BREAKFAST & BRUNCH FEBRUARY 2024

OUICK BITE

ORGANIC PORRIDGE (Oat Milk) VG £3.95

Choose between: Maple Syrup, Honey, Banana, Sultanas, Blueberries, Raspberries OR

Nutella. From 35p each

OVERNIGHT OATS VG

£7.50

Oats, Oat Milk, 100% Cacao, Honey, Banana, Peanut Butter, FlaxSeeds, Peanuts, Raspberries

GRANOLA, YOGHURT & FRESH FRUIT V £8.50 EGGS ON TOAST V £6.50

Fried OR Scrambled ON Homemade Wholemeal Toast

BREAKFAST ROLL V £5.50

Two Fillings: Bacon, Sausages, Veggie Sausages, Black Pudding, Eggs (Fried OR Scrambled), Tomato, Lettuce, Hash Brown, Roasted Red Peppers OR Avocado +£1.50

£7.50 SMASHED AVOCADO ON TOAST VG

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

BUILDERS BREAKFAST BURRITO £7.50

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

PANCAKES



Maple Syrup & Whipped Cream ∨	£8.50
Blueberries & Ice-Cream V	£8.95
Nutella, Banana & Ice-Cream ∨	£8.95
Orange, Lemon & Lime ∨	£8.50

MEXICAN

TOSTADAS V

£10.50

£9.50

Toasted tortillas topped with Melted Cheddar, Peppers, Homemade salsa, Avocado, Jalapeños & Fried Eggs

TACOS



Served on Flour Tortillas with Scrambled Eggs, Cheddar, Coriander, Salsa, Sour Cream & Guacamole

> BACON £9.50

VEGGIE SAUSAGE V



Mimosa	£9.95
Bloody Mary	£9.95
Vanilla Espresso Martini	£9.95

MONTYS

Sorry NO Substitutions

£10.95 **FULL MONTY**

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

VEGGIE MONTY V £10.95

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

BYO BREAKFAST £7.50

Choose any 4:

- Sausages
- Bacon
- Veggie Sausage
- Beans
- Black Pudding
- Mushrooms
- Roasted Red Peppers
- Hash Brown
- Potato Scones
- Avocado +£1.50
- Sun Blushed Tomato
- Halloumi +£2.50

Pancake

Plain V

- Toast (Brown **OR** Homemade Wholemeal)
- Eggs (Fried, Poached OR Scrambled)

OMELETTE



Add Fillings From £1 each:

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

ORGANIC!

Luscombe

£3.50

• Hot Ginger Beer

• Damascene Rose Bubbly

ChariTea

£3.50

£5.95

• Roboibos Tea & Passion Fruit

- Black Tea & Lemon
- Green Tea with Ginger & Honey







GLUTEN FREE TOAST AVAILABLE FOR ALL DISHES

HOT DRINKS

Alternative Milks & Syrups From .40p

FRESH FILTER COFFEE	£1.95	£2.50
ESPRESSO	£1.75	£2.20
LATTE	£2.95	£3.20
CAPPUCCINO		£2.95
FLAT WHITE		£2.95
AMERICANO		£2.50
CORTADO		£2.50
HOT CHOCOLATE	£2.95	£3.25
WHITE HOT CHOCOLATE	£2.95	£3.75
TERRYS ORANGE HOT CHOCOLATE	£3.75	
MOCHA/WHITE MOCHA	£3.25	£3.85
CHAI LATTE	£3.25	£3.85
MATCHA LATTE	£3.25	£3.85
TURMERIC LATTE	£3.25	£3.85
TEA		£1.85
HERBAL TEA		£2.95
BAILEYS HOT CHOCOLATE	£6.25	
STEAMED MILK	£2.25	£2.75
BABYCCINO	£1	
A.I.I. I. B		

CHILLED DRINKS

Add Cream or Syrups From .40p

ESPRESSO CARAMEL FRAPPE	£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 📽 MONMOUTH



CAFEJACS







JERSEY DAIRY SHAKES £4.25

- Strawberry
 - Chocolate
- Hazelnut OR SF Raspberry
- Banana • Salted Caramel OR SF
- Passion Fruit Caramel OR SF Coconut • Vanilla OR SF
- Coffee

FRUIT SLUSHIES £4.50

- Summer Berries
- Raspberry
- Mango & Passion Fruit

SMOOTHIES £5.50

• 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 £5.50

• 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 Br	טי	£2.25
• Fever Tree Tonic		£2.75
• Sparkling Water (33cl/75cl)	£2.25	£3.75
• Still Water (33cl/75cl)	£2.25	£3.75
ango		£2.25

• Apple, Orange, Dark Berry

£2.75 **Cawston Press** • Apple, Rhubarb, Elderflower, Ginger

£2.75

St. Helier • Lemon, Orange, Passion Fruit

£1.95 • Apple, Orange, Cranberry

• Radnor 200ml Carton Juice £1.75

A SERVICE CHARGE OF 10% IS ADDED TO ALL BILLS WHEN AN OPTIONAL TABLE SERVICE IS PROVIDED, PAID DIRECTLY TO THE TEAM

LIGHT BITES =

LIOIII	DIILO —
SOUP OF THE DAY VG	£5.50
Served with our Homemade Wholemeal	Bread
CRISPY GARLIC BREAD V	£4.50
• Add Cheese	+.95p
 Add Cheese and Salsa 	+£1.50
HAND-CUT CHIPS VG	£3.95
• Add Cheese +.95p	
SWEET POTATO CHIPS VG	£4.50
 Add Cheese +.95p 	

SANDWICHES -

 BLT £7.50 Grilled Bacon, Sliced Tomatoes, Baby gem lettuce & Harissa Mayo

 Tuna Melt £7.50

Tuna, Cheese, Tomato, Baby Gem Lettuce, Celery, Red Onions, Dill Pickles

 Greek Pita Pocket V £7.50

Spinach, Sliced Tomatoes, Pickled Red Onions, Feta Cheese & Hummus

HOT WRAPS



£8.75 With hand cut-chips OR Salad

- FishCake & Sweet Chilli Mayo
- Chicken, Chorizo & Guacamole
- Chicken Goujon & Plum Sauce
- Chicken Tzatziki Pita Pocket
- Grilled Halloumi & Hummus V

CLASSICS 3



SMASHED AVOCADO ON TOAST VG £7.50

Eggs (Fried) +£1.75 OR Halloumi +£2.50

CIABATTA STEAK £13.95

8oz Sirloin steak, rocket, caramelised onions, balsamic vinegar, hand-cut chips & garnish

£9.95 QUESADILLAS V

Toasted Tortillas with Cheddar, Peppers, Olives, leeks & Dips

 Add Grilled Chicken +£2.50

 Add Jalapeños +£1

CHICKEN TENDERS & CHIPS £11.95

With Salad Garnish with Plum, Sweet Chilli, BBQ OR Mayo

GRILLED SALMON

£14.95

With steamed seasonal vegetables, new potatoes and Hollandaise sauce

FISHERMAN'S BASKET £12.95

Scampi, King Prawns, Calamari, Filo Prawn, Crab Cake, Plaice Goujons, Salmon. Hand-cut Chips, Homemade Tartar Sauce & Garnish

BOWLS 🛸



NASI GORENG 🤳

£10.25

Chili Paste based fried (White / Organic Brown +.50p) Rice, Leek, Egg, Mushrooms, Broccoli, Peppers, Tomato & Cucumber, Onions

• Add Chicken +£2.50

• Add King Prawns +£4.50

£11.50 PAD THAI 🥥

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

FALAFEL BOWL VG £9.95

Quinoa, fresh Cherry Tomatoes, Avocado, Spinach, Pickled Red Onion, Crispy Onions, Parsley, Falafel, Red Chilli, Cucumber & Lime Wedge

• Add Grilled Halloumi +£2.50

SALMON POKE BOWL £12.50

Rice (White / Organic Brown +.50p), Cured Salmon, Carrot Mix, Avocado, Cucumber, Chilli, Sesame seeds, Coriander, Lime & Poke Sauce

CURRY 💆



Thai Massaman, served with £11.75 white basmati **OR** brown organic rice (+.50p).

 Add Chicken +£2.50

• Add King Prawns +£4.50

BURGERS



BIG JAC 🤳 £12.95

6oz Beef, Bacon, Cheese, Gherkins, Lettuce, Mayo, Homemade Salsa, chips & Garnish

CAJUN BURGER 🐸 £12.95

Grilled Chicken, Bacon, Avocado, Lettuce, Guacamole, Homemade Salsa, chips & Garnish

VEGGIE BURGER V 🥩 £11.95

Homemade Salsa, Baby Spinach, Avocado, Roasted Red Peppers, Chips & Garnish

Add Cheese +.75p / Add Jalapeños/Sweet Potato +£1

SPECIALS



£11.95 SMOKEY BLACK BEAN CHILLI VG

With Roasted Sweet Potato and mixed peppers in a rich and smokey tomato sauce with a hint of harissa, served with tortilla chips, avocado, fresh chillies &

PRAWN OR CHICKEN TACOS £10.95

Spiced grilled Prawns **OR** Marinated Chicken served with mixed Red Cabbage, Homemade Salsa, Sour Cream, Guacamole & Lime.

STEAK, EGGS & CHIPS £17.50

8oz Grilled Sirloin with soft fried eggs, hand-cut chips, rocket & Café de Paris Butter. Topped with crispy onion bits.

SIDES

• Grilled Salmon Fillet	£6.50
• Grilled Chicken	£4.50
 Fresh / Grilled Prawns 	£4.50
• Halloumi / Goats Cheese	£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	£1.75

ALLERGENS ADVICE



Please be aware that our kitchen uses ingredients such as Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Tree Nuts, Peanuts, Sesame Seeds, Sova and products that may contain Sulphur Dioxide.

If you have dietary requirements/food allergies please speak to a member of our 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.

BEERS

DRAUGHT HA	ALF 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 %	б		£5.75
 LIBERATION 	IPA 4.	.8%		£5.75
 PERONI 5.1 	%			£4.95
• STELLA ARTO	IS 4.8 %	GF		£4.95
 STINKY BAY 	4.8%			£5.25
• BD PUNK IP	A 5.4 %			£5.25
• BD ELVIS J	UICE 5.	. 1%		£5.25
• CORONA 4.5	%			£4.95
 HELLS LAGE 	R 4.6 %			£4.50
• TYSKIE 5.2	%			£5.75
 NEWCASTLE 	BROWN 4	4 .7 %		£5.25
• GUINNESS 4	.2%			£5.50
ALCOHOL-FREE				
 SAN MIGUEL 				£4.25
• BD PUNK IP	Α			£5.25
CTDEDC				

CIDERS

BOTTLED

• INCH'S 4.5 %	£5.95
 OLD MOUT PINEAPPLE/RASPBER 	RRY 4% £6.25
 THATCHERS ROSÉ 4.8% 	£5.95
MAGNERS 4.5%	£6.50
• IRISH ELDERFLOWER 4 %	£6.25
• VAL DE RANCE 4 %	£8.25
ALCOHOL-FREE	
 OLD MOUT BERRIES & CHERRIE 	£5.95
• GALIPETTE	£3.95
WHTTF WTNF 175ml 25	50ml 750ml

• REKORDERLIG STRAWBERRY/LIME 4% £6.75

CHARDONNAY	£4.95	£6.85	£19.75
PINOT GRIGIO	£5.95	£8.30	£22
SAUVIGNON BLANC	£6.25	£8.60	£25
RFD WTNF	175ml	250ml	750ml

KED MINE	1/5ML	250M L	/5UM L
SYRAH	£4.95	£6.85	£19.75
MALBEC	£5.95	£8.30	£23.75
RIOJA			£26

ROSE WINE	175ml	250ml	750ml
HITE ZINFANDEL	£5.50	£6.85	£19.2
TNOT NOTE	£6.25	£8.50	£21

PROSECCO BRUT OR ROSE

	200ml	750ml
IL CAGGIO	£7.95	£25