

# JEFFREY'S

C A F E C O

Our Montrose Cafe is open!  
Monday to Friday 10am to 3pm  
Open Late on Thursdays!

## mornings/

### **BLT Bagel/ 10**

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

### **Daily Quiche/ 20**

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

### **Muffins/ from 3.45**

## 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 alternative/ 3

## soup combo/

**Daily Soup/ 10 cup /15 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/ 16.5**

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** choice of side salad, and a cup of soup served with a cheddar and chive biscuit.



Now offering weekly specials!

## sandwiches/

All sandwiches & grilled sandwiches are served with deli potato chips & pickle spears. available on GS alternative /3

**California Turkey Club/ 22lg/ 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/ 22lg/ 13sm** 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/ 18.5** Chicken, sugar spiced pecans, red & green bell peppers, raisins 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 aioli, crisp bacon strips, roma tomato, creamy avocado, kale & arugula. DS

**The Greatest Grilled Cheese/ 16** 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

### **Grilled Cheese Combo/ 20**

Greatest Grilled Cheese, chips & pickles, cup of soup of your choice.

## entree salads/

add grilled chicken to any salad for \$7

**Moroccan Sun Salad/ 22** organic mixed greens with sweet bell peppers, 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

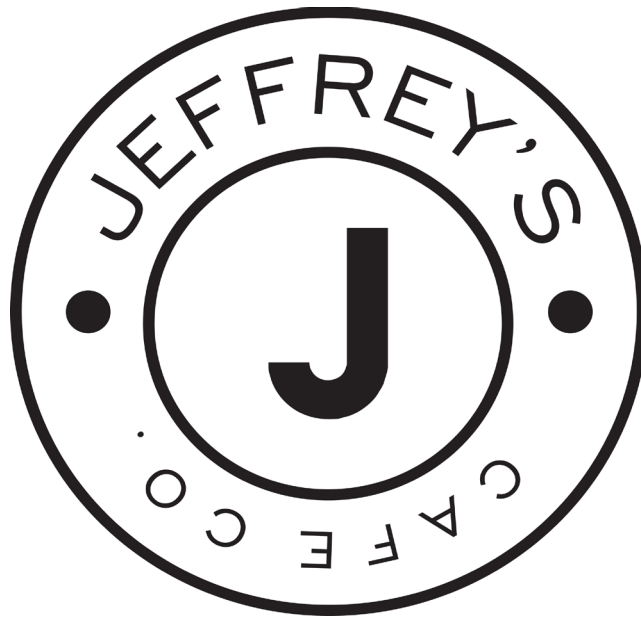
## lunch salads/served with grilled chicken & biscuit

**California Mixed Greens/ 18.5** organic mixed greens topped with bell peppers, roma tomato, red onion, dried cranberries, California almond slices, feta cheese and balsamic vinaigrette. VG GS

**Classic Caesar Salad/ 18.5** crisp romaine tossed with our own Caesar Vinaigrette, parmesan, house focaccia croutons,

**Green Apple & Beet Salad/ 18.5** kale & arugula topped with red bell peppers, 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