

Soups

Chicken Noodle Fire Roasted Tortilla
V **French Onion**
V **Organic Vegetable**
V **Tomato Basil Broccoli Cheese**

Southwest Chicken Chili Chili
Spicy Seafood Gumbo
Chicken Pot Pie

cup
bowl

Salads

Developed with...

THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer Center~~

Making Cancer History®

NEW! Mighty Wild Salmon Salad

610 cal (with dressing)
A nutrition-rich, potent mix of **organic** field greens, beets, beans, nuts and more, topped with grilled wild Alaska sockeye salmon. Served with oil and vinegar dressing.

The Big Chef

Ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, chopped hard-boiled egg on mixed salad greens.
original / lighter portion

Nutty Mixed-Up Salad

Natural, grilled chicken breast, **organic** field greens, grapes, feta, nuts, dried cranberries, raisins, pumpkin seeds, **organic** apples.
original / lighter portion

Chicken Club Salad

Natural, grilled chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens.
original / lighter portion

Chicken Caesar

Natural, grilled chicken breast, romaine, asiago, croutons, creamy caesar dressing. Served with warm, herb focaccia bread.
original / lighter portion

Substitute wild salmon for any meat on the 4 salads above — Add

Taco Salad

Lettuce, **organic** blue corn chips, topped with your choice: chili or Southwest chicken chili. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.
original / lighter portion

We'll prepare any salad without meat – just ask!

Meatless Eats

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, smoked turkey breast.

Natural, grilled chicken breast. Fillet of wild salmon.

add some soup! cup • bowl

NEW!

V Spinach Veggie Wrap

370 cal (without sides)
Organic wheat wrap with mushrooms, **organic** spinach, asiago, guacamole, pico de gallo and salsa on the side. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.

V Zucchini Grillini

Roasted zucchini, muenster, **organic** spinach, red onions, roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on 9-grain artisan bread. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.

NEW!

V Grilled Cheese & Tomato Soup Combo

Grilled American cheese sandwich on white or whole grain wheat, served with a bowl of tomato basil soup.

V Build Your Own Veggie Sandwich

Your choice of bread, cheese, spreads and toppings! Served with chips or baked chips. **whole / half**

V Zucchini Garden Pasta

Bowtie pasta topped with roasted zucchini, roasted tomatoes, **organic** spinach, artichokes, asiago. Served with warm, herb focaccia bread.
original / lighter portion

V Fresh Fruit Plate

Three selections of seasonal fruit, served on a bed of leafy lettuce with creamy fruit dip.

V Fresh Fruit Cup

Served with creamy fruit dip.

Side Salad or Caesar Side Salad with entrée purchase

Muffalettas

Served with: chips or baked chips.

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 melts over layers of your choice of premium meats:

Quarter Ham & Salami Muffaletta

Quarter Roasted Turkey Breast Muffaletta

Great To-Go!

9" Whole Muffaletta
(feeds up to 4)

Special

Quarter Ham & Salami Muffaletta OR Quarter Roasted Turkey Breast Muffaletta with chips and your choice: cup of Soup OR Fruit.

Pasta

Served with: warm, herb focaccia bread.

Penne Pasta & Meatballs

Penne pasta topped with meatballs, Italian red sauce, asiago.
original / lighter portion

Chicken Pasta Primo

Penne pasta topped with natural, grilled chicken breast, tomato-basil sauce, asiago.
original / lighter portion

Chicken Alfredo

Penne pasta topped with natural, grilled chicken breast, creamy alfredo sauce, asiago.
original / lighter portion

Potatoes

The Plain Jane®

Topped with cheddar, sour cream, natural buttery blend, bacon, green onions.
original / lighter portion

Pollo Mexicano

Topped with natural, grilled chicken breast, cheddar, sour cream, natural buttery blend, pico de gallo, Southwest spices.
original / lighter portion

Ask for our **Gluten-sensitive menu.**

Specialty Sandwiches

Served with: chips or baked chips unless otherwise stated.

Amy's Turkey-O

Toasted onion bun with roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, roma tomatoes, leafy lettuce, stone ground mustard.

Santa Fe Chicken Sandwich®

Natural, grilled chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on whole grain wheat.

The Papa Joe **UPDATED!**

Named for our Founder's Dad. Toasted herb focaccia with roasted turkey breast, asiago, roasted tomatoes, **NEW!** fresh basil pesto, mayo.

Tuna Melt

Tuna salad with eggs, Swiss, tomato, mayo, grilled on whole grain wheat.

MeataBalla

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

clubs

California Club

Toasted croissant with roasted turkey breast, bacon, Swiss, guacamole, tomato, **organic** field greens, mayo. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.

Club Royale

Toasted croissant with smoked turkey breast, ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard.

Deli Club

Toasted whole grain wheat with ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo.

paninis

NEW!

Cuban Press

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

Smokey Jack Panini

Smoked turkey breast, bacon, jalapeño pepper jack, guacamole, roma tomatoes, Thousand Island dressing. Pressed within olive oil-basted French bread.

Chicken Panini **UPDATED!**

Natural, grilled chicken breast, provolone, **NEW!** fresh basil pesto, roma tomatoes, **organic** spinach. Pressed within olive oil-basted French bread.

wraps

Choice of one side: fresh fruit, steamed veggies or baked chips unless otherwise stated.

Mediterranean Wrap 360 cal (without sides)

Organic wheat wrap with roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, roma tomatoes, **organic** field greens.

Turkey Wrap 390 cal (without sides)

Organic wheat wrap with roasted turkey breast, roma tomatoes, **organic** field greens, guacamole, ranch dressing.

Ranchero Wrap

Organic wheat wrap with natural, grilled chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing. Served with: **organic** blue corn chips and salsa.

Famous Favorites

Served with: chips or baked chips unless otherwise stated.

Wild Salmon-wich

Marinated, grilled wild Alaska Sockeye salmon, guacamole, roma tomatoes, leafy lettuce, chipotle aioli on toasted herb focaccia. Choice of one side: fresh fruit, steamed veggies, baked chips or **organic** blue corn chips with salsa.

Reuben THE Great

1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled on rye.
original / lighter portion

The New York Yankee

3/4 pound combo of hot corned beef and pastrami, Swiss and your choice of mustard or mayo, on toasted rye.
original / lighter portion

Hot Corned Beef or Hot Pastrami Sandwich

1/2 pound of hot corned beef or pastrami. Your choice of bread, topped the way you like it.
original / lighter portion

Beefeater

1/2 pound of hot roast beef, provolone, mayo on New Orleans French bread with a cup of au jus.
original / lighter portion

Side Salad or Caesar Side Salad with entrée purchase

Deli Duo Deals

Served with chips.

- Half-Sandwich and your choice: cup of Soup **OR** Fruit.
- Half-Sandwich and a Side Salad.
- **Famous Favorite** Half-Sandwich and your choice: cup of Soup **OR** Fruit.
- **Famous Favorite** Half-Sandwich and a Side Salad.

Excludes Muffalettas

Build Your Own Sandwich

Served with: chips or baked chips. Substitute fresh fruit for chips.

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

whole / lighter portion / half

premium ham
roasted turkey breast
smoked turkey breast
roast beef
tuna salad with eggs
chicken salad with almonds and pineapple

meats

whole grain wheat
white
rye

breads

Toasted:

telera bread
9-grain artisan bread
organic wheat wrap
herb focaccia
all-butter croissant
onion bun
New Orleans French bread

gluten-free bread

add cheese

NEW!

Ask for our **Gluten-sensitive menu.**

Kid's Menu

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

All Kidwich & J.D. Pickle Meals

include drink choice:

organic apple juice, organic low-fat white or chocolate milk.

Kidwich Meals

Served with your choice of:

organic apples or organic carrots.
Calorie counts do not include sides.

NEW! J.D. Nuggetz

Four pieces of antibiotic-free and gluten-free chicken, breaded with cornmeal. PARENTS NOTE: If you have gluten-sensitive kids, please tell your order taker.
170 calories

V Grilled Cheese

Bread choice: wheat or white.
460-500 calories

All-Beef Hot Dog — add chili

290 calories, 490 calories with chili

V Peanut Butter & Jelly

Made with organic peanut butter and organic jelly on your choice of bread: wheat or white.
450-490 calories

Ham & Cheese

Bread choice: wheat, white or organic wheat wrap.
240-410 calories

Turkey & Cheese

Bread choice: wheat, white or organic wheat wrap.
240-410 calories

J.D. Pickle Meals

V Mac & Cheese

420 calories

V Cheese Pizza

470 calories

Pepperoni Pizza

580 calories

Bowtie Pasta & Meatballs

640 calories

Bowtie Pasta & Chicken Alfredo

With natural, grilled chicken breast.
640 calories

V Kid's Salad Bar

Kid's Baked Potato

Natural buttery blend, bacon, cheddar.
520 calories

No artificial colors & dyes
or high fructose corn syrup!

Desserts

Fresh-Baked Incredible Cookie
cranberry walnut oatmeal
chocolate chip
white chocolate macadamia nut
peanut butter

Fudge-Nut Brownie
Strawberry Shortcake
Classic Cheesecake
Strawberry-Topped Cheesecake
Carrot Cake

Drinks

Free refills with fountain drinks and tea.

Fountain Drinks

Fresh-brewed Unsweetened Tea

Fresh-brewed Sweetened Tea

Fresh-brewed Black Currant Tea

Jason's Water

Orange Juice

Jason's Cane Sugar Sodas

Organic Bottled Teas

Organic Milks

Fresh-brewed Coffee

Hot Tea

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.

Caloric information, nutritional data, and ingredients may vary and should only be viewed as an approximation. Due to many of our offerings being individually prepared, and use of differing serving containers, serving sizes as described in the nutritional information may vary from order to order.

Every effort is made to keep this information current, however, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, supply issues and/or season of the year. If you have questions about our ingredients, please contact us at 1-800-444-DELI. Limited time offers, test or regional items have not been included in our menus.

As all of our food is prepared in common kitchens, Jason's Deli does not guarantee that products containing allergens or gluten will not come in contact with your food.

V Vegetarian item

Our natural, grilled chicken breast is completely free of antibiotics, from the egg to our kitchens.

Nutritional & allergen information is available on our website: jasonsdeli.com.

Ask for our Gluten-sensitive menu.

We Cater & Deliver

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



Free Ice Cream

Because everyone deserves dessert!



Wild, Natural & Sustainable™

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