

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			
V Mac & Cheese	420 cal	3.69	GS V Kid’s Pick 4 120-550 cal Choice of 4: 1 fruit, hard boiled egg, organic carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with roasted red pepper hummus or ranch dressing.
V Cheese Pizza	470 cal	3.69	
Pepperoni Pizza	520 cal	3.69	
Penne Pasta & Meatballs	610 cal	4.19	GS Kid’s Baked Potato 670 cal Butter, bacon, cheddar.
Penne Pasta & Chicken Alfredo	620cal	4.19	
With grilled, 100% antibiotic-free chicken breast.			

Kidwich Meals			
The 5 items below served with one side: organic apples, organic carrots, seasonal fruit or chips. <i>30-150 cal</i>			
NEW! GS Chicken Tenders	240 cal	4.49	Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup. Parents Note: If you have gluten-sensitive kids, please tell your order taker.
V Grilled Cheese	470/500 cal	3.69	
American cheese on multigrain wheat or country white.			
V Peanut Butter & Jelly	440/470 cal	3.69	Organic peanut butter and organic jelly on multigrain wheat or country white.
Organic peanut butter and organic jelly on multigrain wheat or country white.			
NEW! Ham & Cheese Sliders	330 cal	4.19	
Nitrite-free ham, American cheese, on slider buns.			
NEW! Turkey & Cheese Sliders	340 cal	4.19	Nitrite-free turkey breast, American cheese, on slider buns.

DESSERTS

<div> <div> Fresh-Baked Incredible Cookie </div> <div> Cranberry Walnut Oatmeal 300 cal Chocolate Chip 310 cal </div> </div>	1.39	
<div> <div> GS </div> <div> Udi's® Snickerdoodle </div> </div>	<div> 210 cal 2.29 </div>	
<div> Fudge-Nut Brownie </div>	<div> 430 cal 1.59 </div>	

DRINKS			
Fountain Drinks	24/32 oz	0-440 cal	2.39 / 2.79
Fresh-brewed Iced Teas	24/32 oz	2.39 / 2.79	
Unsweet 0 cal			
Sweet with cane sugar 210/280 cal			
Bottled Water		2.09	
Assorted Bottled Drinks		1.29 - 2.59	
Fresh-brewed Coffee or Hot Tea		1.29	

SOUPS

ALL BOWLS	5.79	ALL CUPS	4.19
			
Broccoli Cheese	430/320 cal		
Chicken Noodle	260/190 cal		
GS Fire Roasted Tortilla	210/160 cal		
GS V Tomato Basil	440/300 cal		
Irish Potato	550/390 cal		
Spicy Seafood Gumbo	320/210 cal		

BUILD YOUR OWN SANDWICH

Served with chips or baked chips. (150/100 cal)

Pick your meat, name your bread, select your spreads and dress it up.

Whole 7.19 / Lighter Portion 6.19 / Half 6.19

Meats

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
370/190 cal

Famous Chicken Salad with Almonds & Pineapple
320/160 cal

Salami
680/340 cal

Breads

Multigrain Wheat Rye
210/110 cal 260/130 cal

Country White
240/120 cal

Toasted:

NEW!

Sourdough
100/50 cal

All-butter Croissant
280/140 cal

Organic

Ancient Grain Bun
200/100 cal

Onion Bun
240/120 cal

Organic

Wheat Wrap
180/90 cal

New Orleans French
220/110 cal

Herb Focaccia
210/100 cal

Gluten-free
170/80 cal Add .69

Cheeses Add .69

Provolone Jalapeño
150/70 cal Pepper Jack
160/80 cal

Cheddar
170/90 cal American
160/80 cal

Swiss
160/80 cal Muenster
170/90 cal

Spreads

Mayo
100/50 cal

Pesto Aioli
70/35 cal

Mustard
0 cal

Thousand Island
60/30 cal

Stone-ground Mustard
0 cal

Ranch
60/30 cal

Honey Mustard
40/20 cal

Add-ons

Fresh-cracked Egg* 80 cal Add .99

Avocado Slices 60/30 cal Add .99

Bacon Slices 45/25 cal Add .99

Roasted Red Pepper Hummus 30/15 cal Add .89

Guacamole 25/10 cal Add .89

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



Deli Menu

Dine-In • To-Go • Delivery

Our foods are free from:
dyes, artificial trans fats and flavors, processed MSG,
and high-fructose corn syrup.



Free Ice Cream

Because everyone deserves dessert!


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



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.


V Vegetarian



Do more and get more with our app!

Earn Deli Dollar rewards when you order with the app.*










Make meeting & eating easier! Parties, too.

We Cater & Deliver!

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



MANAGER’S HALF-SANDWICH

Special

Served with chips or baked chips.
(150/100 cal)

Half Specialty or Build Your Own Sandwich
and one side: cup of soup, fruit **or new option** Mac & Cheese

8.19

Half Famous Favorites Sandwich
and one side: cup of soup, fruit **or new option** Mac & Cheese

9.29



Excludes Muffalettas

SALADS

GS **Chicken Club Salad** 990/520 cal Original 9.29 / Lighter Portion 7.69
Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, Asiago, bacon, mixed salad greens, ranch dressing.

GS **Nutty Mixed-Up Salad** 770/430 cal Original 9.29 / Lighter Portion 7.69
Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, balsamic vinaigrette.

GS **The Big Chef** 910/460 cal Original 8.39 / Lighter Portion 6.89
Nitrite-free ham, roasted turkey breast, Asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing.

Chicken Caesar 940/480 cal Original 8.59 / Lighter Portion 7.09
Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

NEW! **Tossed Salad** 6.59
Mixed salad greens, grape tomatoes, kalamata olives, broccoli, carrots, cheddar, croutons, ranch dressing

MUFFALETTAS

Served with chips or baked chips. (150/100 cal)

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 6.89
Quarter Roasted Turkey Breast Muffaletta 490 cal 6.89

Quarter Muffaletta Special 630-1060 cal 8.19
Served with chips or baked chips and one side: cup of soup, fruit **or new option** Mac & Cheese.

FAMOUS FAVORITES

Served with chips or baked chips unless otherwise stated. (150/100 cal)

Reuben THE Great 610-1170 cal Original 10.69 / Lighter Portion 8.69
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, Thousand Island dressing, grilled rye.

The New York Yankee 1100/680 cal Original 11.79 / Lighter Portion 9.79
3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

Beefeater 830/670 cal Original 9.89 / Lighter Portion 7.89
1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, cup of au jus.

Hot Corned Beef Sandwich 350-750 cal Original 9.69 / Lighter Portion 7.69
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

Hot Pastrami Sandwich 500-1040 cal Original 9.69 / Lighter Portion 7.69
1/2 pound of hot pastrami. Your choice of bread, topped the way you like it.

Add a fresh-cracked egg* to any salad or sandwich. 80 cal Add .99

PASTAS & POTATOES

Pastas served with herb focaccia (210/110 cal)

Penne Pasta & Meatballs 1080/680 cal Original 8.99 / Lighter Portion 7.59
Penne pasta, meatballs, marinara, Asiago.



Chicken Pasta Primo 1010/610 cal Original 9.09 / Lighter Portion 7.69
Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, Asiago.

Chicken Alfredo 1170/690 cal Original 9.09 / Lighter Portion 7.69
Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, Asiago.

GS **The Plain Jane® Potato** 1610/920 cal Original 8.19 / Lighter Portion 7.09
Cheddar, sour cream, butter, bacon, green onions on a baked potato.

GS **Pollo Mexicano Potato** 1260/800 cal Original 8.29 / Lighter Portion 7.19
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices on a baked potato.



GS **Texas Style Spud®** 1410/830 cal Original 8.29 / Lighter Portion 7.19
Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter on a baked potato.

SPECIALTY SANDWICHES

Served with chips or baked chips unless otherwise stated. (150/100 cal)

Amy’s Turkey-O 450 cal 6.39
Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, toasted onion bun.



MeataBalla 1120 cal 8.69
Meatballs, marinara, provolone, toasted New Orleans French bread.

Santa Fe Chicken Sandwich® 650 cal 7.89
Grilled, 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, Thousand Island dressing, grilled multigrain wheat.

Shelley’s Deli Chick 600 cal 7.19
Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

The Papa Joe 540 cal 7.89
Dedicated to our Founder’s Dad. Roasted turkey breast, Asiago, roasted tomatoes, pesto aioli, toasted herb focaccia.

V **Zucchini Grillini** 560 cal (sides: 60-250 cal) 7.29
Roasted zucchini, Muenster, **organic** spinach, red onions, Roma tomatoes, kalamata olives, roasted red pepper hummus, toasted multigrain wheat. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

Bigger Better BLT 600 cal 7.29
Bacon, leafy lettuce, Roma tomatoes, fresh-cracked egg,* mayo, avocado slices, toasted multigrain wheat.

V **Grilled Cheese & Tomato Soup Combo** 930 cal 6.99
It’s Back! Grilled Muenster and cheddar cheese on multigrain wheat, bowl of Tomato Basil soup.

Clubs

Club Royale 690 cal 8.19
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, toasted croissant.

California Club 690 cal (sides: 60-250 cal) 8.19
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.



Deli Club 790 cal 7.99
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

Paninis

NEW! Pressed on sourdough bread.

Chicken Panini 770 cal 8.29
Updated! Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, Roma tomatoes, **organic** spinach, sourdough bread.



Smokey Jack Panini 770 cal 7.99
Updated! Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing, sourdough bread.

Wraps

Turkey Wrap 380 cal (sides: 60-250 cal) 7.29
Roasted turkey breast, Roma tomatoes, **organic** field greens, guacamole, ranch dressing, toasted **organic** wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.



Ranchero Wrap 520 cal (side: 250 cal) 7.89
Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted **organic** wheat wrap, blue corn chips with salsa.

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

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