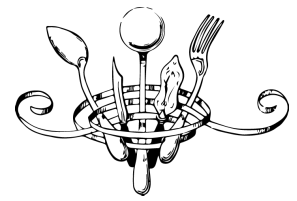


EFFY'S KITCHEN



1567 LEXINGTON AVE

Breakfast Platters

SHAKSHUKA \$11.95

Two Eggs Cook In Stewed Tomato Sauce - Serves With Hummus, Chopped Salad and Whole Wheat Pita

THREE EGG SCRAMBLED \$11.95

Three Egg Scrambled With Mushroom, Feta and Sauteed Onion- Served with Chopped Salad and Whole Wheat Toast

AVOCADO TOAST AND EGGS \$11.95

Avocado Salad On Toasted Pita With Two Eggs Sunny Side Up - Served With Side Chopped Salad

MIDDLE EASTERN BREAKFAST \$12.95

Two Egg Any Style, Hummus, Labneh, Grilled Halloumi, Chopped Salad and A Whole Wheat Pita

EFFY'S BREAKFAST \$13.95

Two Eggs Any Style - Served With Hummus, Eggplant Salad, Tuna Salad, Labneh, Feta, Chopped Salad and A Whole Wheat Pita

CHALLAH FRENCH TOAST \$10.95

Served With Seasonal Berries and Banana

BUTTERMILK PANCAKE \$10.95

Served With Seasonal Berries and Banana

BLUEBERRY PANCAKE \$11.95

Served With Seasonal Berries and Banana

WAFFLE \$10.95

Served With Seasonal Berries and Banana

CHEDDAR WAFFLE AND AND CHICKEN SCHNITZEL \$13.95

Served with Spicy Syrup

Omelette

Choice of Two Side Dishes : Toast, Baguette, Home Fried, And Chopped Salad.

CALIFORNIA OMELETTE \$12.95

With Mushroom, Avocado And Cheddar

GREEK OMELETTE \$11.95

With Spinach, Olive and Feta

ITALIAN OMELETTE \$11.95

With Pesto, Tomato and Mozzarella

GOAT CHEESE OMELETTE \$12.95

With Spinach and Tomato

SMOKED SALMON OMELETTE \$14.95

With Smoked Salmon, Red Onion, And Cream Cheese

VEGGIE OMELETTE \$12.95

Spinach, Onion, Tomato and Avocado

MIDDLE EASTERN OMELETTE \$13.95

Halloumi, Spinach and Sauted Onion

HEALTHY GREEN OMELETTE \$13.95

Egg White, Spinach, Kale, and Avocado

MEXICAN OMELETTE \$12.95

Jalapeno, Avocado and Cheddar

Small Plates

EGGS & TOAST \$4

BRIOCHE EGGS SANDWICH \$4

Add Cheddar or Mozzarella \$1 Turkey Bacon \$2

EGG, TOAST & HOME FRIES \$6

OATMEAL \$6

Make With Almond Milk - Serves With Berries and Banana

FRUIT SALAD \$5

LABNEH EGG SANDWICH 7

Egg, Labneh, Zaatar, Tomato, Extra Virgin Olive Oil on Brioche Bun

Eggs Wrap

On A Whole Wheat Wrap - Serve With Side Salad or Home Fries

RISE AND SHINE \$8.95

Eggs White, Mozzarella, Tomato and Avocado

ENERGY WRAP \$9.95

Eggs, Spinach, Smoked Turkey, Cheddar

SMOKED SALMON WRAP \$12.95

Eggs, Romain, Tomato, Red Onion, Capers and Cream Cheese

HEALTHY ITALIAN WRAP \$9.95

Eggs, Kale, Mozzarella, Tomato Salsa

TEL AVIV WRAP \$9.95

Eggs, Sauteed Onion, Home Fried and Turkey Bacon

Avocado Toast

On 7g Bread

CLASSIC \$5

ITALIAN \$6

With Tomato and Mozzarella

EGG \$6

With Sunny Side Up Egg

GOAT CHEESE \$6

GREEK \$7

Feta and Sunny Side Up Egg

Side Order

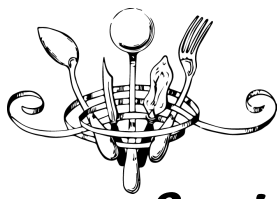
TWO EGGS \$3

HOME FRIES \$4

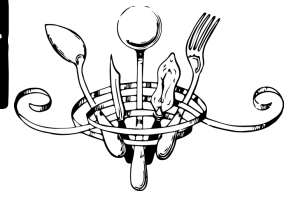
FRENCH FRIES \$4

TURKEY BACON \$4

CHICKEN SAUSAGE \$4



EFFY'S KITCHEN



Sandwiches

Serve With Side Salad or French Fries

FALAFEL WRAP \$9.95

Hummus, Pickles, Tomato, Cucumber, Red Onion, Tahini on Whole Wheat Wrap

FRESH MOZZARELLA SANDWICH \$9.95

Homemade Pesto, Tomato, and Balsamic Vinaigrette on a Baguette

CLASSIC FISH SANDWICH \$12.95

Grilled Tiliapia, Garlic Aioli, Romain, Tomato and Avocado on a Baguette

TUNA MELT \$12.95

With Cheddar and Avocado on 7g Bread

GRILLED CHICKEN SANDWICH \$12.95

Grilled Chicken, Garlic Mayo, Avocado, Lettuce and Tomato on a Baguette

SPICY CHICKEN WRAP \$12.95

Sauteed Chicken With Onion, Hummus, Tomato, Cucumber, Onion, Homemade Spicy Sauce on Whole Wheat Wrap

TUNISIAN TUNA SANDWICH \$12.95

Boiled Egg, Stewed Tomato, Pickle, Olive on a Baguette

SCHNITZEL CHICKEN SANDWICH \$12.95

Hummus, Pickle, Tomato, Romain on Cibatta

TURKEY BLT \$11.95

Turkey Bacon, Tomato, Lettuce, Mayo on Multigrain Bread

SMOKED TURKEY SANDWICH 11.95

Tomato, Lettuce, Brie, With Honey Mustard on Multigrain bread

CHICKEN CAESAR WRAP \$12.95

Romain, Garlic Crouton, Parmesan Cheese on a Whole Wheat Wrap

MEDITERRANEAN GRILLED HALLOUMI WRAP \$12.95

Grilled Halloumi, Hummus, Spinach, Avocado, and Grilled Onion on Whole Wheat Wrap

SPICY FISH SANDWICH \$12.95

Fried Tilapia Fillet, Chipotle Mayo, Jalapeno Hot Sauce, Red Onion, Pickle, Romain, Tomato on Brioche Bun

Grilled Cheese

Serve With Side Salad

Add Soup / French Fries for Extra \$3

GRILLED CHEDDAR \$7.95

Spinach and Avocado

GRILLED MOZZARELLA \$7.95

Homemade Pesto and Tomato

GRILLED HALUMI \$9.95

Avocado, and Tomato

Soup of The Day \$5

Salads

ISRAELI SALAD \$9.95

Romain, Tomato, Cucumber, Onion, Parsley With Lemon Juice, Extra Virgin Olive Oil & Tahini

EFFY'S SALAD \$10.95

Kale, Roasted Sweet Potato, Almond, Avocado With Balsamic Honey Dressing

GREEK SALAD \$10.95

Romain Lettuce, Tomato, Cucumber, Red Onion, Feta, Olives With Extra Virgin Olive Oil & Lemon Juice

GRILLED HALLOUMI SALAD \$13.95

Spinach, Roasted Sweet Potato, Almond, Avocado with Honey Balsamic Dressing

FALAFEL PLATTER \$12.95

Chopped Salad, Eggplant Salad, Labneh, Guacamole, Hummus, Babaganoush and Falafel, Served with Whole Wheat Pita

TEL AVIV SALAD \$11.95

Spinach, Tomato, Cucumber, Chickpea, Boiled Egg, Chicken Schnitzel With Lemon Juice, Olive Oil & Tahini

GOAT CHEESE SALAD \$11.95

Spinach, Tomato, Cucumber, Sunflower Seed, Cranberry With Olive Oil and Lemon Juice Dressing

GRILLED SALMON ASIAN SESAME SALAD \$14.95

Spinach, Tomato, Cucumber, Olive, Feta, Sesame Seeds With Asian Sesame Dressing

CHICKEN CAESAR SALAD \$12.95

Kale/ Romain, Garlic Crouton, Pamerane cheese with Homemade Caesar Dressing

TUNA SALAD \$13.95

Spinach, Tomato, Cucumber, Onion, Chickpea, Pesto, with Virgin Olive Oil and Fresh Squeezed Lemon Juice

MEDITERRANEAN SHRIMP SALAD \$14.95

Spinach, Cucumber, Tomato, Feta, Olive with Extra Virgin Olive Oil and Lemon Juice.

ADD ON

Avocado \$1

Grilled Chicken \$4

Chicken Schnitzel \$4

Grilled Salmon \$6

Grilled Shrimp \$6

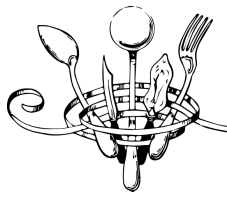
Burger

Served On Brioche Bun- With Lettuce, Tomato, Red Onion, Garlic Aioli and French Fries

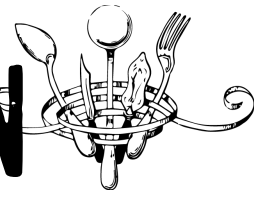
LAMB BURGER \$12.95

HOMEMADE VEGGIE BURGER \$10.95

TURKEY BURGER \$12.95



EFFY'S KITCHEN



To Start

1 For \$6 or 3 For \$16

HUMMUS
Served With Pita

SPICY EGGPLANT
Served With Pita

BABAGANOUSH
Served With Pita

FRIED PICKLES
With Garlic Aioli

FRIED HALLOUMI
With Avocado Dip

MOZZARELLA STICKS
With Marinara Sauce

FALAFEL AND TAHINI

LABNEH
With Zaatar and Extra Virgin Olive Oil

CHICKEN WINGS
With Garlic Aioli

GRILLED HALUMI

MIDDLE EASTERN GUACAMOLE
With Pita

MINI SPINACH PIES WITH GREEK SALAD

Entree

ROASTED BUTTER LEMON SALMON \$14.95
With Sautéed Kale and Mashed Sweet Potato

CHICKEN SCHNITZEL \$14.95
With Mashed Sweet Potato and Chopped Salad

HERBED GRILLED CHICKEN \$14.95
With Mash Sweet Potato and Chopped Salad

FISH AND CHIP \$12.95
Beer Batter Cod Fillet and French Fries

TURKEY MEATBALL \$14.95
With Basmati Rice and Chopped Salad

SHRIMP SCAMPI \$14.95
Sautéed Shrimp with White Wine, Garlic, Butter and Parsley- With Chopped Salad and Basmati Rice

Side Order \$4

SAUTÉED SPINACH

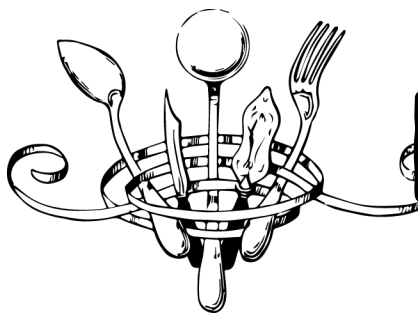
SAUTÉED KALE

FRENCH FRIES

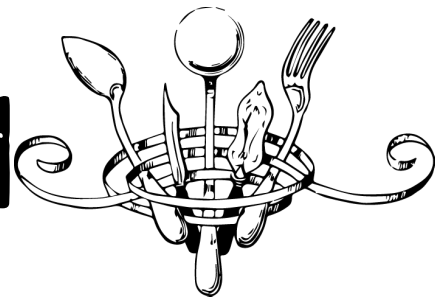
SWEET MASHED POTATO

Dessert

CREAMY SPANISH FLAN \$5
With Berries



EFFY'S KITCHEN



Hot Drink

HOUSE BLEND \$2
HOT CHOCOLATE \$3
AMERICANO 3.5
LATTE 5

VANILLA CHAI \$4
MOCHA \$5.5
ESPRESSO 3

Cold Drink

ICED COFFEE \$3
ICED LATTE \$5.5
ICED AMERICANO \$4
ICED VANILLA CHAI \$5

ICED MOCHA \$5.5
ICED TEA \$3.5
ICED LEMONDAE \$3.5
ICED CAPPUCINO \$5.5

Smoothie \$5.50

VERY BERRY
Blueberry, Strawberry, Banana
SMOOTH STRAWBERRY
Banana, Strawberry
TROPICAL BREEZE
Pineapple, Mango and Orange

PINEAPPLE BREEZE
Pineapple and Banana
MUCHO MANGO
Mango and Strawberry
SUPERCHARGED
Peanut Butter and Banana

Juice \$5.50

DAILY DETOX
Carrot, Ginger, and Celery
SUPER GREEN
Spinach, Kale, Apple, Cucumber and Celery
PURE ENERGY
Carrot and Apple

KALE WHALE
Spinach, Kale, Cucumber, Lemon, Ginger
VERY VEGGIE
Carrot, Spinach, Cucumber, Kale

Soda / Water

SODA \$2
Coke, Diet Coke, Ginger Ale, Seltzer

32OZ WATER \$5

32OZ SAN PELLEGRINO SPARKLING WATER \$5

EFFY'S KITCHEN

Espresso Bar

HOUSE BLEND \$1.95
LATTE/CAPPUCCINO \$4
VANILLA CHAI LATTE \$4
HOT CHOCOLATE \$4
MOCHA \$4.5

MACHIATTO/AMERICANO \$3
ESPRESSO \$2.5
CAFE AU LAIT \$2.25
HOT ORGANIC TEA \$2

HOUSE ICED TEA \$2.5
ICED HOUSE BLEND \$2.5
ICED CAPPUCCINO/LATTE \$4.5
ICED MOCHA \$4.75

Juice Bar / Smoothie / Milkshake \$5.5

DAILY DETOX JUICE
Carrot, Celery, Ginger
VERY VEGGIE JUICE
Carrot, Cucumber, Kale, Spinach
GREEN JUICE
Apple, Cucumber, Celery, Kale, Spinach
PURE ENERGY JUICE
Apple, Carrot, Orange
KALE WALE
Cucumber, Celery, Lemon, Ginger, Kale

SMOOTH STRAWBERRY SMOOTHIE
Banana, Strawberry
VERY BERRY SMOOTHIE
Strawberry, Blueberry, Banana
MUCHO MANGO
Mango, Strawberry
TROPICAL BREEZE
Pineapple, Orange, Mango
PINEAPPLE BREEZE
Banana, Pineapple

CLASS VANILLA MILKSHAKE
STRAWBERRY MILKSHAKE
CHOCOLATE MILKSHAKE
BANANA MILKSHAKE
ESPRESSO MILKSHAKE
MANGO MILKSHAKE
PEANUT BUTTER AND BANANA MILKSHAKE

Beer

DRAUGHT BEER \$6
The SixPoint Lager
Bengali IPA
CORONA \$6
HEINEKEN \$6

NUMERO UNO - AGAVE CERVEZA
Lager With Agave and Lime Zest
OTHERSIDE IPA \$7
DOC'S DRAFT - APPLE CIDER \$7
BAYOU HARD ROOT BEER \$7

Wine

PROSECCO
Treviso - Italy \$7/ \$28
ROSE
Les Violettes - France \$7/ \$28
PINOT GRIGIO
La Villa - Italy \$7/ \$28

CHARDONAY
L'Orangerie \$7/ \$28
SAUVIGNON BLANC
Perigord - France \$8/ \$32
COTES DU RHONE
Les Violettes \$7 / \$32

MERLOT
Torreon De Paredes - Chile \$7 / \$28
MALBEC
Penodo Borges - Argentina \$8 / \$32

Soda / Water

COKE/ DIET COKE/ GINGER ALE/ SPRITE/ SELTZER \$2
LOUISIANA ABITA ROOT BEER \$4
SAN PELLEGRINO SPARKLING WATER \$3
OJ \$4
MIMOSA \$6