

LIGHT BITES Mon - Fri 12.00 - 8.00pm Saturday 12.15 - 2.15pm

Soup of the Day 🥕 ✓ 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 🥕 3.75
with cheese 4.25
with cheese and salsa 4.50

Rolls or Sandwiches GF option
Rolls, sliced bread, wholemeal pitta, flour tortilla wrap,
gluten-free (+50p)
Egg Mayonaise with Spinach 🥕 4.75
Atlantic Prawn with lettuce and marie rose sauce 5.25
Chicken BLT 5.75
Add: mug of soup or hand cut chips: 1.95 / sweet potato chips 2.75

HOT WRAPS

Crab Cake & Sweet Chilli Mayo Wrap 7.50
Roast Sweet Potato & Black Bean Burrito 🥕 7.50
Chicken Goujons & Plum Sauce Wrap 7.50
Grilled Chicken Tzatziki Pitta Pocket 7.50
Grilled Halloumi and Hummus Wrap 🥕 7.50

All served with hand-cut chips and salad garnish

Smashed Avocado ✓ 7.00
On chunky, wholemeal house-made toast.
UPGRADE! Add your extras from the extra menu below

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 🥕 8.25
Grilled chicken 9.25
Jalapeno and sun blush tomato 10.25

Roasted Mediterranean Vegetable Tacos ✓ 🥕 9.50
Two folded warm tortillas topped with red cabbage slaw, home-
made salsa and roasted Mediterranean vegetables, served with
spiced hummus sauce, sliced avocado and lime wedge.

Grilled King Prawn Tacos 🥕 10.50
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.

UPGRADE YOUR DISH. ADD PROTEIN, VEGGIES OR GRAINS

Proteins

Grilled salmon fillet	6.50	Crispy bacon	2.25
Grilled chicken breast	4.50	Grilled halloumi	2.40
Sliced grilled chicken	3.25	Grilled goats cheese	2.25
Fresh prawns	3.50	Boiled egg	1.50
Grilled king prawns	4.50		
Smoked Salmon	4.00		

BURGERS

All served with hand cut chips and a salad garnish.
Add a fried egg or jalapenos for 80p each

Spicy Veggie Burger 🥕 9.95
With cheese, salsa, mayonnaise & lettuce.

Goat's Cheese Burger 🥕 10.50
Triple-crumbed with roasted red peppers, balsamic glaze, tomato
and baby spinach.

Falafel Burgers with Tzatziki Sauce 🥕 ✓ option 10.95
In-house falafel patty with carrot and radish 'slaw and tzatziki

Big Jac 6oz 10.95
Homemade lean mince steak burgers with our blend of herbs
with herbs, bacon, cheese, salsa, mayonnaise and lettuce

BOWLS

Avocado & Free Range Egg Caesar Salad 🥕 8.75
Baby gem lettuce, cherry tomatoes, croutons, grated parmesan
& homemade caesar dressing

Whole Food Bowl GF 🥕 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

Roasted Butternut Squash and Chickpea ✓ 8.75
Roasted butternut squash, cumin chickpeas, baby spinach,
cooked beetroot, cherry tomato, courgette, pickled red onions,
sun blushed tomatoes, bulgur wheat and hummus sauce.

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

MAINS

Fisherman's Basket 10.25
Scampi, king prawn, calamari, filo prawn, crab cake, plaice
goujons served with hand cut chips, tartar sauce 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

Grilled Cajun Chicken GF 12.50
Bacon, guacamole, salsa and sour cream served with hand cut
chips and salad garnish

Grilled Scottish Salmon Fillet GF 13.50
Served with new potatoes, steamed seasonal vegetables and
hollandaise 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:
Hot Madras 🥕 ✓ / **Medium Tikka Masala** / **Mild Korma**
Served with rice, naan bread and poppadoms
Vegetable 🥕 10.25
Grilled chicken 10.95
King Prawn 11.95

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



FRIDAY FISH & CHIPS
Join us on Fridays for Best Bitter Beer Battered Deep Fried Fresh Haddock Fillet, Minted Mushy Peas, Hand-Cut Chips & Homemade Tartare Sauce.
11.95

Fish and chips with a pint
Add a pint of any draught beer from our bar
16.50

caféjao

version 2231
Spring 2022

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

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 - 11.30am
Saturday 8.30am - 11.45am

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.

Breakfast Roll (two fillings) 4.50

Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, avocado, grated cheddar.

Extra fillings 1.25

Omelette Made with 3 free-range eggs 4.50

Bacon, veggie sausage, sausage, black pudding, tomato, cheese, mushrooms. Add 1.25 per filling

Yogurt, Fruit & Granola & Honey 6.50

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!

Mango Smoothie Bowl 6.50

Mango and passion fruit smoothie topped with granola and fresh fruit

Pancakes Made fresh & fluffy to order - 3 per portion 6.25

Lemon, orange & sugar

Maple syrup & whipped cream

Blueberries & vanilla ice-cream

Nutella, hazelnuts & ice cream

Smashed Avocado 7.00

On our chunky and wholemeal granary toast.

Breakfast Tacos (vegetarian available) 8.50

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

Sweet Potato & Bean Burrito 7.50

Roasted sweet potatoes, black beans, red kidney beans, mixed peppers, tomato, served with cashew sauce, chips and garnish.

Monty breakfasts come as they are (no substitutions!)..served with unlimited toast, tea or house coffee (or a carton of juice).

Veggie Monty 9.00

Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown.

Vegan Monty 9.00

Beans, mushrooms, tomatoes, smashed avocado, roast red pepper and toast.

Full Monty 9.50

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

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* Choose any four dishes £7.50

2 Rashers of bacon
3 Slices black pudding
4 Sausages
2 Veggie sausage
Smoked salmon

2 Eggs (any way)
Halloumi
Toast
Pancake
Gluten Free toast

✓ Smashed avocado
Roasted red peppers
Mushrooms
3 Half tomatoes
Beans

✓ Hash browns
3 Potato scones
Homemade toast
Maple syrup

JUICES & SMOOTHIES

Fancy something different?
Build your own juice.....

FRESH JUICES FRESH TO ORDER (16oz)

Turmeric Root Juice 4.25

Carrot, turmeric, apple & orange

Green Detox Juice 4.50

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

Hot Red Head 4.25

Carrot, Ginger, Orange

Passion Fruit Juice 4.25

Passion Fruit, Apple, Kiwi, Orange

Orange or Carrot (12oz) 3.50 (16oz) 4.25

Packed with pro-vitamin A

SMOOTHIES BLENDED TO ORDER

Mango & Orange 4.50

Mango, Banana, Fresh Orange Juice, honey

Raspberry Detox 4.50

Raspberries, coconut milk, flax seeds, honey

Strawberry, Avocado & Banana 4.50

With coconut milk & honey

Blueberry Smoothie 4.50

Blueberries, banana, oat milk, honey

DRINK
OF THE
MONTH

Fresh Seasonal
Smoothie/Juice
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
Vietnamese Iced Coffee	3.25

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 Kudu Plains, South Africa	5.50	6.85	19.25
Pinot Grigio Delle Venezie, Italy	5.50	6.85	19.25
Sauvignon Blanc Waipara Hills, New Zealand	6.75	8.60	23.75
Chardonnay Ladera Verde, Chile	6.75	8.60	23.75

Red Wines

Cabernet Sauvignon Ladera Verde, Chile	5.50	6.85	19.25
Merlot Ladera Verde, Chile	5.50	6.85	19.25
Shiraz Fish Hook, South Africa	5.50	6.85	19.25
Marques de Caceres Rioja, Spain			23.75

Rosé Wines

White Zinfandel Jack Rabbit, California	5.50	6.85	19.25
Pinot Grigio Rosé Italia	5.50	6.85	19.25

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

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

Chef's Desserts

Check the cake fridge or ask for the current special

Jersey Dairy Vanilla Ice Cream 1.25 (per scoop)

Vietnamese Iced Coffee 3.75

Carrot Cake 3.95

Chocolate Fudge Cake 3.95

Banoffee Pie 3.95

Salted Caramel Affogato 3.95

With Jersey Dairy vanilla ice-cream cream

Warm Apple Pie 4.50

ICE CREAM SHAKES

All varieties 3.50

Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit.

Check our fridge and counter for home made cakes and nutritious pots and goodies

IS THERE A DRAUGHT IN HERE?

We're now serving draught beers from our new great rocket bar.



Craft Beers

Check the board or ask your server for the local or selected craft beer on offer this month.

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
Tempted Elderflower Irish Cider	5.50
Val De Rance Breton Cider (750ml)	7.50
Galipetter Alcohol Free	3.75

caféjac