

BREAKFAST

SUMMER 2025

MONDAY TO FRIDAY 8AM - 11.45AM  
SATURDAY 8AM - 12PM

PLEASE ORDER AT THE BAR BEFORE 5PM, ANY TIME TABLE SERVICE + 10%  
TABLE SERVICE ALSO APPLIES TO BOOKINGS OF 5 OR MORE

QUICK BITE

ORGANIC PORRIDGE (Oat Milk) VG£3.95

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

OVERNIGHT OATS VG£7.50

Oats, Almond Milk, Cacao Nibs, Banana, Peanut Butter, Chia, Hazelnuts, Fresh Berries

GRANOLA, YOGHURT & FRESH FRUIT V£8.50

BREAKFAST ROLL£5.75

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

ON TOAST

CJ SMOKEY CHEESY BEANS ON TOAST£9.95

Black & red beans in our smokey tomato sauce, Homemade Toast, topped with grilled cheddar  
ADD Fried Eggs +£1.75

EGGS ON TOAST V£6.95

Fried, Scrambled OR Poached  
On your choice of toast

SMASHED AVOCADO ON TOAST VG£7.95

ADD Eggs (Fried, Scrambled, Poached) +£1.75  
ADD Grilled Halloumi +£2.50

PANCAKES

Maple Syrup & Whipped Cream V£8.75

• Add Bacon +£2.50

Nutella, Banana & Whipped Cream V£9.25

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

TOASTED TREATS

TEA CAKES V£2.95

Served with Peanut Butter or Jam

HOT HOMEMADE BANANA BREAD V£4.50

• Add Peanut Butter OR Jam +£0.95

TOAST AND SPREADS V£2.90

Our Legendary Homemade bread toasted, served with Jersey Butter & choice of spreads

MONTYS

Sorry, No Substitutions

FULL MONTY£10.95

Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Tomato, Sausage, 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, Smashed Avocado & Unlimited Brown Toast

BYO BREAKFAST£7.50

Choose any 4:

Cumberland Sausage

Veggie Sausage

Black Pudding

Potato Scones

Grilled Courgette

One Pancake with Syrup

Toast (Brown OR Homemade Wholemeal)

Eggs (Fried, Poached OR Scrambled)

Bacon

Beans

Hash Brown

Smashed Avo

Halloumi

+£1.50

+£2.50

MEXICAN

BANDITO BREAKFAST BURRITO£8.50

Toasted flour tortilla, Brown Rice, Black & Red Beans, Smashed Avocado, Cheddar, Scrambled Eggs & Salsa  
• Add Jalapeños +£1

BUILDERS BREAKFAST BURRITO£7.75

Cheese, Bacon, Sausage, Hash Brown & Scrambled Egg

V

VG

CAFEJACS

Password: americano

GLUTEN FREE TOAST AVAILABLE FOR ALL DISHES

HOT DRINKS

Alternative Milks & Syrups From .40p

FRESH FILTER COFFEE£2.20 £2.80

ESPRESSO£2.10

LATTE£3.40 £3.70

CAPPUCCINO£3.40

FLAT WHITE£3.20

AMERICANO£2.80

CORTADO£2.80

HOT CHOCOLATE£3.40 £3.70

WHITE HOT CHOCOLATE£3.60 £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 .40p

ESPRESSO CARAMEL FRAPPÉ£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

COCKTAILS

Mimosa£10.95

Bloody Mary£10.95

Vanilla Espresso Martini£10.95

SEASONAL SPECIALS

WHITE CHOCOLATE ICED MATCHA£4.50

IMMUNITY SHOT (ADD TEQUILLA £3.50) £3.95

Apple, Ginger, Lemon, Tumeric, Black Pepper

JERSEY DAIRY SHAKES £4.50

Strawberry

Raspberry

Banana

Passion Fruit

Coconut

Espresso

Vanilla

Chocolate

Hazelnut OR SF

Salted Caramel OR SF

Caramel OR SF

Vanilla OR SF

SMOOTHIES£5.95

Mango Refresher

Raspberry Detox

Strawberry Zing

Blueberry & Banana

Green Dream

Mango, Banana & Orange Juice

Raspberries, FlaxSeeds & Coconut Milk

Strawberry, Pineapple & Orange Juice

Blueberries, Banana & Oat Milk

Mango, Banana, Spinach & Orange Juice

FRESH JUICES£5.95

Turmeric Root

Green Detox

Hot Red Head

Passion Fruit

Orange OR Carrot OR Apple

Turmeric, Carrot, Apple, Orange Juice

Mint, Ginger, Lemon, Spinach, Cucumber, Apple

Ginger, Carrot, Orange Juice

Passion Fruit, Kiwi, Apple, Orange Juice

SOFT DRINKS

Coke, Diet Coke, 7up, Irn Bru£2.50

Fever Tree Tonic£2.95

Sparkling Water (33cl/75cl)£3.95

Still Water (33cl/75cl)£3.95

Tango£2.50

Fanta£2.50

Cawston Press£2.95

Apple, Rhubarb, Elderflower, Ginger Juice

Apple, Orange, Cranberry£1.95

200ml Orange/Apple Carton Juice£1.75



# LUNCH & DINNER

## SUMMER 2025

MONDAY TO FRIDAY 12PM - 3PM | 5PM - 7PM  
SATURDAY 12:30PM - 4PM

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

TABLE SERVICE ALSO APPLIES TO BOOKINGS OF 5 OR MORE

### LIGHT BITES

- SOUP OF THE DAY

VG,GF

£5.95

Served with our Homemade Wholemeal Bread
- CRISPY GARLIC BREAD

V

£4.95

• Add Cheese

£1
- HAND-CUT CHIPS

VG,GF

£3.25

• Add Cheese

£1
- NACHOS

V,GF

£9.75

Baked Tortilla chips with Homemade Salsa, Black Beans, Cheddar, Jalapeños, Coriander, served with Guacamole and Sour cream

• Add Chicken

£2.50

### SANDWICHES

- THE CLASSIC

£7.95

Greenland Prawns in Marie-Rose sauce, Smashed Avocado, Ice-berg Lettuce
- BYO SIMPLE SAM

Choose any 3 or less

£7.95

Cheddar, Ham, Chicken, Tomato, Cucumber, Lettuce, Butter, Mayo.

### HOT WRAPS

- All wraps contain iceberg lettuce and are served with a side of hand-cut chips or salad
- CHICKEN, CHORIZO AND GUACAMOLE

£9.50

CHICKEN GOUJON AND PLUM SAUCE

GRILLED HALLOUMI AND PESTO

V

### BURGERS

- BIG JAC

£13.50

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

V

£12.50

Homemade Salsa, Baby Spinach, Avo, Piquilo Pepper, Hand-cut chips

Add Cheese / Add Jalapeños

£1

### CLASSICS

- WHOLE FOOD BOWL

V,GF

£9.50

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

GF

£11.50

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

£10.50

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
- QUESADILLAS

V

£9.95

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

• Add Grilled Chicken

£2.50

• Add Jalapeños

£1.25
- HAM, EGG AND CHIPS

£12.95

Slow cooked in-house Ham, Hamptonne farm Free Range Eggs, dressed leaves, Hand-cut chips
- 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 Caesar Dressing, Boiled egg, Garlic croutons and Grated parmesan

• Add Chicken

£2.50

• Add King Prawns

£4.50

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### ALL DAY BREKKIE

- CJ SMOKEY CHEESY BEANS ON TOAST

£9.95

Black & red beans in our smokey tomato sauce, Homemade Toast, topped with grilled cheddar

ADD Fried Eggs

£1.75
- SMASHED AVOCADO ON TOAST

VG

£7.95

ADD Fried Eggs +£1.75

ADD Grilled Halloumi +£2.50

### FISH

- GRILLED SALMON

GF

£14.95

Grilled Scottish Salmon, Warm Garlic Butter, Spring Greens, New Potatoes, Parsley
- SCAMPI & CHIPS

£12

Breaded Wholetail Scampi, House Tartare Sauce, Homemade Skin on Chips, Minted Garden Peas, Mixed Salad

### DESSERTS

- ADD WHIPPED CREAM OR ICE CREAM

£1.50

Carrot Cake

£4.75

Banoffee Pie

£5.50

Belgian Apple Pie

£4.75

Hot Chocolate Fudge Cake

£4.75

Victoria Sponge

£4.75

Pistachio & Walnut Cake

VG

£4.75

Chocolate & Beetroot Brownie

VG

£4.75

Key Lime Pie

£5.50

New York Cheesecake

£5.50

Sticky Toffee Pudding

£5.50

Citrus Cake

GF

£4.95

Salted Caramel Affogato

£5.50

ICE CREAM, SHOT OF ESPRESSO, SALTED CARAMEL SYRUP

£1.50
- ALL CAKES ARE SUBJECT TO AVAILABILITY

PLEASE SEE CAKE FRIDGE

### BEERS

DRAUGHT	HALF PINT	SCHOONER	PINT	JUG
• MORETTI	£3.15	£4.75	£6.25	£10.50
• CAMDEN	£3.50	£5.00	£6.50	£11.15
BOTTLED BEERS				
• 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%				£5.50
• CORONA 4.5%				£4.95
• TYSKIE 5.2%				£5.75
• NEWCASTLE BROWN 4.7%				£5.50
• GUINNESS 4.2%				£5.50
ALCOHOL-FREE				
• BIRRA MORETTI				£4.75
• SAN MIGUEL				£4.50

### 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				
• OLD MOUT BERRIES & CHERRIES				£6.15

### WHITE WINE

	175ml	250ml	750ml
CHARDONNAY	£5.15	£7.05	£21
PINOT GRIGIO	£6.15	£8.55	£23
SAUVIGNON BLANC	£6.50	£8.85	£27

### RED WINE

	175ml	250ml	750ml
SYRAH	£5.25	£7	£21
MALBEC	£6.25	£8.55	£25
RIOJA			£27

### ROSÉ WINE

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

### PROSECCO BRUT OR ROSÉ

	200ml	750ml
IL CAGGIO	£8.25	£26