

LIGHT BITES

Soup of the Day 🥕 eat in £4.25 to go **£3.00**
Homemade with the freshest natural ingredients, served with bottomless freshly baked bread

Rolls or Sandwiches **£4.50**
White or brown rolls, sliced bread, wholemeal pitta, flour tortilla wrap or vegan granary (+50p)
Chicken & Tarragon Mayonnaise
Goats Cheese, Roasted Red Pepper & Pesto 🥕
Atlantic Prawn, Avocado & Chipotle Mayonnaise

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

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**

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.

SPECIALS

NEW!

NEW! Spiced Roast Potato Buritto **£6.95**
With mushrooms, peppers, kidney beans, avocado, tomato & shredded cabbage in a soft tortilla wrap with cashew Butter Sauce
Add Grilled Chicken £3.95 or King Prawns £3.95

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

NEW! Smashed Avocado on Granary Toast **£6.75**
Add Smoked Salmon £4.00 / Grilled Chicken £3.95 / Grilled Chorizo £2.95 / Fried Eggs £1.75 / Sunblush Tomatoes £2.25

NEW! Hawaiian Chickpea & Grilled Pineapple Burger ✓ **£9.50**
Roasted red pepper, carrot & jalapeno patties topped with avocado & a side of BBQ sauce on a Portuguese or wholemeal pitta & served with hand-cut chips & side salad

NEW! Tomato & Chorizo Mussels **£9.95**
Seasonal moules cooked with Spanish chorizo, garlic & fennel in a cherry tomato broth & fresh tarragon. Served with Homemade Bread & Hand-Cut Chips.

Avocado & Free Range Egg Caesar Salad 🥕 **£8.75**
With baby gem lettuce, cherry tomatoes, croutons, grated

BOWLS

NEW! Mediterranean Quinoa Bowl **£8.95**
With organic quinoa, cucumber, baby spinach, feta cheese, kalamata olives & a side of jalapenos with Roasted Red Pepper Sauce

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

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

CLASSICS

Mon - Fri 7.30am - 11.30am
Sat & Bank Hols. 8.30am - 2.30pm

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

Sweet Potato & Cashew Massaman Curry ✓ **£9.50**
Coconut based curry with sweet potato, chillies & roasted red pepper served with organic brown or white rice & topped with toasted cashews & fresh coriander
Add Organic Tofu £2.95 / Grilled Chicken £3.95 / Grilled Salmon Fillet £4.50 / King Prawns £3.95

Indonesian Nasi Goreng 🥕 🥕 **£8.25**
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

Grilled King Prawn Tacos 🥕 **£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

FISH & CHIP FRIDAY **£9.95**
Join us on Friday nights for Best Bitter Beer Battered Deep Fried Fresh Haddock Fillet, Minted Mushy Peas, Hand-Cut Chips & Homemade Tartare Sauce.

CAFÉ
FOOD, COFFEE & CULTURE

KEY: 🥕 Vegetarian option 🥕
Spicy ✓ Vegan options available
- just ask! 🥕 Gluten free options available - for more information ask your server.
We also serve vegan breads.

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.

BREAKFAST & BRUNCH

Mon - Fri 7.30am - 11.30am
Sat & Bank Hols. 8.30am - 2.30pm

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

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

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

JUICES & SMOOTHIES

Fancy something different? Build your own juice and add the flavours that float your boat

FRESH JUICES FRESH TO ORDER (16oz) £3.75

Watermelon Refresher

Fresh Watermelon, orange juice, lime & mint

Green Detox Juice

Baby Spinach, Apple, Cucumber, Ginger, Lemon & Mint

Unbeetable

Beetroot, Lemon, Cucumber, Apple

Hot Red Head

Carrot, Ginger, Orange

Passion Fruit Juice

Passion Fruit, Apple, Kiwi, Orange

Orange or Carrot (12oz) £3.25 (16oz) £3.75

Carrot juice is a good source of pro-vitamin A

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 £6.75

On our chunky and wholesome granary toast.

Add smoked salmon £4.00
Add poached eggs £1.75
Add roasted red pepper £1.75

SMOOTHIES BLENDED TO ORDER

Strawberry, Avocado & Banana £4.50

With coconut milk & honey

Mango & Orange £3.95

Banana, Fresh Orange Juice, Honey

Raspberry Detox £3.95

Raspberries, coconut milk, flax seeds, honey

Avocado £3.95

Avocado, apple, spinach, lime

KIDS EAT FREE!

Mondays & Tuesdays, 2pm - 8pm

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



COFFEES

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

Café Frappé (cream optional)	£3.60
Mocha Frappé (cream optional)	£3.70
Chai Frappé (cream optional)	£3.60
Iced Latte (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

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

BAR DRINKS

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

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

White Zinfandel	£4.50	£5.85	£15.75
Jack Rabbit, California			
Pinot Grigio Rosé	£4.75	£6.10	£16.25
Italia			

DESSERTS

Can't decide?
Check the fridge.

Carrot Cake £3.25

From Bean Around The World

Chocolate Fudge Cake £2.95

Warm Apple Cake £2.95

Add Jersey Dairy Ice Cream for £1.25

Chocolate & Caramel Brownie £4.25

Add Jersey Dairy Ice Cream £1.25

Salted Caramel Affogato £3.95

With Jersey Dairy vanilla ice-cream cream

Ice Cream Shakes £3.75

Smaller kids size available for £2.75

Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit. Whole fruit options also available. Banana, Strawberry, Mango, Kiwi (add 50p)

We have a range of delicious desserts in our fridge including home-made cakes and nutritious yogurt-based pots and goodies. Check out our new sundaes, ask your server for today's selection

Save 20% on hot drink refills.

Drink of the month Try our Espresso Martini £6.95 or Pimms £5.00 Glass / £13.99 Jug

Beers & Cider

Liberation Craft (Draught)	£2.00	£3.95
Mary Ann Best (Draught)	£1.95	£3.50
Thatchers Cider (Draught)	£2.00	£3.95
Carlsberg low alcohol		£2.40
Stinky Bay Ales		£4.75
Lech, Guinness, Liberation Ale		
Peroni, Corona		£4.50
Newcastle Brown Ale,		£4.75
Rekorderlig, Magners		£4.75

A selection of craft beers are also available

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

CAFÉJAC

FOOD, COFFEE & CULTURE