

Jack's Bistro & "Famous Bagels"



Fresh Local Cuisine

Carpinteria
5050 Carpinteria Ave.
(805) 566-1558 #1

Milpas
53 S. Milpas Street
(805) 564-4331
(In the Trader Joe's Plaza)

Upper State Street
3891 State Street
(805) 563-2524
(Corner of State & La Cumbre)

All prices subject to change.

Call Jack's to Cater your Next Event
(805) 453-1408

Social & Corporate Catering Available
www.JacksBistros.com

Breakfast Available All Day

Specialties

Served with home fries and choice of toast or two pancakes or bagel with cream cheese or sliced tomato.
*No sides included with item. Substitute soup add \$1.00, fruit cup add \$2.00.

The Works	\$9.25
Two eggs any style, home fries, ham, bacon or sausage	
Eggs and Onions	\$8.95
Three scrambled eggs with sauteed onions	
Carpinteria Veggie Scramble	\$9.95
Three eggs with tomatoes, spinach, artichokes and mushrooms	
Corned Beef Scramble	\$9.50
Three eggs with corned beef	
Salmon Scramble	\$10.50
Three eggs with lox, spinach and cream cheese	
Corned Beef Hash	\$9.95
Two eggs any style on "Carpinteria Style" homemade corned beef hash	
*French Toast	\$5.95
Three pieces of egg bread dipped in a seasoned batter	
*Pancakes Full Stack (5)	\$5.75
Short Stack (3)	\$3.95
*Pancakes	\$6.50
banana, walnut or strawberry	
*222	\$7.95
Two eggs any style, two links of sausage, bacon or two slices of ham, and a choice of two pancakes, two pieces of toast, french toast or any bagel.	
*Bagels Benedict	\$9.25
Poached eggs with sliced ham on a bagel with hollandaise served with home fries. Add Salmon \$2.75	
*Blackstone Benedict	\$10.25
Poached egg, avocado, bacon, tomato on a bagel with hollandaise served with fresh fruit. Substitute smoked salmon add \$2.75	

Sides

Egg Whites add	\$1.00
Two Pancakes	\$2.75
Home Fries	\$2.75
Toast	\$2.00
Ham, Bacon or Sausage	\$2.75
Toasted Bagel	\$1.45
Oatmeal	\$5.50
Chicken Breast	\$3.75
Seasonal Fruit Cup \$3.50 Bowl \$5.50	
LOX (by the slice)	\$2.75
Egg	One \$1.50 Two \$2.50

Bagels

Your choice	\$1.20
Plain, onion, poppy, cinnamon, rye, pumpernickel, everything, bially, salt, sesame, garlic, power, whole wheat, egg, jalapeño, sun-dried tomato, blueberry, cranberry & chocolate	
Specialty Bagels	\$1.99
Cheese only, cheese with onion, jalapeño, mushroom, sun-dried tomato & basil	
Pizza Bagels	\$2.75
Cheese, veggie, pepperoni & pepperoni- jalapeño	
Cream Cheese	
Regular, light, veggie, garlic herb, lox, olive, chive, jalapeño, sun-dried tomato & cinnamon-walnut-raisin	

	2 oz	3.5 oz	1/2 pint	1 pint
Plain	\$1.50	\$1.90	\$3.25	\$6.25
Lox	\$1.75	\$2.90	\$4.60	\$8.20
Lite	\$1.75	\$2.75	\$3.75	\$7.75
Gourmet	\$1.75	\$2.45	\$4.50	\$7.75

Omelettes

Build your own Omelette \$9.95
Three eggs with choice of three ingredients along with home fries and choice of toast, two pancakes or a bagel with cream cheese

- bacon
- sausage
- ham
- chorizo (beef or pork)
- artichoke
- avocado
- spinach
- mushrooms
- olives
- red or green onions
- chives
- tomato
- cheddar, jack, feta, provolone & Swiss cheese

Breakfast Burritos

Burritos served with home fries and salsa on the side

Green Chili Breakfast Burrito	\$8.50
Three scrambled eggs, green chili, jack cheese & fresh cilantro	
The Bomb Breakfast Burrito	\$8.50
Three scrambled eggs, bacon & cheddar cheese	
Chorizo Burrito	\$8.50
Three scrambled eggs, avocado, cheddar & jack cheese	
Deluxe Burrito	\$9.00
Spinach tortilla, scrambled eggs, bacon, avocado, cheddar & jack cheese	
Vegetarian Burrito	\$8.50
Spinach tortilla, scrambled eggs, hummus, avocado, tomato, cucumber, red onion & lemon pepper	

B-EGGL'S

Cheese Bagel add 99¢

Jack's B-Eggl	\$5.50
Two scrambled eggs, cheddar & cream cheese, tomato, red onion & lettuce	
Bacon B-Eggl	\$6.50
Two scrambled eggs, cheddar & cream cheese, with your choice of bacon, ham, grilled chicken, or turkey breast	
Greek B-Eggl	\$5.95
Two scrambled eggs, spinach & feta cheese	
Western B-Eggl	\$6.75
Two scrambled eggs, ham, onion, tomato & bell pepper	
Salmon B-Eggl	\$7.50
Two scrambled eggs, salmon lox, spinach & cream cheese	
Veggie B-Eggl	\$6.50
Two scrambled eggs, onion, bell pepper, mushrooms, tomato & fresh spinach	
Turkish Delight B-Eggl	\$6.50
One scrambled egg, feta cheese, basil & Greek olives	

Bagelwiches

Cheese Bagel add 99¢

The Riviera	\$1.90
bagel with butter & jam	
The Brooklyn	\$3.00
bagel with cream cheese	
The Santa Barbara	\$3.25
bagel with gourmet flavored schmear	
The California	\$4.00
bagel with lox schmear	
The State Street	\$4.75
bagel with any cream cheese, tomato, red onion or cucumber, lemon pepper & a pickle	
The Montecito	\$10.50
bagel with cream cheese, tomato, red onion, Cambridge Lox & a pickle or capers	
The New Yorker	\$10.50
bagel with generous helping of lemon pepper lox, cream cheese, tomato, red onion & a pickle or capers	
Peanut Butter & Jam	\$3.75

Sandwiches

Sandwiches are served with choice of fries, coleslaw, potato salad, or salad.

Substitute soup add \$1.00, fruit cup add \$2.00.

Bread Choices include our own fresh focaccia, wheat, sourdough, NY corn rye or one of Jack's Famous bagels.

Cheese bagel substitution add 99¢.

Grilled Chicken \$9.25
with provolone, pesto mayonnaise, lettuce & tomato

Hope Ranch \$9.50
roasted turkey with cream cheese, 1000 Island dressing, red onion, lettuce & tomato

Smoked Ham and Swiss \$9.25
with Dijon mustard, onion, lettuce & tomato

Egg Salad Sandwich \$7.95
mayonnaise, lettuce & tomato

Roast Turkey \$9.50
roasted turkey breast, lemon pepper, cucumber, onion, pesto mayonnaise, lettuce & tomato

Tuna Salad Sandwich \$9.50
Albacore tuna, mayonnaise, lettuce & tomato

Vegetarian \$7.95
humus, cucumber, avocado, alfalfa sprouts, red onion, lettuce & tomato

Cajun Chicken \$9.50
grilled Cajun chicken breast, provolone cheese, avocado, red onion, mayonnaise, lettuce & tomato

Bacon, Lettuce & Tomato \$8.95
A classic!

California Croissant \$9.50
grilled chicken breast, bacon, avocado, Swiss cheese, mayonnaise, lettuce & tomato

Turkey Bacon Avocado Club \$9.95
The California version.

"Workin' One's Lunch" \$7.50
Try our 1/2 sandwich and side green salad. It's for those on the go! Substitute cup of soup add \$1.00, fruit add \$2.00.

Paninis

Paninis are served with choice of fries, coleslaw, potato salad or salad.

Substitute soup add \$1.00, fruit cup add \$2.00.

Capri \$9.95
chicken breast, provolone cheese, red onion, pesto aioli basil, fresh tomato on a Ciabatta roll

Veggie \$9.95
grilled eggplant, Portobello mushrooms, roasted peppers, caramelized onion, pesto aioli basil, goat cheese on a Ciabatta roll

Baja \$9.95
turkey breast, ham, jack cheese, chipotle mayo, fresh tomato, avocado, red onion on a Ciabatta roll

Gourmet Sandwiches

Sandwiches are served with choice of fries, coleslaw, potato salad or salad.

Substitute soup add \$1.00, fruit cup add \$2.00.

BBQ Tri-Tip Sandwich \$9.25
Tri-Tip steak (6 oz.) on a French roll with onion rings

Reuben Sandwich \$9.25
corned beef (6 oz.) sauerkraut & Swiss on grilled NY corn rye

Turkey Melt \$9.75
roasted turkey, sprouts, tomato, mayonnaise & cheddar on sourdough

Tuna Melt \$9.75
Albacore tuna, jalapenos, grilled onion, Swiss or cheddar, tomato & sprouts on grilled whole wheat bread

Jack's Croissant Sandwich \$6.50
scrambled eggs, cheddar cheese, tomato & avocado

Vienna Dog \$6.50
served with mustard, relish & red onion on a fresh bun

Wraps

A sandwich & a salad all wrapped in a large flavored flour tortilla. Add avocado \$1.00 Add sides \$1.50.

The Santa Fe \$7.95
grilled chicken breast, black beans, red onion, tomato, cilantro, lettuce & chive cream cheese tossed with chipotle vinaigrette & wrapped in a spinach tortilla

Greek to Me \$7.95
grilled chicken breast, artichoke hearts, feta cheese, red onion, lettuce & olive cream cheese tossed with ranch dressing & wrapped in a sun-dried tomato tortilla

Grilled Chicken Caesar \$7.95
Grilled chicken salad in a spinach tortilla

Vegetable Ranch \$7.95
hummus, tomato, cucumber, red onion, alfalfa sprouts & Romaine lettuce tossed with ranch dressing & wrapped in a sun-dried tomato tortilla

Turkey Bacon Avocado Ranch \$9.25
turkey, bacon, avocado, lettuce, tomato & red onion tossed with ranch dressing in a sun-dried tomato tortilla.

Pastas

All pastas served with garlic toast & parmesan cheese.

Chicken Fussili \$9.95
grilled chicken breast with sautéed spinach & mushrooms in Alfredo sauce.

Penne Mediterranean \$9.50
chicken breast, sun-dried tomato, artichoke hearts, red onion, black olives & fresh herbs sauteed

1/2 Pasta & 1/2 Caesar Chicken Salad \$10.50

Salads & Soups

All salads served with garlic toast

Grilled Chicken Caesar \$9.95
grilled chicken breast, Romaine, Parmesan cheese, homemade croutons & our spicy Caesar dressing

1/2 Grilled Chicken Caesar Salad \$7.75

Jack's Caesar Salad \$6.95
Romaine, parmesan cheese, bagel croutons & our spicy Caesar dressing

Chinese Chicken Salad \$9.95
grilled chicken breast & mandarin oranges tossed with sesame ginger vinaigrette. Topped with crispy noodles & almonds.

1/2 Grilled Chinese Caesar Salad \$7.75

California Cobb \$10.50
This is our version of the classic. Our own roasted turkey, bacon, tomato, egg, avocado & blue cheese with ranch dressing on the side.

1/2 California Cobb Salad \$8.50

BBQ Chicken Salad \$10.50
BBQ chicken breast, Romaine, tomato, red onion, black beans, corn, cheddar cheese, tortilla strips, cilantro & tossed with ranch dressing.

1/2 Grilled BBQ Chicken Salad \$8.50

Greek Chicken Salad \$9.95
grilled chicken breast, kalamata olives, red onion, tomato, feta cheese & lettuce tossed in a Mediterranean dressing.

1/2 Greek Chicken Salad \$7.75

Garden Salad \$9.95
fresh Romaine lettuce, cucumbers, avocado, sprouts, red onion, mushrooms, tomato & croutons

Sandwich/Soup/Salad Combo \$11.50

1/2 sandwich with bowl of soup, or

1/2 sandwich with 1/2 salad, or

a bowl of soup with 1/2 salad

Soup Meal Cup \$4, Bowl \$6, Quart \$11

Ask server for our homemade soup of the day:

Chicken Tortilla soup with avocado, Tuscan Bean, Split Pea with Ham & Clam Chowder Served with bagel chips.

Patsy's NY Chili Cup \$4.50, Bowl \$6.50

Served with Garlic Bread.

Served Saturday & Sunday

Beer and Wine

Domestic Beers \$3.00

Coors Light, Corona & Sierra Nevada

Imported Beers \$3.25

Amstel Light & Heineken

Wines by the glass while dining in.

Island Brewing Pale Ale \$3.75

Chardonnay & Cabernet \$4.00

Mimosa \$6.50

Champagne \$4.00

Burgers

All burgers are 1/2 pound, charbroiled medium & are served with lettuce, tomato & red onion on a sesame seed bun. Served with your choice of fries, coleslaw, potato salad or salad.

Substitute soup add \$1.00, fruit cup add \$2.00.

Avocado Club Burger \$9.50
avocado, bacon & cheddar cheese

Carpinteria Cheeseburger \$8.25
Cheddar cheese, 1000 Island dressing

BBQ Beach Burger \$8.95
Bacon, grilled onion, cheddar cheese and BBQ sauce

Garden Burger \$7.95
Grains, nuts, seeds & mushrooms with choice of cheese & 1000 island dressing

Turkey Mushroom Burger \$8.95
Ground turkey, sautéed mushroom & Swiss cheese

Sides

Fresh Baked Cookie \$.75

Chocolate du CaliBressan log \$2.75

Muffins \$2.25

Plain Croissant \$2.25

Coleslaw \$2.50

Potato Salad \$2.50

Side Salad \$3.75

Shoestring Fries \$2.50

Seasoned Curly Fries Fries \$2.75

Beer Batter Onion Rings \$3.50

Beverages

Create your own smoothie! \$4.50

Choice of two of the following: Strawberry, Banana, Mango, Peach, Vanilla & Chocolate, topped with whipped cream.

	Small	Regular	Large
Peet's Coffee	\$1.60	\$1.75	\$1.95
Coffee Refill			\$.50
Café Latte	\$2.50	\$3.10	\$3.35
Soy Latte	\$2.75	\$3.60	\$4.10
Cappuccino	\$2.50	\$3.10	\$3.35
Café Mocha	\$3.00	\$3.50	\$3.75
Hot Chocolate	\$2.00	\$2.35	\$2.75
Blended Ice Vanilla Mocha			\$4.00
Espresso	1 shot		\$1.45
	2 shots		\$1.75
	3 shots		\$2.05
Shot of Gourmet Flavored Syrup			\$1.00
Peet's Tropical Iced Tea			\$2.50
Sodas with refills			\$1.85

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