

JEFFREY'S

C A F E C O

Our Montrose Cafe is open!
Monday to Friday 10am to 3pm

mornings/

BLT Bagel/ 10

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

Daily Quiche/ 19.25

Seasonal Selection topped with hollandaise. Served with a side green apple salad or fruit bowl and cheddar & chive biscuit. (daily vegetarian options available)

Muffins/ from 2.75

quesadilla/

BBQ Chicken Quesadilla/ 17 house made BBQ sauce with seasoned chicken breast strips, mozzarella & cheddar cheese, cream cheese, red & green bell peppers, red onions, all grilled in a whole wheat tortilla shell.

available on GS wrap/ 3

soup combo/

Daily Soup/ 8.5 cup /11.75 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/ 15.5

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/ 16 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 flatbread or wrap /3

California Turkey Club/ 21lg/ 13sm 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.

Honey Roasted Ham & Swiss Panini/ 19lg/ 10.75sm honey roasted ham, fresh tomato slices, real swiss cheese, red onion, organic mixed greens and honey dijon mayo grilled in our fresh baked herb & onion focaccia bread.

Tangiers Chicken Wrap/ 17 Chicken, sugar spiced pecans, red & green bell peppers, craisins and organic mixed greens in a whole wheat wrap. Drizzled with roasted red pepper aioli & feta.

grilled sandwiches/

Grilled Bacon, Tomato & Avocado on Sunflower Bread/ 17 grilled multi-grain bread topped with fresh basil & roasted garlic aioli, crisp bacon strips, roma tomato, creamy avocado, kale & arugula. DS

The Greatest Grilled Cheese/ 14 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 /3.5 each

entree salads/

add grilled chicken to any salad for \$7

Moroccan Sun Salad/ 21 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/ 10 kale & arugula 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
Les Metrofolies
Jackpot Derby
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