

BREAKFAST & BRUNCH AUGUST 2024

MONDAY TO SATURDAY
7AM - 11.45AM

PLEASE ORDER AT THE BAR BEFORE 5PM, AFTER 5PM TABLE SERVICE + 10%

QUICK BITE

- ORGANIC PORRIDGE** (Oat Milk) **VG** £3.50
Toppings from 35p each: Banana, Blueberries, Honey, Maple Syrup, Nutella, Raspberries, Sultanas.
- OVERNIGHT OATS** **VG** £7.50
Oats, Almond Milk, Cacao Nibs, Banana, Peanut Butter, Chia, Hazelnuts, Raspberries
- GRANOLA, YOGHURT & FRESH FRUIT** **V** £8.50
- EGGS ON TOAST** **V** £6.00
Fried, Scrambled or Poached
On your choice of toast
- BREAKFAST ROLL** £5.50
Two Fillings: Bacon, Sausage, Veggie Sausage, Black Pudding, Choice of Eggs, Tomato, Lettuce, Hash Brown, Avocado
- SMASHED AVOCADO ON TOAST** **VG** £7.50
Two Eggs (Fried, Scrambled, Poached) +£1.75
ADD Grilled Halloumi +£2.50
- BUILDERS BREAKFAST BURRITO** £7.50
Cheese, Bacon, Sausage, Hash Brown and Scrambled Egg.

PANCAKES



- Maple Syrup & Whipped Cream** **V** £8.75
• Add Bacon +£2.50
- Summer Berry Compote & Greek Yoghurt** **V** £9.25
- Nutella Sauce, Banana & Whipped Cream** **V** £9.25

MEXICAN



- TOSTADAS** **V** £10.50
Two Tortillas topped with Fried Eggs, Mixed Peppers and Cheese, Homemade Salsa, Avocado, and Jalapeños
- TACOS** **V** £9.50
Flour Tortillas with Scrambled Eggs, Cheese, 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

- FULL MONTY** £10.95
Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Tomato, Sausages, Hash Browns, Black Pudding, Unlimited Toast
- VEGGIE MONTY** **V** £10.95
Eggs (Fried, Poached OR Scrambled), Beans, Sautéed Spinach, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Unlimited Toast
- BYO BREAKFAST** £7.50
Choose any 4:
 - Cumberland Sausage
 - Bacon
 - Veggie Sausage
 - Beans
 - Black Pudding
 - Mushroom
 - Potato Scones
 - Hash Brown
 - Sautéed Spinach
 - Avocado +£1.50
 - One Pancake
 - Halloumi +£2.50
 - Toast (Brown OR Homemade Wholemeal)
 - Eggs (Fried, Poached OR Scrambled)

OMELETTE



- Plain** **V** £9.75
- Fillings from £1 each:
 - Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Mushrooms, Avocado

BANG BANG BREKKIE BOWL



- Steamed Brown Rice or Couscous, Avocado, Scrambled Egg, Spinach and Sweet Potato with a Nutty Bang Bang Sauce **V** £9.75
- Add Bacon +£2.50

ALLERGEN ADVICE



Please be aware that our kitchen uses ingredients containing Celery, Cereals, 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 friendly 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 £4.50

- 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

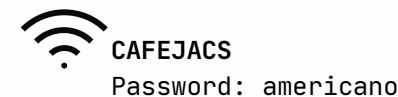
- **Mango Refresher**
Mango, Banana & Orange Juice
- **Raspberry Detox**
Raspberries, FlaxSeeds & Coconut Milk
- **Strawberry Zing**
Strawberry, Pineapple & Orange Juice
- **Blueberry & Banana**
Blueberries, Banana & Oat Milk
- **Green Dream**
Mango, Banana, Spinach & Orange Juice

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 AUGUST 2024

MONDAY TO SATURDAY
APPROX 12PM - 8.00PM

PLEASE ORDER AT THE BAR BEFORE 5PM, AFTER 5PM TABLE SERVICE + 10%

LIGHT BITES

- SOUP OF THE DAY** VG £5.50
Served with our Homemade Wholemeal Bread
- CRISPY GARLIC BREAD** V £4.50
• Add Cheese +£0.95 Cheese and Salsa +£1.50
- HAND-CUT CHIPS** VG £3.50
• Add Cheese +.95p
- SWEET POTATO CHIPS** V £3.95
• Add Cheese +.95p
- NACHOS** V £9.75
Baked Tortilla chips topped with Homemade Salsa, Refried Black Beans, Cheddar, Jalapeños, Coriander, served with Guacamole and Sour cream.
• Add Chicken +£2.50

SANDWICHES

- Served on your choice of bread: £7.50
Portuguese Roll, Soft Brown Roll, Sliced Brown Bread
OR Pita Pocket and crisps
- Chicken and Tarragon Mayo
- Prawn Cocktail
- Greek Pita Pocket V
- Cheese and Pickle V

HOT WRAPS

- With hand cut-chips OR Salad £9.50
- Fishcake & Sweet Chilli Mayo
- Chicken, Chorizo & Spicy Guacamole
- Chicken Goujon & Plum Sauce
- Chicken Tzatziki Pita Pocket
- Grilled Halloumi & Hummus V

CLASSICS

- SMASHED AVOCADO ON TOAST** V £7.50
ADD Fried eggs +£1.75 , Halloumi +£2.50
- CIABATTA STEAK** £14.95
6oz Sirloin steak, Rocket, Caramelised onion, Jersey Tomato, Balsamic Vinegar, Hand-cut Chips
• Add Blue cheese +£2.50
- QUESADILLAS** V £9.95
Toasted Tortillas with Cheddar, Peppers, Olives, Leeks & Dips (Salsa, Guacamole and sour cream)
• Add Grilled Chicken +£2.50
• Add Jalapeños +£1.25
- CHICKEN TENDERS & CHIPS** £11.95

With a Rocket and Balsamic Garnish with a choice of Plum, Sweet Chilli or BBQ Sauce



FISH

- GRILLED SALMON** £14.95
With steamed seasonal vegetables, new potatoes & Hollandaise sauce
- FISHERMANS BASKET** £13.95
Scampi, King Prawns, Calamari, Filo Prawns, Fish Cake, Plaice Goujons, Hand-Cut Chips & homemade Tartar Sauce

BOWLS

- NASI GORENG** V £10.25
Fried Rice(White / Organic Brown +.50p) with Nasi Goreng paste, Leek, Mushroom, Pepper, topped with a soft fried egg, Tomato, Cucumber & Onions
• Add Chicken +£2.50
• Add King Prawns +£4.50
- PAD THAI** V £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** V £9.50
Rice (White / Organic Brown +.50p), Black Beans, Peppers, Cheddar, Black Olives, Avocado, Coriander, Homemade Salsa, Spiced Tali Sauce, Sour Cream & Lime Wedge
- BUDDHA BOWL** V £9.50
Couscous / Organic Brown rice (+.50p), Roasted Sweet Potato, Spiced Chickpeas, Baby Spinach, Feta, Red Onion and Tahini Dressing
• Add Grilled Halloumi +£2.50
- SALMON POKE BOWL** GF £11.50
Rice (White / Organic Brown +.50p), Cured Salmon, Carrot, Avo, Cucumber, Chilli, Black sesame, Nori, Coriander, Lime, Poke Sauce

TACOS

- Marinated Chicken £10.95
 - Spiced Grilled King Prawns
- Served with lightly pickled Cabbage, Spiced Salsa, Sour Cream, Guacamole, Coriander & Lime.

BURGERS

- BIG JAC** £13.50
6oz Jersey Beef, Bacon, Cheese, Gherkin, Lettuce, Mayo, Salsa, Hand-cut chips
- CAJUN BURGER** £13.50
Spiced Chicken breast, Bacon, Avo, Lettuce, Piquilo Pepper, Salsa, Hand-cut chips
- VEGGIE BURGER** V £13.50
Veg & Lentil Burger, Salsa, Baby Spinach, Avo, Piquilo Pepper, Hand-cut chips
Add Cheese +.75p / Add Jalapeños/Sweet Potato +£1
- SALMON AND DILL BURGER** £13.50
Salmon, Potato & Dill Burger, Lettuce, Tomato, Cucumber, Dill Yoghurt Dressing, Hand-cut chips
Add Cheese +.75p / Add Jalapeños/Sweet Potato +£1

SPECIALS

- PRAWN LINGUINI** £14.95
Greenland and Tiger Prawns, Sauteed Jersey Asparagus, Ginger, Garlic, Chilli and Jersey butter topped with rocket and Parmesan
- WATERMELON AND FETA SALAD** V £10.50
Dressed rocket leaves with Watermelon, Feta, Black Pepper, Mint & Dukkah
- CEASAR SALAD** V £10.50
Chopped Baby Gems coated in Ceasar Dressing topped with Anchovy (Optional), Boiled egg, Garlic croutons and Grated parmesan
• Add Chicken +£2.50
• Add King Prawns +£4.50

SIDES

- Fresh / Grilled Prawns £4.50
- Halloumi/Hot Honey Halloumi +.50p £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 x 2 £1.75

DESSERTS

Check our cake 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% GF £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 |