

LIGHT BITES

Mon - Fri 12.00 - 7.45pm
& Sat 12.00 - 2.15pm

Soup of the Day 🥕 (Now available from 10.00am) eat in **4.50**
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

Ciabatta garlic bread **3.25**
with cheese **3.50**
with cheese and salsa **3.95**

Rolls or Sandwiches

White or brown rolls, sliced bread, wholemeal pitta, flour tortilla wrap, lettuce Wrap or vegan granary (+75p),
gluten-free (+50p)

Goats Cheese, Roasted Red Pepper & Hummus 🥕 **4.25**

Thai Tuna Mayo with salad **5.25**

Coronation Chicken with salad **4.75**

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 **7.25**

Chicken, Chorizo & Guacamole Wrap **7.25**

Chicken Goujons & Plum Sauce Wrap **7.25**

Grilled Chicken Tzatziki Pitta Pocket **7.25**

Grilled Halloumi and Hummus Wrap **7.25**

All served with hand-cut chips and salad garnish

Smashed Avocado ✓ **6.95**

On chunky, wholemeal house-made granary toast.

UPGRADE! Add your extras from the extra menu below

Grilled King Prawn Tacos 🥕 **9.50**

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 🥕 **7.95**

Grilled chicken **8.95**

Jalapeno and sun blush tomato **9.50**

KEY: 🥕 Vegetarian 🌶️ Spicy ✓ Vegan options available just ask!
Vegan bread available **GF** Gluten Free

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.

BURGERS

Served in a choice of Portuguese, white or brown roll, lettuce wrap or wholemeal pitta all served with hand cut chips and a salad garnish.

Big Jac 6oz **10.95**

Homemade lean mince steak burgers with our blend of herbs with bacon, cheese, salsa, mayonnaise and salad

Add a fried egg or jalapenos for 70p each

Spicy Veggie Burger 🥕 **9.95**

With cheese, salsa, mayonnaise & lettuce

Add jalapenos for an added kick or a fried egg 80p

Tex Mex Burger **11.50**

In-house Mexican Spiced Beef patty with tomato, lettuce, gherkins and a Cajun mayo

Add jalapenos for an added kick or a fried egg 80p

Falafel Burgers with Tzatziki Sauce **10.95**

In-house falafel patty with carrot and radish 'slaw and tzatziki sauce.

Goat's Cheese Burger **10.50**

Triple-crumbed with roasted red peppers, balsamic glaze, tomato and baby spinach.

BOWLS

*GF / ✓ on request

Salmon Poke Bowl* GF **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**

Baby gem lettuce, cherry tomatoes, croutons, grated parmesan & homemade caesar dressing

Whole Food Bowl* **8.75**

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

Moroccan Chickpea & Cauliflower Bowl **9.25**

Crispy Cumin Roasted Cauliflower, Moroccan spiced chickpeas, baby spinach, avocado, Cherry Toms, organic brown rice, zesty herb sauce

Mexican Breakfast Bowl **8.95**

White rice, black beans, roast sweet potato, chorizo, fried eggs, avocado

UPGRADE YOUR DISH. ADD PROTEIN, VEGGIES OR GRAINS

Proteins

Grilled salmon fillet	6.50	Grilled Chorizo	2.25
Grilled chicken breast	4.50	Crispy bacon	1.50
Sliced grilled chicken	3.25	Boiled egg	1.50
Fresh prawns	3.50	Grilled Halloumi	2.25
Grilled king prawns	4.50	Grilled Goats cheese	2.00
Smoked Salmon	4.00		

MAINS

Grilled Scottish Salmon Fillet GF **13.50**

Served with new potatoes, steamed seasonal vegetables and hollandaise sauce and salad garnish

Grilled Cajun Chicken GF **12.50**

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

Chicken Tenders & Chips **10.50**

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

Deep Fried Fisherman's Basket **9.75**

Scampi, king prawn, calamari, filo prawn, crab cake, plaice goujons served with hand cut chips, tartar sauce and salad garnish

Indonesian Nasi Goreng 🥕🌶️

Wok fried rice with peppers, spring onion, mushrooms & Indonesian spices topped with a free range fried egg

Vegetable 🥕 **8.75**

Grilled chicken **9.95**

King Prawn **11.95**

Indian Curries:

Mild Korma / Medium Tikka Masala / Hot Madras 🌶️✓

Served with basmati or organic brown rice, naan bread and poppadoms

Vegetable 🥕 **10.25**

Grilled chicken **10.95**

King Prawn **11.95**

Roast Sweet Potato & Cashew Massaman Thai Curry 🌶️

Served with basmati or organic brown rice,

Veg 🥕 **11.25**

Chicken **11.95**

King Prawn **12.95**

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

Vegetable 🥕 **9.25**

Grilled chicken **10.25**

King Prawn **11.95**



Veggies 🥕✓

Side Salad	3.25
Steamed Veg	3.25
New potatoes	3.25
Hand cut chips	3.00
...with cheese	3.25
Sweet potato chips	3.50

Carbs

Basmati rice ✓	2.75
Organic brown rice ✓	2.75
Fresh baked granary bread ✓	2.25
Stir-fried rice	
with veg & fried egg	5.25

cafèjao

autumn 2021
version 2191

MENU REVIEW

Scan here to leave a quick review!



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 macadamia 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 - Fri 7.30am - 11.15am
Saturday 8.30am - 2.15pm

Omelette Made with 3 free-range eggs 🥕 4.50
Bacon, veggie sausage, sausage, black pudding, tomato, cheese, mushrooms. Add 1.25 per filling

Breakfast Roll 2 Fillings 🥕 3.95
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, avocado, grated cheddar.
Extra fillings 1.25

Full Monty 8.95
Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding.

Three-quarter Monty 7.95
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown.

Veggie Monty 🥕 8.70
Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown.

Mini Veggie Monty 🥕 6.45
One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown.

Breakfast Tostadas (vegetarian available) £7.50
with grilled cheese, smoked crispy bacon, corn and black beans.. served with Mexican dips and creamy scrambled eggs

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

Organic Porridge (made with organic milk) 🥕 3.50
With a choice of maple syrup, honey, banana, sultanas, blueberries, raspberries or nutella.
Add toppings from 25p.

Fruit & Granola 🥕 5.50
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 6.25
Maple syrup & whipped cream 6.75
Blueberries & vanilla ice-cream 6.75
Nutella, hazelnuts & ice cream 6.75

Smashed Avocado ✓ 6.95
On our chunky and wholemeal granary toast.
UPGRADE! Add your extras from the BYOB menu below

Breakfast Burrito (vegetarian available) 8.25
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 10.50
Served with home baked vegan granary toast

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

BUILD YOUR OWN BREAKFAST* *minimum charge £4 unless adding to another dish

2 Rashers of bacon 1.8	2 Eggs (any way) 1.6	Roasted red peppers 1.5	Gluten Free toast 1.7
3 Slices black pudding 1.6	3 Half tomatoes 1.1	Mushrooms 1.4	Pancake 1.5
4 Sausages 1.7	2 Hash browns 1.3	Beans 1.1	Halloumi 2.2
2 Veggie sausage 1.7	2 Potato scones 1.4	White/ brown toast 1.2	Maple syrup 0.9
Smoked salmon 3.9	half an avocado 2.2	Homemade toast 1.9	

JUICES & SMOOTHIES

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

FRESH JUICES FRESH TO ORDER (16oz)

Turmeric Root Juice 3.95
Carrot, turmeric, apple & orange

Green Detox Juice 4.50
Baby Spinach, Apple, Cucumber, Ginger, Lemon & Mint

Hot Red Head 3.95
Carrot, Ginger, Orange

Passion Fruit Juice 3.95
Passion Fruit, Apple, Kiwi, Orange

Orange or Carrot (12oz) 3.50 (16oz) 3.95
Packed with pro-vitamin A

SMOOTHIES BLENDED TO ORDER

Mango & Orange 3.95
Mango, Banana, Fresh Orange Juice, honey

Raspberry Detox 4.25
Raspberries, coconut milk, flax seeds, honey

Strawberry, Avocado & Banana 4.25
With coconut milk & honey

Blueberry Smoothie 4.25
Blueberries, banana, oat milk, honey

DRINK OF THE MONTH Fresh Seasonal Smoothie/Juice 4.50
See the board for details



COFFEES

Hot Drinks	Reg	Large
Fresh Filter Coffee	1.95	2.30
Cappuccino / Flat White		2.75
Americano		2.45
Espresso	1.75	2.10
Latte	2.75	3.10
Cortado	2.35	
Hot Chocolate	2.75	3.10
White Hot Chocolate	3.00	3.50
Chai Latte	2.95	3.50
Steamed Milk	1.95	2.35
Mocha / White Mocha	3.05	3.40
Tea / Herbal Tea	1.75	2.00
Matcha Latte	2.75	3.10
Baileys Salted Caramel Hot Choc.	4.65	
Terrys Chocolate Orange Hot Choc.	3.10	

Chilled Drinks	
Espresso Caramel Frappé (cream optional)	3.95
Mocha Frappé (cream optional)	3.95
Chai Frappé (cream optional)	3.95
Iced Latté (with or without syrup)	3.25
Iced Mocha (with or without syrup)	3.50
Iced Americano (with or without syrup)	2.75

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

BAR DRINKS

Whites Wines	175ml	250ml	750ml
Chenin Blanc <i>Kudu Plains, South Africa</i>	5.00	6.35	17.25
Pinot Grigio <i>Delle Venezie, Italy</i>	5.00	6.35	17.25
Sauvignon Blanc <i>Waipara Hills, New Zealand</i>	6.25	8.10	21.75
Chardonnay <i>Ladera Verde, Chile</i>	6.25	8.10	21.75

Red Wines			
Cabernet Sauvignon <i>Ladera Verde, Chile</i>	5.00	6.35	17.25
Merlot <i>Ladera Verde, Chile</i>	5.00	6.35	17.25
Shiraz <i>Fish Hook, South Africa</i>	5.00	6.35	17.25
Marques de Caceres <i>Rioja, Spain</i>			21.75

Rosé Wines			
White Zinfandel <i>Jack Rabbit, California</i>	5.00	6.35	17.25
Pinot Grigio Rosé <i>Italia</i>	5.00	6.35	17.25

Prosecco
Ponte mini bottle 200ml (brut or rose) 6.75
A range of spirits are also available.

Soft Drinks		
Coke, Diet Coke, 7UP, Tango, Irn Bru, Ginger Beer	1.95	
Sparkling Water (33cl / 1lt)	2.10	3.50
Mineral Water (33cl / 1lt)	2.10	3.50
St. Helier Sparking Drinks (Lemon or Orange)	2.50	
Juices - Apple, Orange, Cranberry	1.50	
Fever Tree Tonic	1.95	

DESSERTS

Chef's Desserts
Check the cake fridge or ask for the current special

Carrot Cake	3.95
Chocolate Fudge Cake	3.50
Warm Apple Pie	3.50
Banoffee Pie	3.95
Salted Caramel Affogato	3.95
With Jersey Dairy vanilla ice-cream cream	
Vietnamese Ice Coffee	3.25
Cheesecake	3.95
Check the cake fridge or ask for the current special	
Jersey Dairy Ice Cream	4.25
Three scoops of vanilla, chocolate, strawberry	

Add Jersey Dairy Ice Cream to any dessert for 1.25 or whipped cream for 75p

ICE CREAM SHAKES

All varieties 3.50
Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit. Banana, Strawberry, Mango, Kiwi (add 50p)

IS THERE A DRAUGHT IN HERE?

We're now serving draught beers from our new great rocket bar. We'll be serving quality guest beers throughout the year.



Draught Beers	Half	Pint
Camden Ale	2.95	5.50
Moretti	2.75	4.95

Bottled	
Tyskie, Guinness, Liberation Ale, Stinky Bay	5.25
Peroni, Corona	4.50
Newcastle Brown Ale	5.25
San Miguel low alcohol	3.40

Cider	
Rekorderlig, Magners, Thatcher's Gold, Thatcher's Rose	5.50

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