

# Appetizers

- Jeffrey's Nachos** \$6.95  
Tortilla chips topped with cheese, refried black beans, sour cream, tomato, black olives, jalapenos & scallions. Served with Jeffrey's handmade salsa
- Vegan Nachos** \$7.95  
All the same veggies and black beans with our own vegan queso sauce
- Hot Brie with Toasted Almonds** \$7.95  
Melted Brie with almonds, fresh apple and sliced grilled baguette
- Eggplant Fritters** \$8.95  
Fresh eggplant is sliced and battered in our chickpea flour batter then pan fried to perfection and served with seasonal chutney

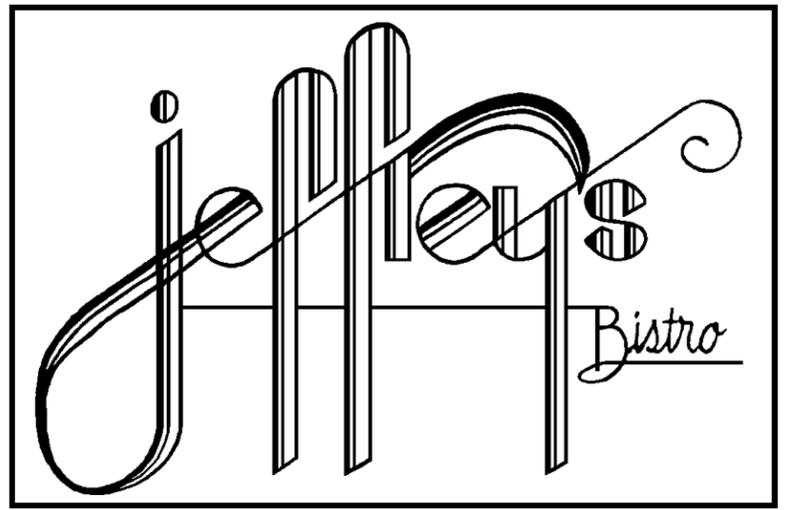
# Salads

- Grilled Eggplant** \$12.50  
Our salad mix with marinated grilled eggplant, red peppers, garbanzo beans, feta and toasted sunflower seeds. Served with our roasted red pepper dressing
- Spicy Grilled Portabello** \$13.25  
Thick sliced portabello mushroom grilled and marinated in our cilantro lime dressing on a bed of salad mix with spinach, red onion, garbanzo beans, avocado, tomato, and toasted pepitas. Served with spicy cilantro lime vinaigrette
- Gorgonzola Pecan and Apple** \$12.50  
Our salad mix topped with carrots, gorgonzola cheese, toasted pecans, handmade croutons, and a granny smith apple. Served with gorgonzola dressing
- Baked Tofu with Sesame Thai Carrots** \$12.50  
Salad mix with our sesame Thai carrots, tomato, cucumber shredded red cabbage, and Baked Tofu. Served with Thai peanut dressing

# Sandwiches

All sandwiches are served with a choice of kettle chips, tortilla chips, carrots and celery or our vinegar based cole-slaw. Gluten free bread \$1.50

- Deluxe Grilled Cheese\*** \$9.75  
Your choice of white cheddar, swiss, or both with tomato and red onion on your choice of grilled whole wheat or sourdough bread
- Grilled Mushroom and Swiss\*** \$9.95  
Sautéed mushrooms & red onions, with fresh tomato & melted swiss cheese on your choice of grilled whole wheat or sourdough bread
- Deluxe Avocado\*** \$10.25  
Sliced avocado on our whole wheat bread with a light layer of dijonaise with toasted sunnies, red onion, swiss cheese, lettuce and tomato
- Grilled Turkey Pesto\*** \$10.25  
Grilled whole wheat or sourdough bread layered with pesto cream cheese, hot sliced turkey breast, tomato & red onion
- Cherry Chicken Salad\*** \$9.95  
Chicken salad made with dried dark sweet cherries and seasoned with tarragon. On your choice of grilled whole wheat or sourdough bread
- Tomato Basil Cheddar\*** \$9.95  
Sourdough bread is lightly toasted and topped with our own basil mayo, red onions, sliced cucumbers, cheddar cheese, tomato and lettuce
- Green Chili & Blackberry Turkey melt** \$10.75  
Sliced turkey on grilled whole wheat bread topped with green chile, blackberries and melted jack cheese
- Apple Bacon and Brie** \$10.75  
A sliced granny smith apple is sautéed with bacon, served on a bed of fresh spinach with a splash of red wine vinegar, topped with melted brie, onion and a honey drizzle. Served open faced on our grilled sourdough bread
- Mike's Amazing BLT** \$10.25  
Bacon, lettuce and tomato served on our own grilled jalapeno cheddar roll with basil mayonnaise



## Jeffrey's House Made Dressings

- |                                 |              |
|---------------------------------|--------------|
| Roasted Red Pepper              | Creamy Mango |
| Spicy Cilantro Lime Vinaigrette | Mustard Dill |
| Thai Peanut                     | Gorgonzola   |

- Bombay Spinach with Grilled Chicken** \$12.50  
Fresh spinach and baby greens with red onion, golden raisins and toasted cashews, topped with a sliced grilled chicken breast and served with our creamy mango vinaigrette

- Build Your Own Salad** \$9.50  
A great way to start your meal or share with a friend. We start with our salad mix, shredded red cabbage, tomatoes, carrots, croutons and choice of dressing. Add up to three toppings for \$1, each additional topping is \$.25 protein toppings are listed separately.

Red onion	Chickpeas	Black olives	Grilled Chicken	\$3.50
Red pepper	Artichokes	Cashews	Shrimp	\$2.95
Green pepper	Gorgonzola	Peanuts	Scallops	\$2.95
Mushrooms	Feta	Almonds	Tilapia	\$2.95
Cucumbers	Shred Cheddar	Pecans	Turkey	\$1.95
Broccoli	Parmanso	Pepitas	Tofu	\$1.95
Thai carrots	Noodles	Sunnies		

- Oaxacan BBQ Chicken** \$10.95  
Sautéed bacon and chicken mixed with spicy chipotle BBQ sauce, topped with red onions, leaf lettuce and tomato. On our grilled jalapeno roll with white cheddar cheese
- Oaxacan BBQ Tempeh** \$10.50  
Marinated tempeh, spicy chipotle BBQ sauce, red pepper, onion, lettuce and tomato served on our lightly toasted sourdough bread
- Grilled Chicken Breast** \$10.75  
Chicken breast cooked in cilantro garlic sauce served on our grilled jalapeno cheddar roll with cilantro mayo, tomato and lettuce
- French Dip** \$10.75  
Turkey or sliced portabella is lightly sautéed with onions and mushrooms in our au jus dipping sauce layered on our French bread baguette and topped with melted swiss cheese. Served with a side of our au jus.
- Portabello Philly Cheese** \$11.25  
Parmesan crusted portabello slices layered with peppers, onions, mushrooms and melted cheddar cheese on a grilled jalapeno cheddar roll served with an au jus dipping sauce
- Crispy Black Bean Cheddar Burger** \$11.25  
Our own corn crusted black bean burger is topped with cheddar cheese and served on a jalapeno cheddar roll with chipotle mayonnaise, tomato, avocado, lettuce & toasted pumpkin seeds
- Corn Crusted Fish Sandwich** \$10.95  
A crispy corn crusted tilapia filet is substituted for the cheddar topped Black Bean Burger
- Gyro** \$10.95  
Chicken sautéed with oregano and onions, on top of a steamed pita with tzatziki sauce lettuce and tomatoes

\* Sandwiches can be served as a half with choice of salad or soup for \$7.95

# Tacos

Two tacos on your choice of either corn or flour tortillas both are made in house and served with your choice of side

## Spicy Thai Fish Tacos \$11.25

Two tortillas topped with chipotle mayo, lettuce, Thai carrots, mixed ocean fish, red cabbage and cucumbers

## BBQ Chicken Tacos \$10.25

Chicken sautéed with bacon and mixed with Oaxacan BBQ sauce on top of cheddar cheese, then topped with slaw, jalapenos and red onions

## Green Chili Chicken Tacos \$10.95

Chicken sautéed with green chilis and topped with jack cheese then smothered with our own green chili

## Asian Stir-fry Tacos \$10.25

Your choice of tofu or chicken sautéed with chili paste and hoisin then topped with a garlic Asian broccoli slaw and chopped tomatoes

# Macs

Small Regular

## Straight-up Cheddar Mac \$8.50 \$10.50

Our simple straight up mac & cheese, cavatappi pasta with white cheddar

## Deluxe Greek Mac \$9.25 \$11.75

Monterey jack, parmesan, and feta cheeses, artichoke hearts, fresh spinach, scallions and oregano topped with toasted bread crumbs

## Spicy Adobo Jack Mac \$9.25 \$11.75

Sautéed chicken, onion spiced chipotle pepper puree, & monterey jack cheese, topped with sunflower chorizo and fresh cilantro

## Cajun Shrimp Mac \$9.25 \$11.75

Red and green peppers are sautéed with garlic butter, Cajun spices and shrimp then mixed into our cheddar mac

## Vegan Mac \$8.50 \$10.50

Cavatappi tossed with our tasty Vegan Mac sauce topped with bread crumbs

## Add to any mac: \$2.95 Veggies: \$ .50

Bacon  
Sausage  
Grilled chicken breast  
Parmesan crusted chicken breast  
Shrimp  
Scallops  
Tilapia (breaded/not)  
Tofu  
Tempeh

Red or green peppers  
Broccoli  
Red, green or white onions  
Mushrooms  
Green chilis  
Jalapeños  
Artichokes  
Sunflower chorizo

# Sides \$1.95

Tortilla Chips	Basket of rolls	\$2.75
Kettle Chips	Side Salad or Soup	\$3.75
Cole Slaw	Bowl of Soup	\$4.95
Carrots and Celery	Green Chili	\$2.95
Apple Sauce	Mac n Cheese	\$3.95
	Soup and side-salad combo	\$6.95

# Noodle/Rice bowls

## Jeffrey's Classic Stir-fry \$9.95

A variety of fresh veggies quick cooked with your choice of either classic teriyaki, firecracker or peanut sauce. Add chicken, tilapia, scallops, shrimp, tofu or tempeh for 2.95  
Cashews, almonds or peanuts for 1.95

## Spicy chicken with peanuts Stir-fry \$11.95

Chicken is sautéed with red onions, red peppers, celery, peanuts, sambal, garlic and ginger. It is tossed with a sauce of hoisin, sriracha, balsamic vinegar and sesame oil then reduced to perfection.

## Jeffrey's Fried Rice \$9.95

A medley of onions, carrots, green and red peppers and celery sautéed with rice and egg seasoned with garlic, ginger and cayenne. Add chicken for \$2.95

## Thai cashew peanut Shrimp noodle bowl \$12.95

Shrimp sautéed with red bell peppers, onions, cabbage and mushrooms then tossed with our spicy cashew peanut sauce and served over lo mein noodles.

## Red curry noodle bowl \$10.95

Your choice of either chicken or tofu sautéed with red peppers, red onion, cabbage, garlic and ginger then mixed with lo mein noodles and a red curry coconut milk sauce (sweet with a little heat)

## For the Kids

Served with choice of apple sauce, kettle chips, tortilla chips or carrots and celery. \$4.95

Pizza on a pita

Macaroni and cheese

Grilled Cheese Sandwich

Cheese Quesadilla

# Beverages

## Cold Drinks \$2.50

Mexican Coca-Cola in a glass bottle

Izze: Blackberry or Pomegranate

BlueSky Soda: Root beer, Cherry Vanilla, Ginger ale

Sugar Free: Cola or Cherry Vanilla

Add ice cream to any soda for \$1.00

LaCroix Sparkling Water: Lemon, Grapefruit, Coconut or Plain

Iced Tea: Regular or Herbal

Milk

Chocolate Milk

## Hot Drinks \$2.95

Hot Chocolate: Ghirardelli chocolate syrup in warmed milk  
Coffee/ Hot Tea

## House Wine Glass \$4.95 Half Liter \$12.25

Chardonnay

Cabernet Sauvignon

Corbett Canyon White Zinfandel

## Beer \$4.25

See Chalkboard for our current selection

Entrees listed separately