

BREAKFAST

WINTER 2025

Monday to Friday 8AM - 11.45AM  
Saturday 8am - 12'ish

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) **£3.95**

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

**OVERNIGHT OATS** **£7.50**

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

**GRANOLA, YOGHURT & FRESH FRUIT** **£8.50**

**BREAKFAST ROLL** **£5.75**

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

PANCAKES



Maple Syrup & Whipped Cream **£8.75**

Nutella, Banana & Whipped Cream **£9.25**

- Add Bacon **+£2.50**
- Add Fresh Fruit **+£3.50**

ON TOAST



**EGGS ON TOAST** **£7.25**

Fried, Scrambled **OR** Poached On your choice of toast

- Add Smoked Salmon **+£ 4.50**

**SMASHED AVOCADO ON TOAST** **£8.25**

ADD Eggs (Fried, Scrambled, Poached) **+£1.75**

ADD Grilled Halloumi **+£2.50**

ADD Smoked Salmon **+£4.50**

**SMOKED SALMON ON TOAST** **£13.50**

Homemade toast, Cream cheese, Cucumber, Smoked Salmon, Lilliput Capers, Dressed leaves, Chives and Lemon

- Add Smashed Avocado **+£1.50**

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

TOASTED TREATS



**TEA CAKES** **£2.95**

Served with Peanut Butter or Jam

**HOT HOMEMADE BANANA BREAD** **£4.50**

- Add Peanut Butter **OR** Jam **+£0.95**

**TOAST AND SPREADS** **£2.90**

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

FILL'EM UP

**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** **£10.95**

Eggs (Fried, Poached **OR** Scrambled), Beans, Butternut Squash, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Smashed Avocado & Unlimited Brown Toast

**BUILD YOUR OWN** **£8.50**

Choose any 4:

|                                             |                               |
|---------------------------------------------|-------------------------------|
| • Cumberland Sausage                        | • Bacon                       |
| • Veggie Sausage                            | • Beans                       |
| • Black Pudding                             | • Hash Brown                  |
| • Potato Scones                             | • Smashed Avo <b>+£1.50</b>   |
| • Grilled Courgette                         | • Halloumi <b>+£2.50</b>      |
| • Homemade Toast                            | • Smoked Salmon <b>+£4.50</b> |
| • Eggs (Fried, Poached <b>OR</b> Scrambled) |                               |

**FLEETWOOD JAC BREKKIE BURGER** **£12.50**

Smashed Beef burger, Jac's Burger sauce, Lettuce, Tomato, Onion, Cheese, Bacon, & Fried Egg on a soft white roll and a side of Hash Browns

**BUILDERS BURRITO** **£8.25**

Cheese, Bacon, Sausage, Hash Brown & Scrambled Egg

**BANDITO BURRITO** **£8.75**

Homemade Salsa, Black Beans, Brown Rice, Scrambled Egg, Smashed Avo, Cheese,

- Add Jalapenos **+£1**



VEGETARIAN

VEGAN

SPICY

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



**BEETROOT LATTE** **£4.15**

**IMMUNITY SHOT (ADD TEQUILLA £3.50)** **£3.95**

Apple, Ginger, Lemon, Tumeric, Black Pepper

JERSEY DAIRY SHAKES **£4.50**

|                 |                               |
|-----------------|-------------------------------|
| • Strawberry    | • Vanilla                     |
| • Raspberry     | • Chocolate                   |
| • Banana        | • Hazelnut <b>OR</b> SF       |
| • Passion Fruit | • Salted Caramel <b>OR</b> SF |
| • Coconut       | • Caramel <b>OR</b> SF        |
| • Espresso      | • Vanilla <b>OR</b> SF        |

SMOOTHIES **£5.95**

- 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 **£5.95**

- 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)         | £3.95 |
| • Still Water (33cl/75cl)             | £3.95 |
| Tango                                 | £2.50 |
| • Apple                               |       |
| Fanta                                 |       |
| • Orange, Lemon                       | £2.50 |
| Cawston Press                         |       |
| • Apple, Rhubarb, Elderflower, Ginger | £2.95 |
| Juice                                 |       |
| • Apple, Orange, Cranberry            | £1.95 |
| • 200ml Orange/Apple Carton Juice     | £1.75 |

# LUNCH & DINNER

## WINTER 2025

### LIGHT BITES

- SOUP OF THE DAY** VG, GF **£5.95**  
Served with our Homemade Wholemeal Bread /GF Toast +£1
- CRISPY GARLIC BREAD** V **£4.95**
  - Add Cheese +£1
- HAND-CUT CHIPS** VG, GF **£3.50**
  - Add Cheese +£1
- NACHOS** VG, GF **£9.75**  
Baked Tortilla chips, Homemade Salsa, Black Beans, Cheddar, Jalapeños, Coriander, served with Guacamole and Sour cream (ask for Vegan cheese)
  - Add Chicken +£2.75

### WRAPS/ROLLS

- HAM, CHEESE AND PICCALILLY** **£8.50**  
Slow cooked in-house Ham, cheddar and English Piccalilly with corn tortilla chips
- WINTER VEGGIE** V **£7.50**  
Chickpea Hummus, Butternut Squash, Baby Spinach, Black and Red Kidney Beans, Avocado with corn tortilla chips
- PRAWN AND MARIE ROSE** **£9.50**  
Fresh Atlantic prawns in homemade Marie Rose dressing, Avocado, Lettuce with corn tortilla chips  
(Gluten Free +£1)

### HOT WRAPS

- All wraps contain iceberg lettuce and are served with a side of hand-cut chips or salad
- CHICKEN, CHORIZO AND GUACAMOLE**
- CRISPY CHICKEN GOUJON, MAPLE-SRIRACHA MAYO**
- GRILLED HALLOUMI AND PESTO** V
- FISH CAKE AND SWEET CHILLI MAYO**

### BURGERS

- BIG JAC** **£13.95**  
Grilled 6oz Jersey Beef, Lettuce, Tomato, Onion, Bacon, Cheese, Jac's Burger sauce, Hand-cut chips
- BRICK LANE BURGER** VG **£14.50**  
Spiced vegetable burger, Onion, Mango chutney, Roasted Piquilo Pepper, Smashed Avo, baby leaves, soft brown roll, Hand cut Chips  
ADD Cheese +£1/ Vegan Cheese+£1 / Add Jalapeños +£1

Monday to Friday 12'ish - 8pm  
Saturday 12'ish - 8pm

### CLASSICS

- KATSU CHICKEN CURRY** **£14.95**  
Panko Fried **OR** Plain Grilled (GF) Chicken Fillet, homemade Katsu sauce, Sesame Greens, Basmati Rice, Garlic Naan bread
- STEAK AND EGG CIABATTA** **£16.50**  
Garlic butter grilled sirloin steak, toasted ciabatta, greens, tomato, onion, fried egg ADD Cheese +£1
- NASI GORENG** GF **£10.95**  
Fried Rice(White / Organic Brown +.50p) with Nasi Goreng paste, Green onion, Mixed Peppers, topped with a soft fried egg, Tomato, Cucumber & Crispy Fried Onion
  - Add Chicken +£2.75
  - Add King Prawns +£4.50

- QUESADILLAS** V **£9.75**  
Toasted Tortillas with Cheddar, Peppers, Olives, Scallions & Mexican Dips
  - Add Grilled Chicken +£2.75
  - Add Jalapeños +£1.25
- HAM, EGG AND CHIPS** **£13.50**  
Slow cooked in-house Ham, Hamptonne farm Free Range Eggs, dressed leaves, Mango chutney, Hand-cut chips
- CHICKEN TENDERS & CHIPS** **£12.50**  
Panko Fried **OR** Plain Grilled (GF) with a salad garnish and a choice of Plum, Sweet Chilli or BBQ Sauce

- SPAGHETTI BOLOGNESE** **£13.50**  
Slow cooked Jersey Beef in a rich tomato sauce, with spaghetti, fresh basil and parmesan.
  - Add Garlic Bread +£3.50
- WHOLE FOOD BOWL** V, GF **£9.75**  
Rice (White / Organic Brown +.50p), Black Beans, Peppers, Cheddar, Black Olives, Avocado, Homemade Salsa, Spiced Thali Sauce, Sour Cream & Lime (vegan option available)
  - Add Chicken +£2.75
  - Add Grilled Halloumi +£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 in any case your allergy is severe, please **do not** eat our food.

### SPECIALS

- GRILLED SALMON, MANGO, AVO BOWL** **£14.95**  
Teriyaki Grilled Salmon, White Basmati rice, Cucumber, Edamame Bean, Mango, Avo, Maple and Sriracha Mayo, Lime GF
  - Add Grilled Halloumi +£2.50
  - Add King Prawns +£4.50
- AUTUMN HARVEST BOWL** VG, GF **£10.25**  
Quinoa, Chickpeas, Curly Kale, Roasted Butternut, Pickled onion, Beetroot, Hummus, Black Beans, Toasted Sesame, Chive
  - Add Grilled Halloumi +£2.50
- LENTIL GNOCCHI RAGU** VG **£ 13.50**  
Slow braised aromatic vegetables in a tomato and black lentil stew, Spinach, Gnocchi, Vegan Cheese, Chives

### FISH

- GRILLED SALMON** GF **£14.95**  
Grilled Scottish Salmon, Warm Garlic Butter, Seasonal vegetables, New Potatoes, Pea shoots, Chives
- SCAMPI & CHIPS** **£14.50**  
Breaded Wholetail Scampi, Homemade Tartare Sauce, Hand-cut Chips, Garden Peas, Mixed Salad

### DESSERTS

- ADD WHIPPED CREAM OR ICE CREAM £1.95
- Carrot Cake £4.95
- Banoffee Pie £5.50
- Belgian Apple Pie £4.75
- Chocolate Fudge Cake £4.75
- Victoria Sponge £4.95
- Pistachio & Walnut Cake VG £4.75
- Chocolate & Beetroot Brownie VG £4.75
- New York Cheesecake £5.50
- Homemade Sticky Toffee Pudding £5.50
- Citrus Cake GF £4.95
- Salted Caramel Affogato £5.50
- ICE CREAM, SHOT OF ESPRESSO, SALTED CARAMEL SYRUP

ALL CAKES ARE SUBJECT TO AVAILABILITY  
PLEASE SEE CAKE FRIDGE

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

### 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      | <b>£5.15</b> | <b>£7.05</b> | <b>£21</b> |
| PINOT GRIGIO    | <b>£6.15</b> | <b>£8.55</b> | <b>£23</b> |
| SAUVIGNON BLANC | <b>£6.50</b> | <b>£8.85</b> | <b>£27</b> |

### RED WINE

|        | 175ml        | 250ml        | 750ml      |
|--------|--------------|--------------|------------|
| SYRAH  | <b>£5.25</b> | <b>£7</b>    | <b>£21</b> |
| MALBEC | <b>£6.25</b> | <b>£8.55</b> | <b>£25</b> |
| RIOJA  |              |              | <b>£27</b> |

### ROSÉ WINE

|                   | 175ml        | 250ml        | 750ml      |
|-------------------|--------------|--------------|------------|
| WHITE ZINFANDEL   | <b>£5.75</b> | <b>£7</b>    | <b>£21</b> |
| PINOT GRIGIO ROSÉ | <b>£6.50</b> | <b>£8.75</b> | <b>£26</b> |

### PROSECCO BRUT OR ROSÉ

|           | 200ml        | 750ml      |
|-----------|--------------|------------|
| IL CAGGIO | <b>£8.25</b> | <b>£26</b> |