

LIGHT BITES

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Soup of the Day 🥕 eat in **£3.75**
Homemade with the freshest natural ingredients,
served with bottomless freshly baked bread to go **£2.50**
Grab some homemade freshly baked bread to go for 75p

Rolls or Sandwiches

White or brown rolls, sliced bread, wholemeal pitta, flour
tortilla wrap or vegan granary (+75p), gluten-free (+50p)
Italian Mozzarella, tomato & sun blushed tomato pesto 🥕 **£4.25**
Chicken Waldorf Salad **£4.75**
Atlantic Prawns, Avocado & Chipotle Mayo **£5.25**
Add a mug of soup or hand cut chips for £1.95 or sweet potato
chips for £2.75

Crab Cake & Sweet Chilli Mayo Wrap 🥕 **£6.50**
Served with a ramekin of hand-cut chips or a side of
house salad

Chicken, Chorizo & Guacamole Wrap **£6.50**
Served with hand-cut chips or a side of house salad

Chicken Goujons & Plum Sauce Wrap **£6.50**
Served with hand-cut chips or a side of house salad

Grilled Chicken Tzatziki Pitta Pocket **£6.75**
(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)
Served with hand-cut chips or a side of house salad

Frittata 🥕 **£6.95**
Deep Italian-style free range omelette served with mixed
leaves. Ask for today's variety.

Smashed Avocado **£6.95**
On our chunky and wholemeal granary toast.
Add Smoked Salmon £4.00 / Grilled Chicken £3.95 / Grilled
Chorizo £2.95 / Fried Eggs £1.75 / Sunblush Tomatoes £2.25

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.

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**

KEY: 🥕 Vegetarian 🌶️ Spicy ✓ Vegan options available just ask!
Vegan bread available

PLEASE ASK ONE OF OUR
TEAM ABOUT OUR KIDS MENU

SPECIALS

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Grilled Halloumi & Hummus Wrap 🥕 **£6.25**
Served with lettuce, shredded carrot, radish & spring onions,
a ramekin of hand-cut chips & side salad.
Upgrade to sweet potato chips for 75p

Roast Squash & Black Bean Chilli ✓ **£9.50**
Served with white or organic brown rice, tortilla chips, guacamole

Grilled Halloumi & Roast Red Pepper Burger 🥕 **£9.50**
Stacked halloumi, grilled red pepper and courgette burger
on a white or brown roll served with hand-cut chips

Thai Haddock & Prawn Laksa (Broth) **£12.50**
Thai spiced curried broth with coconut milk, rice noodles,
bean sprouts & seasoned with red chili & coriander

BOWLS

Mon - Fri 12-8pm

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

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, peppers, grated
cheddar, black olives, sliced avocado, homemade salsa,
topped with a Tali sauce, fresh coriander & sour cream

Vegan Burrito Bowl with Cashew Cream ✓ **£8.75**
Packed with black beans, corn, coriander lime rice, pico de
gallo, guacamole and vegan cashew cream

Mexican Breakfast Bowl **£8.50**
Roast sweet potato, black beans, chorizo, fried eggs, avocado

Choose from the following toppings

Boiled egg £1.50, Crispy bacon for £1.50,
Sliced grilled chicken £3.25, Fresh prawns £3.50,
King prawns £4.50, Grilled salmon fillet £6.50,
Goats cheese £1.75

WHY NOT ADD A SIDE ORDER OF...

Grilled salmon fillet	£6.50	Sweet potato chips 🥕 ✓	£3.50
Grilled chicken breast	£4.50	Basmati rice ✓	£2.75
Stir-fried rice	£5.25	Organic brown rice ✓	£2.75
Veg & fried egg	£5.25	Fresh baked granary ✓	£2.25
Side Salad 🥕 ✓	£3.25	Ciabatta garlic bread	£3.25
Steamed Veg 🥕 ✓	£3.25	...with cheese	£3.50
New potatoes 🥕 ✓	£3.25	with cheese & salsa	£3.95
Hand cut chips 🥕 ✓	£3.00		

MAINS

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Chicken Tenders & Chips **£9.95**
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 *Vegetarian option available* **£10.95**
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 70p 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 jalapenos for an added kick or a fried egg 80p

Indonesian Nasi Goreng 🥕 **£8.25**
Wok fried rice with peppers, spring onion, mushrooms &
Indonesian spices topped with a free range fried egg
Vegetable 🥕 **£9.25**
Grilled chicken **£10.95**
King Prawn

Indian Curries: 🌶️ ✓
Mild Korma / Medium Tikka Masala / Hot Madras
Served with basmati or organic brown rice,
naan bread and poppadoms
Vegetable 🥕 **£9.75**
Grilled chicken **£10.50**
King Prawn **£11.95**

Pad Thai 🥕 **£9.75**
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
Vegetable 🥕 **£8.75**
Grilled chicken **£9.75**
King Prawn **£10.95**

Deep Fried Fisherman's Basket **£9.75**
Scampi, king prawn, calamari, filo prawn, crab cake, plaice
goujons, hand cut chips. Tartar sauce and Garnish

Grilled Cajun Chicken **£11.95**
Bacon, guacamole, salsa and sour cream served with hand
cut chips & salad garnish

Grilled Scottish Salmon Fillet **£12.50**
Served with new potatoes, steamed seasonal vegetables and
hollandaise sauce

FISH & CHIP FRIDAY **£10.95**
Join us on Fridays for Best Bitter Beer Battered Deep Fried
Fresh Haddock Fillet, Minted Mushy Peas, Hand-Cut Chips &
Homemade Tartare Sauce.

Best Bitter Beer Battered Deep Fried Fish & Chips

Our Allergens

As our kitchen has limited space • we regret we
can NOT guarantee that any of our products do not
contain any trace amounts of the following allergens;
Celery • cereals containing gluten — including
wheat (such as spelt and Khorasan) • rye • barley
and oats • crustaceans — such as prawns • crabs
and lobsters • eggs • fish • lupin • milk • molluscs
— such as mussels and oysters • mustard • tree nuts
— including almonds • hazelnuts • walnuts • brazil
nuts • cashews • pecans • pistachios and maca-
damia nuts • peanuts • sesame seeds • soybeans
, sulphur dioxide and sulphites.

Should you like to see a list of the ingredients
our products are made with, please ask the
Duty Manager and they will be happy to help.

WIFI PASSWORD: americano

BREAKFAST & BRUNCH

Mon - Saturday 7.30 - 11.30

Omelette Made with 3 free-range eggs 🥕 **£4.25**
Bacon, veggie sausage, sausage, tomato, cheese, mushrooms. Add £1.25 per filling

Breakfast Roll 2 Fillings 🥕 **£3.50**
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce and grated cheddar.
Extra fillings £1.25

Full Monty **£8.75**
Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding.

Three-quarter Monty **£7.75**
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown.

Veggie Monty 🥕 **£8.50**
Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown.

Mini Veggie Monty 🥕 **£6.25**
One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown.

All above breakfasts served with unlimited toast and bottomless tea, house coffee or a carton of juice.

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) £3.95

Turmeric Root Juice
Carrot, turmeric, apple & orange

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

SMOOTHIES BLENDED TO ORDER

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

Strawberry, Avocado & Banana **£4.50**
With coconut milk & honey

Blueberry Smoothie **£4.50**
Blueberries, banana, oat milk, honey

ICE CREAM SHAKES

All varieties **£3.25**
Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit. **Whole fruit options also available.** Banana, Strawberry, Mango, Kiwi (add 50p)

Organic Porridge (made with organic milk) 🥕 **£3.25**
With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries. Add 85p for each topping.

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!

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

Smashed Avocado ✓ 🥕 **£6.95**
On our chunky and wholemeal granary toast.
Add smoked salmon **£4.50**
Add poached eggs **£1.95**
Add roasted red pepper **£1.95**

Breakfast Burrito 🥕 **£7.75**
Toasted flour tortillas filled with crispy bacon or veggie sausages, scrambled eggs, melted cheddar and chopped coriander. Served with salsa, sour cream and guacamole

Smoked Salmon & Scrambled Eggs **£9.95**
Served with home baked vegan granary toast

COFFEES

Save 20%
on hot drink refills.

Hot Drinks	Reg	Large
Fresh Filter Coffee	£1.95	£2.30
Cappuccino / 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 / Herbal Tea	£1.60	£1.85
Matcha Latte	£2.60	£2.95
Baileys Salted Caramel Hot Choc.	£4.50	
Terrys Chocolate Orange Hot Choc.	£2.95	

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
Vietnamese Ice Coffee	£2.95

Add cream, marshmallows or syrup for 45p each.
Soya, organic, oat, coconut or almond 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			

Prosecco
Ponte mini bottle 200ml (brut or rose) **£6.50**

DESSERTS

Carrot Cake **£3.50**
From Bean Around The World

Chocolate Fudge Cake **£3.25**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Warm Apple Cake **£3.25**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Banoffee Pie **£4.95**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Salted Caramel Affogato **£3.95**
With Jersey Dairy vanilla ice-cream cream

Check our fridge and counter for home-made cakes and nutritious yogurt-based pots and goodies.

Our Allergens
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Beers & Cider		
Liberation Craft (Draught)	£2.00	£3.95
Stinky Bay Ales		£4.75
Rekorderlig, Magners, Thatcher's Gold		£4.75
Lech, Guinness, Liberation Ale		£4.75
Peroni, Corona		£4.50
Newcastle Brown Ale,		£4.25
Carlsberg low alcohol		£2.40

A selection of craft beers are also available
A range or spirits 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 - Apple, Orange, Cranberry		£1.50
Pips Organic Juices		£2.30
Fever Tree Tonic		£1.95

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caféjac

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