



**JEFFREY'S**  
PARVE - JALAV ISRAEL



# Breakfast Time

## PERICO EGGS

Scrambled eggs with tomato and onion.

\$6.50

## FRIED EGGS

\$5.95



Fried Eggs

## SCRAMBLED EGGS

\$6.25



Scrambled Eggs

## SHAKSHUKA EGGS

Poached eggs with tomatoes, onions, garlic, spices.  
(Add Feta cheese or Avocado, \$2.00 extra)

\$7.50



Shakshuka Eggs

## OMELETTE WITH CHEESE

\$6.50



Omelette with Cheese

## OMELETTE WITH MUSHROOMS AND CHEESE

\$7.50



Omelette with Mushrooms and Cheese

## OMELETTE LIGHT WITH TOMATO

1 egg and 2 egg whites.

\$7.50

## OMELETTE WITH VEGETABLES:

Onion, red pepper, tomato, mushrooms.

\$8.00

ROASTED AREPA  
(Flatbread made with  
cornmeal dough).

\$3.50

AREPA WITH CHEESE

\$4.75

AREPA WITH SCRAMBLED EGGS,  
TOMATO, ONION AND CHEESE

\$6.00



Arepa with Scrambled Eggs, Tomato, Onion and Cheese

AREPA WITH FRIED EGGS, CHEESE,  
AND AVOCADO

\$6.75



Arepa with Fried Eggs, Cheese, and Avocado

AREPA WITH SOLID WHITE TUNA,  
TOMATO, AVOCADO AND LETTUCE

\$7.25



Arepa with Solid White Tuna,  
Tomato, Avocado and Lettuce

CROISSANT WITH  
MOZZARELLA CHEESE

\$4.50



Croissant with Mozzarella Cheese

BAGEL WITH CREAM CHEESE, SMOKED  
SALMON, TOMATO AND RED ONION

\$8.75



Bagel with Cream Cheese, Smoked  
Salmon, Tomato and Red Onion

BAGEL WITH CREAM  
CHEESE OR TOFU TTI

\$4.75

TOAST WITH BUTTER AND JELLY

\$2.75

# Brunch Lunch

PANCAKES (2) WITH MAPLE SYRU

\$6.25



Pancakes (2) with Maple Syru

BLINTZES:  
Filled with Cream cheese, Guava, and  
Guava syrup.

\$7.95



Blintzes

CHALLA FRENCH TOAST:  
With caramelized apple, cinnamon, and  
sprinkled sugar. Served with maple syrup.

\$7.50



Challa French Toast

SOURDOUGH TOAST WITH  
BEETROOT HUMMUS:  
With Feta cheese, avocado, boiled eggs  
and arugula.

\$7.50



Sourdough Toast with Beetroot Hummus

SOURDOUGH TOAST WITH  
SMOKE SALMON:  
Avocado, cherry tomato, tahine and arugula.

\$8.00



Sourdough Toast with Smoke Salmon

# Appetizers

## AREPA CRACKER TORTILLAS:

3 Tortillas with guacamole, red roasted peppers, feta cheese and crunchy sweet potato topping.

\$8.50



## TACOS:

3 Tacos with seasoned soy meat (Parve), guacamole, tomatoes, and aromatic herbs. (Mexican Style).

\$8.75



## TEQUEÑOS:

4 Fried wheat dough stuffed with cheese (Latin American Style).

\$5.75



## CEVICHE SEA BASS:

Seasoned with lemon, corn, red pepper, aromatic herbs, and red onion, served with plantain chips.

\$10.25



## SUPER NACHOS:

Mixed with chopped pieces of tomatoes, onions, guacamole, black beans and cheese.

\$12.50



## FRENCH FRIES, PLANTAIN CHIPS, OR YUCA CHIPS

\$4.75

# Try Our New Soups

Made in house, every morning

\$6.00

## MONDAY:

Pumpkin and ginger soup.

## TUESDAY:

Leek soup.

## WEDNESDAY:

Slow cooker lentil soup.

## THURSDAY:

Tomato and red pepper soup.

## FRIDAY:

Pumpkin and ginger soup.

## SUNDAY:

Green pea soup with crunchy carrots.

ALL SOUPS ARE PARVE



# Salad Fresh Taste

## CHOPPED MYKONOS SALAD:

Lettuce, cucumber, red onion, cherry tomatoes, crunchy chick peas, and Feta cheese with tzatziki dressing.

\$12.50



Chopped Mykonos Salad

## CRAVING SALAD:

Lettuce, roasted sweet potato, mushrooms, eggplant, beets, and Feta cheese with crunchy carrots, served with honey mustard dressing.

\$13.50



Craving Salad

## EXOTIC SALAD:

Lettuce, feta cheese, cranberries, mango, carrots, and caramelized peanuts with Mediterranean dressing.

\$12.50



Exotic Salad

### ASIAN SALMON SALAD:

Lettuce, grilled salmon, red cabbage, carrots, green soy beans, chives, cashews, wonton served with Peanut dressing.

\$13.50



Asian Salmon Salad

### RUN RUN SALAD:

Lettuce, smoked salmon, avocado, caramelized almonds, carrots, cranberry, mango, toasted sesame served with Mediterranean dressing.

\$12.50



Run Run Salad

### NUTRIFIT SALAD:

Lettuce, white tuna, boiled egg, black olives, tomato, corn, roasted red pepper, chopped almonds served with Vinaigrette dressing.

\$13.00



Nutrifit Salad

### IKE SALAD:

Lettuce, grilled salmon, carrots, mango, avocado, cranberry, caramelized peanuts, and toasted sesame seeds served with honey mustard dressing.

\$13.00



Ike Salad

### GREEK SALAD:

Tomato, cucumber, kalamata olives, and feta cheese. (One size salad)

\$9.00



Greek Salad

### GOOD NEWS

A smaller version of salad is available for

\$8.25

# Artisan Sandwiches (Bread of your choice)

All our Paninis and Wraps are served with french fries, plantain chips, yuca chips, or house salad (lettuce, cherry tomato, black olives and red onion).



Deluxe Cheesse Sandwich

## DELUXE CHEESSE SANDWICH:

Sourdough bread with roasted red peppers, mushrooms, eggplant, mozzarella cheese, and pesto.

\$9.75



Smoked Salmon Panini

## SMOKED SALMON PANINI:

Smoked salmon, cream cheese or tofutti, red onions, and capers.

\$10.75



The Best Tuna Panini

## THE BEST TUNA PANINI:

Marinated White tuna, avocado, tomato, and lettuce.

\$10.25



American Wrap

## AMERICAN WRAP:

Fried egg, roasted peppers, mozzarella, cheese, tomato jelly, arugula, avocado and garlic mayonnaise.

\$10.75



Tuna Green Wrap

## TUNA GREEN WRAP:

Marianted white tuna, lettuce, and tomato with a delicious honey mustard dressing.

\$12.00



Smoked Salmon Green Wrap

## SMOKED SALMON GREEN WRAP:

Smoked Salmon, cream cheese or tofutti, lettuce and avocado.

\$9.75

## GRILLED SALMON WRAP:

Grilled salmon with red cabbage, pickled red onion, roasted peppers, and Chipotle sauce (spicy).

\$10.25



## GRILLED CHEESE

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\$6.50

## Jeffrey's Croissants Sandwich



### MEDITERRANEAN CROISSANT:

Boiled egg, arugula, roasted tomato, roasted eggplant, candied red onion, zucchini, and tzatziki sauce.

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\$8.50



### CROISSANT A LA MODE:

Smoked salmon, cream cheese or tofutti, arugula, tomato, and avocado.

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\$8.50

## Your Favorites



### CRISPY FISH BURGER:

Fish Hamburger with tomato, lettuce, tartar sauce served with French fries.

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\$11.25



### THE BIG CLUB SANDWICH:

Fried egg, yellow cheese, mozzarella cheese, tomato, lettuce, avocado with pink sauce, served with French fries.

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\$12.50

# Fish



Teriyaki Salmon

## TERIYAKI SALMON:

With mashed potatoes and vegetables.

\$19.00



Chili Lime Salmon

## CHILI LIME SALMON:

Salmon marinated with chili and lemon served with a mango sauce and special cilantro rice.

\$19.00



Sweet and Sour Fish

## SWEET AND SOUR FISH:

Crispy fried sea bass, in a tasty sweet and sour sauce with broccoli, peppers, onions, white rice and wanton.

\$17.00



Sea Bass with Mushroom Sauce

## SEA BASS WITH MUSHROOM SAUCE:

Served with sweet potato and vegetables.

\$19.00



Sea Bass in Garlic Sauce

## SEA BASS IN GARLIC SAUCE:

With roasted broccoli and mushrooms served with vegetable rice.

\$19.00



Stir-Fry

## STIR-FRY:

Grilled salmon strips, special tasty rice with celery, carrots, leeks, garlic, broccoli with a Chinese sauce.

\$13.50

### QUINOA STIR-FRY:

Grilled Salmon strips, White and red Quinoa with broccoli, onions, peppers, carrots, garlic, and ginger with a Peanut sauce.

\$14.50

### JEFFREYS FISH AND CHIPS

(Comes with our homemade tartar sauce. Perfect for kids and perfect to share!).

\$13.50

## Pasta Choices

### PENNE ROSE:

With a touch of vodka, garlic, parmesan cheese, salmon and a unique pink sauce.

\$12.50

### RIGATONI WITH A SPECIAL PESTO SAUCE:

With onion, garlic, parmesan cheese and basil.

\$11.75

### SALMON FETUCCINI:

Served in a garlic Alfredo sauce with parmesan cheese and Salmon.

\$11.50

### LINGUINI IN RED POMODORO SAUCE:

Served with roasted tomatoes, fresh basil and parmesan cheese.

\$12.00

### MAC AND CHEESE:

Choose with a White sauce, red sauce, or traditional sauce, sized for Kids.

\$6.50



Penne Rose



Rigatoni with a Special Pesto Sauce



Salmon Fettuccini



Linguini in Red Pomodoro Sauce



Mac and Cheese

# Stove Oven Pizza 12" (8 Slices)

All our pizzas are Chalav Israel, Hamotzi. Made with sourdough and without sugar.



Pizza Margarita

PIZZA MARGARITA FOR KIDS:  
Special Size 6"

\$5.75

PIZZA MARGARITA:  
Napoli sauce and cheese.

\$11.50



Mushroom Pizza

MUSHROOM PIZZA

\$13.50



Arugula Mushroom Pizza

ARUGULA MUSHROOM PIZZA

\$14.00



Pizza with Green Olives or Black Olives

PIZZA WITH GREEN OLIVES OR  
BLACK OLIVES

\$13.50



Capresa Pizza

CAPRESA PIZZA:  
Napoli sauce, tomato, cheese and pesto.

\$13.50



Mediterranean Pizza

MEDITERRANEAN PIZZA:  
Napoli sauce, mozzarella cheese, Feta cheese  
and pesto.

\$14.00

VEGETARIAN PIZZA:  
Napoli sauce, red pepper, mushrooms,  
eggplant, zucchini, corn and cheese.

\$14.00

# Drinks



FRESH ORANGE JUICE _____	\$3.75
FRESH JUICES _____ (Papaya, cantaloupe, watermelon, pineapple)	\$4.00
LEMONADE _____	\$4.00
SODAS _____	\$2.00
BOTTLED WATER _____	\$1.75
PERRIER _____	\$2.75
SNAPPLE _____	\$2.50

	SMALL	LARGE
COFFEE _____	\$2.50	\$3.25
ESPRESSO _____	\$2.50	
COFFEE WITH SPECIAL MILK _____ (Almond, oat, soy, hazelnut)	\$3.00	\$4.00
ICE COFFEE _____		\$4.00
MOCACHINO _____	\$3.00	\$4.00
HOT CHOCOLATE _____	\$3.00	\$4.00
FRAPPUCCINO _____		\$5.75
FRAPPUCCINO MADE WITH GELATO _____		\$6.75
HERBAL TEAS _____		\$3.25

