

Main dishes

12pm - 8pm



Chicken Tenders and Chips

[Kids portion £4.50] **£8.50**

Breaded and deep fried, served with hand cut chips, salad garnish and a choice of 2 of; plum sauce, mayonnaise, sweet chilli and / or barbeque dips (35p each)

Big Jac 6 oz

[Kids portion £4.95] **£8.95**

Home-made lean mince steak burgers with our blend of herbs with bacon, cheese, salsa, mayonnaise & salad in a white or brown bun - Served with hand-cut chips
Add a fried egg, caramelised onion or Jalapenos for 60p

Spicy Veggie Burger

[Kids portion £4.95] **£8.50**

With cheese, salsa, mayonnaise & salad in a white or brown bun.
Served with hand cut chips and salad garnish
Add a fried egg or Jalapenos for 60p

Indonesian Nasi Goreng

Wok fried rice with peppers, spring onions, mushrooms & Indonesian spices topped with a fried egg

Vegetable **£7.75** Chicken **£8.50** Organic Tofu **£8.50** King Prawn **£9.50**

Pad Thai

Wok fried oriental vegetables, rice noodles and shredded omelette, tossed with a Pad Thai sauce and topped with peanuts, fresh coriander and a wedge of lime

Vegetable **£8.00** Chicken **£8.75** Organic Tofu **£8.75** King Prawn **£9.50**

Indian Curries

Mild Korma / Medium Tikka Masala / Hot Madras

Served with basmati or organic brown rice, naan bread and poppadums

Vegetable **£8.00** Chicken **£8.75** Organic Tofu **£8.75** King Prawn **£9.50**
(Mild Korma kids portion **£4.95**)

Thai Green Curry

Served with basmati or organic brown rice

Vegetable **£8.25** Chicken **£9.00** Tofu **£9.00** King Prawn **£9.75**

Scottish Grilled Salmon Fillet

£9.75

Served with new potatoes, steamed seasonal veg and hollandaise sauce

Grilled Cajun Chicken

£9.75

Bacon, guacamole, salsa & sour cream served with hand cut chips & salad garnish

Deep Fried Fishermans Basket

[Kids portion £4.50] **£8.50**

Scampi, king prawn, calamari, filo prawn, crab cake, plaice goujons, hand cut chips. Tartar sauce and Garnish

Salad corner

Why not add extras to make your salad even tastier?

Jersey Royal, Asparagus & Avocado

[Kids portion £4.95] **£8.95**

with rocket, cherry tomato, pumpkin seeds and an olive oil, lime & cider vinegar dressing

Classic Caesar

[Kids portion £4.50] **£6.95**

with a homemade Caesar Dressing

Roast Squash & Chilli

[Kids portion £4.50] **£8.75**

with Baby Spinach, Sunblush Tomatoes, Red Onion & Feta

Choose from these toppings:

Add boiled egg or crispy bacon for £1.25

Add grilled chicken or fresh prawns for £2.95

Add king prawns for £3.95 or a grilled salmon fillet for £4.25

Add goat's cheese for £1.25

Light bites

12pm - 8pm



Soup

eat in **£3.95** to go **£2.50**

Home-made with the freshest natural ingredients served with bottomless basket of bread

Frittata

£7.50

Deep Italian style free range Omelette served with mixed leaves. Ask for today's variety.

Mexican Quesadillas

Grilled sandwich of 2 x 2 tortillas filled with grated cheddar, peppers, sliced olives and spring onions, served with guacamole, salsa and sour cream

Regular **£7.50** [Kids portion **£4.50**]

Grilled chicken **£8.50** [Kids portion **£4.95**]

Jalapeno and sun blush tomato **£8.50**

Chicken and Chorizo Wrap

£5.50

With iceberg lettuce, a salad garnish and a ramekin of hand-cut chips

Crab cake and sweet chilli mayo wrap

£5.50

With iceberg lettuce, a salad garnish and a ramekin of hand-cut chips

Chicken goujons and plum sauce wrap

£5.50

Deep fried breaded chicken fillets with iceberg lettuce, a salad garnish and a ramekin of hand-cut chips

Grilled Chicken Tzatziki Pitta Pocket

£5.50

(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)

Served with a salad garnish and a ramekin of hand-cut chips

Falafel and Tahini Pitta Pocket

£5.50

Served with iceberg lettuce, a salad garnish and a ramekin of hand-cut chips

Greek Meze Platter

[Kids portion £4.50] **£7.75**

Feta cheese, black olives, sun blush tomatoes, grilled marinated artichoke hearts, home-made hummus and Tzatziki with toasted pitta bread

Lebanese Style Spinach & Chickpea

£8.50

With caramelised onion & garlic, an aubergine & roast tomato bulgur pilaf and labneh

WANT TO CUSTOMISE? ADD A SIDE ORDER OF...

New potatoes ✓	£2.60
Hand cut chips ✓	£2.50
Basmati or Organic Brown Rice ✓	£2.25
Fresh baked bread	£1.75
Ciabatta garlic bread	£2.75
with cheese	£2.85
with cheese & salsa	£2.95
Grilled salmon fillet	£4.25
Grilled chicken breast	£3.95
Stir-fried rice & veg with a fried egg	£4.50
Side Salad ✓	£2.95
Steamed vegetables ✓	£2.95

Cakes & desserts

Carrot Cake from Bean Around The World (Jersey's Best!) **£2.95**

Warm Apple Pie with vanilla ice cream **£3.60**

Hot Chocolate Fudge Cake with fresh cream **£3.60**

Bannoffee Pie from Bean Around The World with vanilla ice cream **£3.95**

Homemade Mango, Lime & Passionfruit Cheesecake **£3.95**

NEW: Jersey Dairy Miniotti Premium Ice-Cream (125ml Tubs), sugar free

with all the great flavour. Available in Chocolate, Strawberry or Vanilla **£2.50**

Freshly baked waffles, topped with... (allow 10 mins)

Banana, maple syrup & fresh cream **£4.25**

Vanilla ice cream & real maple syrup **£4.25**

Nutella, hazelnut & vanilla ice cream **£4.50**

Liqueur Coffees & Chocolate

£4.50

Irish Coffee (with John Jameson)

Amaretto Affogato (with espresso & ice cream)

Caribbean Coffee (with Lamb's Navy Rum)

Tia Maria Coffee

Cointreau Hot Chocolate

Baileys Latté

August specials

Weekdays 12pm - 8pm

Rolls or Sandwiches **£3.95**

Add a mug of soup or hand cut chips for £1.95

White or brown rolls, sliced bread, pita or tortilla wrap:

Turkey, Lettuce & Basil Mayo

Roasted Red Pepper, Homemade Hummus & Feta

Shrimp BLT

Teriyaki Chicken & Grilled Pineapple Pitta **£5.95**

Grilled chicken breast marinated in teriyaki sauce with crisp lettuce, tomato & mayonnaise in a whole-wheat pitta served with mixed leaves & hand-cut chips

Grilled Goats Cheese, Beetroot & Rocket Salad **£8.75**

With a balsamic and olive oil dressed & sprinkled with toasted walnuts

Add Grilled Chicken Breast £3.95 or Grilled Salmon Fillet £4.25

Sweet Potato & Black Bean Burger **£8.95**

With a homemade Jerk Sauce, topped with lettuce, tomato, red onion & gherkins on a Portuguese of brown roll and served with a mixed salad

Thai Beef & Vegetable Stir Fry with Sriracha Roasted Peanuts **£8.95**

Tender beef cooked with garlic, chilli, peppers, onions & courgettes in a soya and oyster sauce served with organic brown or basmati rice

Crispy Grilled Sardine Nicoise **£9.25**

Baby gem lettuce, green beans, tomatoes, new potatoes, free range boiled egg, black olives & capers with our house dressing

SEASONAL DESSERT

Dessert of the Month from "Bean Around the World Bakery" **£3.95**

Please ask your server for our selection of desserts

SEASONAL SMOOTHIE

Baby Spinach & Kiwi Protein Smoothie **£3.50 / Large £4.25**

Almond milk, banana, sunflower seeds & flax seeds

COFFEE OF THE MONTH

Guatemala 'Los Volcanos' **£1.70 / Lrg £1.95**

Rich in flavor with velvety chocolate body & notes of caramel & orange

SET MENU

Last orders 7.30pm. 2 courses **£12**, 3 courses **£15**

Starters	Homemade Soup, Home Baked Bread Mini Greek Mezze Crab Cakes with Sweet Chilli Sauce Cheesy Ciabatta Garlic Bread
Mains	Indonesian Chicken or Veg Nasi Goreng Classic Caesar Salad with a Homemade Caesar Dressing 6oz Big Jac or Veggie Burger & Hand Cut Chips Fisherman's Basket & Hand Cut Chips
Desserts	Belgian Apple Pie with Fresh Cream Homemade Banoffee Pie Hot Chocolate Fudge Cake Homemade Dessert from "Bean Around the World Bakery"



Breakfast & brunch

Mon - Fri 7.30am - 11.30am

Sat & Bank hols 8.30am - 2.30pm



Full Monty

£7.75

Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding

Served with unlimited toast and bottomless tea or house coffee.

Three-quarters Monty

£6.95

Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown

Served with unlimited toast and bottomless tea or house coffee.

Mini Monty

£4.95

Two bacon, Two eggs, beans

Served with unlimited toast and bottomless tea or house coffee.

Veggie Monty

£7.50

Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown

Served with unlimited toast and bottomless tea or house coffee.

Mini Veggie Monty

£5.75

One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown

Served with unlimited toast and bottomless tea or house coffee.

Our eggs are free range and can be fried, poached or scrambled.

Sorry, no substitutions during peak periods - add any extras from 95p

Breakfast Roll

2 fillings £2.95

Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, mayo and grated cheddar.

Extra fillings 70p

Breakfast Burrito

£6.95

Toasted flour tortillas filled with crispy bacon or veggie sausages, scrambled eggs, melted cheddar and chopped coriander.

Served with salsa, sour cream and guacamole

Pancakes

Lemon, orange and sugar

£3.95

Maple syrup and whipped cream

£4.50

Blueberries and vanilla ice cream

£4.70

Nutella, hazelnuts and ice cream

£4.70

Made fresh and fluffy to order - 3 per portion

Omelette

£3.95

Bacon, veggie sausage, sausage, tomato, cheese, mushrooms

Add 70p per filling

The healthier options...

Organic Porridge

£2.25

With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries

(add 60p for each topping)

Fruit & Granola

£4.75

Freshly cut tropical fruit on top of homebaked crunchy granola, Jersey low fat bio yoghurt with summer fruits to top it all off.

Add some honey for 60p if you like it sweeter!

Smoked Salmon & Scrambled Eggs

£7.75

Served with home baked granary toast



Hot drinks

(have a refill with 20% discount)

Regular

Large

Fresh Filter Coffee	£1.70	£1.95
Cappuccino	£1.95	£2.30
Flat White	£1.95	£2.30
Americano	£1.60	£1.95
Espresso	£1.40	£1.70
Latte	£2.30	£2.70
Cortado	£1.95	
Hot Chocolate	£2.25	£2.65
White Hot Chocolate	£2.50	£2.90
Chai Latte	£2.45	£3.10
Steamed Milk	£1.65	£2.05
Mocha / White Mocha	£2.70	£3.10
Add cream, marshmallows or syrup for 40p each. Soya, skinny and skinny skinny milks available		
Tea	£1.35	
Herbal Tea	£1.70	



Chilled drinks

Regular

Large

Café Frappé cream optional	£3.50
Mocha Frappé cream optional	£3.60
Chai Frappé cream optional	£3.50
Iced Latte sweetened with your choice of syrup, or not	£2.95
Iced Mocha sweetened with your choice of syrup, or not	£2.95
Iced Americano sweetened with your choice of syrup or not	£2.40

Fresh Juices

£2.90

£3.60

Raw juice - carrot cucumber, tomato, orange and apple

Fruit juice - apple, orange and passion fruit

Orange juice - good for sniffles

Carrot juice - a good source of pro-vitamin A

Dr Juice - carrot, apple, celery, beetroot, lemon and ginger

Root juice - beetroot, carrot, ginger and orange juice

Thick ice cream shakes

£2.95

Chocolate / Hazelnut / Caramel / Irish / Almond / Vanilla / Coconut / Strawberry / Raspberry / Banana / Mango & Passion fruit / Gingerbread / Peppermint

Smoothies

£2.95

£3.65

Blended to order. Nothing but fresh and frozen fruit, Jersey natural yoghurt and juice. Add coconut water for 30p.

Green smoothie

Avocado, spinach, apple & lime

NEW!

Purple smoothie

Banana, pear, blueberries, apple juice & natural yoghurt

Mango smoothie

Mango, banana, orange & honey

NEW!

Detox Warrior smoothie

Raspberries, coconut water, flax seeds, honey, soya milk & natural yoghurt



Wines

Whites

175ml 250ml 750ml

Sauvignon Blanc, Norte Chico, Chile

£4.25 £4.95 £13.95

Chenin Blanc, Andersbrook, South Africa

£4.25 £4.95 £13.95

Pinot Grigio, Bianco Italia, Italy

£4.25 £5.25 £14.20

Sauvignon Blanc, Stoneleigh, New Zealand

£5.75 £6.75 £19.95

Reds

Cabernet Sauvignon, Norte Chico, Chile

£4.25 £4.95 £13.95

Merlot, Norte Chico, Chile

£4.25 £4.95 £13.95

Shiraz, Andersbrook, South Africa

£4.50 £5.25 £14.75

Marques de Caceres, Rioja, Spain

£5.75 £6.75 £19.95

Rosé

White Zinfandel, Jack Rabbit, California

£4.25 £5.25 £13.95

Pinot Grigio Rosé, Italia

£4.25 £5.25 £14.50

Beers & Cider

Carlsberg Green (Draught)

£1.95 £3.90

Strongbow

£1.95 £3.90

Mary Ann Best (Draught)

£1.65 £2.95

Holsten Low Alcohol

£2.20

Peroni, Corona

£3.90

Lech, Guinness, Newcastle Brown Ale, Liberation Ale

£3.90

Rekorderlig, Magners

£4.55

New! Selection of craft beers - ask a member of staff for our selection

Soft Drinks

Cans: Coke, Diet Coke, 7UP, Tango, Irn Bru

£1.70

Mineral Water (33cl / 1lt)

£1.85

£3.50

J20

£2.55

Tonics & Juices

£1.60



Short on time? Let us know...

Where possible, our policy is to cook from fresh using raw ingredients.

At peak periods some dishes may take longer to prepare so if you're in a hurry please just ask 'what's quick today?' or have a look in our grab & go fridge - everything in there's freshly prepared on the day!



11.30am - 12.00pm food service

If you're ordering between these times, regrettably we can only offer the following due to our kitchen needing to prepare for our busy lunches: **Pancakes, Breakfast Rolls, Granola and Porridge**
Apologies for any inconvenience this may cause...

ALLERGIES: Our kitchen makes a variety of products so we cannot guarantee that our food does not contain nuts or gluten

KEY: Vegetarian Spicy Vegan Gluten free Dairy free Kids portion available

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caféjac

Baking our bread, roasting our coffee and growing our veggies locally

