

Call or Text 214-771-8313  
<http://www.gtgdelivery.com>

# Jason's Deli

## Famous Favorites

- Beefeater Regular** \$12.59  
*1/2 lb. of hot roast beef, provolone, mayo, toasted on New Orleans French Bread. Served with a cup of au jus. Also served with chips or baked chips and a pickle.*
- Beefeater Half** \$10.19  
*Hot roast beef, provolone, mayo, toasted on New Orleans French Bread. Served with a cup of au jus. Also served with chips or baked chips and a pickle.*
- Beefeater Lighter** \$10.19  
*Hot roast beef, provolone, mayo, toasted on New Orleans French Bread. Served with a cup of au jus. Also served with chips or baked chips and a pickle.*
- Beefeater (Manager's Special)** \$11.87  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Hot roast beef, provolone, mayo, toasted on New Orleans French Bread. Served with a cup of au jus.*
- Steak Po'Boy Regular** \$12.59  
*Sirloin steak cooked medium, spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomato, mayo on toasted New Orleans French bread. Served with chips or baked chips and a pickle.*
- Steak Po'Boy Half** \$11.39  
*Sirloin steak cooked medium, spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomato, mayo on toasted New Orleans French bread. Served with chips or baked chips and a pickle.*
- Steak Po'Boy (Manager's Special)** \$11.87  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Sirloin steak cooked medium, spicy piquillo pepper relish, provolone, shredded lettuce, Roma tomato, mayo on toasted New Orleans French bread.*
- Reuben The Great Regular** \$13.67  
*1/2 lb. of hot corned beef, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.*
- Reuben The Great Half** \$11.27  
*Hot corned beef, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.*
- Reuben The Great Lighter** \$11.27  
*1/2 lb. of hot corned beef, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.*
- Reuben The Great (Manager's Special)** \$11.87  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Hot corned beef, Swiss,*

## Muffalettas

- 1/4 Ham & Salami Muffaletta** \$8.75  
*Grilled, crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of nitrite-free ham and salami. Served with chips or baked chips and a pickle.*
- 1/4 Ham & Salami Muffaletta Special** \$10.55  
*Grilled, crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of nitrite-free ham and salami. Served with your choice of cup of soup, fresh fruit, or mac & cheese. Also served with chips or baked chips and a pickle.*
- Half Ham & Salami Muffaletta** \$11.03  
*Grilled, crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of nitrite-free ham and salami. Served with chips or baked chips and a pickle.*
- Whole Ham & Salami Muffaletta** \$16.79  
*Grilled, crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of nitrite-free ham and salami. Served with chips or baked chips and a pickle.*
- Roasted Turkey Breast Muffaletta** \$8.75  
*A quarter sandwich with crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of roasted turkey breast. Served with chips or baked chips and a pickle.*
- 1/4 Roasted Turkey Breast Muffaletta Special** \$10.55  
*A quarter sandwich with crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of roasted turkey breast. Served with your choice of cup of soup, fresh fruit, or mac & cheese. Also served with chips or baked chips and a pickle.*
- Half Roasted Turkey Breast Muffaletta** \$11.03  
*A quarter sandwich with crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of roasted turkey breast. Served with chips or baked chips and a pickle.*
- Whole Roasted Turkey Breast Muffaletta** \$16.79  
*A quarter sandwich with crusty Muffaletta bread spread to the edges with a family-recipe olive oil mix, and provolone melted over layers of roasted turkey breast. Served with*

## Gluten Sensitive

- Ham Sandwich Regular (GS)** \$9.23  
*Nitrite-free ham sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Ham Sandwich Half (GS)** \$8.03  
*Nitrite-free ham sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Ham Sandwich Lighter (GS)** \$8.03  
*Nitrite-free ham sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Roasted Turkey Breast Sandwich Regular (GS)** \$9.23  
*Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Roasted Turkey Breast Sandwich Half (GS)** \$8.03  
*Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Roasted Turkey Breast Sandwich Lighter (GS)** \$8.03  
*Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Smoked Turkey Breast Sandwich Regular (GS)** \$9.23  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Smoked Turkey Breast Sandwich Half (GS)** \$8.03  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Smoked Turkey Breast Sandwich Lighter (GS)** \$8.03  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Roast Beef Sandwich Regular (GS)** \$9.23  
*Nitrite-free beef, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.*
- Roast Beef Sandwich Half (GS)** \$8.03  
*Nitrite-free beef, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and*

sauerkraut, 1000 Island Dressing, grilled on rye.

Reuben The Great with Pastrami \$13.67  
1/2 lb. of hot pastrami, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.

Reuben The Great with Pastrami Half \$11.27  
Hot pastrami, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.

Reuben The Great with Pastrami Lighter \$11.27  
Hot pastrami, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.

Reuben The Great with Pastrami (Manager's Special) \$11.87  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Hot pastrami, Swiss, sauerkraut, 1000 Island Dressing, grilled on rye. Served with chips or baked chips and a pickle.

The New York Yankee Regular \$15.11  
3/4 lb. combo of hot corned beef and pastrami, swiss on toasted rye. Served with chips or baked chips and a pickle.

The New York Yankee Half \$12.71  
Combo of hot corned beef and pastrami, swiss on toasted rye. Served with chips or baked chips and a pickle.

The New York Yankee Lighter \$12.71  
Combo of hot corned beef and pastrami, swiss on toasted rye. Served with chips or baked chips and a pickle.

The New York Yankee (Manager's Special) \$11.87  
A half sandwich served with your choice of a cup of soup, fresh fruit, or mac & cheese. Hot corned beef and pastrami, swiss on toasted rye.

Wild Salmon-Wich Regular \$12.83  
Wild Alaska sockeye salmon, marinated in balsamic vinaigrette with guacamole. Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia. Choice of 1 side: fresh fruit, steamed veggies, baked chips or blue corn chips with salsa.

Wild Salmon-Wich Half \$10.43  
Wild Alaska sockeye salmon, marinated in balsamic vinaigrette with guacamole. Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia. Choice of 1 side: fresh fruit, steamed veggies, baked chips or blue corn chips with salsa.

Wild Salmon-Wich (Manager's Special) \$11.87  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Wild Alaska sockeye salmon, marinated in balsamic vinaigrette with guacamole. Roma tomatoes, leafy lettuce, chipotle aioli, toasted herb focaccia.

Hot Corned Beef Sandwich Regular \$12.47  
1/2 lb. of hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Corned Beef Sandwich Half \$10.07  
Hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips

chips or baked chips and a pickle.

## Pastas & Potatoes

Chicken Alfredo Original \$11.15  
Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, asiago. Served with herb focaccia.

Chicken Alfredo Original, No Chicken \$9.95  
Penne pasta, Alfredo sauce, asiago. Served with herb focaccia.

Chicken Alfredo Lighter \$9.47  
Grilled, 100% antibiotic-free chicken breast, penne pasta, Alfredo sauce, asiago. Served with herb focaccia.

Chicken Alfredo Lighter, No Chicken \$8.87  
Penne pasta, Alfredo sauce, asiago. Served with herb focaccia.

Penne Pasta & Meatballs Original \$11.03  
Penne Pasta, meatballs, marinara, asiago. Served with herb focaccia.

Penne Pasta & Meatballs Lighter \$9.35  
Penne Pasta, meatballs, marinara, asiago. Served with herb focaccia.

Chicken Pasta Primo Original \$11.15  
Grilled, 100% antibiotic-free chicken breast, penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.

Chicken Pasta Primo Original, No Chicken \$9.95  
Penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.

Chicken Pasta Primo Lighter \$9.47  
Penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.

Chicken Pasta Primo Lighter, No Chicken \$8.87  
Penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.

Zucchini Garden Pasta Original \$10.91  
Penne Pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, asiago. Served with herb focaccia.

Zucchini Garden Pasta Lighter \$9.23  
Penne Pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, asiago. Served with herb focaccia.

The Plain Jane Potato Original \$10.55  
Cheddar, sour cream, butter, bacon, green onions on a baked potato.

The Plain Jane Baked Potato Lighter \$9.23  
Cheddar, sour cream, butter, bacon, green onions on a baked potato.

Texas Style Spud Original \$10.67  
Chopped pit-smoked beef brisket, barbeque sauce, cheddar, butter on a baked potato.

Texas Style Spud Lighter \$9.35  
Chopped pit-smoked beef brisket, barbeque sauce, cheddar, butter on a baked potato.

Pollo Mexicano Potato Original \$10.67  
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, southwest spices on a baked potato.

Pollo Mexicano Potato Lighter \$9.35  
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, southwest spices on a baked potato.

a pickle.

Roast Beef Sandwich Lighter (GS) \$8.03  
Nitrite-free beef, sliced fresh daily, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Tuna Salad Sandwich with Egg Regular (GS) \$9.23  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Tuna Salad Sandwich with Egg Half (GS) \$8.03  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Tuna Salad Sandwich with Egg Lighter (GS) \$8.03  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Chicken Salad Sandwich Regular (GS) \$9.23  
Chicken salad with almonds and pineapple, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Chicken Salad Sandwich Half (GS) \$8.03  
Chicken salad with almonds and pineapple, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Chicken Salad Sandwich Lighter (GS) \$8.03  
Chicken salad with almonds and pineapple, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Salami Sandwich Regular (GS) \$9.23  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Salami Sandwich Half (GS) \$8.03  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Salami Sandwich Lighter (GS) \$8.03  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Grilled Chicken Breast Sandwich Regular (GS) \$9.23  
Grilled, 100% antibiotic-free chicken breast, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Grilled Chicken Breast Sandwich Half (GS) \$8.03  
Grilled, 100% antibiotic-free chicken breast, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Veggie Sandwich Regular (GS) \$9.23  
Choose as many vegetarian options as you'd like, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Veggie Sandwich Half (GS) \$8.03  
Choose as many vegetarian options as you'd like, with your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Salmon Sandwich Regular (GS) \$12.47  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Salmon Sandwich Half (GS) \$10.07  
Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Steak Sandwich Regular (GS) \$12.47

and a pickle.

Hot Corned Beef Sandwich \$10.07  
Lighter

1/2 lb. of hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Corned Beef Sandwich \$11.87  
(Manager's Special)

A half sandwich served with your choice of a cup of soup, fresh fruit, or mac & cheese. Your choice of bread, topped the way you like it.

Hot Pastrami Sandwich Regular \$12.47

1/2 lb. of hot pastrami. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich Half \$10.07

Hot pastrami. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich Lighter \$10.07

1/2 lb. of hot pastrami. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich \$11.87  
(Manager's Special)

A half sandwich served with your choice of a cup of soup, fresh fruit, or mac & cheese.

## Specialty Sandwiches

Avocado Toast \$7.67

Homemade guacamole, feta, on toasted sourdough. Served with your choice of a cup of soup, fresh fruit, or mac & cheese.

California Club Regular \$10.55

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 blue corn chips with salsa.

California Club Half \$9.35

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 blue corn chips with salsa.

California Club (Manager's Special) \$10.55

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Roasted turkey breast, bacon, swiss, guacamole, tomato, organic field greens, mayo, on a toasted croissant.

Club Royale Regular \$10.55

Nitrite-free roast turkey breast and ham, bacon, swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant. Served with chips or baked chips and a pickle.

Club Royale Half \$9.35

Nitrite-free roast turkey breast and ham, bacon, swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant. Served with chips or baked chips and a pickle.

Club Royale (Manager's Special) \$10.55

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Nitrite-free roast turkey breast and ham, bacon, swiss, cheddar, leafy lettuce, tomato, honey mustard, on a toasted croissant.

Deli Club Regular \$10.07

Nitrite-free ham, roasted turkey

## Salads & Wraps

Garden Fresh Salad Bar \$10.07

Choose your favorite greens, toppings, and dressing, and add a protein or soup if you like.

Ranchero Wrap Regular \$10.19

Grilled, 100% antibiotic-free chicken, cheddar, jalapenos, pico de gallo, southwest spices, ranch dressing, in a toasted organic wheat wrap. Served with blue corn chips and salsa.

Ranchero Wrap Half \$8.99

Grilled, 100% antibiotic-free chicken, cheddar, jalapenos, pico de gallo, southwest spices, ranch dressing, in a toasted organic wheat wrap.

Ranchero Wrap (Manager's Special) \$10.55

Half wrap served with choice of cup of soup, fresh fruit, or mac & cheese. Grilled, 100% antibiotic-free chicken, cheddar, jalapenos, pico de gallo, southwest spices, ranch dressing, in a toasted organic wheat wrap. Served with blue corn chips and salsa.

Turkey Wrap Regular \$9.35

Roasted turkey breast, roma tomatoes, organic field greens, guacamole, ranch dressing, in a toasted organic wheat wrap.

Turkey Wrap Half \$8.15

Roasted turkey breast, roma tomatoes, organic field greens, guacamole, ranch dressing, in a toasted organic wheat wrap.

Turkey Wrap (Manager's Special) \$10.55

Half wrap served with choice of cup of soup, fresh fruit, or mac & cheese. Roasted turkey breast, roma tomatoes, organic field greens, guacamole, ranch dressing, in a toasted organic wheat wrap.

Spinach Veggie Wrap Regular \$9.23

Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.

Spinach Veggie Wrap Half \$8.03

Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.

Spinach Veggie Wrap (Manager's Special) \$10.55

Half wrap served with choice of cup of soup, fresh fruit, or mac & cheese. Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.

Salmon Pacifica Salad \$12.83

Wild Alaska sockeye salmon, organic field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with cucumber-dill vinaigrette.

BBQ Ranch Chicken Salad \$11.63  
Original

Grilled, 100% antibiotic-free chicken breast, mixed salad greens, grape tomatoes, roasted corn and black bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.

BBQ Ranch Chicken Salad, No Chicken \$10.43

Mixed salad greens, grape tomatoes, roasted corn and black

Your choice of gluten-free bread.

Served with chips or baked chips and a pickle.

Steak Sandwich Half (GS) \$10.07

Your choice of gluten-free bread. Served with chips or baked chips and a pickle.

Hot Corned Beef Sandwich \$12.47  
Regular (GS)

1/2 lb. of hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Corned Beef Sandwich Half \$10.07  
(GS)

1/2 lb. of hot corned beef. Your choice of gluten-free bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Corned Beef Sandwich \$10.07  
Lighter (GS)

1/2 lb. of hot corned beef. Your choice of gluten-free bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich Regular \$12.48  
(GS)

1/2 lb. of hot pastrami. Your choice of gluten-free bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich Half \$10.07  
(GS)

Hot pastrami. Your choice of gluten-free bread, topped the way you like it. Also served with chips or baked chips and a pickle.

Hot Pastrami Sandwich Lighter \$10.07  
(GS)

1/2 lb. of hot pastrami. Your choice of gluten-free bread, topped the way you like it. Also served with chips or baked chips and a pickle.

The Plain Jane Original (GS) \$10.55

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

The Plain Jane Lighter (GS) \$9.23

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

Texas Style Spud Original (GS) \$10.67

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

Texas Style Spud Lighter (GS) \$9.35

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

Pollo Mexicano Potato Original \$10.67  
(GS)

Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, southwest spices on a baked potato.

Pollo Mexicano Potato Lighter \$9.35  
(GS)

Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, southwest spices on a baked potato.

Garden Fresh Salad Bar (GS) \$10.07

Choose your favorite greens, toppings, and dressing, and add a protein if you like.

Salmon Pacifica Salad (GS) \$12.83

Wild Alaska sockeye salmon, organic field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, chopped avocados, served with cucumber-dill vinaigrette.

Mesa Chicken Salad Regular \$11.63

<i>breast bacon, cheddar, swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat. Served with chips or baked chips on a pickle.</i>		
<b>Deli Club Half</b>	<b>\$8.87</b>	
<i>Nitrite-free ham, roasted turkey breast bacon, cheddar, swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat. Served with chips or baked chips on a pickle.</i>		
<b>Deli Club (Manager's Special)</b>	<b>\$10.55</b>	
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Nitrite-free ham, roasted turkey breast bacon, cheddar, swiss, leafy lettuce, tomato, mayo, on toasted multigrain wheat.</i>		
<b>Grilled Cheese &amp; Tomato Soup</b>	<b>\$8.87</b>	
<b>Combo</b>		
<i>Grilled Muenster and cheddar cheese sandwich on multigrain wheat. Served with a bowl of tomato basil soup.</i>		
<b>Santa Fe Chicken Sandwich</b>	<b>\$10.19</b>	
<b>Regular</b>		
<i>Grilled, 100% antibiotic-free chicken breast, bacon, swiss, guacamole, tomato, 1000 Island dressing, on toasted multigrain wheat. Served with chips and baked chips and a pickle.</i>		
<b>Santa Fe Chicken Sandwich</b>	<b>\$8.99</b>	
<b>Half</b>		
<i>Grilled, 100% antibiotic-free chicken breast, bacon, swiss, guacamole, tomato, 1000 Island dressing, on toasted multigrain wheat. Served with chips and baked chips and a pickle.</i>		
<b>Santa Fe Chicken Sandwich</b>	<b>\$10.55</b>	
<b>(Manager's Special)</b>		
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, bacon, swiss, guacamole, tomato, 1000 Island dressing, on toasted multigrain wheat.</i>		
<b>The Carmela Regular</b>	<b>\$10.07</b>	
<i>Three meats - salami, pepperoni, nitrite-free ham - with melted provolone, spicy piquillo pepper relish, mayo, on toasted sourdough. Served with chips or baked chips and a pickle.</i>		
<b>The Carmela Half</b>	<b>\$8.87</b>	
<i>Three meats - salami, pepperoni, nitrite-free ham - with melted provolone, spicy piquillo pepper relish, mayo, on toasted sourdough. Served with chips or baked chips and a pickle.</i>		
<b>The Carmela Lighter</b>	<b>\$8.87</b>	
<i>Three meats - salami, pepperoni, nitrite-free ham - with melted provolone, spicy piquillo pepper relish, mayo, on toasted sourdough. Served with chips or baked chips and a pickle.</i>		
<b>The Carmela (Manager's Special)</b>	<b>\$10.55</b>	
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, bacon, swiss, guacamole, tomato, 1000 Island dressing, on toasted multigrain wheat. Three meats - salami, pepperoni, nitrite-free ham - with melted provolone, spicy piquillo pepper relish, mayo, on toasted sourdough.</i>		
<b>Amy's Turkey-O Regular</b>	<b>\$8.15</b>	
<i>Roasted turkey breast, sliced avocado, jalapeno pepper jack, red</i>		
<i>bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.</i>		
<b>BBQ Ranch Chicken Salad</b>	<b>\$9.83</b>	
<b>Lighter</b>		
<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, grape tomatoes, roasted corn and black bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.</i>		
<b>BBQ Ranch Chicken Salad</b>	<b>\$9.23</b>	
<b>Lighter, No Chicken</b>		
<i>Mixed salad greens, grape tomatoes, roasted corn and black bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.</i>		
<b>Bistro Steak Salad Original</b>	<b>\$12.83</b>	
<i>Sirloin steak, medium cooked and sliced, with organic field greens, grape tomatoes, and fresh chopped avocado, topped with asiago and crispy onions. Served with bleu cheese dressing.</i>		
<b>Bistro Steak Salad Lighter</b>	<b>\$11.03</b>	
<i>Sirloin steak, medium cooked and sliced, with organic field greens, grape tomatoes, and fresh chopped avocado, topped with asiago and crispy onions. Served with bleu cheese dressing.</i>		
<b>The Big Chef Original</b>	<b>\$10.55</b>	
<i>Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, served with ranch.</i>		
<b>The Big Chef Lighter</b>	<b>\$8.75</b>	
<i>Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, served with ranch.</i>		
<b>The Big Chef Salad Wrap</b>	<b>\$9.59</b>	
<b>Regular</b>		
<i>Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		
<b>The Big Chef Salad Wrap Half</b>	<b>\$8.39</b>	
<i>Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		
<b>The Big Chef Salad Wrap</b>	<b>\$10.55</b>	
<b>(Manager's Special)</b>		
<i>Half wrap served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, ranch dressing, in a toasted organic wheat wrap.</i>		
<b>Nutty Mixed-Up Salad Original</b>	<b>\$11.63</b>	
<i>Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		
<b>Nutty Mixed-Up Salad Original,</b>	<b>\$10.43</b>	
<b>No Chicken</b>		
<i>Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		
<b>Nutty Mixed-Up Salad Lighter</b>	<b>\$9.83</b>	
<i>Grilled, 100% antibiotic-free chicken breast, organic field greens,</i>		
<b>(GS)</b>		
<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>		
<b>Mesa Chicken Salad, No</b>	<b>\$10.43</b>	
<b>Chicken (GS)</b>		
<i>Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>		
<b>Nutty Mixed-Up Salad Regular</b>	<b>\$11.63</b>	
<b>(GS)</b>		
<i>Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		
<b>Nutty Mixed-Up Salad, No</b>	<b>\$10.43</b>	
<b>Chicken (GS)</b>		
<i>Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		
<b>Chicken Club Salad Regular</b>	<b>\$11.63</b>	
<b>(GS)</b>		
<i>Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens, served with ranch dressing.</i>		
<b>Chicken Club Salad, No</b>	<b>\$10.43</b>	
<b>Chicken (GS)</b>		
<i>Grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens, served with ranch dressing.</i>		
<b>The Big Chef (GS)</b>	<b>\$10.55</b>	
<i>Nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, kalamata olives, hard-boiled egg, mixed salad greens, served with ranch.</i>		
<b>Fire Roasted Tortilla Soup</b>	<b>(GS)</b>	
<i>Chunks of tender chicken combined with a homemade tortilla masa, real stewed tomatoes, sweet whole kernel corn, jalapenos, green chilies, and a secret southwestern spice blend. Topped with tortilla chips.</i>		
<b>Tomato Basil Soup</b>	<b>(GS)</b>	
<i>A blend of sweet cream, vine ripened tomatoes, virgin olive oil, garlic, and fresh-chopped basil. Topped with real shredded asiago.</i>		
<b>BBQ Flavored Potato Chips</b>	<b>\$1.07</b>	
<b>(GS)</b>		
<b>Jalapeno Flavored Potato</b>	<b>\$1.07</b>	
<b>Chips (GS)</b>		
<b>Salt &amp; Vinegar Flavored Potato</b>	<b>\$1.07</b>	
<b>Chips (GS)</b>		
<b>Oven Baked Potato Crisps</b>	<b>(GS) \$1.07</b>	
<b>Kettle Cooked Salted Potato</b>	<b>\$1.07</b>	
<b>Chips (GS)</b>		
<b>Fresh Fruit Bowl</b>	<b>(GS) \$8.51</b>	
<i>Whole, fresh, luscious fruit.</i>		
<b>Fresh Fruit Cup with Dip</b>	<b>(GS) \$3.83</b>	
<i>Whole, fresh, luscious fruit.</i>		
<b>Blue Corn Chips &amp; Salsa</b>	<b>(GS) \$3.47</b>	
<i>Features fresh-made pico de gallo, hand chopped cilantro, and fresh-squeezed lime juice.</i>		
<b>Blue Corn Chips &amp; Guacamole</b>	<b>\$3.47</b>	
<b>(GS)</b>		
<i>Guacamole is freshly made.</i>		
<b>Blue Corn Chips &amp; Red Pepper</b>	<b>\$3.47</b>	
<b>Hummus (GS)</b>		
<i>Mashed chickpeas with roasted red bell peppers and sesame tahini.</i>		

<i>onions, roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun.</i>		<i>grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		American Potato Salad (GS) \$2.75
<b>Amy's Turkey-O Half</b> \$6.95		<b>Nutty Mixed-Up Salad Lighter,</b> \$9.23		<i>Baked potatoes, red and green onions, hard-boiled eggs, bell pepper, and seasoning.</i>
<i>Roasted turkey breast, sliced avocado, jalapeno pepper jack, red onions, roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun.</i>		<b>No Chicken</b>		<b>Roasted Corn &amp; Black Bean Salad (GS)</b> \$2.75
<b>Amy's Turkey-O (Manager's Special)</b> \$10.55		<i>Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>		<i>Spicy, fresh-made salad.</i>
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Roasted turkey breast, sliced avocado, jalapeno pepper jack, red onions, roma tomatoes, leafy lettuce, stone-ground mustard, on a toasted onion bun.</i>		<b>Nutty Mixed-Up Wrap Regular</b> \$10.55		<b>Steamed Veggies (GS)</b> \$2.87
<b>Shelley's Deli Chick Regular</b> \$9.23		<i>Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		<i>A healthy blend of steamed broccoli, cauliflower, zucchini, and organic baby carrots.</i>
<i>Our family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant. Served with chips or baked chips and a pickle.</i>		<b>Nutty Mixed-Up Wrap Half</b> \$9.35		<b>Udi's Snickerdoodle (GS)</b> \$2.87
<b>Shelley's Deli Chick Half</b> \$8.03		<i>Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		<i>Soft, chewy, sugary Snickerdoodle from Udi's.</i>
<i>Our family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant. Served with chips or baked chips and a pickle.</i>		<b>Nutty Mixed-Up Wrap (Manager's Special)</b> \$10.55		<b>Kid's Baked Potato (GS)</b> \$5.39
<b>Shelley's Deli Chick Lighter</b> \$8.03		<i>Half wrap served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette, in a toasted organic wheat wrap.</i>		<i>Butter, bacon, and cheddar.</i>
<i>Our family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant. Served with chips or baked chips and a pickle.</i>		<b>Chicken Club Salad Original</b> \$11.63		<b>Kid's Chicken Tenders (GS)</b> \$5.75
<b>Shelley's Deli Chick (Manager's Special)</b> \$10.55		<i>Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens, served with ranch dressing.</i>		<i>Gluten-free, 100% antibiotic-free breaded chicken breast.</i>
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Our family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, on a toasted croissant.</i>		<b>Chicken Club Salad Lighter</b> \$9.83		<b>Kid's Ham &amp; Cheese Sliders (GS)</b> \$5.39
<b>Bigger Better BLT Regular</b> \$9.35		<i>Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens, served with ranch dressing.</i>		<i>Nitrite-free ham, American cheese, on slider buns.</i>
<i>Bacon, leafy lettuce, roma tomatoes, fresh cracked egg, mayo, avocado slices, on toasted multigrain wheat. Served with chips or baked chips and a pickle.</i>		<b>Chicken Club Salad Original, No Chicken</b> \$10.43		<b>Kid's Turkey &amp; Cheese Sliders (GS)</b> \$5.39
<b>Bigger Better BLT Half</b> \$8.15		<i>Grape tomatoes, sliced avocado, cheddar, asiago, bacon on mixed salad greens, served with ranch dressing.</i>		<i>Nitrite-free turkey breast, American cheese, on slider buns.</i>
<i>Bacon, leafy lettuce, roma tomatoes, fresh cracked egg, mayo, avocado slices, on toasted multigrain wheat. Served with chips or baked chips and a pickle.</i>		<b>Chicken Club Salad Wrap Regular</b> \$10.55		
<b>Bigger Better BLT (Manager's Special)</b> \$10.55		<i>Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon, mixed salad greens, ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Bacon, leafy lettuce, roma tomatoes, fresh cracked egg, mayo, avocado slices, on toasted multigrain wheat.</i>		<b>Chicken Club Salad Wrap (Manager's Special)</b> \$10.55		
<b>Caprese Panini Regular</b> \$10.07		<i>Half wrap served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, grape tomatoes, sliced avocado, cheddar, asiago, bacon, mixed salad greens, ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>		
<i>Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia. Served with chips or baked chips and a pickle.</i>				
<b>Caprese Panini Half</b> \$8.87				
<i>Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia. Served with chips or baked chips and a pickle.</i>				
<b>Caprese Panini (Manager's Special)</b> \$10.55				
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia.</i>				
<b>Chicken Panini Regular</b> \$10.67				
<i>Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, roma tomatoes, organic</i>				

## Vegetarian

<b>Caprese Panini (Vegetarian)</b> \$10.07	
<i>Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia. Served with chips or baked chips and a pickle.</i>	
<b>Half Caprese Panini (Vegetarian)</b> \$8.87	
<i>Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia. Served with chips or baked chips and a pickle.</i>	
<b>Caprese Panini (Manager's Special - Vegetarian)</b> \$10.55	
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Fresh mozzarella, organic spinach, roma tomatoes, pesto aioli, on herb focaccia.</i>	
<b>Garden Fresh Salad Bar (Vegetarian)</b> \$10.07	
<i>Choose your favorite greens, toppings, and dressing, and add a protein or soup if you like.</i>	
<b>Avocado Toast (Vegetarian)</b> \$7.67	
<i>Homemade guacamole, feta, on toasted sourdough. Served with your choice of a cup of soup, fresh fruit, or mac &amp; cheese.</i>	
<b>Grilled Cheese &amp; Tomato Soup Combo (Vegetarian)</b> \$8.87	
<i>Grilled Muenster and cheddar cheese sandwich on multigrain wheat. Served with a bowl of tomato basil soup.</i>	
<b>Veggie Sandwich Regular (Vegetarian)</b> \$9.23	
<i>Choose as many vegetarian options as you'd like, with your choice of bread. Served with chips or baked chips and a pickle.</i>	
<b>Veggie Sandwich Half (Vegetarian)</b> \$8.03	
<i>Choose as many vegetarian options as you'd like, with your choice of bread. Served with chips or baked chips and a pickle.</i>	
<b>Veggie Sandwich (Manager's Special - Vegetarian)</b> \$10.55	
<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese.</i>	
<b>Chicken Alfredo Original, No Chicken (Vegetarian)</b> \$9.95	

<i>spinach, on sourdough bread. Served with chips or baked chips and a pickle.</i>					
<b>Chicken Panini Half</b>	<b>\$9.47</b>	<i>Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, roma tomatoes, organic spinach, on sourdough bread. Served with chips or baked chips and a pickle.</i>			
<b>Chicken Panini (Manager's Special)</b>	<b>\$10.55</b>	<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, provolone, pesto aioli, roma tomatoes, organic spinach, on sourdough bread.</i>			
<b>Smokey Jack Panini Regular</b>	<b>\$10.31</b>	<i>Nitrite-free smoked turkey breast, bacon, jalapeno pepper jack, guacamole, roma tomatoes, 1000 Island dressing, on sourdough bread. Served with chips or baked chips and a pickle.</i>			
<b>Smokey Jack Panini Half</b>	<b>\$9.11</b>	<i>Nitrite-free smoked turkey breast, bacon, jalapeno pepper jack, guacamole, roma tomatoes, 1000 Island dressing, on sourdough bread. Served with chips or baked chips and a pickle.</i>			
<b>Smokey Jack Panini Lighter</b>	<b>\$9.11</b>	<i>Nitrite-free smoked turkey breast, bacon, jalapeno pepper jack, guacamole, roma tomatoes, 1000 Island dressing, on sourdough bread. Served with chips or baked chips and a pickle.</i>			
<b>Smokey Jack Panini (Manager's Special)</b>	<b>\$10.55</b>	<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Nitrite-free smoked turkey breast, bacon, jalapeno pepper jack, guacamole, roma tomatoes, 1000 Island dressing, on sourdough bread.</i>			
<b>Meataballa Sandwich Regular</b>	<b>\$11.15</b>	<i>Meatballs, marinara, provolone, toasted on New Orleans French bread. Served with chips or baked chips and a pickle.</i>			
<b>Meataballa Sandwich Half</b>	<b>\$9.95</b>	<i>Meatballs, marinara, provolone, toasted on New Orleans French bread. Served with chips or baked chips and a pickle.</i>			
<b>Meataballa Sandwich Lighter</b>	<b>\$9.95</b>	<i>Meatballs, marinara, provolone, toasted on New Orleans French bread. Served with chips or baked chips and a pickle.</i>			
<b>Meataballa Sandwich (Manager's Special)</b>	<b>\$10.55</b>	<i>Half sandwich served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Meatballs, marinara, provolone, toasted on New Orleans French bread.</i>			
<b>Italian Cruz Po'Boy Regular</b>	<b>\$8.03</b>	<i>Nitrite-free ham, salami, Italian peppers, asiago, shredded lettuce, roma tomatoes, stone-ground mustard, Italian dressing, on toasted New Orleans French bread. Served with chips or baked chips and a pickle.</i>			
<b>Italian Cruz Po'Boy Half</b>	<b>\$6.83</b>	<i>Nitrite-free ham, salami, Italian peppers, asiago, shredded lettuce, roma tomatoes, stone-ground mustard, Italian dressing, on toasted New Orleans French bread. Served with chips or baked chips and a pickle.</i>			
<b>Mesa Chicken Salad Original</b>	<b>\$11.63</b>	<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>			<i>Penne pasta, Alfredo sauce, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Original, No Chicken</b>	<b>\$10.43</b>	<i>Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>			<b>Chicken Alfredo Lighter, No Chicken (Vegetarian)</b> <b>\$8.87</b> <i>Penne pasta, Alfredo sauce, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Lighter</b>	<b>\$9.83</b>	<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>			<b>Chicken Pasta Primo Original, No Chicken (Vegetarian)</b> <b>\$9.95</b> <i>Penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Lighter, No Chicken</b>	<b>\$9.23</b>	<i>Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>			<b>Chicken Pasta Primo Lighter, No Chicken (Vegetarian)</b> <b>\$8.87</b> <i>Penne pasta, tomato-basil sauce, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Wrap Regular</b>	<b>\$10.55</b>	<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>			<b>Zucchini Garden Pasta Original (Vegetarian)</b> <b>\$10.91</b> <i>Penne Pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Wrap Half</b>	<b>\$9.35</b>	<i>Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>			<b>Zucchini Garden Pasta Lighter (Vegetarian)</b> <b>\$9.23</b> <i>Penne Pasta, roasted zucchini, fresco mix of roasted tomatoes, organic spinach, artichoke hearts, asiago. Served with herb focaccia.</i>
<b>Mesa Chicken Salad Wrap (Manager's Special)</b>	<b>\$10.55</b>	<i>Half wrap served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing, in a toasted organic wheat wrap. Served with chips or baked chips and a pickle.</i>			<b>Spinach Veggie Wrap Regular (Vegetarian)</b> <b>\$9.23</b> <i>Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.</i>
<b>Chicken Caesar Original</b>	<b>\$10.67</b>	<i>Grilled, 100% antibiotic-free chicken breast, romaine, asiago, croutons, served with Caesar dressing and toasted herb focaccia bread.</i>			<b>Spinach Veggie Wrap Half (Vegetarian)</b> <b>\$8.03</b> <i>Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.</i>
<b>Chicken Caesar Original, No Chicken</b>	<b>\$9.47</b>	<i>Grilled, 100% antibiotic-free chicken breast, romaine, asiago, croutons, served with Caesar dressing and toasted herb focaccia bread.</i>			<b>Spinach Veggie Wrap (Manager's Special - Vegetarian)</b> <b>\$10.55</b> <i>Half wrap served with choice of cup of soup, fresh fruit, or mac &amp; cheese. Mushrooms, organic spinach, asiago, guacamole, pico de gallo, in a toasted organic wheat wrap. Served with salsa.</i>
<b>Chicken Caesar Lighter</b>	<b>\$8.87</b>	<i>Grilled, 100% antibiotic-free chicken breast, romaine, asiago, croutons, served with Caesar dressing and toasted herb focaccia bread.</i>			<b>Nutty Mixed-Up Salad Original, No Chicken (Vegetarian)</b> <b>\$10.43</b> <i>Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>
<b>Chicken Caesar Lighter, No Chicken</b>	<b>\$8.27</b>	<i>Romaine, asiago, croutons, served with Caesar dressing and toasted herb focaccia bread.</i>			<b>Nutty Mixed-Up Salad Lighter, No Chicken (Vegetarian)</b> <b>\$9.23</b> <i>Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with balsamic vinaigrette.</i>
<b>Chicken Caesar Salad Wrap Regular</b>	<b>\$10.55</b>	<i>Grilled, 100% antibiotic-free chicken breast, romaine, asiago,</i>			<b>Mesa Chicken Salad Original, No Chicken (Vegetarian)</b> <b>\$10.43</b> <i>Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>
					<b>Mesa Chicken Salad Lighter, No Chicken (Vegetarian)</b> <b>\$9.23</b> <i>Mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, served with jalapeno ranch dressing.</i>
					<b>BBQ Ranch Chicken Salad Original, No Chicken (Vegetarian)</b> <b>\$10.43</b> <i>Mixed salad greens, grape tomatoes, roasted corn and black bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.</i>
					<b>BBQ Ranch Chicken Salad Lighter, No Chicken (Vegetarian)</b> <b>\$9.23</b> <i>Mixed salad greens, grape</i>

**Italian Cruz Po'Boy (Manager's Special) \$10.55**

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese. Nitrite-free ham, salami, Italian peppers, asiago, shredded lettuce, roma tomatoes, stone-ground mustard, Italian dressing, on toasted New Orleans French bread.

**Build Your Own Sandwiches**

**Roasted Turkey Breast Sandwich Regular \$9.23**

Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Roasted Turkey Breast Sandwich Half \$8.03**

Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Roasted Turkey Breast Sandwich Lighter \$8.03**

Nitrite-free roasted turkey breast, 98% fat free and sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Roasted Turkey Breast Sandwich (Manager's Special) \$10.55**

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Ham Sandwich Regular \$9.23**

Nitrite-free ham sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Ham Sandwich Half \$8.03**

Nitrite-free ham sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Ham Sandwich Lighter \$8.03**

Nitrite-free ham sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.

**Ham Sandwich (Manager's Special) \$10.55**

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Chicken Salad Sandwich Regular \$9.23**

Chicken salad with almonds and pineapple, with your choice of bread. Served with chips or baked chips and a pickle.

**Chicken Salad Sandwich Half \$8.03**

Chicken salad with almonds and pineapple, with your choice of bread. Served with chips or baked chips and a pickle.

**Chicken Salad Sandwich (Manager's Special) \$10.55**

Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Tuna Salad Sandwich with Eggs Regular \$9.23**

Your choice of bread. Served with

croutons, served with Caesar dressing, on a toasted organic wheat wrap. Served with chips or baked chips and a pickle.

**Chicken Caesar Salad Wrap Half \$9.83**

Grilled, 100% antibiotic-free chicken breast, romaine, asiago, croutons, served with Caesar dressing, on a toasted organic wheat wrap. Served with chips or baked chips and a pickle.

**Chicken Caesar Salad Wrap (Manager's Special) \$8.63**

Half wrap served with choice of cup of soup, fresh fruit, or mac & cheese. Grilled, 100% antibiotic-free chicken breast, romaine, asiago, croutons, served with Caesar dressing, on a toasted organic wheat wrap.

**Side of Dressing \$0.83**

**Soups**

**Broccoli Cheese Soup**

Real melted cheddar, sweet cream, whole fresh green broccoli florets and onions, lightly sauteed in butter.

**Spicy Seafood Gumbo**

Traditional roux, fresh fish, wild gulf shrimp, real okra, onions and bell peppers throughout. Topped with fluffy white rice and parsley.

**Chicken Noodle Soup**

Tender chicken, egg style pasta noodles and fresh veggies like carrots and celery, with fresh herbs and spices.

**Irish Potato Soup**

Potatoes, milk, sweet cream, sour cream, onions and carrots, with a cheddar base in a savory chicken stock.

**Chicken Pot Pie**

Tender chicken, red potatoes, carrots, celery, green peas and spices, mixed with a creamy sauce and topped with a golden flaky puff pastry.

**Chili**

Chunks of lean ground beef, herbs and spices in a thick and robust tomato-based sauce.

**Fire Roasted Tortilla Soup**

Chunks of tender chicken combined with a homemade tortilla masa, real stewed tomatoes, sweet whole kernel corn, jalapenos, green chilies, and a secret southwestern spice blend. Topped with tortilla chips.

**Tomato Basil**

A blend of sweet cream, vine ripened tomatoes, virgin olive oil, garlic, and fresh-chopped basil. Topped with real shredded asiago.

**Fruit & Sides**

**Kettle Cooked Salted Potato Chips \$1.07**

**Oven Baked Potato Crisps \$1.07**

**BBQ Flavored Potato Chips \$1.07**

**Jalapeno Flavored Potato Chips \$1.07**

**Salt & Vinegar Flavored Potato Chips \$1.07**

**Fresh Fruit Bowl \$8.51**

Whole, fresh, luscious fruit served with creamy fruit dip.

**Fresh Fruit Cup No Dip \$3.83**

Whole, fresh, luscious fruit.

tomatoes, roasted corn and black bean mix, cheddar, crispy onions, BBQ sauce, sliced avocado, served with ranch dressing.

**Broccoli Cheese Soup (Vegetarian)**

Real melted cheddar, sweet cream, whole fresh green broccoli florets and onions, lightly sauteed in butter.

**Tomato Basil Soup (Vegetarian)**

A blend of sweet cream, vine ripened tomatoes, virgin olive oil, garlic, and fresh-chopped basil. Topped with real shredded asiago.

**Kettle Cooked Salted Potato Chips (Vegetarian) \$1.07**

**BBQ Flavored Potato Chips (Vegetarian) \$1.07**

**Jalapeno Flavored Potato Chips (Vegetarian) \$1.07**

**Salt & Vinegar Flavored Potato Chips (Vegetarian) \$1.07**

**Oven Baked Potato Crisps (Vegetarian) \$1.07**

**Fresh Fruit Bowl (Vegetarian) \$8.51**

Whole, fresh, luscious fruit served with creamy fruit dip.

**Fresh Fruit Cup No Dip (Vegetarian) \$3.83**

Whole, fresh, luscious fruit.

**Fresh Fruit Cup with Dip (Vegetarian) \$3.83**

Whole, fresh, luscious fruit.

**American Potato Salad (Vegetarian) \$2.75**

Baked potatoes, red and green onions, hard-boiled eggs, bell pepper, and seasoning.

**Caprese Salad Insalata (Vegetarian) \$2.75**

Penne pasta with grape tomatoes and fresh mozzarella, all tossed in basil pesto.

**Italian Pasta Salad (Vegetarian) \$2.75**

Tri-color pasta with fresh cut broccoli, bell peppers and black olives, featuring Italian dressing.

**Roasted Corn & Black Bean Salad (Vegetarian) \$2.75**

Spicy, fresh-made salad.

**Steamed Veggies (Vegetarian) \$2.87**

A healthy blend of steamed broccoli, cauliflower, zucchini, and organic baby carrots.

**Mac & Cheese (Vegetarian) \$3.35**

**Blue Corn Chips & Salsa (Vegetarian) \$3.47**

Features fresh-made pico de gallo, hand chopped cilantro, and fresh-squeezed lime juice.

**Blue Corn Chips & Guacamole (Vegetarian) \$3.47**

Guacamole is freshly made.

**Blue Corn Chips & Red Pepper Hummus (Vegetarian) \$3.47**

Mashed chickpeas with roasted red bell peppers and sesame tahini.

**Breakfast Veggie Wrap (Vegetarian) \$6.23**

Organic wheat wrap filled with fresh-cracked eggs, mushrooms, organic spinach, and fresco mix of roasted tomatoes, organic spinach, artichoke hearts, and asiago.

**Breakfast**

**Avocado Toast (Breakfast) \$7.67**

Homemade guacamole, feta, on

*chips or baked chips and a pickle.*  
**Tuna Salad Sandwich with Eggs** \$8.03  
**Half**  
*Your choice of bread. Served with chips or baked chips and a pickle.*  
**Tuna Salad Sandwich with Eggs** \$8.03  
**Lighter**  
*Your choice of bread. Served with chips or baked chips and a pickle.*  
**Tuna Salad Sandwich with Eggs** \$10.55  
**(Manager's Special)**  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.*  
**Smoked Turkey Breast Sandwich Regular** \$9.23  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Smoked Turkey Breast Sandwich Half** \$8.03  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Smoked Turkey Breast Sandwich Lighter** \$8.03  
*Delectable, nitrite-free smoked turkey, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Smoked Turkey Breast Sandwich (Manager's Special)** \$10.55  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.*  
**Roast Beef Sandwich Regular** \$9.23  
*Nitrite-free beef, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Roast Beef Sandwich Half** \$8.03  
*Nitrite-free beef, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Roast Beef Sandwich Lighter** \$8.03  
*Nitrite-free beef, sliced fresh daily, with your choice of bread. Served with chips or baked chips and a pickle.*  
**Roast Beef Sandwich (Manager's Special)** \$10.55  
*Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.*  
**Hot Corned Beef Sandwich Regular** \$12.47  
*1/2 lb. of hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.*  
**Hot Corned Beef Sandwich Half** \$10.07  
*Hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.*  
**Hot Corned Beef Sandwich Lighter** \$10.07  
*1/2 lb. of hot corned beef. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.*  
**Hot Corned Beef Sandwich (Manager's Special)** \$11.87  
*A half sandwich served with your choice of a cup of soup, fresh fruit, or mac & cheese. Your choice of bread, topped the way you like it.*  
**Hot Pastrami Sandwich Regular** \$12.47  
*1/2 lb. of hot pastrami. Your choice*

**Fresh Fruit Cup with Dip** \$3.83  
*Whole, fresh, luscious fruit.*  
**American Potato Salad** \$2.75  
*Baked potatoes, red and green onions, hard-boiled eggs, bell pepper, and seasoning.*  
**Caprese Pasta Insalata** \$2.75  
*Penne pasta with grape tomatoes and fresh mozzarella, all tossed in basil pesto.*  
**Italian Pasta Salad** \$2.75  
*Tri-color pasta with fresh cut broccoli, bell peppers and black olives, featuring Italian dressing.*  
**Roasted Corn & Black Bean Salad** \$2.75  
*Spicy, fresh-made salad.*  
**Steamed Veggies** \$2.87  
*A healthy blend of steamed broccoli, cauliflower, zucchini, and organic baby carrots.*  
**Mac & Cheese** \$3.47  
**Blue Corn Chips & Salsa** \$3.47  
*Features fresh-made pico de gallo, hand chopped cilantro, and fresh-squeezed lime juice.*  
**Blue Corn Chips & Guacamole** \$3.47  
*Guacamole is freshly made.*  
**Blue Corn Chips & Red Pepper Hummus** \$3.47  
*Mashed chickpeas with roasted red bell peppers and sesame tahini.*  
**Muffins** \$1.67  
*Freshly baked mini muffins. Choose from cornbread or gingerbread.*  
**Side of Dressing** \$0.83

## Drinks

**Fountain Drink (24oz)** \$2.87  
**Fountain Drink (32oz)** \$3.23  
**Fresh Brewed Tea (24oz)** \$2.87  
**Fresh Brewed Tea (32oz)** \$3.23  
**Bottled Water** \$2.39  
**Bottled Ito En Tea** \$2.87  
**Bottled Soda** \$2.87  
**Can of Soda** \$1.67  
**Kid's Apple Juice** \$1.91  
**Milk** \$1.79  
**Simply Orange Juice** \$3.23

## Desserts

**Fresh-Baked Cookies** \$1.91  
*Fresh-baked daily.*  
**Udi's Snickerdoodle** \$2.87  
*Soft, chewy, sugary Snickerdoodle from Udi's.*  
**Fudge-Nut Brownie** \$2.15  
**Strawberry Shortcake** \$4.67  
*Luscious layers of pound cake, real whipped cream, and fresh strawberries.*  
**Classic Cheesecake** \$4.67  
**Strawberry-Topped Cheesecake** \$4.67  
**Ice Cream Floats** \$3.23  
**Ice Cream (1.5 Pint)** \$1.91

## Kid's Menu

**Kid's Mac & Cheese** \$4.67  
**Kid's Cheese Pizza** \$4.67  
**Kid's Pepperoni Pizza** \$4.67  
**Kid's Penne Pasta & Meatballs** \$5.39  
**Kid's Penne Pasta & Chicken Alfredo** \$5.39  
*Made with grilled, 100% antibiotic-free chicken breast.*  
**Kid's Baked Potato** \$5.39

*toasted sourdough. Served with your choice of a cup of soup, fresh fruit, or mac & cheese.*  
**Sunshine Breakfast Croissant** \$6.23  
*Fresh-cracked egg, melted cheddar, and choice of breakfast sausage, crispy bacon, or nitrite-free ham on an all-butter croissant.*  
**Breakfast Club** \$6.23  
*Fresh-cracked egg, nitrite-free ham, crispy bacon, melted cheddar and swiss, and tomato on toasted multigrain wheat.*  
**Southwest Breakfast Wrap** \$6.23  
*Organic wheat wrap filled with fresh-cracked eggs, melted cheddar, fresh-made pico de gallo, and choice of breakfast sausage, crispy bacon, or nitrite-free ham. Served with salsa.*  
**Breakfast Sammy** \$3.71  
*Flatbread sandwich with fresh-cracked egg, melted muenster, and choice of breakfast sausage, crispy bacon, nitrite-free ham or meatless.*  
**Breakfast Veggie Wrap** \$6.23  
*Organic wheat wrap filled with fresh-cracked eggs, mushrooms, organic spinach, and fresco mix of roasted tomatoes, organic spinach, artichoke hearts, and asiago.*  
**Fresh Fruit Bowl (Breakfast)** \$8.51  
*Whole, fresh, luscious fruit served with creamy fruit dip.*  
**Fresh Fruit Cup No Dip (Breakfast)** \$3.83  
*Whole, fresh, luscious fruit.*  
**Fresh Fruit Cup with Dip (Breakfast)** \$3.83  
*Whole, fresh, luscious fruit.*

## Family Meals

**Family Signature Sandwich Package** \$40.79  
*A collection of the "biggest hits" from the Deli Menu: California Club, Club Royale, Shelley's Deli Chick on an organic Ancient Grain Bun and Amy's Turkey-O on an organic Ancient Grain Bun. Served with 4 chocolate chip cookies, chips, & pickles. (Serves 4)*  
**Family Pasta Feast Package** \$39.59  
*Your choice of 1 hot pasta. Served with 4 chocolate chip cookies, and toasted herb focaccia bread. (Serves 4)*  
**Family Muffaletta Package** \$29.99  
*A New Orleans original grilled, crusty Muffaletta bread spread to the edges with our family-recipe olive mix and provolone is melted over layers of your choice of nitrite-free ham and salami, or roasted turkey breast. (Serves 4)*  
**Family Plain Jane Potato Bar** \$39.59  
*Giant baked potatoes wrapped hot and ready to serve. Toppings: cheese, sour cream, bacon, butter, and green onions. Served with 4 chocolate chip cookies. (Serves 4)*  
**Family Southwest Wraps** \$43.19  
*A combination tray featuring a Ranchero Wrap, JB's Southwest Turkey Wrap, our take on the Santa Fe on an organic wheat wrap, and vegetarian option zucchini grillini on an organic wheat wrap. Served with 4 chocolate chip cookies, blue corn chips, and fresh-made salsa. (Serves 4)*  
**Family Salad Bar Meal Kit** \$43.19  
*Create your own salad bar at home with your choice of lettuce plus 5 toppings and a dressing. Items*



of bread, topped the way you like it.  
Also served with chips or baked chips and a pickle.

**Hot Pastrami Sandwich Half \$10.07**  
Hot pastrami. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

**Hot Pastrami Sandwich Light \$10.07**  
1/2 lb. of hot pastrami. Your choice of bread, topped the way you like it. Also served with chips or baked chips and a pickle.

**Hot Pastrami Sandwich (Manager's Special) \$11.87**  
A half sandwich served with your choice of a cup of soup, fresh fruit, or mac & cheese.

**Salami Sandwich Regular \$9.23**  
Served with chips or baked chips and a pickle.

**Salami Sandwich Half \$8.03**  
Served with chips or baked chips and a pickle.

**Salami Sandwich Lighter \$8.03**  
Served with chips or baked chips and a pickle.

**Salami Sandwich (Manager's Special) \$10.55**  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Grilled Chicken Breast Sandwich Regular \$9.23**  
Grilled, 100% antibiotic-free chicken breast, with your choice of bread. Served with chips or baked chips and a pickle.

**Grilled Chicken Breast Sandwich Half \$8.03**  
Grilled, 100% antibiotic-free chicken breast, with your choice of bread. Served with chips or baked chips and a pickle.

**Grilled Chicken Breast Sandwich (Manager's Special) \$10.55**  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Veggie Sandwich Regular \$9.23**  
Choose as many vegetarian options as you'd like, with your choice of bread. Served with chips or baked chips and a pickle.

**Veggie Sandwich Half \$8.03**  
Choose as many vegetarian options as you'd like, with your choice of bread. Served with chips or baked chips and a pickle.

**Veggie Sandwich (Manager's Special) \$10.55**  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Salmon Sandwich Regular \$12.47**  
Served with chips or baked chips and a pickle.

**Salmon Sandwich Half \$10.07**  
Served with chips or baked chips and a pickle.

**Salmon Sandwich (Manager's Special) \$11.87**  
Half sandwich served with choice of cup of soup, fresh fruit, or mac & cheese.

**Steak Sandwich Regular \$12.47**  
Served with chips or baked chips and a pickle.

**Steak Sandwich Half \$10.07**  
Served with chips or baked chips and a pickle.

**Steak Sandwich (Manager's Special) \$11.87**

Butter, bacon, and cheddar.

**Kid's Chicken Tenders \$5.75**  
Gluten-free, 100% antibiotic-free breaded chicken breast.

**Kid's Grilled Cheese \$4.67**  
American cheese on multigrain wheat or country white.

**Kid's Ham & Cheese Sliders \$5.39**  
Nitrite-free ham, American cheese, on slider buns.

**Kid's Turkey & Cheese Sliders \$5.39**  
Nitrite-free turkey breast, American cheese, on slider buns.

packaged separately so everyone can build their own. Also includes 4 cups of soup, 2 kids' meal choices, and 4 chocolate chip cookies.

**Family Side House Salad \$11.99**  
(Serves 4)  
Mixed salad greens tossed with garden-fresh veggies, cheese, and croutons, served with your choice of dressing. (Serves 4)

**Family Nutty Mixed-Up Side Salad \$17.99**  
Organic field greens, grapes, feta, cranberry-walnut mix, organic apples, served with your choice of dressing. (Serves 4)

**Family Caesar Side Salad \$15.59**  
Romaine, asiago, and croutons served with creamy Caesar dressing. Served with focaccia bread. (Serves 4)

**Work From Home Meal \$43.19**  
Your choice of bread loaf, 1 lb. meat, 1/2 lb. cheese, leafy lettuce, and tomatoes. Served with 4 chocolate chip cookies, chips, and pickles. (Serves 4)

**Family Casa Fiesta Package \$43.19**  
4 chicken-cheese quesadillas plus ingredients to make your own nachos: blue corn chips, shredded cheddar, sour cream, guacamole, pickled jalapenos, pico de gallo, "deli queso" (half broccoli cheese soup, half fire roasted tortilla soup), and 4 brownies. (Serves 4)

**Family Italian Package \$29.99**  
1/4 Muffalettas and Carmela, plus 2 kids' pizzas or pastas of your choice. Served with 4 individual bags of chips, pickles, and chocolate chip cookies for dessert. (Serves 4)

**Gallon Fresh Brewed Just Tea: Sweet Tea \$6.59**  
Sweet tea made with pure cane sugar. (Serves 8-10)

**Gallon Just Lemonade \$8.39**  
(Serves 8-10)

Special)

*Half sandwich served with choice  
of cup of soup, fresh fruit, or mac &  
cheese.*