


# 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 **£3.95** to go **£2.85**  
Homemade with the freshest natural ingredients, served with bottomless basket of bread

**Rolls or Sandwiches** **£3.95**  
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 £2.70  
• Grilled Chicken, Tomato, Baby Gem Lettuce & Garlic Mayo  
• Goats Cheese, Beetroot & Baby Spinach   
• Waldorf Tuna Salad

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



**Falafel & Tahini Pitta Pocket**  **£5.95**  
Served with iceberg lettuce, tomato, salad garnish and a ramekin of hand-cut chips

**Crab Cake & Sweet Chilli Mayo Wrap** **£5.95**  
With iceberg lettuce, salad garnish and hand-cut chips

**Chicken Goujons & Plum Sauce Wrap** **£5.95**  
Deep fried breaded chicken fillets with iceberg lettuce, salad garnish and hand-cut chips

**Grilled Chicken Tzatziki Pitta Pocket** **£5.95**  
(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)  
Served with a salad garnish and hand-cut chips

**Chicken & Chorizo Wrap** **£5.95**  
With iceberg lettuce, 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 **£8.75**  
• Jalapeno and sun blush tomato  **£8.75**



**NEW!** **Baba Ghanoush, Beetroot, Carrot & Cucumber Spinach Wrap**  **£5.95**  
With baby spinach, green onion & Greek yoghurt with a side of mixed leaves

# 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** **£8.95**  
Breaded and deep fried, served with hand cut chips, salad garnish & a choice of 2 dips: plum sauce, sweet chilli or BBQ

**Spicy Veggie Burger**   **£8.95**  
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 60p each




**Big Jac 6oz** **£9.50**  
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!** **Aussie Chicken Burger** **£9.95**  
Chicken breast burger with grilled pineapple, fried egg, beetroot, crispy bacon, cheese, salad and sweet chilli mayo on a white or brown roll with hand cut chips

**Deep Fried Fisherman's Basket** **£8.95**  
Scampi, king prawn, calamari, filo prawn, crab cake, plaice goujons, hand cut chips. Tartar sauce and Garnish

**Indonesian Nasi Goreng**    
Wok fried rice with peppers, spring onion, mushrooms & Indonesian spices topped with a free range fried egg  
Veg **£7.75** Chicken **£8.50** Organic Tofu **£8.50** King Prawn **£10.50**

**Indian Curries:**   
**Mild Korma / Medium Tikka Masala / Hot Madras**  
With basmati or organic brown rice, naan bread and poppadoms  
Veg **£8.50** Chicken **£9.25** Organic Tofu **£9.25** King Prawn **£10.50**

**NEW!** **Aloo Gobi Curry**    **£8.75**  
Sweet potato & cauliflower cooked in garam masala spices with tomatoes, ginger, garlic, turmeric, chili & fresh coriander, served with organic brown or white rice & toasted nan breads  
Add Grilled Chicken **£2.95** / Add Grilled Salmon Fillet **£4.50** / Add King Prawns **£3.95**












**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 **£8.50** Chicken **£9.25** Organic Tofu **£9.25** King Prawn **£10.50**

**NEW!** **Beef & Oregano Meatballs** **£9.25**  
Minced beef, oregano, parmesan & garlic meatballs cooked in a tomato & basil sauce & served with quinoa & grated parmesan

**Scottish Grilled Salmon Fillet** **£10.95**  
Served with new potatoes, steamed seasonal vegetables and hollandaise sauce

**Grilled Cajun Chicken** **£10.95**  
Bacon, guacamole, salsa and sour cream served with hand cut chips & salad garnish


**NEW!** **Smoked Trout & Jersey Royal Salad** **£10.95**  
With a fresh watercress, caper & parsley salad served with a crème fraiche & lemon dressing

Why not add a side order of...			
Grilled salmon fillet	<b>£5.95</b>	Hand cut chips  	<b>£2.95</b>
Grilled chicken	<b>£3.50</b>	Sweet potato chips  	<b>£3.50</b>
Stir-fried rice, veg & fried egg	<b>£4.50</b>	Basmati or organic brown rice 	<b>£2.25</b>
Side Salad  	<b>£2.95</b>	Fresh baked bread	<b>£1.75</b>
Steamed vegetables  	<b>£2.95</b>	Ciabatta garlic bread	<b>£2.75</b>
New potatoes  	<b>£2.60</b>	...with cheese	<b>£2.85</b>
		with cheese & salsa	<b>£2.95</b>

# Salads






All of our food is available to go!

**Avocado & Free Range Egg Caesar Salad**  **£8.95**  
With baby gem lettuce, cherry tomatoes, croutons, grated parmesan & homemade caesar dressing

**Roasted Vegetable, Pearl Barley & Baby Spinach Salad**  **£8.95**  
With beetroot, chestnut mushrooms, leeks & garlic in a baby spinach salad with a olive oil & balsamic dressing topped with toasted hazelnuts & fresh parsley

**NEW!** **Halloumi & Watermelon Salad**  **£8.95**  
Grilled halloumi, watermelon & bulghar salad tossed with pumpkin seed, parsley & fresh mint with a lemon & rapeseed oil 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 **£4.95**  
• Goats cheese **£1.25**

**Veggie Quesadilla**  **£4.50**  
**Kids Menu!**  **£4.50**  
Chicken Tenders & Hand Cut Chips **£5.50**  
Cheese Burger with Hand-Cut Chips **£5.50**  
Aloo Gobi Sweet Potato & Cauliflower Curry  **£5.50**  
*Served with organic brown or white rice*  
Chicken or Veggie Korma  **£5.50**  
*with Basmati or brown rice & mini naan bread*  
Beef & Oregano Meatballs **£5.50**  
*Served with quinoa and grated parmesan*  
Chicken Quesadillas **£5.75**  
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 Options  Spicy  Vegan Options

**caféjac**

# 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

£8.25

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

£7.95

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

£5.95

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

£2.95

Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, mayo and grated cheddar. *Extra fillings 90p*

### Omelette

£3.95

Bacon, veggie sausage, sausage, tomato, cheese, mushrooms. *Add 90p per filling*

### Pancakes Made fresh & fluffy to order - 3 per portion

£4.50

Lemon, orange & sugar

£4.95

Maple syrup & whipped cream

£4.95

Blueberries & vanilla ice-cream

£4.95

Nutella, hazelnuts & ice cream

### 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)

£2.75

With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries. *Add 70p for each topping.*

### Smoked Salmon & Scrambled Eggs

£9.25

Served with home baked granary toast

### Fruit & Granola

£4.95

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 60p if you like it sweeter!*

### Smashed Avocado on Toast

£5.95

Add smoked salmon

£3.95

Add poached eggs

£1.60

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?

SAVE  
20%  
On hot drink  
refills

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

### Hot Drinks

	Reg	Large
Fresh Filter Coffee	£1.75	£2.10
Cappuccino	£2.00	£2.35
Flat White	£2.00	£2.35
Americano	£1.75	£2.10
Espresso	£1.50	£1.85
Latte	£2.35	£2.70
Cortado	£2.00	£2.35
Hot Chocolate	£2.35	£2.70
White Hot Chocolate	£2.55	£2.90
Chai Latte	£2.60	£2.95
Steamed Milk	£1.65	£2.00
Mocha / White Mocha	£2.60	£2.95
Tea	£1.45	£1.85
Herbal Tea	£1.85	£2.25

### Chilled Drinks

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

### Fresh Juices

	(16oz)	£3.50
All made fresh to order		
<b>Green Glow</b>		
Apple, Celery, Cucumber, Fennel, Spinach, Lemon, Ginger		
<b>Unbeetable</b>		
Beetroot, Lemon, Cucumber, Apple		
<b>Hot Red Head</b>		
Carrot, Ginger, Orange		
<b>Passion Fruit Juice</b>		
Passion Fruit, Apple, Kiwi, Orange		
<b>Orange Juice</b>	(12oz) £2.90	(16oz) £3.50
<b>Carrot</b>	a good source of pro-vitamin A	

### Smoothies Blended to order.

	(16oz)	£3.50
<b>Breakfast Boost Smoothie</b>		£4.50
Berries, Oats, Spinach, Avocado, Banana, Dates, Soya Milk		
<b>Mango &amp; Orange Smoothie</b>		£4.25
Banana, Fresh Orange Juice, Honey		
<b>Strawberry &amp; Mango Lassi</b>		£4.25
Coconut Milk, Honey & a Twist of Lime		
<b>Raspberry Detox Smoothie</b>		£4.25
Raspberries, coconut milk, flax seeds, honey		
<b>Avocado Smoothie</b>		£4.25
Avocado, apple, spinach, lime		
<b>Coconut Green Machine</b>		£4.25
Berries, baby spinach, coconut water, banana & almond milk		

### Ice Cream Shakes

	£2.75	(kids) £3.25	(reg)
Chocolate			
Hazelnut			
Caramel			
Irish			
Almond			
Vanilla			
Coconut			
Strawberry			
Raspberry			
Banana			
Gingerbread			
Peppermint			
Mango			
Passionfruit			
Pumpkin			
Salted Caramel			

### Soft Drinks

Coke, Diet Coke, 7UP, Tango, Irn Bru	£1.80
Mineral Water (33cl / 1lt)	£1.95
Franklin Juice	£2.70
Tonics & juices	£1.70

### Beers & Cider

Carlsberg Green (Draught)	£2.00	£3.95
Strongbow	£2.00	£3.95
Mary Ann Best (Draught)	£1.75	£3.00
Carlsberg low alcohol	£2.30	
San Miguel	£3.95	
Lech, Guinness, Liberation Ale		
Newcastle Brown Ale,	£4.00	
Rekorderlig, Magners	£4.65	
A selection of craft beers are also available		

### Whites Wines

	175ml	250ml	750ml
Sauvignon Blanc	£4.50	£5.30	£14.95
Norte Chico, Chile			
Chenin Blanc	£4.50	£5.30	£14.95
Andersbrook, South Africa			
Pinot Grigio	£4.75	£5.60	£15.20
Bianco Italia, Italy			
Sauvignon Blanc	£5.95	£6.95	£19.95
Stoneleigh, New Zealand			

### Red Wines

Cabernet Sauvignon	£4.50	£5.30	£14.95
Norte Chico, Chile			
Merlot	£4.50	£5.30	£14.95
Norte Chico, Chile			
Shiraz	£4.75	£5.60	£15.20
Andersbrook, South Africa			
Marques de Caceres	£5.95	£6.95	£19.95
Rioja, Spain			

### Rosé Wines

White Zinfandel	£4.50	£5.30	£14.95
Jack Rabbit, California			
Pinot Grigio Rosé	£4.75	£5.60	£15.20
Italia			

## Cakes & Desserts

### Carrot Cake

£3.25

### Chocolate Fudge Cake

£2.95

### Warm Apple Cake

£2.95

Why not add Classic Herd vanilla ice cream for £1.25 or fresh cream 75p?

### Coffee Cake

✓£3.25

### Raw Chocolate Orange & Mulberry Torte

✓£4.50

With fresh avocado, coconut oil, honey, dates, dried mulberries & wild orange oil

### 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
(allow 20 mins)	

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