jelly 3.49
430/490 cal
Made with organic peanut butter and organic jelly on your choice of bread: multigrain wheat or country white.

Ham & Cheese 3.99
240-410 cal
Bread choice: organic wheat wrap, multigrain wheat or country white.

* 20 Best Kids-Menu Dishes (2015 J.D. Nuggetz), #1 Family Restaurant (2011), Top 10 Family Restaurants (2009 & 2010) -Parents magazine

Drinks

Fountain Drinks
24 oz 1.99 (0-330 cal)
NEW! 32 oz Commemorative cup 2.29 (0-440 cal)

Fresh-brewed Teas
24 oz 1.99
NEW! 32 oz Commemorative cup 2.29

Unsweet
Black Currant
Sweetened with cane sugar
(210/280 cal)

Jason's Water 1.89
Jason's Cane Sugar Sodas 2.19
Simply Orange Juice 2.49

Organic Bottled Teas 2.19
Organic Milks 1.29
Fresh-brewed Coffee 1.29
Hot Tea 1.29

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