

# J. THEODORE

RESTAURANT & BAR

## COLD BAR

### JAR OF LOBSTER | 22

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

### SHRIMP COCKTAIL | 16

jumbo shrimp | garlic aioli | cocktail sauce with a J.Theodore twist

### SESAME SEARED AHI TUNA | 18

\*ahi tuna | white vinaigrette dressed greens | lemon aioli | served rare

## THE START

### THE J.THEODORE BOARD | 17

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

### SOCIAL DIPS | 15

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

### TRUFFLE PARM FRIES | 10

fries | truffle oil | parmesan cheese

### CRISPY BRUSSEL SPROUTS | 13

brussel sprouts | garlic aioli | parmesan

### BACON & EGGS | 13

candied bacon | deviled eggs

### AVOCADO TOAST | 14

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

### SWEET CHILI CALAMARI | 14

lightly breaded calamari | sweet chili sauce | grilled lemon

### BRIOCHE CHEESEBURGER SLIDERS | 14

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

## HOUSEMADE FLATBREADS

### MARGHERITA | 13

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

### PORK & FIG | 14

bacon | fig jam | arugula | goat cheese | EVOO

### GRILLED CHICKEN PESTO | 14

grilled chicken | olive oil | italian seasoning | basil pesto

### SPICY SHRIMP & BACON | 17

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

## FROM THE SEA

### SIGNATURE CAST IRONS

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

### CAST IRON MUSSELS | 20

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

### CAST IRON JUMBO SHRIMP | 25

jumbo shrimp with your choice of house made reduction

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

### WILD ALASKAN SALMON | 28

wild alaskan \*salmon | seared diver scallops | lemon butter wine sauce | avocado risotto | balsamic glaze

### SEARED DIVER SCALLOPS | 32

\*scallops | spring vegetable | risotto | lemon butter wine sauce | balsamic reduction | arugula | tomato | onion

### SHRIMP DIABLO | 23

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

### SEAFOOD PASTA | 29

p.e.i. mussels | jumbo shrimp | lobster | spaghetti | EVOO | minced garlic | parsley | light red sauce

## SOUP

### FRENCH ONION | 8

onions | gruyere cheese | garlic | thyme | toasted baguette

### SOUP DU JOUR | 8

chef's choice, made in house daily

## FROM THE GARDEN

**add a protein:** steak\* + 9 | chicken breast + 6 | shrimp + 8 | seared ahi tuna + 10

### THE UPTOWN | 11

spring mix | avocado | tomato | radish | sharp cheddar | crispy shallots | house vinaigrette

### COASTAL CAESAR | 11

brussel sprouts | parmesan | rustic croutons | classic caesar dressing

### THE JT COBB | 11

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

### BLT STEAK\* SALAD | 19

prime beef\* | mixed greens | avocado | bacon | tomato | almonds | chili vinaigrette | horseradish cream

## HANDHELDS

### GRILLED PORTOBELLO TACOS | 14

portobello mushroom | zucchini | guacamole | queso blanco (VEG,GF)

### SPICY SHRIMP TACOS | 16

shrimp\* | cilantro lime slaw

### CHICKEN STREET TACOS | 13

chicken breast\* | cilantro | onion | lime | house made salsa

### STEAK STREET TACOS | 14

prime beef\* | cilantro | onion | lime | house made salsa

### SWEET CHILI FRIED CHICKEN SANDWICH | 17

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

### WAGYU BURGER - FRENCH, AMERICAN | 15

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

FRENCH: gruyere | mushrooms | garlic aioli

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

## FROM THE FARM

### GRILLED CHICKEN PENNE PESTO PASTA | 21

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

### SPAGHETTI ALLA CARBONARA | 21

chicken breast\* | bacon | spaghetti | EVOO | chopped garlic cloves | chopped flat-leaf parsley

### CHICKEN PAILLARD | 21

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

### ROASTED CHICKEN | 23

bone in chicken | brussels sprouts | loaded mashed potatoes | white wine lemon caper sauce

### TOMAHAWK PORK CHOP | 26

bone-in center cut 10oz pork chop | calvado reduction | sauteed asparagus | mashed potatoes

### STEAK FRITES | 29

NY strip\* | red wine pan jus | fries

### PETITE FILET | 44

8oz filet\* | loaded mashed potatoes | asparagus | red wine pan jus

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