£2.90

OUICK BITE -

ORGANIC PORRIDGE (Oat Milk) VG

Toppings from 50p each: Banana, Blueberries, Honey, Maple Syrup, Nutella, Raspberries, Sultanas.

OVERNIGHT OATS VG £7.50

BREAKFAST SPRING 2025

Oats, Almond Milk, Cacao Nibs, Banana, Peanut Butter, Chia, Hazelnuts, Raspberries

£8.50 GRANOLA, YOGHURT & FRESH FRUIT V

EGGS ON TOAST V £6.50

Fried, Scrambled or Poached On your choice of toast

£5.75 **BREAKFAST ROLL**

Two Fillings: Bacon, Sausage, Veggie Sausage, Black Pudding, Choice of Eggs, Tomato, Lettuce, Hash Brown, Grilled Courgette, Avocado

£7.75 SMASHED AVOCADO ON TOAST VG Two Eggs (Fried, Scrambled, Poached) +£1.75

ADD Grilled Halloumi +£2.50

BUILDERS BREAKFAST BURRITO

Cheese, Bacon, Sausage, Hash Brown and Scrambled Egg.

PANCAKES



£7.75

£3.95

Maple Syrup & Whipped Cream v £8.75

• Add Bacon +£2.50

Nutella, Banana & Whipped Cream v £9.25

Caramelised Apple and Vanilla v £9.50 Ice-Cream

MEXICAN

EGGS BENEDICT

£9.50

Toasted English Muffin topped with Guacamole, spinach, Grilled Chorizo, soft Poached eggs and gratinated hollandaise sauce

TACOS



Flour Tortillas with Scrambled Eggs, Cheese, Coriander, Salsa, Sour Cream & Guacamole

> BACON £9.50

> £9.50 VEGGIE SAUSAGE V

🗕 TOASTED TREATS 🧩



£2.95 TEA CAKES

Served with Peanut Butter or Jam

£4.50 HOT HOMEMADE BANANA BREAD

+£0.95 • Add Peanut Butter

TOAST AND SPREADS

Our Legendary Homemade bread toasted, served with Jersey Butter and selection of spreads

MONTYS

Sorry, No Substitutions

FULL MONTY £10.95

Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Tomato, Sausages, Hash Browns, Black Pudding, Unlimited Brown Toast

VEGGIE MONTY V £10.95

Eggs (Fried, Poached OR Scrambled), Beans, Grilled Courgette, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Unlimited Brown Toast

BYO BREAKFAST £7.50

Choose any 4:

- Cumberland Sausage
 - Bacon
- Veggie Sausage
- Beans
- Black Pudding • Potato Scones
- Avocado +£1.50

• Hash Brown

- Grilled Courgette

£9.75

- Halloumi +£2.50
- One Pancake with Syrup
- Toast (Brown OR Homemade Wholemeal)
- Eggs (Fried, Poached OR Scrambled)

OMELETTE



Plain V,GF

Fillings from £1 each:

• Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Avocado

- ALLERGEN ADVICE 🔙



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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.

HOT DRINKS

Alternative Milks & Syrups From .40p

FRESH FILTER COFFEE	£2.10	£2.80
ESPRESSO		£2.10
LATTE	£3.40	£3.70
CAPPUCCINO		£3.40
FLAT WHITE		£3.30
AMERICANO		£2.70
CORTADO		£2.80
HOT CHOCOLATE	£3.40	£3.70
WHITE HOT CHOCOLATE	£3.55	£3.95
MOCHA/WHITE MOCHA	£3.70	£4.15
CHAI LATTE	£3.60	£4.15
MATCHA LATTE	£3.60	£4.15
TURMERIC LATTE	£3.60	£4.15
TEA		£2.00
HERBAL TEA		£2.80
BAILEYS HOT CHOCOLATE	£6.50	
STEAMED MILK	£2.50	£3.15
BABYCCINO	£1.40	

CHILLED DRINKS

Add Cream or Syrups From .40n

ESPRESSO CARAMEL FRAPPE	£4.95
MOCHA FRAPPÉ	£5.15
CHAI FRAPPÉ	£4.70
ICED LATTE	£3.70
ICED MOCHA	£3.95
ICED AMERICANO	£2.95
ICED MATCHA	£4.05
VIETNAMESE ICED COFFEE	£3.95



		>
Mimosa	~~	£10.95
Bloody Mary		£10.95
Vanilla Espresso Martini		£10.95
Irish Hot Toddy		£7.50





GLUTEN FREE TOAST AVAILABLE FOR ALL DISHES

SEASONAL SPECIALS

£3.95 TERRYS CHOCOLATE ORANGE IMMUNITY SHOT (ADD TEQUILLA £3.50) £3.95

Apple, Ginger, Lemon, Tumeric, Black Pepper

JERSEY DAIRY SHAKES £4.50

 Strawberry Vanilla

• Chocolate Raspberry

Banana

• Hazelnut OR SF

• Passion Fruit • Salted Caramel OR SF

Coconut

• Caramel OR SF

• Espresso

• Vanilla OR SF

SMOOTHIES

£5.75

£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

• 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, biet coke, /up, iiii bio	22.30
• Fever Tree Tonic	£2.95
• Sparkling Water (33cl/75cl)	£3.95
• Still Water (33cl/75cl)	£3.95
Tango	£2.50
• Apple, Orange, Mango	
Cawston Press	£2.95

Cawston Press

• Apple, Rhubarb, Elderflower, Ginger

Juice

£1.95 • Apple, Orange, Cranberry • Radnor 200ml Carton Juice £1.75





Password: americano

Served with our Homemade Wholemeal Bread

Baked Tortilla chips with Homemade Salsa,

served with Guacamole and Sour cream

Black Beans, Cheddar, Jalapeños, Coriander,

Greenland Prawns in Marie-Rose sauce, Avocado,

Avocado, Cucumber, Spinach, Alfalfa Sprouts, Dill,

Honey Roasted Ham, Cheddar, Piccalily, Watercress

Curried Chicken Mayo, Mango Chutney, Grilled

All wraps contain iceberg lettuce and are

FISHCAKE AND SWEET-CHILLI MAYO

CHICKEN, CHORIZO AND GUACAMOLE

CHICKEN GOUJON AND PLUM SAUCE

GRILLED HALLOUMI AND HUMMUS V

served with a side of hand-cut chips or salad

SOUP OF THE DAY VG.GF

CRISPY GARLIC BREAD V

• Add Cheese +£1

• Add Cheese +£1

- SANDWICHES

• THE CLASSIC

Ice-berg Lettuce

GREEN GODDESS V

BOMBAY CHICKEN

Halloumi, Fresh Rocket

HOT WRAPS WWW -

Lemon, Caper Coconut Yoghurt

• HAM, CHEESE AND PICKLE

NACHOS V, GF

• Add Chicken +£2.50

HAND-CUT CHIPS VG, GF

LIGHT BITES

£5.95

£4.95

£3.25

£9.75

£7.95

SPRING SPECIAL

+£2.50

+£4.50

Stir-fried Vegetables in Sweet & Spicy Sauce,

Egg, Peanuts, Rice Noodles, Bean Sprouts &

Chicken Schnitzel, Rice (White / Organic

Brown +.50p), Sesame Greens, Naan, Homemade

Brown +.50p) Spinach, Crispy Fried Onions,

Slow cooked in-house Ham, Hamptonne farm

Free Range Eggs, dressed leaves, Mango

Slow Cooked Lentil Curry, Rice (White / Organic

BEERS £12.50

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

£13.95

£13.95

£12.95

£14.95

DRAUGHT HALF PINT SCHOONER PINT JUG MORETTI £3.15 £4.75 £6.25 £10.50 CAMDEN £11.15 £3.50 £5.00 £6.50

BOTTLED BEERS FROM £4.75 PLEASE SEE ALCOHOL FRIDGE AT BAR

FROM £4.50

• OLD MOUT BERRIES & CHERRIES £6.15

175ml 250ml 750ml £5.15 £7.05 £21 CHARDONNAY £6.15 £8.55 £23 £8.85 £6.50 £27

RED WINE 175ml 250ml 750ml SYRAH £5.25 £7 £21 **MALBEC** £6.25 £25 £8.55 £27

250ml 750ml 175ml £21 £5.75 £7 PINOT GRIGIO ROSÉ £6.50 £8.75 £26

PROSECCO BRUT OR ROSE

200ml 750ml IL CAGGIO £8.25 £26

ALCOHOL-FREE

LEASE SEE ALCOHOL FRIDGE AT BAR

CIDERS

BOTTLED

 REKORDERLIG STRAWBERRY/LIME 4% 	£6.75
• INCH'S 4.5 %	£6.15
 OLD MOUT PINEAPPLE/RASPBERRY 4% 	£6.50
• THATCHERS ROSÉ 4 %	£6.15
 THATCHERS BLOOD ORANGE 4% 	£6.15
• MAGNERS 4.5%	£6.75

ALCOHOL-FREE

WHITE WINE

PINOT GRIGIO **SAUVIGNON BLANC**

RIOJA

ROSE WINE WHITE ZINFANDEL

FISH *

GRILLED SALMON GF

DESSERTS 🥮

Grilled Scottish Salmon, Warm Garlic Butter, Spring Greens, New Potatoes, Fresh Dill

FRIED FISH BASKET

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

-SIDES -

 Fresh / Grilled Prawns 	£4.50
• Grilled Halloumi	£2.50
 Steamed Vegetables 	£3.50
• Rice (White / Brown +.50p)	£2.50
 Homemade Wholemeal Bread 	£2.75
• Fried Egg x 2	£1.75

🗕 CLASSICS 🐙

WHOLE FOOD BOWL V, GF

£9.50

PAD THAI

Coriander

Katsu Sauce

• Add Chicken

KATSU CHICKEN CURRY

HAM, EGG AND CHIPS

Chutney, Hand-cut chips

• Add King Prawns

SPINACH AND RED LENTIL DAHL

Poppadum, Naan Bread, Coriander

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

£11.50 CURED SALMON POKE BOWL GF

Rice (White / Organic Brown +.50p), Salmon, Carrot, Avo, Cucumber, Chilli, Black Sesame, Coriander, Lime, Poke Sauce

£10.50 NASI GORENG 🐸

Fried Rice(White / Organic Brown +.50p) with Nasi Goreng paste, Leek, Mixed Peppers, topped with a soft fried egg, Tomato, Cucumber & Crispy Fried Onion

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

OUESADILLAS V £9.95

Toasted Tortillas with Cheddar, Peppers, Olives, Scallions & Mexican Dips

• Add Grilled Chicken +£2.50 Add Jalapeños +£1.25

SMASHED AVOCADO ON TOAST V £7.75

ADD Fried eggs +£1.75 , Halloumi +£2.50

CIABATTA STEAK £15.95

6oz Sirloin steak, Rocket, Caramelised onion, Jersey Tomato, Hand-cut Chips

• Add Cheese +£1

CHICKEN TENDERS & CHIPS

£11.95

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

CAESAR SALAD V £10.95

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

BURGERS

£13.50 BIG JAC

6oz Jersey Beef, Bacon, Cheese, Gherkin, Lettuce, Chipotle Mayo, Hand-cut chips

KOREAN CHICKEN BURGER

£13.75

£9.50

Panko-Fried Chicken Fillet, Garlic Aioli, Asian Slaw, BBQ Sauce, Hand-cut Chips

VEGGIE BURGER V

£12.50

Veg & Lentil Burger, Homemade Salsa, Baby Spinach, Avo, Piquilo Pepper, Hand-cut chips

Add Cheese +.75p / Add Jalapeños

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ADD WHIPPED CREAM OR ICE CREAM £1.50 Carrot Cake £4.75 Pistachio and Walnut Cake £5.50 Banoffee Pie £5.50 Key Lime Pie £5.50 Belgian Apple Pie £4.75 New York Cheesecake £5.50 Hot Chocolate Fudge Cake £4.75 Sticky Toffee Pudding £5.50 Salted Caramel Affogato £5,50 ICE CREAM, SHOT OF ESPRESSO, SALTED CARAMEL SYRUP ALL CAKES ARE SUBJECT TO AVAILABILITY, PLEASE SEE CAKE FRIDGE