

## ITS NOT FISHY!

Salmon Ballotine: Rolled salmon filled with avocado, fake crab and leek above of vegetables and with tabule salad made of quinoa. **B/. 17.00**

Stir Fry: Rice with salmon and vegetables. **B/. 12.00**

Stir Fry Light: Quinoa, Vegetables and salmon chunks. **B/. 13.50**

Grilled fish: Roasted corvina or salmon zucchini, carrots and whole wheat rice corvina with pesto. **B/. 17.00**

Corvina with mushrooms sauce: Corvina with mushroom sauce, sweet potato and vegetables. **B/. 17.00**

Corvina with pesto: Corvina with white quinoa, mushrooms and broccoli. **B/. 17.00**

Teriyaki salmon: Salmon with teriyaki sauce, mashed potatoes, and sauteed vegetables. **B/. 17.00**

Fish and chips. **B/. 12.50**

## PASTA

Olive Linguini: Linguini with marinated tomato, black olives, feta cheese and extra virgin olive oil. **B/. 11.00**

Farfalle pasta with salmon: salmon, candied onion, parmesan cheese and pink sauce. **B/. 11.00**

Spring Penne: Penne with corn, marinated sauce broccoli and tomatos. **B/. 12.00**

Perfect for kids: Penne or linguini pasta with white or red sauce. **B/. 9.00**

## CREPES OH LALA!!!

Crepe with broccoli: broccoli, american cheese and bechamel sauce. **B/. 10.50**

Crepe with mushrooms: mushrooms, onions, cheese and bechamel sauce. **B/. 10.50**

Crepe with corn: corn, cheese and Alfredo sauce. **B/. 10.50**

Nutella and banana crepe. **B/. 7.50**

## STONE OVEN PIZZA

Margarita pizza: Napoli sauce and cheese **B/. 11.50**

Di olive pizza: Napoli sauce, cheese and olives (green or black). **B/. 13.50**

Fungui pizza: Napoli sauce, cheese and mushrooms. **B/. 13.50**

Vegetarian pizza: Napoli sauce, red pepper, mushrooms, eggplant, zucchini, corn and cheese. **B/. 14.00**

Caprese pizza: Napoli sauce, tomato, cheese and pesto. **B/. 13.50**

Mediterranean pizza: Napoli sauce, mozzarella cheese, feta cheese and pesto. **B/. 14.00**

## DRINKS

Big coffee **B/. 3.25**

Small coffee **B/. 2.50**

Frapuccino with flavors **B/. 4.75**

Frapuccino with ice cream **B/. 5.75**

Infusions **B/. 3.25**

Bottle of water **B/. 1.75**

Perrier **B/. 2.75**

Sodas **B/. 2.00**

Fresh orange juice **B/. 3.50**

Fresh natural juices **B/. 3.75**

# Hungry?



### Delivery service

 **6291-0404**



Calle Ramón H. Jurado,  
Frente a Estación Delta, Paitilla  
Panamá City, Panamá



If you want your order Bishul Israel or jalav israel requested when placing the order  
[www.jeffreysbakery.com](http://www.jeffreysbakery.com)

 @jeffreyspty

## BREAKFAST TIME!

Fried eggs with toasts.	<b>B/. 5.95</b>
Scrambled eggs with toasts.	<b>B/. 6.25</b>
Scrambled eggs with tomato and toasts.	<b>B/. 6.50</b>
Shakshuka eggs.	<b>B/. 7.50</b>
Roasted arepa with fried egg, cheese and avocado.	<b>B/. 6.50</b>
Arepa with scrambled eggs, tomato and cheese.	<b>B/. 6.00</b>
Omelette with mushrooms and mozzarella cheese.	<b>B/. 7.25</b>
Omelette 3 eggs whites, one yolk, with tomato and whole wheat toast - light.	<b>B/. 7.50</b>
Omelette double cheese (American and mozzarella cheese.)	<b>B/. 6.50</b>
Roasted arepa	<b>B/. 3.00</b>
Arepa with lettuce, tomato, tuna and avocado.	<b>B/. 6.75</b>
Roasted arepa with mozzarella cheese.	<b>B/. 4.50</b>
Roasted arepa with double cheese: mozzarella and American cheese.	<b>B/. 5.50</b>
Order of 2 pancakes with syrup and butter.	<b>B/. 5.75</b>
Croissant with mozzarella cheese.	<b>B/. 4.00</b>
Whole wheat bread with guacamole, tomato, parsley and olive oil.	<b>B/. 7.00</b>
Bagel with cream cheese or Tofutti.	<b>B/. 4.75</b>
Bagel with cream cheese, smoked salmon and red onion.	<b>B/. 8.75</b>
Order of two toasts with butter and jelly.	<b>B/. 2.50</b>
Nutella french toasts.	<b>B/. 6.25</b>

## APPETIZERS

Spring rolls with sweet and sour sauce.	<b>B/. 6.50</b>
Order of 5 tequeños (Venezuelan cheesesticks).	<b>B/. 5.50</b>
Ceviche with plantain chips.	<b>B/. 10.25</b>
Onion rings.	<b>B/. 7.50</b>
Tartar with salmon.	<b>B/. 10.75</b>
Plantain or yucca chips.	<b>B/. 4.75</b>
Order of french fries.	<b>B/. 4.75</b>
Super Nachos with melted cheese, tomatoes black beans and guacamole.	<b>B/. 12.00</b>

## SANDWICHES

\*All the sandwiches come with french fries, plantain chips or israeli salad in the side.

Flat D Light: Flat bread with mozzarella cheese, American cheese, sautéed mushrooms, and lettuce.	<b>B/. 10.25</b>
Tuna Green wrap: white tuna marinated with lettuce and tomatoes.	<b>B/. 9.75</b>
Smoked salmon green wrap: Smoked salmon, cream cheese, Lettuce and avocado.	<b>B/. 9.75</b>
Tuna Panini: Tuna with avocado, tomatoes and lettuce.	<b>B/. 9.75</b>
Fish burger: breaded fish, tomato, lettuce, and french fries.	<b>B/. 10.75</b>
Salmon Panini: smoked salmon with cream cheese, red onions and capers.	<b>B/. 10.75</b>
Grilled cheese.	<b>B/. 6.50</b>
American Baguette: Baguette with egg, mozzarella cheese, tomato, lettuce, pink sauce, avocado and French fries.	<b>B/. 9.50</b>
Club House Sandwich: American and mozzarella cheese, fried eggs, tomato, lettuce, pink sauce avocado and French fries.	<b>B/. 12.00</b>
Capressa Sub-marine: mozzarella cheese, tomato and pesto.	<b>B/. 9.00</b>
Double cheese Sub-marine: white cheese, yellow cheese, roasted red peppers, basil and olive oil.	<b>B/. 9.00</b>

\*All our sandwiches come with an order of plantain chips, yucca chips or Israeli salad.

## SALADS

Ike Salad: Lettuce, grilled salmon, shredded carrot, mango, avocado, cranberry, caramelized peanuts and sesame seeds. Dressing: honey mustard.	<b>B/. 12.50</b>
Salmon and Verdeo: smoked salmon, fake crab, romaine lettuce, scallion, tomato, toasted sesame seeds. Dressing: honey mustard.	<b>B/. 12.50</b>
Greek Salad: Tomato, cucumber, calamata olives, and feta cheese.	<b>B/. 9.00</b>
Majestic Salad: lettuce, avocado, grilled salmon, red onion, carrot and mushrooms. Dressing: balsamic.	<b>B/. 12.50</b>
Caesar salad with grilled salmon.	<b>B/. 12.00</b>
Salad addiction: lettuce, avocado, cranberry, sliced almonds, tomato, red onions and red quinoa. Dressing: balsamic.	<b>B/. 12.50</b>
Mediterranean salad: feta cheese, lettuce, calamata olives, marinated tomatoes toasted bread, raisins, nuts and orange. Mediterranean Dressing.	<b>B/. 12.50</b>
Run-Run Salad: Mixed lettuce, smoked salmon, cranberries, shredded carrots, mango, caramelized almonds, avocado, sesame seeds. Dressing: Mediterranean.	<b>B/. 12.00</b>
Nutrifit Salad: White tuna, mixed lettuce, black olives, sliced boiling egg, tomato, corn, roasted red pepper. Dressing: Vinaigrette.	<b>B/. 13.00</b>
Exotic Salad: lettuce, cranberries, feta cheese, mango, carrots, caramelized peanuts. Dressing: Mediterranean.	<b>B/. 12.50</b>