

chez shea

Lunch Menu

We are committed to the utilization of exclusively organic ingredients whenever possible.

SOUPS AND SALADS

Soup of the Day		cup \$3.95	bowl \$6.95
Minestra (vegan optional)		cup \$3.95	bowl \$6.95
Seasonal vegetable minestrone with chickpeas, braised chard and chopped vegetables simmered in a fortified vegetable stock, topped with pesto, croutons, and grated Parmesean cheese.			
Black Bean Soup (vegan optional)		cup \$3.95	bowl \$6.95
Vegetarian soup topped salsa fresca and crema fresca.			
Fresh Corn Chowder		cup \$3.95	bowl \$6.95
Creamy vegetarian fresh corn soup.			
House Green Salad	\$8.50	w/chicken \$12.50	w/tiger prawns \$14.50
Caesar Salad	\$8.50	w/chicken \$12.50	w/tiger prawns \$14.50
Heirloom Beet Salad		\$10.50	w/chicken \$13.50
Roasted organic heirloom beets, tossed with an orange glaze, aged balsamic, red onions, feta cheese and toasted Macona almonds.			
Warm Thai Salad		w/chicken \$12.50	w/tiger prawns \$14.50
Fresh seasonal tropical fruit tossed with prawns or chicken in a Thai ginger-tamarind-peanut dressing, served atop baby greens.			
Taco Salad			\$12.50
Housemade flour tortilla shell, Romain lettuce hearts, tossed with your choice of homemade chorizo sausage, chicken or (vegetarian option) portobello mushrooms, black beans, roasted corn, cherry tomatoes, cheddar cheese and avocado topped with mild chipotle vinaigrette dressing and crema fresca..			
Warm Seafood Salad			\$14.95
Grilled fresh seasonal fish and prawns, tossed with harissa vinaigrette served atop baby greens with red onions and cherry tomatoes.			
Ceviche Tostadas			\$13.95
Toasted corn tortillas topped with white fish and shrimp marinated in lime juice, tomato, onion, cilantro, olive oil and diced avocado.			

MEXICAN DELIGHTS (All Mexican dishes are served with black beans and rice)

Enchiladas Verdes, Rojos o Mole			\$13.95
Enchiladas of roasted chicken topped with a tomatillo and sesame seed salsa, or with a chipotle-ranchera salsa or with house made mole, all with queso blanco, crema fresca, chopped onions and cilantro.			
Tacos de Pescado a la Plancha			\$14.50
Seasonal white fish marinated with guajillo chile puree, cooked on the flat grill and served atop corn tortillas with cilantro, onions, heirloom tomatillo milpero salsa and Mexican slaw.			
Tamales Autenticos			\$11.95
2 PORK MOLE OR CHICKEN CHILE VERDE OR ONE OF EACH			
Quesadilla de Pollo con Vegetal (vegetarian optional)			\$11.95
A blend of Mexican cheeses with Chicken, mushrooms and chard, served with house made guacamole and salsa ranchera.			
Chile Relleno del Sur			\$11.95
Fresh poblano chile stuffed with queso blanco, egg battered and baked, served in a spiced tomato broth topped with crema fresca.			
Tacos al Pastor			\$11.95
Three authentic Mexico City mini tacos with seasoned pork shoulder, house made roasted tomato salsa and roasted pineapple.			
Huevos Rancheros			\$11.50
Two fried eggs atop white corn tortillas, slathered in salsa ranchera and sprinkled with Mexican cotija cheese.			
Chilequiles Verdes o Rojos		w/eggs \$11.50	w/chicken \$13.95
Crispy house made toasted white corn tortilla chips smothered in a mild wood roasted tomatillo, cilantro and jalapeño salsa, or salsa ranchera, topped with Mexican Cotija cheese and two fried eggs or roasted chicken, sprinkled with cilantro and diced onions.			
Fajitas	w/chicken \$12.95	w/portobello mushroom \$12.95	w/fresh seasonal fish and tiger prawns \$14.95
Sautéed red bell peppers zucchini onions mild salsa Ranchera tossed with your choice of fresh fish and tiger prawns or chicken or (vegetarian option) portobello mushroom served with rice and beans homemade guacamole sour cream and warm tortillas			

Open for Brunch: Saturday & Sunday from 10:00am to 4:00pm

Open for Lunch: Monday-Friday 11:00am to 3:00pm

Open for Dinner: Monday-Sunday 5:00pm to 8:30pm

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Scallopini di Pollo alla Piccata \$14.50
Chicken breast sautéed with caper, cream, Dijohn mustard, fresh parsley, white wine, lemon pepper and lemon juice tossed with fettuccine pasta .

Lasagna (served w/ house salad) \$14.95
Grass fed ground beef, season with onion, garlic herb and spice, in a marinara and béchamel sauce on layers of pasta sheets topped with ricotta, mozzarella, and Parmesan cheese. Served with house salad .

Fish and Chips \$14.95
Fresh seasonal white fish, dipped in a seasoned beer batter and deep-fried in rice oil, served with housemade french fries, tartar sauce, malt vinegar and cocktail sauce .

Vegetable & Goat Cheese Wrap, (also available as a Rice Bowl) \$11.95
Mixed vegetables sautéed with salsa ranchera, black beans, opal basil, romaine and goat cheese wrapped in a flour tortilla

Thai Vegetable or Chicken Wrap (also available as a Rice Bowl) \$11.95
Sautéed sweet pepper, onions, beans and shredded carrots, with roasted chicken in a peanut dressing, romaine lettuce, white rice and salsa ranchera wrapped in a flour tortilla.

Curry Vegetable Wrap (also available as a Rice Bowl) \$11.95
Sautéed bell pepper and onion, vegetarian curry sauce with raisins and veggies or chicken, jack cheese, white rice, romaine lettuce and salsa ranchera wrapped in a flour tortilla. (served with tortilla chips and slasa except for bowl)

SANDWICHES (served with housemade potato chips, unless otherwise noted)

Shwarma (served w/ house salad) \$12.50
Rotisserie ground beef and lamb, shaved thin, or rotisserie chicken, topped with red onions, tomatoes, lettuce, in a flat bread wrap with tzatziki and red bell pepper-pecan spreads.

Bobotie \$11.50
A South African twist on the classic sloppy Joe, ground Wagyu beef seasoned with apples, bananas, golden raisins, spices, curry, tomatoes, onions and garlic, served on a bun. (also available as rice bowl)

Torta Ugalde \$11.50
A savory blend of carnitas (savory pork), ham, avocado, roasted tomato salsa, queso blanco, lettuce, tomato and onions on a bun with a mild jalapeno mayonnaise.

California Burger (served w/curly fries) \$11.95
Ground Wagyu beef patty, seasoned with shallots, parsley and garlic, grilled and topped with an Asian soy-barbeque sauce on a bun, topped with grilled onions, sautéed wild mushrooms, lettuce, tomato and mayonnaise.

Warm Turkey & Havarti \$10.50
Fresh roasted turkey on the bone, sliced and layered with havarti cheese and caramelized onions served warm on bread topped with mayonnaise and basil pesto.

East-West Fish Taco \$12.50
Fresh fish marinated with Moroccan chermoula and cooked on the griddle, served in flatbread with tzatziki, harissa, tomatoes, onions, lettuce and salsa ranchera.

Albacore Tuna Salad \$10.50
Imported, highest quality albacore tuna, tossed with a lemon-manzanilla olive aioli, celery, red onions, parsley and diced roasted sweet peppers, served atop bun with lettuce and tomato.

Falafel (served w/ house salad) \$11.50
Housemade Cypriot-style fresh chickpea patty fried in rice oil, topped with lettuce, tomatoes, red onions Tzatziki and harissa-red bell pepper-pecan spreads, in a flat bread wrap.

Portabello with Goat Cheese \$11.50
Portabello mushroom grilled and layered with caramelized onions, roasted peppers and braised greens, on a bun topped with a piquillo-pecan spread and goat cheese.

Add House or Caesar Salad \$4.95

FOR THE WEE ONES (for those under 12 please)

Pasta with butter and Parmesan cheese \$4.95 **add chicken** \$7.50

Grilled Cheese Sandwich or Cheese Quesadilla \$4.95 **add chicken** \$7.50
Served with house made chips or fruit.

Peanut Butter & Jelly Sandwich (served w/chips or fruit) \$4.95

Turkey or Ham Sandwich with Jack Cheese (served w/chips or fruit) \$7.50

Hamburger & Fries \$7.50 **add cheese** \$7.95

Plain Roasted Chicken & French Fries \$7.95