

DESSERTS



Fresh-Baked Incredible Cookie 1.29

Sugar 240 cal
Cranberry Walnut Oatmeal 300 cal
Chocolate Chip 270 cal
White Chocolate Macadamia Nut 330 cal

GS Udi's® Snickerdoodle 2.09

Fudge-Nut Brownie 410 cal 1.49

Strawberry Shortcake 680 cal 3.39

Classic Cheesecake 530 cal 3.39

Strawberry-Topped Cheesecake 550 cal 3.39



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



Download the
Jason's Deli
Mobile App to
earn rewards

Available on the App Store Google play

Make meeting & eating easier! Parties, too.

We Cater & Deliver!

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



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

Jason's deli®

Deli Menu

Dine-In • To-Go • Delivery



Mesa Chicken Salad

Wholesome food
forever.

It's a family thing.™

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

MANAGER'S HALF-SANDWICH

Special

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

Half Specialty or Build Your Own Sandwich
and cup of soup or fruit **7.79**

Half Famous Favorites Sandwich
and a cup of soup or fruit **8.79**

Substitute a one-time trip to our Salad Bar
for soup or fruit **Add 1.10**



Excludes Muffalettes

SALADS

Garden-Fresh Salad Bar

It's all you care to eat for one price. Fresh **organics**, dozens of toppings, cheeses, fresh-made sides and famous mini muffins. **8.29**

Add 4 oz. side of: chicken salad with almonds and pineapple, tuna salad with eggs, nitrite-free ham, roasted turkey breast, or nitrite-free smoked turkey breast. **7.00-19.00 cal**

NEW! Sirloin steak cooked medium* **150 cal**

Fillet of wild salmon **200 cal**

Grilled, 100% antibiotic-free chicken breast **150 cal**

100% antibiotic-free J.D. Nuggetz **180 cal**

Add some soup! **Bowl 2.49 / Cup 1.89**

GS Mesa Chicken Salad **880/460 cal** Original 8.89 / Lighter Portion 7.39

Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch dressing.

GS Chicken Club Salad **1010/540 cal** Original 8.89 / Lighter Portion 7.39

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 8.89 / Lighter Portion 7.39

Grilled, 100% antibiotic-free chicken breast, **organic** field greens, grapes, feta, cranberry-walnut mix, **organic** apples, balsamic vinaigrette.

GS The Big Chef **910/450 cal** Original 7.89 / Lighter Portion 6.39

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 8.19 / Lighter Portion 6.69

Grilled, 100% antibiotic-free chicken breast, romaine, Asiago, croutons, Caesar dressing, toasted herb focaccia.

Substitute wild salmon (200 cal) or sirloin steak cooked medium* (150 cal)
for any meat on the 5 salads above. Add 1.99

Taco Salad **729-1150 cal** Original 7.99 / Lighter Portion 6.49

Shredded lettuce, blue corn chips, cheddar, sour cream, guacamole, pico de gallo, Southwest spices, side of salsa, with Chili or Southwest Chicken Chili.

GS V Veggie Option **1010/680 cal**: Made with roasted corn and black bean mix.

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

FAMOUS FAVORITES

Add a one-time trip to our Salad Bar **4.69**

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

NEW! Steak Po'boy **670 cal** **9.29**

Sirloin steak cooked medium*, spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomato, mayo, toasted New Orleans French bread.



Reuben THE Great **610-1170 cal**

Original 10.29 / Lighter Portion 8.29

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

The Rachel **1030 cal**

Hot pastrami, roasted turkey breast, Swiss, coleslaw, Thousand Island dressing, toasted rye.

Big E's Deli Burger **730 cal**

8.19

Hot roast beef, American cheese, Thousand Island dressing, leafy lettuce, tomato, toasted onion bun.

Beefeater **840/680 cal**

Original 9.29 / Lighter Portion 7.29

1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French bread, cup of au jus.

Deli Cowboy® **950/670 cal**

Original 11.29 / Lighter Portion 9.29

1/2 pound of pit-smoked beef brisket, cheddar, red onions, barbecue sauce, toasted New Orleans French bread.

Wild Salmon-wich **600 cal (sides: 35-250 cal)**

9.59

Wild Alaska sockeye salmon, guacamole, Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

The New York Yankee **1100/680 cal** Original 11.29 / Lighter Portion 9.29
3/4 pound combo of hot corned beef and pastrami, Swiss, toasted rye.

Hot Corned Beef Sandwich **350-750 cal** Original 9.29 / Lighter Portion 7.29
1/2 pound of hot corned beef. Your choice of bread, topped the way you like it.

Hot Pastrami Sandwich **500-1040 cal** Original 9.29 / Lighter Portion 7.29
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

MUFFALETTAS

Add a one-time trip to our Salad Bar **4.69**

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 **520 cal**

6.49

Quarter Roasted Turkey Breast Muffaletta **490 cal**

6.49

Quarter Muffaletta Special **630-1070 cal**

7.79

Served with chips or baked chips and a cup of soup or fruit.

SPECIALTY SANDWICHES

Italian Cruz Po'boy 470 cal 5.99

Return of a classic! Nitrite-free ham, salami, Italian peppers, Asiago, shredded lettuce, Roma tomatoes, stone-ground mustard, Italian dressing, toasted New Orleans French bread.



Rio Ranch Po'boy 610 cal

Return of a classic! Grilled, 100% antibiotic-free chicken breast, sautéed mushrooms, cheddar, green onions, pico de gallo, Southwest spices, ranch dressing, toasted New Orleans French bread.

The Papa Joe 530 cal

Dedicated to our Founder's Dad. Roasted turkey breast, Asiago, roasted tomatoes, pesto aioli, toasted herb focaccia.

Shelley's Deli Chick 600 cal

Our famous chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

7.99

6.79

Santa Fe Chicken Sandwich® 670 cal

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

7.49

Amy's Turkey-O 460 cal

Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, Roma tomatoes, leafy lettuce, stone-ground mustard, toasted onion bun.

5.99

V Zucchini Grillini 560 cal (sides: 60-250 cal)

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.

6.79

Bigger Better BLT 630 cal

Bacon, leafy lettuce, Roma tomatoes, fresh-cracked egg,* mayo, avocado slices, toasted multigrain wheat.

6.99

Meatballa 1130 cal

Meatballs, marinara, provolone, toasted New Orleans French bread.

8.19

Clubs

California Club 700 cal (sides: 35-250 cal)

7.79

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.



Club Royale 700 cal

7.79

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

Deli Club 790 cal

7.59

Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

Paninis

V Caprese Panini 750 cal

7.49

It's Back! Fresh mozzarella, organic spinach, Roma tomatoes, pesto aioli, herb focaccia.

Chicken Panini 720 cal

7.99

Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, Roma tomatoes, organic spinach, New Orleans French bread.

Smokey Jack Panini 740 cal

7.69

Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, Roma tomatoes, Thousand Island dressing, New Orleans French bread.

Add a one-time trip to our Salad Bar 4.69
Served with chips or baked chips unless otherwise stated. (150/100 cal)

Wraps

Turkey Wrap

370 cal (sides: 60-250 cal) 6.89

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.



Mediterranean Wrap

6.89

Roasted turkey breast, roasted red pepper hummus, cucumbers, red onions, kalamata olives, Roma tomatoes, organic field greens, organic wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

V Spinach Veggie Wrap

6.79

Mushrooms, organic spinach, Asiago, guacamole, pico de gallo, toasted organic wheat wrap, side of salsa. One side: fresh fruit, steamed veggies, baked chips or blue corn chips.

Ranchero Wrap

7.39

Grilled, 100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch dressing, toasted organic wheat wrap, blue corn chips with salsa.

PASTAS & POTATOES

Add a one-time trip to our Salad Bar 4.69

Pastas served with herb focaccia (210/110 cal)

Penne Pasta & Meatballs

1080/680 cal

Original 8.09 / Lighter Portion 6.69

Penne pasta, meatballs, marinara, Asiago.



Chicken Pasta Primo

1010/610 cal

Original 8.19 / Lighter Portion 6.79

Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, Asiago.

Chicken Alfredo

1170/690 cal

Original 8.19 / Lighter Portion 6.79

Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, Asiago.

V Zucchini Garden Pasta

1010/630 cal

Original 8.09 / Lighter Portion 6.69

Bowtie pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, Asiago.



GS The Plain Jane® Potato

1610/920 cal

Original 7.79 / Lighter Portion 6.69

Cheddar, sour cream, butter, bacon, green onions on a baked potato.

GS Pollo Mexicano Potato

1260/800 cal

Original 7.89 / Lighter Portion 6.79

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 7.89 / Lighter Portion 6.79

Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter on a baked potato.

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	3.49
V Cheese Pizza	470 cal	3.49
Pepperoni Pizza	520 cal	3.49
Bowtie Pasta & Meatballs	610 cal	3.99
Bowtie Pasta & Chicken Alfredo	620 cal	3.99
Made with grilled, 100% antibiotic-free chicken breast.		
GS Kid's Baked Potato	670 cal	3.99
Butter, bacon, cheddar.		



NEW! GS V Kid's Pick 4
120-550 cal 3.79
Choice of 4: 1 fruit, hard boiled egg, cucumbers, **organic** carrots, grape tomatoes, broccoli, zucchini sticks, or sliced cheddar. Served with roasted red pepper hummus or ranch dressing.

Kidwich Meals

The 5 items below served with one side: **organic** apples, **organic** carrots, seasonal fruit or chips. 30-150 cal

GS J.D. Nuggetz	180 cal	4.29
Gluten-free and 100% antibiotic-free chicken breast. Parents Note: If you have gluten-sensitive kids, please tell your order taker.		
V Grilled Cheese	470/500 cal	3.49
American cheese on multigrain wheat or country white.		
V Peanut Butter & Jelly	440/470 cal	3.49
Organic peanut butter and organic jelly on multigrain wheat or country white.		
Ham & Cheese	240-390 cal	3.99
Nitrite-free ham, American cheese, on organic wheat wrap, multigrain wheat or country white.		
Turkey & Cheese	240-390 cal	3.99
Nitrite-free turkey breast, American cheese, on organic wheat wrap, multigrain wheat or country white.		



DRINKS

Fountain Drinks 24/32 oz	0-440 cal	2.09/2.39
Fresh-brewed Iced Teas 24/32 oz		2.09/2.39
Unsweet		
Sweet with cane sugar	210/280 cal	
Black Currant		
Wild Berry Hibiscus	70/100 cal	
<i>It's Back!</i> Caffeine-free with cane sugar		
Jason's Water		1.99
Assorted Bottled Drinks		1.29 - 2.49
Fresh-brewed Coffee or Hot Tea		1.29



SOUPS



ALL BOWLS 5.49
ALL CUPS 3.99

Broccoli Cheese	430/320 cal
Chicken Noodle	260/190 cal
GS Fire Roasted Tortilla	210/160 cal
GS V Organic Vegetable	160/120 cal
GS V Tomato Basil	440/300 cal
Irish Potato	550/390 cal
Chicken Pot Pie	530/310 cal
Spicy Seafood Gumbo	320/210 cal
Chili	470/340 cal
Southwest Chicken Chili	300/220 cal

BUILD YOUR OWN SANDWICH

Add a one-time trip to our Salad Bar 4.69
Served with chips or baked chips. (150/100 cal)

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

Whole 6.79 / Lighter Portion 5.79 / Half 5.79

Meats

Nitrite-free:

Ham	140/70 cal
Roasted Turkey Breast	150/70 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
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Cheeses Add .69

Provolone	Jalapeño
160/80 cal	Pepper Jack
Cheddar	160/80 cal
170/90 cal	American
Swiss	160/80 cal
160/80 cal	Muenster
170/90 cal	

Add-ons

Fresh-cracked Egg*	80 cal
80 cal	Add .99
NEW! Bacon Slices	60/30 cal
60/30 cal	Add .99
Avocado Slices	60/30 cal
60/30 cal	Add .99

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

Breads

Multigrain Wheat	Rye
210/110 cal	260/130 cal
Country White	
240/120 cal	

Toasted:

Organic	All-butter Croissant
Ancient Grain Bun	280/140 cal
200/100 cal	Onion Bun
240/120 cal	240/120 cal
Wheat Wrap	New Orleans French
180/90 cal	220/110 cal
Herb Focaccia	Gluten-free
210/110 cal	170/80 cal Add .59

Spreads

Mayo	Chipotle Aioli
100/50 cal	130/70 cal
Mustard	Pesto Aioli
0 cal	70/35 cal
Stone-ground Mustard	Thousand Island
0 cal	60/30 cal
Honey Mustard	Ranch
40/20 cal	60/30 cal
170/90 cal	Jalapeño Ranch
170/90 cal	40/20 cal