

BREAKFAST & BRUNCH MAY/JUNE 2024

MONDAY TO SATURDAY  
7AM - 11.45AM

QUICK BITE

<b>ORGANIC PORRIDGE</b> <small>(Oat Milk) VG</small>	<b>£3.50</b>
Choose between: Maple Syrup, Honey, Banana, Sultanas, Blueberries, Raspberries OR Nutella. From 35p each	
<b>OVERNIGHT OATS</b> VG	<b>£7.50</b>
Oats, Oat Milk, 100% Cacao, Honey, Banana, Peanut Butter, FlaxSeeds, Peanuts, Raspberries	
<b>GRANOLA, YOGHURT &amp; FRESH FRUIT</b> V	<b>£8.50</b>
<b>EGGS ON TOAST</b> V	<b>£6.50</b>
Fried OR Scrambled ON Homemade Wholemeal Toast	
<b>BREAKFAST ROLL</b> V	<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>+£1.50</b>	
<b>SMASHED AVOCADO ON TOAST</b> VG	<b>£7.50</b>
Eggs (Fried, Scrambled, Poached Eggs) <b>+£1.75</b> OR Halloumi <b>+£2.50</b>	
<b>BUILDERS BREAKFAST BURRITO</b>	<b>£7.50</b>
Cheese, Bacon, Sausage, Hash Brown & Scrambled Egg.	

PANCAKES



Maple Syrup & Whipped Cream V	£8.50
Blueberries & Ice-Cream V	£8.95
Nutella, Banana & Ice-Cream V	£8.95
Orange, Lemon & Lime V	£8.50

MEXICAN



<b>TOSTADAS</b> V	<b>£10.50</b>
Toasted tortillas topped with Melted Cheddar, Peppers, Homemade salsa, Avocado, Jalapeños & Fried Eggs	
<b>TACOS</b>	
Served on Flour Tortillas with Scrambled Eggs, Cheddar, Coriander, Salsa, Sour Cream & Guacamole	
• BACON	£9.50
• VEGGIE SAUSAGE V	£9.50

CHEERS



Mimosa	£9.95
Bloody Mary	£9.95
Vanilla Espresso Martini	£9.95
Strawberry Margarita	£9.95

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, Unlimited Toast	
<b>VEGGIE MONTY</b> V	<b>£10.95</b>
Eggs (Fried, Poached OR Scrambled), Beans, Mushrooms, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Unlimited Toast	
<b>BYO BREAKFAST</b>	<b>£7.50</b>
Choose any 4:	
• Sausages	• Bacon
• Veggie Sausage	• Beans
• Black Pudding	• Mushrooms
• Roasted Red Peppers <b>+£1</b>	• Hash Brown
• Potato Scones	• Avocado <b>+£1.50</b>
• Sun Blushed Tomato <b>+£1</b>	• Halloumi <b>+£2.50</b>
• Pancake	
• Toast (Brown OR Homemade Wholemeal)	
• Eggs (Fried, Poached OR Scrambled)	

OMELETTE



<b>Plain</b> V	<b>£7.50</b>
Add Fillings From £1 each:	
• Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Mushrooms, Avocado	

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.



GLUTEN FREE TOAST  
AVAILABLE FOR ALL DISHES

HOT DRINKS

Alternative Milks & Syrups From .40p

FRESH FILTER COFFEE	£1.90	£2.60
ESPRESSO		£1.90
LATTE	£3.20	£3.50
CAPPUCCINO		£3.20
FLAT WHITE		£3.20
AMERICANO		£2.50
CORTADO		£2.60
HOT CHOCOLATE	£3.20	£3.50
WHITE HOT CHOCOLATE	£3.35	£3.75
MOCHA/WHITE MOCHA	£3.50	£3.95
CHAI LATTE	£3.40	£3.95
MATCHA LATTE	£3.40	£3.95
TURMERIC LATTE	£3.40	£3.95
TEA		£1.80
HERBAL TEA		£2.60
BAILEYS HOT CHOCOLATE	£6.25	
STEAMED MILK	£2.25	£2.75
BABYCCINO	£1.20	

CHILLED DRINKS

Add Cream or Syrups From .40p

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

OUR SUPPLIERS



JERSEY DAIRY SHAKES £4.25

- Strawberry
- Raspberry
- Banana
- Passion Fruit
- Coconut
- Coffee
- Chocolate
- Hazelnut OR SF
- Salted Caramel OR SF
- Caramel OR SF
- Vanilla OR SF

FRUIT SLUSHIES £4.50

- Summer Berries
- Raspberry
- Mango & Passion Fruit

SMOOTHIES £5.75

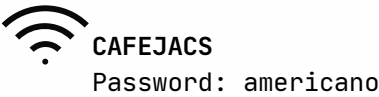
- Mango Refresher  
Mango, Banana & Orange Juice
- Raspberry Detox  
Raspberries, FlaxSeeds & Coconut Milk
- Strawberry Zing  
Strawberry, Pineapple & Orange Juice
- Blueberry & Banana  
Blueberries, Banana & Oat Milk
- Green Dream  
Mango, Banana, Spinach & Orange Juice

FRESH JUICES £5.75

- 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 £2.50
- Fever Tree Tonic £2.95
- Sparkling Water (33cl/75cl) £2.50 £3.95
- Still Water (33cl/75cl) £2.50 £3.95
- Tango £2.50
  - Apple, Orange, Dark Berry
- Cawston Press £2.95
  - Apple, Rhubarb, Elderflower, Ginger
- St. Helier £2.95
  - Lemon, Orange, Passion Fruit
- Juice
  - Apple, Orange, Cranberry £1.95
  - Radnor 200ml Carton Juice £1.75



LUNCH & DINNER MAY/JUNE 2024

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

MONDAY TO SATURDAY  
APPROX 12PM - 8.30PM

LIGHT BITES

- SOUP OF THE DAY VG

Served with our Homemade Wholemeal Bread

£5.50
- CRISPY GARLIC BREAD V

• Add Cheese

• Add Cheese and Salsa

£4.50

£1.50

£4.50
- HAND-CUT CHIPS VG

• Add Cheese £0.95

£3.95
- SWEET POTATO CHIPS VG

• Add Cheese £0.95

£4.50

SANDWICHES

- Served with a choice of breads:  
Portuguese Roll, Soft Brown Roll, Sliced Brown Bread OR Pita Pocket
- Chicken Waldorf Salad

£7.50
- Prawn Cocktail

£7.50
- Coronation Egg Mayo V

£7.50

HOT WRAPS

- With hand cut-chips OR Salad £8.75
- FishCake & Sweet Chilli Mayo

• Chicken, Chorizo & Guacamole

• Chicken Goujon & Plum Sauce

• Chicken Tzatziki Pita Pocket

• Grilled Halloumi & Hummus V

CLASSICS

- SMASHED AVOCADO ON TOAST VG

Eggs (Fried) £1.75 OR Halloumi £2.50

£7.50
- CIABATTA STEAK

6oz Sirloin steak, rocket, caramelised onions, balsamic vinegar, hand-cut chips & garnish

£13.95
- QUESADILLAS V

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

£9.95
- Add Grilled Chicken

£2.50
- Add Jalapeños

£1
- CHICKEN TENDERS & CHIPS

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

£11.95



FISH

- GRILLED SALMON

With steamed seasonal vegetables, new potatoes & Hollandaise sauce

£14.95
- FISHERMANS BASKET

Scampi, King Prawns, Calamari, Filo Prawns, Fish Cake, Plaice Goujons, Hand-Cut Chips & Tartar Sauce

£13.95

BOWLS

- NASI GORENG V

Chilli Paste based with fried (White / Organic Brown £0.50) Rice, Leek, Egg, Mushrooms, Peppers, Tomato, Cucumber & Onions

• Add Chicken

£2.50

• Add King Prawns

£4.50

£10.25
- PAD THAI V

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

• Add Chicken

£2.50

• Add King Prawns

£4.50

£11.50
- WHOLE FOOD BOWL V

Rice (White / Organic Brown £0.50), Black Beans, Peppers, Cheddar, Black Olives, Avocado, Coriander, Homemade Salsa, Spiced Tali Sauce, Sour Cream & Lime Wedge

£9.50

- BUDDHA BOWL V

Rice (White / Organic Brown £0.50), Roasted Sweet Potato, Spiced Chickpeas, Baby Spinach, Feta Cheese & Pickled Red Onions

£9.50
- Add Grilled Halloumi

£2.50
- SALMON POKE BOWL

Rice (White / Organic Brown £0.50), Cured Salmon, Carrot Mix, Avocado, Cucumber, Chilli, Sesame seeds, Coriander, Lime & Poke Sauce

£11.50

CURRY

- Thai Green, served with white basmati OR brown organic rice (£0.50).

• Add Chicken

£2.50

• Add King Prawns

£4.50

£11.75

BURGERS

- BIG JAC V

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

£12.95
- CAJUN BURGER V

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

£12.95
- VEGGIE BURGER V

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

£12.95
- Add Cheese £0.75 / Add Jalapeños/Sweet Potato £1

SPECIALS

- PRAWN LINGUINI V

A Medley of Greenland and Tiger Prawns, sauteed Jersey Asparagus, ginger, garlic & Red Chilli Paste tossed with Linguini.

£17.50
- TACOS V

• Marinated Chicken

• Spiced Grilled King Prawns

• Chipotle Bean, Avocado & Feta Cheese V

£10.95
- Served with Mixed Red Cabbage, Homemade Salsa, Sour Cream, Guacamole & Lime.
- CAESAR SALAD

Cos Lettuce, Caesar Dressing, Anchovy, Olive Oil Croutons & Shaved Parmesan.

£11.50
- Add Chicken

£2.50
- Add King Prawns

£4.50
- Add Salmon

£6.50

SIDES

- Fresh / Grilled Prawns

£4.50
- Halloumi

£2.50
- Side Salad / Steamed Vegetables

£3.50
- Rice (White / Brown £0.50)

£2.50
- Homemade Wholemeal Bread

£2.50
- New Potatoes

£2.75
- Fried Egg

£1.75

DESSERTS

Check our fridge for what is fresh today.

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% <span>GF</span>	£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%	£5.95
• THATCHERS BLOOD ORANGE 4%	£5.95
• MAGNERS 4.5%	£6.50
• 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	200ml	750ml
IL CAGGIO	£7.95	£25