



**NEW! Quinoa Shrimp & Mango Salad**



**NEW! Caprese Panini**



**Garden Fresh Salad Bar**

**Jason's deli®**

**And so much more...**



**New Orleans Muffaletta**

## Soups

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

cup / bowl

- Southwest Chicken Chili** ..... 230/310 cal  
**Chili** ..... 350/490 cal  
**Spicy Seafood Gumbo** ..... 200/230 cal  
**Chicken Pot Pie** ..... 280/530 cal

cup / bowl

## Salads

Developed with...

**MDAnderson Cancer Center**  
Making Cancer History®

### **NEW!** Quinoa Shrimp & Mango Salad

**310 cal** **GS**  
 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** **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**

**GS** **Nutty Mixed-Up Salad**  
**560/320 cal**  
 Natural, grilled chicken breast, organic field greens, grapes, feta, nuts, dried cranberries, raisins, pumpkin seeds, organic apples.  
**original / lighter portion**

**GS** **Chicken Club Salad**  
**500/290 cal**  
 Natural, grilled chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.  
**original / lighter portion**

**Chicken Caesar**  
**910/450 cal**  
 Natural, grilled 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**  
**720-1310 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)**

**Natural, grilled 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**  
**830 cal (sides: 160/130 cal)**  
 Fresh mozzarella, organic spinach, Roma tomatoes, fresh basil pesto, pressed within herb focaccia bread. Served with chips or baked chips.

**V** **Spinach Veggie Wrap**  
**400 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 multigrain wheat bread. Choice of one side: fresh fruit, steamed veggies, baked chips or organic blue corn chips with salsa.

**V** **Build Your Own Veggie Sandwich**  
**300-900 cal (sides: 160/130 cal)**  
 Your choice of bread, cheese, spreads and toppings. Served with chips or baked chips.  
**whole / half**

**V** **Zucchini Garden Pasta**  
**980/640 cal (bread: 120/230 cal)**  
 Bowtie pasta topped with roasted zucchini, our fresco mix, Asiago. Served with toasted herb focaccia bread.  
**original / lighter portion**

**NEW!** **V** **Black Bean Taco Salad**  
**1220/760 cal**  
 Lettuce, organic blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.  
**original / lighter portion**

**GS** **V** **Fresh Fruit**  
**50-240 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. (160/130 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**  
**750-1100 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 natural, grilled 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 natural, grilled 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** **The Plain Jane Potato®**  
**1550/970 cal** Baked potato stuffed with cheddar, sour cream, natural buttery blend, bacon, green onions.  
**original / lighter portion**

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

**NEW!** **GS** **J.D. Nuggetz**  
**350/260 cal (sides: 50-250 cal)** Antibiotic-free and gluten-free chicken, 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. (160/130 cal)

### 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.

### Santa Fe Chicken Sandwich®

**660 cal** Natural, grilled chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled on multigrain wheat.

### The Papa Joe

**720 cal** Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, fresh basil pesto, mayo, toasted on herb focaccia bread.

### Tuna Melt

**990 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

**770 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

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

## paninis

### Cuban Press

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

### 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.

### Chicken Panini

**820 cal** Natural, grilled chicken breast, provolone, fresh basil pesto, Roma tomatoes, **organic** spinach. Pressed within olive oil-basted New Orleans French bread.

## wraps

### 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.

### 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.

### Ranchero Wrap

**520 cal (side: 250 cal)**  
Natural, grilled 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.

### 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**

### Hot Corned Beef Sandwich

**320-710 cal**  
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.  
**original / lighter portion**

### Hot Pastrami Sandwich

**500-1080 cal**  
1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.  
**original / lighter portion**

### Beefeater

**900/730 cal**  
1/2 pound of hot roast beef, provolone, mayo, toasted on New Orleans French bread with a cup of au jus.  
**original / lighter portion**

## Manager's Half-Sandwich Special

Served with chips or baked chips. (160/130 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. (160/130 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) **GS** **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:** **breads**

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)

**GS** **gluten-free bread (240/120 cal)**

## spreads

mayo (170/90 cal)  
mustard (20/10 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)

## **GS** **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 natural, grilled chicken breast.

**V** Kid's Salad Bar

**GS** Kid's Baked Potato  
520 cal  
Natural 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 antibiotic-free and gluten-free chicken, breaded with cornmeal. PARENTS NOTE: If you have gluten-sensitive kids, please tell your order taker.

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

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

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

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

**Fresh-Baked Incredible Cookie**  
cranberry walnut oatmeal (300 cal)  
chocolate chip (270 cal)  
white chocolate macadamia nut (330 cal)  
peanut butter (330 cal)

**NEW!** **GS** Gluten-Free Snickerdoodle

**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 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**

*SimplyOrange.* 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](http://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.**



For all locations, maps & phone numbers, visit [jasonsdeli.com](http://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](http://jasonsdeli.com). ©DMI-15 APRIL\_NOPRICING