

JEFFREY'S

C A F E C O

Our Montrose Cafe is open!
Monday to Friday 9am to 4pm
Saturday & Sunday 10am to 3pm

mornings/

BLT Bagel/ 9

crisp bacon, lettuce and fresh tomato on a toasted multi-grain bagel with basil mayo.

Sun-dried Tomato Chicken Quiche/ 17.50

tender pastry filled with chicken, sun-dried tomatoes, cheddar, celery, onions, whole eggs, cream and spices. Topped with hollandaise. Served with a side green apple salad or fruit bowl and cheddar & chive biscuit.
(daily vegetarian options available)

Fresh Fruit Bowl/ 5

Muffins/ from 2.75

quesadilla/

BBQ Chicken Quesadilla/ 15 house made BBQ sauce with seasoned chicken breast strips, mozzarella & cheddar cheese, cream cheese, red & green bell peppers, red onions, all grilled in a tomato tortilla shell.

available on **GS wrap/ 3**

soup combo/

Fire Roasted Tomato Bisque / 7.5 cup /10.75 pot

fire roasted tomatoes, butternut squash, onion, carrot, celery, maple, and cream, served with a cheddar & chive biscuit
(**GS** cheddar & chive biscuit available upon request)

Daily Soup/ 7.5 cup /10.75 pot our soups are made from scratch in house each day, served with a cheddar & chive biscuit

(**GS plant-based** cheddar & chive biscuit available upon request)

Lunch Sandwich Combo/ 14

The half size California Turkey Club and a cup of soup, served with a cheddar and chive biscuit.

(no substitutions allowed, not available **GS**)

Soup and Salad Combo/ 15 green apple salad, and a cup of soup served with a cheddar and chive biscuit.

sandwiches/

All sandwiches & grilled sandwiches are served with deli potato chips & pickle spears. **available on GS baguette or wrap /3**

California Turkey Club/ 19lg/ 12sm turkey breast, house guacamole, tomato, red onion, smoky bacon, Monterey Jack cheese, organic mixed greens and smoked roasted red pepper aioli, on fresh baked focaccia bread.

Tangiers Chicken Fold/ 16 grilled garlic naan folded with chicken, sugar spiced pecans, red & green bell peppers, raisins and organic mixed greens. Drizzled with roasted red pepper aioli & feta.

grilled sandwiches/

Grilled Bacon, Tomato & Avocado on Sunflower Bread/ 15 grilled multi-grain bread topped with fresh basil & roasted garlic aioli, crisp bacon strips, roma tomato, creamy avocado, kale & arugula. **DS**

The Greatest Vegan Grilled Cheese/ 16 smoked 'gouda', creamy 'swiss' and sharp 'cheddar', grilled in a dairy free garlic spread on a French baguette. **plant-based**

The Greatest Grilled Cheese/ 13.5 mild Swiss cheese, rich aged cheddar and creamy provolone, grilled in a garlic butter on a French baguette. **basil ketchup on the side upon request**
add bacon, chicken or extra cheese /3 each
add tomatoes & onions, no charge.

entree salads/

add grilled chicken to any salad for \$6

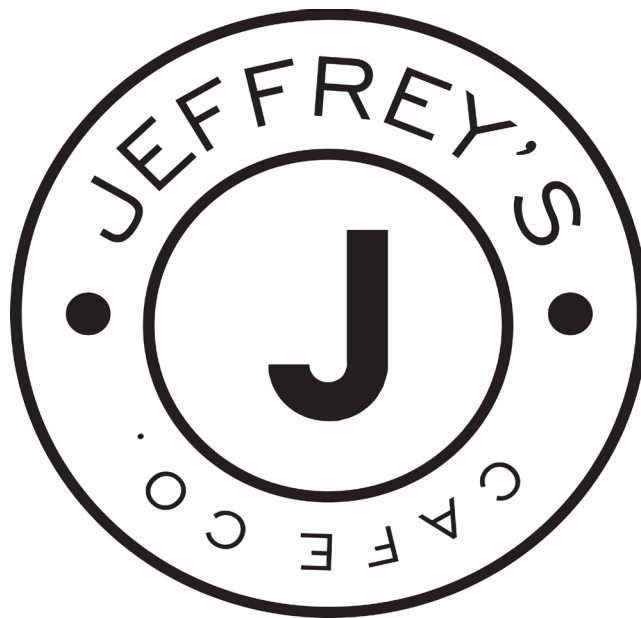
California Harvest Cobb Salad/ 15 kale and romaine lettuce topped with pomegranate seeds, avocado, feta cheese, crisp bacon, butternut squash, and a hard boiled egg. Served with our preserved lemon vinaigrette. **GS**

Moroccan Sun Salad/ 19 organic mixed greens with sweet bell peppers, sweet grape tomatoes, crisp red onions, sticky dates, Turkish raisins, sugar-spiced pecans and our sweet Moroccan curry dressing, served with warm garlic buttered naan bread. **GS DS**

side salads/

California Mixed Greens/ 10 organic mixed greens topped with bell peppers, roma tomato, red onion, dried cranberries, California almond slices, feta cheese and balsamic vinaigrette. **VG GS**

Green Apple Salad/ 9.5 kale, spinach & red cabbage topped with red bell peppers, grape tomatoes, apple slices, Turkish raisins, sugar roasted pumpkin seeds and our sweet Moroccan curry dressing. **GS plant-based**



Jeffrey's proudly serves P & T tea.
Paper and tea offers handmade whole leaf teas
and herbal teas of the highest quality.

BLACK

golden grey
brave new earl
jackpot derby
les metrofolies
hariman classic chai
cederberg chai

GREEN

mint julep
mighty green
sprite's delight

HERBAL

top of the day
berry pomp
sweet lullaby
rooibos
deep asana

WHITE

pu er bai ya
perfect day