

BREAKFAST & BRUNCH APRIL 2024

WEEKDAYS 7AM - 11.45AM
SATURDAY 7AM - 11.45AM

QUICK BITE

- ORGANIC PORRIDGE** (Oat Milk) **VG** £3.50
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**
- SMASHED AVOCADO ON TOAST** **VG** £7.50
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 **V** £8.50
- Blueberries & Ice-Cream **V** £8.95
- Nutella, Banana & Ice-Cream **V** £8.95
- Orange, Lemon & Lime **V** £8.50

MEXICAN

- TOSTADAS** **V** £10.50
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** £9.50

CHEERS



- Mimosa £9.95
- Bloody Mary £9.95
- Vanilla Espresso Martini £9.95
- Strawberry Margarita £9.95

MONTYS

Sorry NO Substitutions

- FULL MONTY** £10.95
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
 - Veggie Sausage
 - Black Pudding
 - Roasted Red Peppers **+£1**
 - Potato Scones
 - Sun Blushed Tomato **+£1**
 - Pancake
 - Toast (Brown OR Homemade Wholemeal)
 - Eggs (Fried, Poached OR Scrambled)
 - Bacon
 - Beans
 - Mushrooms
 - Hash Brown
 - Avocado **+£1.50**
 - Halloumi **+£2.50**

OMELETTE



- Plain** **V** £7.50
Add Fillings From £1 each:
 - Bacon, Sausage, Black Pudding, Veggie Sausage, Tomato, Cheese, Mushrooms, Avocado

OUR SUPPLIERS



GLUTEN FREE TOAST AVAILABLE FOR ALL DISHES

HOT DRINKS

Alternative Milks & Syrups From .40p

- FRESH FILTER COFFEE** £1.90 £2.60
- ESPRESSO** £1.90
- LATTE** £3.20 £3.50
- CAPPUCCINO** £3.20
- FLAT WHITE** £3.20
- AMERICANO** £2.50
- CORTADO** £2.60
- HOT CHOCOLATE** £3.20 £3.50
- WHITE HOT CHOCOLATE** £3.35 £3.75
- MOCHA/WHITE MOCHA** £3.50 £3.95
- CHAI LATTE** £3.40 £3.95
- MATCHA LATTE** £3.40 £3.95
- TURMERIC LATTE** £3.40 £3.95
- TEA** £1.80
- HERBAL TEA** £2.60
- BAILEYS HOT CHOCOLATE** £6.25
- STEAMED MILK** £2.25 £2.75
- BABYCCINO** £1.20

CHILLED DRINKS

Add Cream or Syrups From .40p

- ESPRESSO CARAMEL FRAPPÉ** £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



ORGANIC!

- Luscombe** £2.75
 - Hot Ginger Beer
 - Damascene Rose Bubbly
- Jersey Apple Press** £2.75
 - Cloudy Apple Juice

JERSEY DAIRY SHAKES £4.25

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

FRUIT SLUSHIES £4.50

- Summer Berries
- Raspberry
- Mango & Passion Fruit

SMOOTHIES £5.75

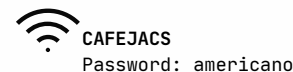
- **Mango Refresher**
Mango, Banana & Orange Juice
- **Raspberry Detox**
Raspberries, FlaxSeeds & Coconut Milk
- **Strawberry Zing**
Strawberry, Pineapple & Orange Juice
- **Blueberry & Banana**
Blueberries, Banana & Oat Milk
- **Green Dream**
Mango, Banana, Spinach & Orange Juice

FRESH JUICES £5.75

- **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, Irrn Bru £2.50
- Fever Tree Tonic £2.95
- Sparkling Water (33cl/75cl) £2.50 £3.95
- Still Water (33cl/75cl) £2.50 £3.95
- Tango** £2.50
 - Apple, Orange, Dark Berry
- Cawston Press** £2.95
 - Apple, Rhubarb, Elderflower, Ginger
- St. Helier** £2.95
 - Lemon, Orange, Passion Fruit
- Juice**
 - Apple, Orange, Cranberry £1.95
 - Radnor 200ml Carton Juice £1.75



LUNCH & DINNER APRIL 2024

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

WEEKDAYS 12PM - 9PM
SATURDAY 12PM - 9PM

LIGHT BITES

- 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

- Served with a choice of breads:
Portuguese Roll, Soft Brown Roll, Sliced Brown Bread OR Pita Pocket
- Grilled Chicken, Pesto, Rocket £7.50
 - Prawn Cocktail £7.50
 - Egg Mayo & Rocket V £7.50

HOT WRAPS

- With hand cut-chips OR Salad £8.75
- FishCake & Sweet Chilli Mayo
 - Chicken, Chorizo & Guacamole
 - Chicken Goujon & Plum Sauce
 - Chicken Tzatziki Pita Pocket
 - Grilled Halloumi & Hummus V

CLASSICS

- SMASHED AVOCADO ON TOAST VG** £7.50
Eggs (Fried) +£1.75 OR Halloumi +£2.50
- CIABATTA STEAK** £13.95
6oz Sirloin steak, rocket, caramelised onions, balsamic vinegar, hand-cut chips & garnish
- QUESADILLAS V** £9.95
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



FISH

- GRILLED SALMON** £14.95
With steamed seasonal vegetables, new potatoes & Hollandaise sauce
- FISHERMANS BASKET** £13.95
Scampi, King Prawns, Calamari, Filo Prawns, Fish Cake, Plaice Goujons, Salmon, Hand-Cut Chips & Tartar Sauce

BOWLS

- NASI GORENG** £10.25
Chilli Paste based with fried (White / Organic Brown +.50p) Rice, Leek, Egg, Mushrooms, Peppers, Tomato, Cucumber & Onions
 - Add Chicken +£2.50
 - Add King Prawns +£4.50
- PAD THAI** £11.50
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, Beetroot Hummus, Cucumber & Lime Wedge
 - Add Grilled Halloumi +£2.50
- SALMON POKE BOWL** £11.50
Rice (White / Organic Brown +.50p), Cured Salmon, Carrot Mix, Avocado, Cucumber, Chilli, Sesame seeds, Coriander, Lime & Poke Sauce

CURRY

- Thai Massaman, served with white basmati OR brown organic rice (+.50p).** £11.75
 - 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** £12.95
Homemade Salsa, Baby Spinach, Avocado, Roasted Red Peppers, Chips & Garnish
Add Cheese +.75p / Add Jalapeños/Sweet Potato +£1

SPECIALS

- SMOKEY BLACK BEAN CHILLI VG** £11.95
Roasted Sweet Potato, mixed peppers in smokey tomato sauce, harissa, served with tortilla chips, avocado, fresh chillies, lime & Rice (White / Organic Brown +.50p).
- 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 fried egg, roasted tomato, hand-cut chips, rocket garnish & 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, Soya 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	HALF 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%		£5.75
• LIBERATION IPA 4.8%		£5.75
• PERONI 5.1%		£4.95
• STELLA ARTOIS 4.8% GF		£4.95
• STINKY BAY 4.8%		£5.25
• BD PUNK IPA 5.4%		£5.25
• BD ELVIS JUICE 5.1%		£5.25
• CORONA 4.5%		£4.95
• HELLS LAGER 4.6%		£4.50
• TYSKIE 5.2%		£5.75
• NEWCASTLE BROWN 4.7%		£5.25
• GUINNESS 4.2%		£5.50

ALCOHOL-FREE		
• SAN MIGUEL		£4.25
• BD PUNK IPA		£5.25

CIDERS

BOTTLED		
• REKORDERLIG STRAWBERRY/LIME 4%		£6.75
• INCH'S 4.5%		£5.95
• OLD MOUT PINEAPPLE/RASPBERRY 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 & CHERRIES		£5.95
• GALIPETTE		£3.95

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

RED WINE	175ml	250ml	750ml
SYRAH	£4.95	£6.85	£19.75
MALBEC	£5.95	£8.30	£23.75
RIOJA			£26

ROSÉ WINE	175ml	250ml	750ml
WHITE ZINFANDEL	£5.50	£6.85	£19.25
PINOT NOIR	£6.25	£8.50	£25

PROSECCO BRUT OR ROSÉ		
IL CAGGIO	200ml	750ml
	£7.95	£25