






BREAKFAST & BRUNCH 2023

WEEKDAYS 7.30AM - 11.45AM  
SATURDAY 8.30AM - 12PM


QUICK BITE

<b>ORGANIC PORRIDGE</b> <small>(Oat Milk)</small> 	<b>£3.75</b>
Choose between: Maple Syrup, Honey, Banana, Sultanas, Blueberries, Raspberries OR Nutella. From 35p each	
<b>OVERNIGHT OATS</b> 	<b>£6.50</b>
Oats, Oat Milk, 100% Cacao, Honey, Banana, Peanut Butter, FlaxSeeds, Peanuts, Raspberries	
<b>GRANOLA, YOGHURT &amp; FRESH FRUIT</b> 	<b>£8.50</b>
<b>EGGS ON TOAST</b>	<b>£5.50</b>
Fried OR Scrambled ON Homemade Wholemeal Toast	
<b>BREAKFAST ROLL</b>	<b>£5.50</b>
Two Fillings: Bacon, Sausages, Veggie Sausages, Black Pudding, Eggs (Fried OR Scrambled), Tomato, Lettuce, Hash Brown, Roasted Red Peppers OR Avocado <b>+£1.30</b>	
<b>SMASHED AVOCADO ON TOAST</b>  	<b>£7.50</b>
Eggs (Fried, Scrambled, Poached Eggs) <b>+£1.50</b> or Halloumi <b>+£2.50</b>	
<b>BUILDERS BREAKFAST BURRITO</b>	<b>£7.50</b>
Cheese, Bacon, Sausage, Hash Brown & Scrambled Egg.	

WAFFLES




Vegan Options available

<b>Chocolate Orange Waffles</b> 	<b>£8.50</b>
<b>Raspberry Compote &amp; Ice-cream</b>	<b>£8.50</b>

PANCAKES



Vegan Options available

<b>Maple Syrup &amp; Whipped Cream</b>	<b>£7.95</b>
<b>Blueberries &amp; Ice-Cream</b>	<b>£8.50</b>
<b>Nutella, Banana &amp; Ice-Cream</b>	<b>£8.50</b>
<b>Orange, Lemon &amp; Lime</b> 	<b>£8.25</b>

OMELETTE



<b>Plain</b>	<b>£5.95</b>
Add Fillings From <b>£1</b> each:	
• Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Mushrooms, Avocado	


CHEERS




<b>Mimosa</b>	<b>£8.95</b>
<b>Bloody Mary</b>	<b>£8.95</b>
<b>Vanilla Espresso Martini</b>	<b>£8.95</b>

MONTYS

Sorry NO Substitutions



<b>FULL MONTY</b>	<b>£10.95</b>
Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Mushrooms, Tomato, Sausages, Hash Browns, Black Pudding	
<b>VEGGIE MONTY</b> 	<b>£10.95</b>
Eggs (Fried, Poached OR Scrambled), Beans, Mushrooms, Veggie Sausages, Potato Scone, Hash Browns, Tomato	
<b>BYO BREAKFAST</b>	<b>£7.50</b>
Choose any 4:	
• Sausages	• Bacon
• Veggie Sausage	• Beans
• Black Pudding	• Mushrooms
• Roasted Red Peppers	• Hash Brown
• Potato Scones	• Avocado <b>+£1.30</b>
• Sun Blushed Tomato	• Halloumi <b>+£2.50</b>
• Pancake	
• Toast (Brown OR Homemade Wholemeal)	
• Eggs (Fried, Poached OR Scrambled)	

HASH BOWL

Sauteéd New Potato with Chorizo, onions, Fried egg, Rocket, Homemade Salsa & Parsley 	<b>£9.50</b>
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MEXICAN



<b>BREAKADILLAS</b>	<b>£10.50</b>
Toasted tortillas with scrambled egg, crispy bacon, black beans & melted cheddar. Guacamole, salsa & Sour Cream	
<b>TACOS</b> 	
Served on Flour Tortillas with Scrambled Eggs, Cheddar, Coriander, Salsa, Sour Cream & Guacamole	
• BACON	<b>£9.50</b>
• VEGGIE SAUSAGE 	<b>£9.50</b>

HOT DRINKS

Alternative Milks & Syrups From .40p

<b>FRESH FILTER COFFEE</b>	<b>£1.95</b>	<b>£2.50</b>
<b>ESPRESSO</b>	<b>£1.75</b>	<b>£2.20</b>
<b>LATTE</b>	<b>£2.95</b>	<b>£3.20</b>
<b>CAPPUCCINO</b>		<b>£2.95</b>
<b>FLAT WHITE</b>		<b>£2.95</b>
<b>AMERICANO</b>		<b>£2.50</b>
<b>CORTADO</b>		<b>£2.50</b>
<b>HOT CHOCOLATE</b>	<b>£2.95</b>	<b>£3.25</b>
<b>WHITE HOT CHOCOLATE</b>	<b>£2.95</b>	<b>£3.75</b>
<b>TERRYS ORANGE HOT CHOCOLATE</b>	<b>£3.75</b>	
<b>MOCHA/WHITE MOCHA</b>	<b>£3.25</b>	<b>£3.85</b>
<b>CHAI LATTE</b>	<b>£3.25</b>	<b>£3.85</b>
<b>MATCHA LATTE</b>	<b>£3.25</b>	<b>£3.85</b>
<b>TURMERIC LATTE</b>	<b>£3.25</b>	<b>£3.85</b>
<b>TEA</b>		<b>£1.85</b>
<b>HERBAL TEA</b>		<b>£2.95</b>
<b>BAILEYS HOT CHOCOLATE</b>	<b>£6.25</b>	
<b>STEAMED MILK</b>	<b>£2.25</b>	<b>£2.75</b>
<b>BABYCCINO</b>		<b>£1</b>

CHILLED DRINKS

Add Cream or Syrups From .40p

<b>ESPRESSO CARAMEL FRAPPÉ</b>	<b>£4.75</b>
<b>MOCHA FRAPPÉ</b>	<b>£4.95</b>
<b>CHAI FRAPPÉ</b>	<b>£4.50</b>
<b>ICED LATTE</b>	<b>£3.50</b>
<b>ICED MOCHA</b>	<b>£3.75</b>
<b>ICED AMERICANO</b>	<b>£2.75</b>
<b>ICED MATCHA</b>	<b>£3.85</b>
<b>VIETNAMESE ICED COFFEE</b>	<b>£3.75</b>

OUR SUPPLIERS



MONMOUTH  
COFFEE COMPANY



THREE OAKS VINERIES



caféjac  
JERSEY ARTS CENTRE

CAFEJACS  
Password: americano

JERSEY DAIRY SHAKES £4.25

- Chocolate
- Hazelnut
- Salted Caramel
- Caramel
- Vanilla
- Sugar-Free Vanilla
- Sugar-Free Caramel
- Sugar-Free Hazelnut
- Strawberry
- Raspberry
- Banana
- Passion Fruit
- Coconut
- Coffee

FRUIT SLUSHIES £4.50

- Summer Berries
- Raspberry
- Mango & Passion Fruit

SMOOTHIES £5.50

- **Mango Refresher**  
Mango, Banana & Orange Juice
- **Raspberry Detox**  
Raspberries, FlaxSeeds & Coconut Milk
- **Strawberry Zing**  
Strawberry, Pineapple & Orange Juice
- **Blueberry & Banana**  
Blueberries, Banana & Oat Milk
- **Green Dream**  
Mango, Banana, Spinach & Orange Juice

FRESH JUICES £5.50

- **Turmeric Root**  
Turmeric, Carrot, Apple, Orange Juice
- **Green Detox**  
Mint, Ginger, Lemon, Spinach, Cucumber, Apple
- **Hot Red Head**  
Ginger, Carrot, Orange Juice
- **Passion Fruit**  
Passion Fruit, Kiwi, Apple, Orange Juice
- **Orange OR Carrot OR Apple**

SOFT DRINKS

- Coke, Diet Coke, 7up, Irn Bru **£2.25**
- Fever Tree Tonic **£2.75**
- Sparkling Water (33cl/75cl) **£2.25** **£3.75**
- Still Water (33cl/75cl) **£2.25** **£3.75**
- Tango** **£2.25**
  - Apple, Orange, Dark Berry
- Cawston Press** **£2.75**
  - Apple, Rhubarb, Elderflower, Ginger
- St. Helier** **£2.75**
  - Lemon, Orange, Passion Fruit
- Juice**
  - Apple, Orange, Cranberry **£1.95**
  - Radnor 200ml Carton Juice **£1.75**



VEGAN



VEGETARIAN



GLUTEN  
FRIENDLY  
OPTION



SPICY





MILD

LUNCH & DINNER 2023

A SERVICE CHARGE OF 10% IS ADDED TO ALL BILLS WHEN AN OPTIONAL TABLE SERVICE IS PROVIDED, PAID DIRECTLY TO THE TEAM

WEEKDAYS 12PM - 7.30PM  
SATURDAY 12PM - 2PM


LIGHT BITES

SOUP OF THE DAY   £4.95


Served with our Wholemeal Bread

CRISPY GARLIC BREAD £3.95

- Add Cheese +.75p
- Add Cheese and Salsa +£1.20


HAND-CUT CHIPS  £3.95


- Add Cheese +.95p

SWEET POTATO CHIPS  £4.50

- Add Cheese +.95p


SANDWICHES



- BLT £7.50
- Grilled Bacon, Sliced Tomatoes, Baby gem lettuce & Harissa Mayo
- Tuna Melt £7.50
- Tuna, Cheese, Tomato, Baby Gem Lettuce, Celery, Red Onions, Dill Pickles
- Greek Pita Pocket  £7.50
- Spinach, Sliced Tomatoes, Pickled Red Onions, Feta Cheese & Hummus

HOT WRAPS 

With hand cut chips OR Salad £8.75

- FishCake & Sweet Chili Mayo
- Chicken, Chorizo & Guacamole
- Chicken Goujon & Plum Sauce
- Chicken Tzatziki Pita Pocket


CLASSICS 

SMASHED AVOCADO ON TOAST   £7.50

Eggs (Fried) +£1.50 or Halloumi +£2.50

CIABATTA STEAK £13.50

Sirloin steak, rocket, caramelised onions, balsamic vinegar, hand-cut chips & garnish

QUESADILLAS  £9.95

Toasted Tortillas with Cheddar, Peppers, Olives, leeks & Dips

- Add Grilled Chicken +£2.50
- Add Jalapeños +£1

CHICKEN TENDERS & CHIPS £11.95

With Salad Garnish with Plum, Sweet Chili, BBQ OR Mayo

BURGERS 

BIG JAC   £11.95

6oz Beef, Bacon, Cheese, Gherkins, Lettuce, Mayo, Homemade Salsa, Hand-chips & Garnish


CAJUN BURGER   £12.95




Grilled Chicken, Bacon, Avocado, Lettuce, Guacamole, Homemade Salsa, hand-chips & Garnish

VEGGIE BURGER    £11.95

Homemade Salsa, Baby Spinach, Avocado, Roasted Red Peppers, Hand-Chips & Garnish



Add Cheese +.75p / Add Jalapeños/Sweet Potato +£1

BOWLS 

NASI GORENG    £10.25



Chili Paste based fried (White / Organic Brown +.50p) Rice, Leek, Egg, Mushrooms, Broccoli, Peppers, Tomato & Cucumber, Onions

- Add Chicken +£2.50
- Add King Prawns +£4.50


PAD THAI   £11.50

Rice Noodles, Vegetables, Omelette, Pad Thai Sauce, Peanuts, Mushrooms, Coriander & lime Wedge

- Add Chicken +£2.50
- Add King Prawns +£4.50


WHOLE FOOD BOWL   £9.25

Rice (White / Organic Brown +.50p), Black Beans, Peppers, Cheddar, Black Olives, Avocado, Coriander, Homemade Salsa, Spiced Tali Sauce, Sour Cream & Lime Wedge


FALAFEL BOWL  £8.75

Quinoa, fresh Cherry Tomatoes, Avocado, Spinach, Pickled Red Onion, Crispy Onions, Parsley, Falafel, Red Chili, Cucumber & Lime Wedge

- Add Grilled Halloumi +£2.50

SALMON POKE BOWL  £12.50

Rice (White / Organic Brown +.50p), Cured Salmon, Carrot Mix, Avocado, Cucumber, Chili, Sesame seeds, Coriander, Lime & Poke Sauce

ALLERGENS ADVICE 

Please be aware that our kitchen uses ingredients such as Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Tree Nuts, Peanuts, Sesame Seeds, Soya and products that may contain Sulphur Dioxide.

If you have dietary requirements/food allergies please speak to a member of our team before ordering and ask for our allergens menu for clarification.

If in any case your allergy is severe, please do not eat our food.

FISH 

GRILLED SALMON £14.95

With seasonal vegetables, new potatoes, hollandaise sauce & lemon wedge

FISHERMAN'S BASKET £12.95

Scampi, King Prawns, Calamari, Filo Prawn, Crab Cake, Plaice Goujons, Salmon. Hand-cut Chips, Homemade Tartar Sauce & Garnish

SPECIALS  

CHILI SIN CARNE  £11.95

Black Beans and Spices served with rice (White / Organic Brown +50p, Lime, Tortillas Chips, Red Chili & Avocado


PRAWN TACOS £10.95

Spiced grilled prawns served with marinated red cabbage, homemade salsa, sour cream, guacamole & Lime.

FRITTATA £9.50

Ask us for today's flavour.

Served with fresh tomatoes & Avocado.

CURRY 

Ask us for this month's curry, served with white basmati or brown organic rice (+.50p).

SIDES

- Grilled Salmon Fillet £6.50
- Grilled Chicken £4.50
- Fresh / Grilled Prawns £4.50
- Halloumi / Goats Cheese £2.50
- Side Salad / Steamed Vegetables £3.50
- Rice (White / Brown +.50p) £2.50
- Homemade Wholemeal Bread £2.50
- New Potatoes £2.75
- Fried Egg £1.50

DESSERTS 

- BELGIAN APPLE PIE £4.95
- CHOCOLATE FUDGE CAKE £4.50
- BANOFFEE PIE £5.75
- CARROT CAKE £4.50
- KEY LIME PIE £5.50
- STICKY TOFFEE PUDDING £4.50
- ESPRESSO SALTED CARAMEL AFFOGATO £4.95
- VANILLA ICE CREAM £4.95


3 scoops, Add any Syrup +.75p

ADD VANILLA ICE CREAM +£1.50

ADD WHIPPED CREAM +.75p

BEERS

DRAUGHT	HALF PINT	SCHOONER	PINT	JUG
• MORETTI	£2.95	£4.50	£5.95	£10.25
• CAMDEN	£3.25	£4.75	£6.25	£10.95

BOTTLED		
• LIBERATION ALE 4%		£5.75
• LIBERATION IPA 4.8%		£5.75
• PERONI 5.1%		£4.95
• STELLA ARTOIS 4.8% 		£4.95
• STINKY BAY 4.8%		£5.25
• BD PUNK IPA 5.4%		£5.25
• BD ELVIS JUICE 5.1%		£5.25
• CORONA 4.5%		£4.95
• HELLS LAGER 4.6%		£4.50
• TYSKIE 5.2%		£5.75
• NEWCASTLE BROWN 4.7%		£5.25
• GUINNESS 4.2%		£5.50

ALCOHOL-FREE		
• SAN MIGUEL		£4.25
• BD PUNK IPA		£5.25

CIDERS

BOTTLED		
• REKORDERLIG STRAWBERRY/LIME 4%	£6.75	
• INCH'S 4.5%	£5.95	
• OLD MOUT PINEAPPLE/RASPBERRY 4%	£6.25	
• THATCHERS ROSÉ 4.8%	£5.95	
• MAGNERS 4.5%	£6.50	
• IRISH ELDERFLOWER 4%	£6.25	
• VAL DE RANCE 4%	£8.25	

ALCOHOL-FREE		
• OLD MOUT BERRIES & CHERRIES	£5.95	
• GALIPETTE	£3.95	

WHITE WINE	175ml	250ml	750ml
CHARDONNAY	£4.95	£6.85	£19.75
PINOT GRIGIO	£5.95	£8.30	£22
SAUVIGNON BLANC	£6.25	£8.60	£25

RED WINE	175ml	250ml	750ml
SYRAH	£4.95	£6.85	£19.75
MALBEC	£5.95	£8.30	£23.75
RIOJA			£26

ROSÉ WINE	175ml	250ml	750ml
WHITE ZINFANDEL	£5.50	£6.85	£19.25
PINOT NOIR	£6.25	£8.50	£25

PROSECCO BRUT OR ROSÉ		
IL CAGGIO	200ml	750ml
	£7.95	£25