

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 freshly baked bread

NEW! Rolls or Sandwiches **£4.50**

White or brown rolls, sliced bread, wholemeal pitta, flour tortilla wrap or vegan granary (+50p)

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

- Chicken & Tarragon Mayonnaise
- Goats Cheese, Roasted Red Pepper & Pesto 🥕
- Atlantic Prawn, Avocado & Chipotle Mayonnaise

Frittata 🥕 **£7.75**

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

Grilled Halloumi & Hummus Wrap 🥕 **£6.25**

Served with lettuce, shredded carrot, radish & spring onions, with a ramekin of hand-cut chips or a side of house salad

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

Served with a ramekin of hand-cut chips or a side of house salad

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

Served with hand-cut chips or a side of house salad

Grilled Chicken Tzatziki Pitta Pocket **£6.25**

(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)
Served with hand-cut chips or a side of house salad

Chicken & Chorizo Wrap **£6.25**

Served with hand-cut chips or a side of house salad

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, Baby Spinach & Black Bean Quesadillas 🥕 **£7.50**

Grilled tortillas served with guacamole & salsa
Add Grilled Chicken **£2.95**

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 **£9.50**

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 **£10.25**

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

Spicy Veggie Burger 🥕 **£9.50**

With cheese, salsa, mayonnaise & salad in a Portuguese, soft white or brown or wholemeal pitta served with hand cut chips & salad garnish. Add a fried egg or jalapenos 60p each

NEW! Beetroot, Cous Cous & Feta Burger ✓ **£10.25**

Served with lettuce, shredded carrot, cucumber & spring onions on a Portuguese or brown roll with a ramekin of hand-cut chips or a side of house salad

NEW! Beef Meatballs with Bulghar **£11.95**

Seasoned with garlic, onions & tomatoes with harissa spiced bulghar wheat & topped with fresh chives

Prosciutto, Feta & Mozzarella Sharing Platter

With roasted bell peppers, sun-blush tomatoes, kalamata olives, grilled artichokes, hummus and tzatziki with toasted pitta bread.

£9.50 / £15.50 for two

NEW! Vegan Spaghetti alla Puttanesca ✓ **£8.50**

Wholegrain spaghetti in a tomato based sauce with kalamata olives, capers, garlic & red pepper flakes drizzled with olive oil & sprinkled with parsley

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 **£10.75**

Indian Curries: ✓

Mild Korma / Medium Tikka Masala / Hot Madras

With basmati or organic brown rice, naan bread and poppadoms
Veg **£8.75** Chicken **£9.75** Organic Tofu **£9.75** King Prawn **£11.00**

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 **£9.50** Organic Tofu **£9.50** King Prawn **£10.75**

Grilled Cajun Chicken **£11.50**

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

Grilled Scottish Salmon Fillet **£11.95**

Served with new potatoes, steamed seasonal vegetables and hollandaise sauce

NEW! Grilled King Prawn Tacos with Avocado Salsa 🥕 **£7.95**

Two folded soft warm tortillas topped with sour cream, avocado, tomato & coriander salsa, with grilled cayenne tossed shrimps & red cabbage slaw served with a wedge of lime.

Deep Fried Fisherman's Basket **£9.50**

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 vegan granary	£1.95
Steamed vegetables 🥕 ✓	£3.00	Ciabatta garlic bread	£3.00
New potatoes 🥕 ✓	£3.00	...with cheese	£3.50
		with cheese & salsa	£3.75

Bowls

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

Whole Food Bowl ✓ **£8.75**

With organic brown rice, black beans, grated cheddar, black olives, sliced avocado, homemade salsa, topped with a tahini sauce, fresh coriander & sour cream

Salmon Poke Bowl **£8.95**

With white rice, pickled radishes & carrots topped with salmon, sliced avocado & spicy ponzu sauce, sprinkled with black sesame seeds, jalapenos & fresh coriander

NEW! Cuban Quinoa Bowl with Spicy Lemon Cashew Dressing ✓ **£8.95**

With roasted sweet potato, black beans, avocado, baby spinach, cherry tomatoes & a drizzle of olive oil & fresh coriander

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 EAT FREE!

Mondays & Tuesdays, 2pm - 8pm

One free kids meal per adult meal purchased, please ask your server for a menu & more details



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 - just ask! 🌾 Gluten free options available - for more information ask your server.
We also serve vegan breads

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 £8.75
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 £7.75
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Veggie Monty £8.50
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 £6.25
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 £3.50
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, mayo and grated cheddar. *Extra fillings £1*

Omelette Made with 3 free-range eggs £4.25
Bacon, veggie sausage, sausage, tomato, cheese, mushrooms. *Add £1 per filling*

Pancakes Made fresh & fluffy to order - 3 per portion £4.95
Lemon, orange & sugar £4.95
Maple syrup & whipped cream £5.50
Blueberries & vanilla ice-cream £5.50
Nutella, hazelnuts & ice cream £5.50

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 £9.75
Served with home baked vegan granary toast

Fruit & Granola £5.25
Freshly cut tropical fruit on top of home baked crunchy granola with Jersey low fat bio yoghurt. *Add some honey for 75p if you like it sweeter!*

Smashed Avocado on Granary Toast £6.75
Add smoked salmon £4.00
Add poached eggs £1.75
Add roasted red pepper £1.75

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, coconut & skinny milks also available!

Hot Drinks	Reg	Large
Fresh Filter Coffee	£1.95	£2.30
Cappuccino		£2.60
Flat White		£2.60
Americano		£2.30
Espresso	£1.60	£1.95
Latte	£2.60	£2.95
Cortado		£2.20
Hot Chocolate	£2.60	£2.95
White Hot Chocolate	£2.85	£3.35
Chai Latte	£2.80	£3.35
Steamed Milk	£1.80	£2.20
Mocha / White Mocha	£2.90	£3.25
Tea		£1.60
Herbal Tea		£1.95
Matcha Latte	£2.60	£2.95

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		
Watermelon Refresher		
<i>Fresh Watermelon, orange juice, lime & mint</i>		
Green Detox Juice		
<i>Baby Spinach, Apple, Cucumber, Ginger, Lemon & 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)	
Strawberry, Avocado & Banana Smoothie		£4.50
<i>With coconut milk & honey</i>		
Mango & Orange Smoothie		£3.95
<i>Banana, Fresh Orange Juice, Honey</i>		
Raspberry Detox Smoothie		£3.95
<i>Raspberries, coconut milk, flax seeds, honey</i>		
Avocado Smoothie		£3.95
<i>Avocado, apple, spinach, lime</i>		

Ice Cream Shakes	£2.75 (kids)	£3.25 (large)
• Chocolate	• Coconut	• Mango
• Hazelnut	• Strawberry	• Passionfruit
• Caramel	• Raspberry	• Salted Caramel
• Vanilla	• Banana	
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
Juices		£1.70
Fever Tree Tonic		£1.95

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

Whites Wines	175ml	250ml	750ml
Sauvignon Blanc	£4.50	£5.85	£15.75
Norte Chico, Chile			
Chenin Blanc	£4.75	£6.10	£16.25
Andersbrook, South Africa			
Pinot Grigio	£4.75	£6.10	£16.25
Bianco Italia, Italy			
Sauvignon Blanc	£6.00	£7.85	£20.75
Waipora Hills, New Zealand			

Red Wines	175ml	250ml	750ml
Cabernet Sauvignon	£4.50	£5.85	£15.75
Norte Chico, Chile			
Merlot	£4.50	£5.85	£15.75
Norte Chico, Chile			
Shiraz	£4.75	£6.10	£16.25
Andersbrook, South Africa			
Marques de Caceres	£6.00	£7.85	£20.75
Rioja, Spain			

Rosé Wines	175ml	250ml	750ml
White Zinfandel	£4.50	£5.85	£15.75
Jack Rabbit, California			
Pinot Grigio Rosé	£4.75	£6.10	£16.25
Italia			

Cakes & Desserts

Check our dessert fridge to see today's selection

Bean Around The World Carrot Cake	£3.25
Chocolate Fudge Cake	£2.95
Warm Apple Cake	£2.95
<i>Why not add Jersey Dairy vanilla ice cream for £1.25 or fresh cream 75p?</i>	

NEW! Homemade Cheesecake	£3.95
<i>Ask a member of staff for today's flavour!</i>	
Salted Caramel Affogato	£3.95
<i>With Jersey Dairy vanilla ice-cream cream</i>	

Check out our Sweet Fridge to see what else we have on offer today!

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