

Light Bites

Monday - Friday
12.00pm - 8.00pm

Short on time? Let us know...

Where possible, our policy is to cook from fresh using raw ingredients. At peak periods some dishes may take longer to prepare.


Soup of the Day  eat in **£4.25** to go **£3.00**
Homemade with the freshest natural ingredients, served with bottomless basket of homemade granary bread

NEW! **Rolls or Sandwiches** **£4.25**

White or brown rolls, sliced bread, wholemeal pitta, or flour tortilla wrap.

Add a mug of soup or hand cut chips for **£1.95** / sweet potato chips **£2.75**

- Lime & Chili Marinated Chicken with Greek Yoghurt Guacamole
- Brie, Cranberry & Baby Spinach 
- Thai Tuna Mayonnaise

Frittata  **£7.75**
Deep Italian style free range omelette served with mixed leaves. Ask for today's variety.

NEW! **Salmon Fishcakes** **£6.75**

With a Cucumber, Coriander & Mint Salad, served with a side of sweet chili sauce

Crab Cake & Sweet Chilli Mayo Wrap  **£6.25**

With iceberg lettuce, salad garnish and hand-cut chips

Chicken Goujons & Plum Sauce Wrap **£6.25**

Deep fried breaded chicken fillets with iceberg lettuce, salad garnish and hand-cut chips

Grilled Chicken Tzatziki Pitta Pocket **£6.25**

(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)
Served with a salad garnish and hand-cut chips

Chicken & Chorizo Wrap **£6.25**

With iceberg lettuce, salad garnish and hand-cut chips with iceberg lettuce & guacamole, salad garnish and hand-cut chips

Mexican Quesadillas

Grilled sandwich of 2 x 2 tortillas filled with grated cheddar, peppers, sliced olives and spring onions, served with guacamole, salsa and sour cream

- Regular  **£7.50**
- Grilled chicken **£8.50**
- Jalapeno and sun blush tomato  **£9.00**

NEW! **Sweet Potato & Black Bean Burrito** **£6.50**

Served on warm tortillas with hand-cuts chips, salad garnish & a side of salsa

Main Dishes

Monday - Friday
12.00pm - 8.00pm

Fish & Chip Friday

Best Bitter Beer Battered
Deep Fried Fresh Haddock
Fillet, Minted Mushy
Peas, Hand-Cut Chips &
Homemade Tartare Sauce

£9.95

Chicken Tenders & Chips **£9.00**

Breaded and deep fried, served with hand cut chips, salad garnish & a choice of 2 dips: plum sauce, sweet chilli or BBQ

Big Jac 6oz **£9.75**



Homemade lean mince steak burgers with our blend of herbs with bacon, cheese, salsa, mayonnaise and salad in a Portuguese, brown or wholemeal pitta served with hand cut chips and salad garnish. Add a fried egg or jalapenos for 60p each

NEW! **Mexican Style Nacho Burger**  **£9.75**

6oz homemade burger topped with sliced jalapenos, red onions, tortillas & a rich cheese sauce on a Portuguese or brown roll with hand cut chips, salad garnish & a side of homemade salsa

NEW! **Fully Loaded Vegan Chili**   **£8.75**

With organic quinoa, black beans, peppers, tomatoes & crushed walnuts seasoned with garlic, paprika, cumin & oregano & topped with fresh coriander. Add Grilled Chicken **£2.95** / Add Grilled Salmon Fillet **£4.50** / Add King Prawns **£3.95**

Spicy Veggie Burger   **£9.25**

With cheese, salsa, mayonnaise & salad in a Portuguese, brown or wholemeal pitta served with hand cut chips & salad garnish. Add a fried egg or jalapenos 50p each

Indonesian Nasi Goreng 

Wok fried rice with peppers, spring onion, mushrooms & Indonesian spices topped with a free range fried egg
Veg **£8.25** Chicken **£9.25** Organic Tofu **£9.25** King Prawn **£10.50**

Indian Curries:  

Mild Korma / Medium Tikka Masala / Hot Madras

With basmati or organic brown rice, naan bread and poppadoms
Veg **£8.25** Chicken **£9.25** Organic Tofu **£9.25** King Prawn **£10.50**

Pad Thai  

Wok fried oriental vegetables, rice noodles and shredded omelette, tossed with a pad thai sauce, topped with peanuts, fresh coriander and a wedge of lime
Veg **£8.25** Chicken **£9.25** Organic Tofu **£9.25** King Prawn **£10.50**

Grilled Cajun Chicken **£11.00**

Bacon, guacamole, salsa and sour cream served with hand cut chips & salad garnish

Grilled Scottish Salmon Fillet **£11.50**







Served with new potatoes, steamed seasonal vegetables and hollandaise sauce

NEW! **Grilled Haddock & Chorizo Stew** **£11.75**

Spanish chorizo, cannellini bean & baby spinach stew topped with grilled haddock & topped with rocket

Deep Fried Fisherman's Basket **£9.00**

Scampi, king prawn, calamari, filo prawn, crab cake, plaice goujons, hand cut chips. Tartar sauce and Garnish

Why not add a side order of...		Hand cut chips 	£3.00
Grilled salmon fillet	£6.00	Sweet potato chips 	£3.50
Grilled chicken	£4.50	Basmati or organic brown rice 	£2.50
Stir-fried rice, veg & fried egg	£5.00	Fresh baked bread	£1.75
Side Salad 	£3.00	Ciabatta garlic bread	£3.00
Steamed vegetables 	£3.00	...with cheese	£3.50
New potatoes 	£3.00	with cheese & salsa	£3.75

Salads

All of our food is available to go!

Avocado & Free Range Egg Caesar Salad  **£8.75**

With baby gem lettuce, cherry tomatoes, croutons, grated parmesan & homemade caesar dressing

NEW! **Kale, Avocado & Pomegranate Salad**  **£8.95**

Massaged with a tahini dressing and topped with toasted sesame seeds




NEW! **Warm Roast Sweet Potato, Quinoa and Feta Salad**  **£8.95**

Tossed with rocket, crunchy toasted pecans, and a house olive oil and dijon dressing





Choose from the following toppings:

- Boiled egg **£1.25**
- Crispy bacon for **£1.25**
- Grilled chicken **£2.95**
- Fresh prawns **£2.95**
- King prawns **£3.95**
- Grilled salmon fillet **£6.00**
- Goats cheese **£1.25**

Kids Menu!

Free Range Eggs, Beans & Chips	£4.95
Veggie Quesadilla 	£4.50
Chicken Tenders & Hand Cut Chips	£5.50
Fisherman's Basket	£5.50
Cheese Burger with Hand-Cut Chips	£5.50
Chicken or Veggie Korma 	£5.50
with Basmati or brown rice & mini naan bread	
Chicken Quesadillas	£5.50
Avocado & Free Range Egg Caesar Salad 	£5.75
Milkshakes (see overleaf for flavours)	£2.75

Food Allergy Concerns: We strive to provide a large selection of dishes, which are all prepared in our small kitchen. Despite taking precaution, we can not guarantee that our dishes are free of trace amounts of peanuts, tree nuts, wheat, milk, eggs, soy, fish, shellfish, sesame seeds, sulphites or other allergens.

KEY:  Vegetarian option  Spicy  Vegan options available  Gluten free options available - for more information ask your server.

We also serve vegan breads - choose from homemade granary, pitta or a Portuguese roll.

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Breakfast & Brunch

Mon - Fri

7.30am - 11.30am

Sat & Bank Hols.

8.30am - 2.30pm

11.30am - 12.00pm

Food Service

Pancakes, Breakfast Rolls, Granola & Porridge are available between these times due to our kitchen preparing for our busy lunches - apologies for any inconvenience this may cause

Full Monty £8.50
Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding. *Served with unlimited toast and bottomless tea or house coffee.*

Three-quarter Monty £7.50
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Veggie Monty £8.00
Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Mini Veggie Monty £6.00
One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Breakfast Roll 2 Fillings £3.25
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, mayo and grated cheddar. *Extra fillings £1*

Omelette Made with 3 free-range eggs £4.00
Bacon, veggie sausage, sausage, tomato, cheese, mushrooms. *Add £1 per filling*

Pancakes Made fresh & fluffy to order - 3 per portion £4.75
Lemon, orange & sugar £4.75
Maple syrup & whipped cream £5.25
Blueberries & vanilla ice-cream £5.25
Nutella, hazelnuts & ice cream £5.25

Breakfast Burrito £7.50
Toasted flour tortillas filled with crispy bacon or veggie sausages, scrambled eggs, melted cheddar and chopped coriander. *Served with salsa, sour cream and guacamole*

Organic Porridge (made with organic milk) £3.00
With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries. *Add 75p for each topping.*

Smoked Salmon & Scrambled Eggs £9.25
Served with home baked granary toast

Fruit & Granola £5.00
Freshly cut tropical fruit on top of home baked crunchy granola, Jersey low fat bio yoghurt with summer fruits to top it all off. *Add some honey for 75p if you like it sweeter!*

Smashed Avocado on Toast £6.50
Add smoked salmon £4.00
Add poached eggs £1.50
Add roasted red pepper £1.50

Our eggs are free range and can be fried, poached or scrambled. Sorry, no substitutions during peak periods.

Thirsty?



Add cream, marshmallows or syrup for 45p each. Soya, organic, oat, almond, coconut & skinny milks also available!

Hot Drinks	Reg	Large
Fresh Filter Coffee	£1.85	£2.20
Cappuccino	£2.10	£2.50
Flat White	£2.10	£2.50
Americano	£1.85	£2.20
Espresso	£1.50	£1.85
Latte	£2.50	£2.85
Cortado	£2.10	
Hot Chocolate	£2.50	£2.85
White Hot Chocolate	£2.75	£3.25
Chai Latte	£2.70	£3.25
Steamed Milk	£1.70	£2.10
Mocha / White Mocha	£2.80	£3.15
Tea		£1.50
Herbal Tea		£1.85
Matcha Latte	£2.50	£2.85

Chilled Drinks	Reg	Large
Café Frappé (cream optional)		£3.60
Mocha Frappé (cream optional)		£3.70
Chai Frappé (cream optional)		£3.60
Iced Latté (with or without syrup)		£3.00
Iced Mocha (with or without syrup)		£3.10
Iced Americano (with or without syrup)		£2.50
Vietnamese Ice Coffee		£2.95

Fresh Juices	(16oz)	£3.75
All made fresh to order		
NEW! Green Detox Juice		
<i>Baby Spinach, celery, lemon, ginger, apple & mint</i>		
Unbeetable		
<i>Beetroot, Lemon, Cucumber, Apple</i>		
Hot Red Head		
<i>Carrot, Ginger, Orange</i>		
Passion Fruit Juice		
<i>Passion Fruit, Apple, Kiwi, Orange</i>		
Orange Juice	(12oz) £3.25	(16oz) £3.75
Carrot	<i>a good source of pro-vitamin A</i>	

Smoothies Blended to order.	(16oz)	
Mango & Orange Smoothie		£4.25
<i>Banana, Fresh Orange Juice, Honey</i>		
Strawberry & Mango Lassi		£4.50
<i>Coconut Milk, Honey & a Twist of Lime</i>		
Raspberry Detox Smoothie		£4.25
<i>Raspberries, coconut milk, flax seeds, honey</i>		
Avocado Smoothie		£4.25
<i>Avocado, apple, spinach, lime</i>		

Ice Cream Shakes	£2.75 (kids)	£3.25 (large)
Chocolate		
Hazelnut		
Caramel		
Vanilla		
Coconut		
Strawberry		
Raspberry		
Banana		
Mango		
Passionfruit		
Salted Caramel		
Whole fruit options also available (add 50p):		
Banana, Strawberry, Mango, Kiwi		
Soft Drinks		
Coke, Diet Coke, 7UP, Tango, Irn Bru		£1.80
Mineral Water (33cl / 1lt)	£1.95	£3.60
St. Helier Juices (Ginger, Lemon or Orange)		£2.50
Tonics & juices		£1.70

Beers & Cider		
Carlsberg Green (Draught)	£2.00	£3.95
Mary Ann Best (Draught)	£1.95	£3.50
Carlsberg low alcohol		£2.40
Lech, Guinness, Liberation Ale		
Peroni, Corona		£4.50
Newcastle Brown Ale, Rekorderlig, Magners		£4.75
<i>A selection of craft beers are also available</i>		

Whites Wines	175ml	250ml	750ml
Sauvignon Blanc	£4.25	£5.50	£15.00
<i>Norte Chico, Chile</i>			
Chenin Blanc	£4.50	£5.75	£15.50
<i>Andersbrook, South Africa</i>			
Pinot Grigio	£4.50	£5.75	£15.50
<i>Bianco Italia, Italy</i>			
Sauvignon Blanc	£5.75	£7.50	£20.00
<i>Waipora Hills, New Zealand</i>			

Red Wines			
Cabernet Sauvignon	£4.25	£5.50	£15.00
<i>Norte Chico, Chile</i>			
Merlot	£4.25	£5.50	£15.00
<i>Norte Chico, Chile</i>			
Shiraz	£4.50	£5.75	£15.50
<i>Andersbrook, South Africa</i>			
Marques de Caceres	£5.75	£7.50	£20.00
<i>Rioja, Spain</i>			

Rosé Wines			
White Zinfandel	£4.25	£5.50	£15.00
<i>Jack Rabbit, California</i>			
Pinot Grigio Rosé	£4.50	£5.75	£15.50
<i>Italia</i>			

Cakes & Desserts

Carrot Cake	£3.25
Chocolate Fudge Cake	£2.95
Warm Apple Cake	£2.95
<i>Why not add Classic Herd vanilla ice cream for £1.25 or fresh cream 75p?</i>	

NEW! Sticky Toffee Pudding	£4.50
<i>From Bean Around the World Bakery, served warm with Classic Herd vanilla ice-cream</i>	
Salted Caramel Affogato	£3.95
<i>with Classic Herd vanilla ice-cream cream</i>	

Freshly Baked Waffles, Topped With...	
Banana, maple syrup & fresh cream	£4.50
Vanilla ice cream & real maple syrup	£4.75
Nutella, hazelnut & vanilla ice cream	£4.95
<i>(allow 20 mins)</i>	

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