



Nutty Mixed-Up Salad



NEW! Maine Lobster Chowder



Chicken Pasta Primo

Jason's deli®

And so much more...



New Orleans Muffaletta

Soups

- Broccoli Cheese 340/470 cal
- Chicken Noodle 190/260 cal
- GS** **V** Fire Roasted Tortilla 150/200 cal
- V** French Onion 180/220 cal
- GS** **V** Organic Vegetable 110/150 cal
- GS** **V** Tomato Basil 350/430 cal

cup / bowl

- Beef Stew (seasonal) 150/250 cal
- NEW!** Maine Lobster Chowder (seasonal) 180/330 cal
- Southwest Chicken Chili 230/310 cal
- Chili 350/490 cal
- Chicken Pot Pie 280/530 cal
- Spicy Seafood Gumbo 200/230 cal

cup / bowl

Salads

Developed with...

MDAnderson ~~Cancer~~ Center

Making Cancer History*

- NEW!** **GS** **V** Quinoa Shrimp & Mango Salad
310 cal **Organic** field greens, grape tomatoes, avocado slices, topped with our tri-colored **organic** quinoa mixed with wild-caught Gulf shrimp, mango, mango Pickapeppa sauce, pico de gallo. Garnished with green onions.

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

- GS** **V** Nutty Mixed-Up Salad
480/280 cal Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, nuts, dried cranberries, raisins, pumpkin seeds, **organic** apples.
original / lighter portion

- GS** **V** The Big Chef
420/220 cal Ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg slices on mixed salad greens.
original / lighter portion

- 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 / lighter portion

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

- 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 / lighter portion

We'll prepare any salad without meat. Just ask!

Garden Fresh Salad Bar

- V** Indulge all you like! Fresh **organics**, dozens of toppings, real cheeses, fresh-made sides and famous mini muffins.

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

Grilled, 100% antibiotic-free chicken breast (140 cal) or 4-piece J.D. Nuggetz (170 cal)

Fillet of wild salmon (220 cal)

Add some soup! cup / bowl

Meatless Eats Add Side Salad Bar

- NEW!** **V** Caprese Panini
770 cal (sides: 160/100 cal) Fresh mozzarella, **organic** spinach, Roma tomatoes, fresh basil pesto. Pressed within olive oil-basted herb focaccia bread. Served with chips or baked chips.

- 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 / lighter portion

- 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.

- 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.

- NEW!** **GS** **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 / lighter portion

- GS** **V** Fresh Fruit
50-260 cal (dip: 150 cal) Mixed, seasonal fruit. Served with creamy fruit dip.
bowl / cup

Muffalettas Add Side Salad Bar

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 your choice of premium meats.

Quarter Ham & Salami Muffaletta
590 cal

Quarter Roasted Turkey Breast Muffaletta
570 cal

Great To-Go!
9" Whole Muffaletta (feeds up to 4)
2340/2290 cal

Special

Quarter Ham & Salami Muffaletta OR
Quarter Roasted Turkey Breast Muffaletta
720-1100 cal Served with chips or baked chips and your choice: cup of soup OR fruit.

Pastas, Potatoes & More

Add Side Salad Bar

Penne Pasta & Meatballs
1090/720 cal (bread: 230/120 cal) Penne pasta topped with meatballs, Italian red sauce, Asiago. Served with toasted herb focaccia bread.
original / lighter portion

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 / lighter portion

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 / lighter portion

We'll prepare any pasta without meat. Just ask!

- GS** **V** The Plain Jane® Potato
1550/970 cal Baked potato stuffed with cheddar, sour cream, buttery blend, bacon, green onions.
original / lighter portion

- GS** **V** Pollo Mexicano Potato
1370/880 cal Baked potato stuffed with grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, buttery blend, pico de gallo, Southwest spices.
original / lighter portion

- NEW!** **GS** **V** 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 / 6-piece

Specialty Sandwiches

Add Side Salad Bar

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, fresh basil pesto, mayo, toasted on herb focaccia bread.

Santa Fe Chicken Sandwich®

660 cal Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat.

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.

Tuna Melt

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

MeataBalla

1120 cal Meatballs, Italian red sauce, provolone, toasted on New Orleans French bread.

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.

Club Royale

680 cal Smoked turkey breast, ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant.

Deli Club

780 cal Ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat.

paninis

Smokey Jack Panini

750 cal Smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing. Pressed within olive oil-basted New Orleans French bread.

Cuban Press

600 cal Pecan-smoked pork loin, ham, Swiss, sliced pickle, stone-ground mustard. Pressed within olive oil-basted telera roll.

Chicken Panini

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

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.

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.

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.

Famous Favorites

Wild Salmon-wich

670 cal (sides: 50-250 cal) Marinated, grilled, 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.

Hot Pastrami Sandwich

500-1000 cal 1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.

original / lighter portion

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 / lighter portion

Reuben THE Great

540-820 cal 1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye.

original / lighter portion

The New York Yankee

1020/620 cal 3/4 pound combo of hot corned beef and pastrami, Swiss on toasted rye.

original / lighter portion

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 / lighter portion

Manager's Half-Sandwich Special

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

- Half-Sandwich and your choice: cup of soup **OR** fruit
- Half-Sandwich and a Side Salad Bar
- Famous Favorite Half-Sandwich and your choice: cup of soup **OR** fruit
- Famous Favorite Half-Sandwich and a Side Salad Bar


Excludes Muffalettas

Build Your Own Sandwich Add Side Salad Bar

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

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

whole / lighter portion / half

ham (140/70 cal)
roasted turkey breast (160/80 cal)
smoked turkey breast (170/80 cal)  **meats**
roast beef (210/100 cal)
tuna salad with eggs (440/220 cal)
chicken salad with almonds and pineapple (340/170 cal)

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 (240 cal)**

spreads

mayo (100/50 cal)
mustard (0 cal)
stone-ground mustard (0 cal)
honey mustard (35/15 cal)
chipotle aioli (130/70 cal)
fresh basil pesto (130/60 cal)
Thousand Island (60/30 cal)
ranch (60/30 cal)

guacamole (30/15 cal)
roasted red pepper hummus (35/20 cal)

cheeses

add cheese

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)

Kid's Menu

For kids 12 and under. Dine-in or to-go.

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**

J.D. Pickle Meals

V Mac & Cheese
420 cal

V Cheese Pizza
470 cal

Pepperoni Pizza
520 cal

Bowtie Pasta & Meatballs
640 cal

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

V Kid's Salad Bar

GS Kid's Baked Potato
520 cal Buttery blend, bacon, cheddar.

Kidwich Meals

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

GS J.D. Nuggetz
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.

V Grilled Cheese
440/500 cal Bread choice: multigrain wheat or country white.

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

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

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

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

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

Desserts

NEW! Fresh-Baked Incredible Cookie
sugar (240 cal)
cranberry walnut oatmeal (300 cal)
chocolate chip (270 cal)
white chocolate macadamia nut (330 cal)

NEW! Udi's Gluten-Free Snickerdoodle

GS

Fudge-Nut Brownie (410 cal)
Strawberry Shortcake (670 cal)
Classic Cheesecake (530 cal)
Strawberry-Topped Cheesecake (550 cal)
Carrot Cake (530 cal)

Drinks

Free refills with fountain drinks and fresh-brewed tea.

Fountain Drinks (24 oz: 0-330 cal)
Fresh-brewed Unsweetened Tea
Fresh-brewed Sweetened Tea (24 oz: 210 cal)
Fresh-brewed Black Currant Tea
Jason's Water

Simply Orange. Juice

Jason's Cane Sugar Sodas
Organic Bottled Teas
Organic Milks
Fresh-brewed Coffee
Hot Tea

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.

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.

**Make meeting & eating easier! Parties, too.
We Cater & Deliver.**

Jason's

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



Free Ice Cream

Because everyone deserves dessert!



Wild, Natural & Sustainable



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.

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