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2001

JEFFREY'S

C A F E C O



Autumn/ Winter 2015

SANDWICHES/

all sandwiches & grilled sandwiches are served with deli potato chips & a pickle spear. Also great with a side soup or salad.

California Smoked Turkey Club/ \$13lg/ \$7sm/smoked turkey breast, avocado, tomato, red onion, smoky bacon, Monterey Jack cheese, leaf lettuce and caper & roasted red pepper aioli, on fresh baked Focaccia bread.

Roast Teriyaki Chicken Sandwich/ \$12/baked chicken breast with artisan teriyaki sauce, sweet pineapple, tomato, mozzarella, red onion, lettuce, and cream cheese on multi-grain bread.

Curry Chicken Apple Fold/ \$14/grilled flatbread topped with chicken breast, red & green bell peppers, feta cheese, granny smith apple slices, organic greens & Moroccan vinaigrette.

Tomato, Bocconcini, Avocado & Hummus/ \$14/warm flatbread topped with our own roasted garlic hummus, Bocconcini, sliced tomato, avocado, organic greens/ garden herb dipping sauce.

Citrus Shrimp & Roasted Pepper on Naan/ \$15/warm naan filled with hot citrus marinated shrimp, roasted red peppers, tender kale and garlic tzakiki sauce.

Roast Beef , Cheddar & Rosemary Aioli/ \$11/in house roast beef, served on a toasted multi-grain ciabatta roll. Made with sweet onion marmalade, cheddar and rosemary maple aioli.

Zesty Seafood on Sunflower Bread/ \$11/our classic seafood salad of crab & lobster flavoured Pollock, salad shrimp, cream cheese, mayo, lemon zest, red bell peppers, tomato & mixed greens on over sized slices of sunflower multigrain bread.

Tangiers Spiced Pecan & Chicken Wrap/ \$13/oven baked chicken, sweet peppers, dried cranberries, caper aioli, fresh tomatoes, Moroccan spiced pecans, organic mixed greens, feta in a garlic pesto wrap.

London Chicken Club/ \$13lg/ Multi-grain loaf loaded with oven baked chicken, dried cranberries, lemon aioli, spiced gouda, crispy onions and organic greens.

GRILLED SANDWICHES/

Grilled Bacon, Tomato & Avocado on Sunflower Multigrain/ \$12/grilled sunflower multigrain bread topped with fresh basil & roasted garlic aioli, crisp bacon strips, Roma tomato, creamy avocado & baby spinach leaves.

The Greatest Grilled Cheese/ \$10/mild Swiss cheese, rich aged cheddar and creamy provolone, grilled in a garlic butter French baguette. /Add bacon, ham, chicken, extra cheese \$2ea, tomatoes, onion, no charge. Basil ketchup served on the side.

Italian Grilled Pesto Chicken Panini/ \$14lg/ \$7sm/classic basil pesto, cream cheese, chicken breast, mozzarella cheese, roma tomato slices, bacon, diced red onion on fresh baked focaccia bread. Grilled, then stuffed with organic greens.

Black Forest Ham & Swiss Panini/ \$13lg/ \$7sm/black forest ham, fresh tomato slices, real swiss cheese, red onion, crisp romaine and honey Dijon mayo grilled in our fresh baked herb & onion focaccia bread.

Jordans BBQ Pulled Pork on Ciabatta/ \$13/ slow roasted pork, shredded and tossed with sweet and spicy Guinness BBQ sauce, served on a toasted ciabatta bun with sauteed onions and maple Dijon slaw.

Maple Roasted Turkey & Brie/ \$14/ in-house slow roasted turkey glazed with real maple syrup, on multigrain bread with rich brie cheese and spicy cranberry sauce. Grilled with fresh kale & red cabbage.

Quesadillas/

all quesadilla meals are served with a side Mexican salad, salsa & sour cream. switch for any of our daily soups or side salads at no cost

Chipotle Shrimp Quesadilla/ \$16/ whole wheat tortilla shell grilled with cold water shrimp, cream cheese, mozzarella cheese, roasted red peppers and chipotle sauce.Served with mango slaw in place of the mexican salad.

BBQ Chicken Quesadilla/ \$16/a rich Guinness infused BBQ sauce with seasoned chicken breast strips, cheddar cheese, green bell peppers and sweet red onions, all grilled on a tomato tortilla shell.

Fresh Mozzarella, Tomato & Basil Quesadilla/ \$16/grilled garlic basil tortilla shell filled with fresh Bocconcini style mozzarella cheese, sweet slices of Roma tomatoes and fresh basil leaves. Drizzled with almond & roasted garlic pesto.

Quiche & Soup/

Best of Everyday/ each day we create a variety of seasonal soups and quiche for you from the best ingredients we can find. Ask about our daily choices. We also have a few classics available everyday for a limited time.

Smoked Salmon & Brie Quiche/ \$12/ served with a green apple side salad and a cheddar chive biscuit (choose any of todays best soups or side salads with any quiche \$12/ only quiche & biscuit \$7).

Thai Red Curry & Lentil Soup/ \$6.50 cup/ \$9 pot (Vegan) / available everyday/ a hearty red lentil soup, loaded with shredded carrot & onions, deeply scented with spicy thai red curry, lemon grass and lime leaves. Finished with rich coconut milk. A perfectly wonderful soup for the season.

Signature Meal Salads/

Moroccan Sun Salad/ \$17/ extra naan bread \$3/organic mixed greens tossed with sweet bell peppers, Roma tomatoes, crisp red onions, sticky medjool dates, Turkish raisins, sugar-spiced pecans and strips of seasoned baked chicken. Drizzled with our sweet Moroccan curry dressing and served with warm garlic buttered naan bread.

Autumn Spinach Salad with Candied Almonds/ \$17/ spinach salad layered with seasoned baked chicken, red and green bell peppers, sweet craisins, mandarin orange segments, tart apples, crisp grapes, and tomatoes. Topped with poppy seeds and tea sugared almonds and a slice of Brie cheese. Served with fresh baked banana bread and our own raspberry balsamic cream dressing.

Jeffrey's Golden Grilled Chicken Caesar/ \$16/ Crisp romaine is tossed with our own golden Caesar vinaigrette, tangy and rich with garlic. Topped with fresh tomatoes, red bell peppers and grated Parmesan. Served with a fresh baked cheddar & chive biscuit.

Jaipur Cashew Chicken Salad/ \$17/ Crisp romaine and spinach leaves tossed with grilled chicken, ripe tomato, bell peppers, crisp onion, sweet raisins, chilled rice and apples. Topped with toasted cashews and sweetly spiced curry vinaigrette. Served with warm garlic naan bread.

Rustic Israeli Kale Salad /\$14/ add grilled chicken \$5/ Crisp kale and red cabbage, tossed with red quinoa, kalamata olives, grape tomatoes, crisp grapes, cucumber, red onion and feta cheese, topped with pita crisps, tzatziki drizzle and pumpkin seeds. Served with a fresh biscuit and herb vinaigrette.

SIDE SALADS/

add grilled chicken & a biscuit or banana bread to any side salad for \$5 or make any side salad a meal size with a side bread

California Mixed Greens/ \$7.50/organic mixed greens topped with sweet bell peppers, Roma tomato, red onion, dried cranberries, California almond slices, feta cheese and balsamic vinaigrette.

Green Apple Salad/ \$7.50/tender spinach topped with red bell peppers, grape tomatoes, tart granny smith apple slices, Turkish raisins, molasses roasted pumpkin seeds. Moroccan spiced vinaigrette.

Mandarin Spinach Salad/ \$7.50/spinach topped with sweet bell peppers, red onion slices, Roma tomato, craisins, mandarin orange, sunflower and poppy seeds. Served with orange cream dressing.

Green Goddess Salad/ \$7.50/romaine lettuce topped with cucumber, Roma tomato, red onion, sweet bell peppers, Focaccia croutons, and cheddar cheese, served with creamy green goddess dressing.

Classic Caesar Salad/ \$7/crisp romaine tossed with creamy Caesar dressing, fresh grated Parmesan cheese and oven baked Focaccia croutons.

Pasta & Entrées/

Butter Chicken Rice Bowl/ \$17/ extra chicken & sauce \$4/ enjoy our all new butter chicken recipe loaded with more chicken and a rich spicy sauce. Made with carrots, pearl onions and celery, served with warm naan bread and California mixed greens.

Traditional Beef Lasagna/ \$14/ fresh sheets of pasta layered with traditional bolognese sauce, ricotta, fresh spinach, mozzarella & Parmesan. Served with garlic focaccia bread & Caesar salad. (Take home a tray of lasagna for dinner \$20).

Alfredo Chicken Pasta Bowl/ \$15/ tender pasta shells tossed with asparagus, roasted red peppers, baked chicken breast & creamy Alfredo sauce.

Maple Chili & Cornbread/ \$14/ decadent and hearty, our chili is loaded with lean ground beef, black, white, red and green beans, in a rich tomato base. Seasoned with real maple syrup and traditional chili spices. Finished with cornbread and chipotle mango slaw.



Dulce De Leche Cupcake/ \$2.50/ dark chocolate cupcake topped with rich milky caramel frosting and caramel & chocolate shavings



FEATURE BEVERAGES/

pumpkin spice latte/
the classic returns for another season. Made with real pumpkin and vibrant spices. Topped with whipped cream and nutmeg sugar.

cafe dulce de leche/
rich espresso with real dulce de leche caramel sauce, steamed milk and whipped cream.

maple macchiato/
espresso, maple syrup and steamed milk. The perfect fall pairing.

egg nog latte/ nov 12-jan 10
Christmas in a cup. Espresso and steamed egg nog. Topped with freshly grated nutmeg.

maple tea latte/
decadent maple syrup with Kandy tea and steamed milk. Our favourite!

white chocolate red tea latte/
rooibos tea blended with Ghirardelli white chocolate and steamed milk.

Ghirardelli hazelnut white chocolate/
Rich Ghirardelli white chocolate, steamed milk and hazelnut syrup with whipped cream and dark chocolate shavings

west coast bold roast/
our brewed coffee of the season. small batch roasted in Calgary by Fratello Coffee Co. \$2.95

tea/
Smith Tea selections available. our favourite this season is **Masala Chai**. \$2.95/ pot

cold beverages/
we serve a variety of coke and San Pellegrino beverages. our seasonal pick is **bonfire iced tea**, fresh brewed each day \$3/ \$4/ \$5

see our beverage menu for all our great offerings

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