

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

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 £2.25 / sweet potato chips £2.75

- Grilled Chicken, Bacon, Lettuce & Tomato
- Curried Egg Mayo with Baby Spinach 
- Smoked Salmon, Cucumber & Lemon Infused Cream Cheese

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

Falafel & Tahini Pitta Pocket   **£6.25**
Served with iceberg lettuce, tomato, salad garnish and a ramekin of hand-cut chips



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! Grilled King Prawn & Avocado Tacos  **£8.25**
Crispy tortillas with a red cabbage slaw, grilled spicy king prawns, home-made tomato & coriander salsa served with a side of sour cream & lime

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

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*




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! Smoky Beetroot & Walnut Burger  **£9.50**
Brown rice, green lentils, raisins, beetroot & smoked paprika burger topped with sliced avocado on a white or brown roll served with mixed leaves & hand-cut chips
Grilled Goats Cheese £1.25 / Fried Egg £0.50

NEW! Grilled Halloumi Burger  **£9.00**
With Genuine Jersey Roasted Red Pepper Ketchup, fresh rocket, roasted courgettes & red pepper on a Portuguese, brown roll or wholemeal pitta pocket with hand cut chips & side salad

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

NEW! Panang Smoked Tofu Curry   **£9.50**
Coconut milk, chili, lemongrass, garlic, mushrooms, broccoli, red pepper & sugar snaps












Grilled Cajun Chicken **£11.00**
Bacon, guacamole, salsa and sour cream served with hand cut chips & salad garnish

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

Grilled Scottish Salmon Fillet **£11.50**
Served with new potatoes, steamed seasonal vegetables and hollandaise sauce


NEW! Lemongrass & Ginger Mussels  **£9.75**
Scottish mussels cooked in coconut milk, garlic, shallots & chillies & seasoned with fresh coriander and served with hand-cut chips



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...			
Grilled salmon fillet	£6.00	Hand cut chips  	£3.00
Grilled chicken	£4.50	Sweet potato chips  	£3.50
Stir-fried rice, veg & fried egg	£5.00	Basmati or organic brown rice 	£2.50
Side Salad  	£3.00	Fresh baked bread	£1.75
Steamed vegetables  	£3.00	Ciabatta garlic bread	£3.00
New potatoes  	£3.00	...with cheese	£3.50
		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




Superfood Salad with Blueberry & Ginger Dressing   **£8.75**
Baby spinach, beetroot, broccoli, puffed quinoa and avocado, topped with an omega-pumped seed mix with a blueberry and ginger vinaigrette

NEW! Pink Grapefruit, Avocado & Baby Spinach Salad   **£8.75**
With an apple cider vinegar, maple syrup & Dijon dressing
Grilled Chicken £2.95 / Salmon Fillet £4.95 / King Prawns £3.95

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**

Kids Menu!

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 **£5.75**
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 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	£2.50
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

Chilled Drinks	Reg	Large
Café Frappé (cream optional)	£3.60	£4.10
Mocha Frappé (cream optional)	£3.70	£4.20
Chai Frappé (cream optional)	£3.60	£4.10
Iced Latté (with or without syrup)	£3.00	£3.50
Iced Mocha (with or without syrup)	£3.10	£3.60
Iced Americano (with or without syrup)	£2.50	£3.00

Fresh Juices	Reg	Large
All made fresh to order		
Green Glow		
Apple, Celery, Cucumber, Fennel, Spinach, Lemon, Ginger		
Unbeetable		
Beetroot, Lemon, Cucumber, Apple		
Hot Red Head		
Carrot, Ginger, Orange		
Passion Fruit Juice		
Passion Fruit, Apple, Kiwi, Orange		
Orange Juice	(12oz) £3.00	(16oz) £3.50
Carrot	a good source of pro-vitamin A	
Watermelon, Cucumber & Lime Zest	(16oz)	£4.00
Refreshing summer drink packed with vitamins & minerals		

Smoothies Blended to order.	Reg	Large
Breakfast Boost Smoothie	(16oz) £4.50	£5.00
Berries, Oats, Spinach, Avocado, Banana, Dates, Soya Milk		
Mango & Orange Smoothie		£4.25
Banana, Fresh Orange Juice, Honey		
Strawberry & Mango Lassi		£4.25
Coconut Milk, Honey & a Twist of Lime		
Raspberry Detox Smoothie		£4.25
Raspberries, coconut milk, flax seeds, honey		
Avocado Smoothie		£4.25
Avocado, apple, spinach, lime		

Ice Cream Shakes	Reg	Kids
	£2.75	£3.25
• Chocolate • Coconut • Passionfruit		
• Hazelnut • Strawberry • Salted		
• Caramel • Raspberry • Caramel		
• Vanilla • Banana		
Whole fruit options also available (add 50p):		
Banana, Strawberry, Mango, Kiwi		

Soft Drinks	Reg	Large
Coke, Diet Coke, 7UP, Tango, Irn Bru	£1.80	£2.30
Mineral Water (33cl / 1lt)	£1.95	£3.60
Franklin Juice		£2.50
Tonics & juices		£1.50

Beers & Cider	Reg	Large
Carlsberg Green (Draught)	£2.00	£3.95
Strongbow	£2.00	£3.95
Mary Ann Best (Draught)	£1.75	£3.25
Carlsberg low alcohol		£2.40
Peroni		£4.00
Lech, Guinness, Liberation Ale		£4.25
Newcastle Brown Ale,		£4.25
Rekorderlig, Magners		£4.65
A selection of craft beers are also available		

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

Red Wines	175ml	250ml	750ml
Cabernet Sauvignon	£4.25	£5.50	£15.00
Norte Chico, Chile			
Merlot	£4.25	£5.50	£15.00
Norte Chico, Chile			
Shiraz	£4.50	£5.75	£15.50
Andersbrook, South Africa			
Marques de Caceres	£5.75	£7.50	£20.00
Rioja, Spain			

Rosé Wines	175ml	250ml	750ml
White Zinfandel	£4.25	£5.50	£15.00
Jack Rabbit, California			
Pinot Grigio Rosé	£4.50	£5.75	£15.50
Italia			

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! Raw Lemon & Raspberry Cheesecake £4.50
Almonds, dates, organic cashews, organic extra virgin coconut oil, coconut milk, organic agave syrup, fresh lemon juice, vanilla beans raspberries & dried wild blueberries

Freshly Baked Waffles, Topped With...	Price
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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