

# JACK'S To Go!

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 La Cumbre Road  
(805) 563-2524  
(Corner of state & La Cumbre)

Call Jack's  
to Cater your  
Next Event

(805) 453-1408

## JACK'S BISTRO

& "Famous Bagels"

JacksBistros.com

All prices subject to change.

## Breakfast—served 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 fruit \$1.00.

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

### Sides

<b>Egg whites add</b>	<b>\$1.00</b>
<b>Two Pancakes</b>	<b>\$2.75</b>
<b>Home Fries</b>	<b>\$2.75</b>
<b>Toast</b>	<b>\$2.00</b>
<b>Ham, Bacon, or Sausage</b>	<b>\$2.75</b>
<b>Toasted Bagel</b>	<b>\$1.25</b>
<b>Oatmeal</b>	<b>\$5.50</b>
<b>Chicken Brest</b>	<b>\$3.75</b>
<b>Seasonal Fruit</b>	Cup \$3.50, Bowl \$5.50
<b>Lox (by the slice)</b>	<b>\$2.75</b>
<b>Egg</b>	One \$1.50, Two \$2.50

### Omlettes

**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

Each add'l at \$1.00. Substitute fruit \$1.00

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

### Breakfast Burritos

Burritos served with home fries and salsa on the side

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

### B-EGGL'S

Cheese Bagel add 89¢

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

## Bagels

**Your choice** **\$1.10**  
Plain, onion, poppy, cinnamon, rye, pumpernickel, everything, bially, salt, sesame, garlic, power, whole wheat, egg, jalapeno, sun-dried tomato, blueberry, cranberry and chocolate

**Specialty Bagels** **\$1.99**  
Cheese only, cheese with onion, jalapeno, mushroom, sun-dried tomato and basil

**Pizza Bagels** **\$2.75**  
Cheese, veggie, pepperoni, and pepperoni-jalapeno

**Cream Cheese**  
Regular, light, veggie, garlic herb, lox, olive, chive, jalapeno, sun-dried tomato and cinnamon-walnut-raisin  
2 ounces **\$1.40**, 3.5 ounces **\$1.90 - \$2.45**

### Bagelwiches

Cheese Bagel add 89¢

<b>The Riviera</b> bagel with butter and jam	<b>\$1.65</b>
<b>The Brooklyn</b> bagel with cream cheese	<b>\$2.75</b>
<b>The Santa Barbara</b> bagel with gourmet favored schmear	<b>\$3.00</b>
<b>The California</b> bagel with lox schmear	<b>\$3.75</b>
<b>The State Street</b> bagel with any cream cheese, tomato, red onion or cucumber, lemon pepper and a pickle	<b>\$4.50</b>
<b>The Montecito</b> bagel with cream cheese, tomato, red onion, Cambridge Lox, and a pickle or capers	<b>\$10.25</b>
<b>The New Yorker</b> bagel with generous helping of pastrami lox, cream cheese, tomato, onion, lemon pepper & a pickle	<b>\$10.25</b>
<b>Peanut Butter &amp; Jam</b>	<b>\$3.50</b>

## Beverages

<b>Create your own smoothie!</b>	<b>\$4.00</b>
Choice of two of the following: Strawberry, Banana, Mango, Peach, Vanilla and Chocolate, topped with whipped cream.	
<b>Peet's Coffee</b> Sm \$1.60 Reg \$1.75 Lge	<b>\$1.95</b>
<b>Coffee refill</b>	<b>\$ .50</b>
<b>Café Latte</b> Sm \$2.50 Reg \$3.10 Lge	<b>\$3.35</b>
<b>Soy Latte</b> Sm \$2.75 Reg \$3.60	<b>\$4.10</b>
<b>Cappuccino</b> Sm \$2.50 Reg \$3.10 ge	<b>\$3.35</b>
<b>Café Mocha</b> Sm \$3.00, Reg \$3.50 ge	<b>\$3.75</b>
<b>Hot Chocolate</b> \$2.00, Reg \$2.35 ge	<b>\$2.75</b>
<b>Blended Ice Vanilla Mocha</b>	<b>\$4.00</b>
<b>Expresso 1 shot</b>	<b>\$1.45</b>
2 shots	<b>\$1.75</b>
3 shots	<b>\$2.05</b>
<b>Shot of Gourmet Flavored Syrup</b>	<b>\$1.00</b>
<b>Zhena's Custom Blend Iced &amp; Hot Teas</b>	<b>\$2.50</b>
<b>Sodas with refills</b>	<b>\$1.85</b>

# Sandwiches

Sandwiches are served with your choice of fries, coleslaw, potato salad, soup or salad. Substitute fruit cup add \$1.00.

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

Cheese bagel substitution add 89¢.

<b>Grilled Chicken</b>	<b>\$9.25</b>
with provolone, pesto mayonnaise, lettuce & tomato	
<b>Hope Ranch</b>	<b>\$9.50</b>
roasted turkey with cream cheese, 1000 Island dressing, onion, lettuce & tomato	
<b>Smoked Ham and Swiss</b>	<b>\$9.25</b>
with Dijon mustard, onion, lettuce & tomato	
<b>Egg Salad Sandwich</b>	<b>\$7.95</b>
mayonnaise, lettuce & tomato	
<b>Roast Turkey</b>	<b>\$9.50</b>
our in house roasted turkey breast, lemon pepper, cucumber, onion, pesto mayonnaise, lettuce & tomato	
<b>Tuna Salad Sandwich</b>	<b>\$9.50</b>
made with Albacore tuna, mayonnaise, lettuce & tomato	
<b>Vegetarian</b>	<b>\$7.95</b>
hummus, cucumber, avocado, alfalfa sprouts, onion, lettuce & tomato	
<b>Cajun Chicken</b>	<b>\$9.50</b>
grilled Cajun chicken breast, provolone cheese, avocado, onion, mayonnaise, lettuce & tomato	
<b>Bacon, Lettuce &amp; Tomato</b>	<b>\$8.95</b>
A classic!	
<b>California Croissant</b>	<b>\$9.50</b>
grilled chicken breast, bacon, avocado, Swiss cheese, mayonnaise, lettuce & tomato	
<b>Turkey Bacon Avocado Club</b>	<b>\$9.95</b>
The California version.	
<b>“Workin’ One’s Lunch”</b>	<b>\$7.50</b>
Try our ½ sandwich and side green salad. It's for those on the go! Substitute cup of soup or fruit add \$1.00	

# Paninis

Paninis are served with your choice of fries, coleslaw, potato salad, soup or salad. Substitute fruit cup add \$1.00.

<b>Capri</b>	<b>\$9.95</b>
chicken breast, provolone cheese, red onion, pesto aioli basil, fresh tomato on a Ciabatta roll	
<b>Veggie</b>	<b>\$9.95</b>
grilled eggplant, Portobello mushrooms, roasted peppers, caramelized onion, pesto aioli basil, goat cheese on a Ciabatta roll	
<b>Baja</b>	<b>\$9.95</b>
turkey breast, ham, jack cheese, chipotle mayo, fresh tomato, avocado, red onion on a Ciabatta roll	

# Gourmet Sandwiches

Sandwiches are served with your choice of fries, coleslaw, potato salad, soup or salad. Substitute fruit cup add \$1.00.

<b>Barbeque Tri-Tip Sandwich</b>	<b>\$9.25</b>
Tri-Tip steak (6 oz.) on a French roll with onion rings	
<b>Reuben Sandwich</b>	<b>\$9.25</b>
corned beef (6 oz.), sauerkraut & Swiss on grilled rye	
<b>Turkey Melt</b>	<b>\$9.75</b>
roasted turkey, sprouts, tomato, mayonnaise & cheddar on sourdough	
<b>Tuna Melt</b>	<b>\$9.75</b>
Albacore tuna, jalapenos, grilled onion, Swiss or cheddar, tomato and sprouts on grilled whole wheat bread	
<b>Jack's Croissant Sandwich</b>	<b>\$8.95</b>
scrambled eggs, cheddar cheese, tomato & avocado	
<b>Vienna Dog</b>	<b>\$6.50</b>
served with mustard, relish and onion on a fresh bun	

# Wraps

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

<b>The Santa Fe</b>	<b>\$7.95</b>
grilled chicken breast, black beans, red onion, tomato, cilantro, lettuce and chive cream cheese tossed with chipotle vinaigrette and wrapped in a spinach tortilla	
<b>Greek to Me</b>	<b>\$7.95</b>
grilled chicken breast, artichoke hearts, feta cheese, red onion, lettuce and olive cream cheese tossed with ranch dressing and wrapped in a sun-dried tomato tortilla.	
<b>Grilled Chicken Caesar</b>	<b>\$7.95</b>
grilled chicken salad in a spinach tortilla	
<b>Vegetable Ranch</b>	<b>\$7.95</b>
hummus, tomato, cucumber, red onion, alfalfa sprouts, and romaine lettuce tossed with ranch dressing and wrapped in a sun-dried tomato tortilla	
<b>Turkey Bacon Avocado Ranch</b>	<b>\$9.25</b>
turkey, bacon, avocado, lettuce, tomato and red onion tossed with ranch dressing in a sun-dried tomato tortilla.	

# Pastas

All pastas served with garlic toast and parmesan cheese.

<b>Chicken Fussili</b>	<b>\$9.95</b>
grilled chicken breast with sauteed spinach & mushrooms in alfredo sauce.	
<b>Penne Mediterranean</b>	<b>\$9.50</b>
chicken breast, sun-dried tomato, artichoke hearts, red onion, black olives, & fresh herbs sauteed in olive oil, topped with feta cheese	
½ Pasta and ½ Caesar Chicken Salad	<b>\$10.50</b>

# Salads & Soups

All salads served with garlic toast

<b>Grilled Chicken Caesar</b>	<b>\$9.95</b>
grilled chicken breast, romaine, parmesan cheese, homemade croutons, and our spicy Caesar dressing	
½ grilled Chicken Caesar Salad	<b>\$7.75</b>
<b>Jack's Caesar Salad</b>	<b>\$6.95</b>
romaine, parmesan cheese, homemade croutons, and our spicy Caesar dressing	
<b>Chinese Chicken Salad</b>	<b>\$9.95</b>
grilled chicken breast and mandarin oranges tossed with sesame ginger vinaigrette. Topped with crisp noodles & almonds.	
½ Grilled Chinese Chicken Salad	<b>\$7.75</b>
<b>California Cobb</b>	<b>\$10.50</b>
This is our version of the classic. Our own roasted turkey, bacon, tomato, egg, avocado and blue cheese with ranch dressing on the side.	
½ Grilled California Cobb Salad	<b>\$8.50</b>
<b>Barbeque Chicken Salad</b>	<b>\$10.50</b>
barbeque chicken breast, romaine, tomato, onion, black beans, corn, cheddar cheese, tortilla strips, cilantro & tossed with ranch dressing.	
½ Grilled Barbeque Chicken Salad	<b>\$8.50</b>
<b>Greek Chicken Salad</b>	<b>\$9.95</b>
grilled chicken breast, kalamata olives, red onion, tomato, feta cheese & lettuce tossed in a Mediterranean dressing.	
½ Greek Chicken Salad	<b>\$7.75</b>
<b>Garden Salad</b>	<b>\$7.95</b>
fresh Romaine lettuce, cucumber, avocado, sprouts, red onion, mushrooms, tomato, and croutons	
<b>Sandwich/Soup/Salad Combo</b>	<b>\$11.50</b>
½ sandwich with bowl of soup, or ½ sandwich with ½ salad, or a bowl of soup with ½ salad,	
<b>Soup Meal</b>	<b>Cup \$3.50, Bowl \$5.50, Quart \$11</b>
Ask server for our homemade soup of the day: Chicken Noodle, Tortilla soup with avocado, Tuscan Bean, Split Pea with Ham, Beef Mushroom & Barley, Chili. Served with bagel chips.	
<b>Beef Stew Meal</b>	<b>Cup \$4.50, Bowl \$6.50, Qt \$13</b>
with Garlic Bread Served Friday and Saturday	

Ask about our Bistro Specials and Recession Busters

# Call in your order to-Go

Carpinteria (805) 566-1558 #1  
Milpas (805) 564-4331  
Upper State Street (805) 563-2524

All prices subject to change.

# Burgers

All burgers are 1/3 pound, charbroiled medium and are served with lettuce, tomato and red onion on a sasame seed bun. Served with your choice of fries, coleslaw, potato salad, soup or salad. Substitute fruit \$1.00.

Burgers available at Carpinteria and Milpas Only

<b>Avocado Club Burger</b>	<b>\$9.50</b>
avocado, bacon and cheddar cheese	
<b>Carpinteria Cheeseburger</b>	<b>\$8.25</b>
Cheddar cheese, 1000 Island dressing	
<b>Barbecue Beach Burger</b>	<b>\$8.95</b>
bacon, grilled onion, cheddar cheese and barbecue sauce	
<b>Garden Burger</b>	<b>\$7.95</b>
grains, nuts, seeds and mushrooms with choice of cheese and 1000 island dressing	
<b>Turkey Mushroom Burger</b>	<b>\$8.95</b>
ground turkey, sauteed mushrooms and Swiss cheese	

# Sides

<b>Fresh Baked Cookie</b>	<b>\$2.25</b>
<b>Muffins</b>	<b>\$2.75</b>
<b>Plain Croissant</b>	<b>\$2.25</b>
<b>Coleslaw</b>	<b>\$2.50</b>
<b>Potato Salad</b>	<b>\$2.50</b>
<b>Side Salad</b>	<b>\$3.75</b>

Available at Carpinteria Only:

<b>Shoestring Fries</b>	<b>\$2.50</b>
<b>Seasoned Curly Fries</b>	<b>\$2.75</b>
<b>Beer Batter Onion Rings</b>	<b>\$3.50</b>

# Beer & Wine

<b>Domestic Beers</b>	<b>\$3.00</b>
Coors Light, Corona & Sierra Nevada	
<b>Imported Beers</b>	<b>\$3.25</b>
Amstel Light & Heineken	

Draft Beer and Wines by the glass  
Available in Carpinteria while dining in.

<b>Island Brewing Pale Ale</b> on draft	<b>\$3.75</b>
<b>Chardonnay &amp; Cabernet</b>	<b>\$4.00</b>
<b>Mimosa</b>	<b>\$6.50</b>
<b>Champagne</b>	<b>\$4.00</b>

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