

# J. THEODORE

RESTAURANT & BAR

## THE START

### JAR OF LOBSTER | 28

chopped maine lobster tail | melted garlic butter | grilled bread | lemon

### SHRIMP COCKTAIL | 17

jumbo shrimp | garlic aioli | cocktail sauce with a mango pico

### SESAME SEARED AHI TUNA | 19

\*ahi tuna | avocado | lemon garlic aioli | soy sauce | served rare

### THE J. THEODORE BOARD | 25

chefs choice of cheese and charcuterie | nuts | olives | honey | seasonal jam | stone ground mustard | baguette | naan

### SOCIAL DIPS | 17

raw vegetables | garlic hummus | roasted pepper spread | tzatziki | naan bread

### BACON & EGGS | 15

candied bacon | deviled eggs

### AVOCADO TOAST | 14

fresh avocado | sourdough bread | elote | red onion | tomato | feta | red pepper (VEG)... add egg for \$1

### TRUFFLE PARM FRIES | 10

fries | truffle oil | parmesan cheese

### CRISPY BRUSSEL SPROUTS | 15

crispy brussel sprouts | vinaigrette | parmesan | lemon garlic aioli

### CALAMARI | 17

lightly breaded calamari | breaded green beans | grilled lemon | Choice of sweet chili sauce or marinara

### BRIOCHE CHEESEBURGER SLIDERS | 15

three prime beef sliders | cheddar | grilled onions | housemade aioli

### HEIRLOOM TOMATO BURRATA | 19

fresh burrata | heirloom tomatoes | balsamic reduction | basil | pesto | EVOO | onion | grilled sourdough bread (GF\* without bread)

### MEATBALLS AL FORNO | 15

meatballs | housemade marinara | parmesan cheese

## FLATBREADS

### MARGHERITA | 17

vine-ripe tomatoes | mozzarella | basil | EVOO | sea salt

### PROSCIUTTO & FIG | 20

prosciutto | fig jam | arugula | goat cheese | balsamic reduction

### GRILLED CHICKEN PESTO | 19

grilled chicken | tomatoes | italian seasoning | basil pesto

### SPICY SHRIMP & BACON | 21

sautéed \*shrimp | bacon | onion | tomatoes | red chilies | goat cheese | avocado | garlic aioli

## THE PLATES

### SIGNATURE CAST IRONS

*your choice of housemade reduction: marniere | rouge | provencal*

### CAST IRON MUSSELS | 25

steamed p.e.i. mussels | garlic | parsley | butter

### CAST IRON JUMBO SHRIMP | 28

jumbo shrimp with your choice of house made reduction

**+add fries | 5 or truffle parm fries | 8**

### GRILLED CHICKEN PENNE PESTO PASTA | 25

grilled chicken breast\* | penne | tomato | basil pesto | parmesan

### SHRIMP DIABLO | 29

spicy sautéed \*shrimp | spaghetti | EVOO | minced garlic | parsley | red pepper flakes | lemon butter wine sauce

### CHICKEN PAILLARD | 26

chicken breast | white wine lemon caper sauce | mashed potatoes | green beans

### STEAK FRITES | 36

NY strip\* | red wine pan jus | fries | white vinaigrette dressed greens

## SOUP

### FRENCH ONION | 10

onions | gruyere cheese | garlic | thyme | toasted baguette

### SOUP DU JOUR | 9

chef's choice, made in house daily

## FROM THE GARDEN

### FRESH SPRING SALAD | 16

quinoa | mixed greens | strawberries | feta cheese | candied pecans | maple mustard vinaigrette

### ITALIAN CHOP SALAD | 19

romaine | scallions | tomatoes | chickpeas | olives | salami | prosciutto red onions | red wine vinaigrette

### THE JT COBB | 18

grilled chicken breast | romaine | avocado | hard boiled egg | crumbled bleu cheese | bacon | tomato | cucumber | bleu cheese dressing

### MEXICAN SHRIMP TACO SALAD | 20

grilled shrimp | mixed greens | chopped red cabbage | cilantro | tomatoes | mango pico | honey sriracha lime vinaigrette

### CHICKEN MILANESE SALAD | 19

breaded chicken breast | arugula | heirloom tomatoes | shaved parm | balsamic reduction | lemon citrus vinaigrette

### BBQ STEAK SALAD | 19

prime beef\* | romaine | cilantro | corn | black beans | tomatoes | monterey jack cheese | ranch dressing | BBQ sauce

## HANDHELDS

\*All tacos come with elote

### GRILLED PORTOBELLO TACOS | 16

portobello mushroom | avocado | red cabbage | cilantro | jalapeno crema

### SPICY SHRIMP TACOS | 19

shrimp\* | cilantro lime slaw

### AHI TUNA TACOS | 19

ahi tuna\* | avocado | mango salsa | garlic ginger slaw | jalapeno crema | flour tortilla | served rare

### KOREAN STEAK TACOS | 18

prime beef\* | cilantro | avocado | red cabbage | flour tortilla | siracha mayo

### SWEET CHILI FRIED CHICKEN SANDWICH | 19

southern fried chicken | crisp coleslaw | lettuce | tomato | white cheddar | sweet chili sauce

### WAGYU BURGER - FRENCH, AMERICAN | 19

1/2 Lb. \*wagyu beef | served with fries

FRENCH: gruyere | mushrooms | grilled onions | garlic aioli

AMERICAN: cheddar | lettuce | tomato | onion | pickles on the side

## SANDWICHES

\* all sandwiches come with fries

### GRILLED CHICKEN PESTO | 16

grilled chicken | balsamic tomato | baby field greens | french roll

### CROQUE MONSIEUR | 16

pan grilled french bread | honey ham | gruyere | béchamel sauce | pommes frites (madame - add cooked egg \$1)

### THE BLT | 14

bacon | lettuce | tomato | cheddar cheese | aioli | wheat berry toast

### ROASTED RED PEPPER VEGETARIAN | 14

roasted red pepper | mushroom | tomato | onion | avocado | baby field greens | provolone | garlic aioli | french roll

### CHICKEN PECAN SALAD | 14

shredded chicken | baby field greens | Pecan | Tomato | wheat berry toast

### FRENCH DIP | 22

prime rib | swiss cheese | french roll | au jus

### TURKEY CLUB | 14

turkey | bacon | avocado | tomato | garlic aioli | cheddar | croissant

Please let us know if you have any allergies. Some of our menu items contain nuts, dairy or gluten

\*These items may be served raw or undercooked, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

18% Gratuity will be added to groups of 8 or larger  
Split Charge \$5