

## Main dishes veggie option

12am - 8pm



### Chicken Tenders and Chips

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

**£7.25**

### Big Jac

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 an egg for 50p or Jalapenos for 25p!

6 oz **£7.95**

### Spicy Veggie Burger

With cheese, salsa, mayonnaise & salad in a white or brown bun. Served with hand cut chips and salad garnish  
Add an egg for 50p or Jalapenos for 25p!

**£7.75**

### Indonesian Nasi Goreng

Wok fried rice with peppers, spring onions, mushrooms & Indonesian spices topped with a fried egg  
Vegetable **£7.25**      Chicken **£8.00**      King Prawn **£9.00**

### 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 **£7.75**      Chicken **£8.25**      King Prawn **£9.50**

### Indian Curries

Mild Korma / Medium Tikka Masala / Hot Madras  
Served with basmati or brown rice, naan bread and poppadums  
Vegetable **£8.00**      Chicken **£8.50**      King Prawn **£9.50**

### Thai Green Curry

Served with basmati or brown rice  
Vegetable **£7.75**      Chicken **£8.50**      King Prawn **£9.50**

### Scottish Grilled Salmon Fillet

Served with new potatoes, steamed seasonal veg and Hollandaise sauce

**£9.25**

### Grilled Cajun Chicken

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

**£9.25**

### Fishermans Basket

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

**£7.75**

## CafeWok 4 easy steps to healthy fast food

Take a rainbow of wok fried veggies and add what you fancy....

### Step 1 Rice or noodles?..... **£5.25**

Rice Noodles | White Basmati Rice | Brown Rice | Just Veggies (no carbs)

### Step 2 Add your extras..... **+£2.50** each

Grilled Chicken | King Prawns (x4) | Smoked Tofu

### Step 3 Add your flavour ..... **+35p** each

House (sesame & soya) | Thai (pad thai sauce) | Indonesian (nasi goreng)  
Chinese (black bean) | Japanese (Teriyaki)

### Step 4 Add your topping ..... **+50p** each

Shredded Omelette | Fried Egg | Chopped Peanuts | Coriander, Green chilli & Spring Onion

## Waiting for service? Order at the bar!

We keep it speedy and don't charge service. All that we ask is you come and see us at the bar to tell us what you'd like.  
Settle ahead of time, leave when you're ready!

## Light bites & Salads

12am - 8pm



### Soup

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

In **£3.75**

To Go **£2.25**

### Frittata

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

**£6.95**

### 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 **£7.25**  
Grilled chicken **£7.95**  
Jalapeno and sun blush tomato **£7.95**

### Crab cake and sweet chilli mayo wrap

With iceberg lettuce and salad garnish  
Add a side of chips for £1.95!

**£4.95**

### Chicken goujons and plum sauce wrap

Deep fried breaded chicken fillets with iceberg lettuce and salad garnish  
Add a side of chips for £1.95!

**£4.95**

### Grilled Chicken Tzatziki Pitta Pocket

(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)  
Add a side of chips for £1.95!

**£4.95**

### Falafel and Tahini Pitta Pocket

Served with iceberg lettuce and salad garnish  
Add a side of chips for £1.95!

**£4.95**

### Caesar Salad

Add grilled chicken **£6.50**  
Add king prawns **£2.25**  
Add grilled salmon fillet **£2.95**  
**£3.75**

### Lebanese Style Spinach & Chickpeas

Served with caramelised onions and garlic with an aubergine and roast tomato bulgar pilaf and labneh.

**£7.95**

### Roast Squash and Chilli Salad

With baby spinach, sun blush tomatoes, red onion and Feta

**£7.95**

### Greek Meze Platter

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

**£7.50**

### Grilled goats cheese Croutes

On a salad of mixed leaves with toasted walnuts and a walnut oil dressing

**£7.75**

### Sides

Grilled Chicken Breast	£3.35	Foccacia Garlic Bread	£2.35
Side Salad	£2.95	with cheese	£2.60
Stir-fried vegetables	£2.95	w cheese & salsa	£2.85
Fresh baked bread	£1.35	Hand cut chips	£2.35
Grilled Salmon fillet	£3.85	New potatoes	£2.60
Coleslaw	£1.35	Steamed Veggies	£2.95
5 King Prawns	£2.95		

## Picnic in the park!

(we're just around the corner)

Sandwiches, Salads, Soups,  
Big Jac Burger, Nasi Gorang, Pad Thai

**15% discount** on all our food to go - call to order your lunch in advance for collection!



## Breakfast & Brunch

Mon - Fri, 7.30am - 11.30am  
Sat & Bank Hols, 8.00am - 3.00pm



### Full Monty

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

Served with unlimited toast and bottomless tea or house coffee.

£6.95

### Three-quarters Monty

Two bacon, 1 egg, beans, sausage, mushrooms, tomato & hash brown

Served with unlimited toast and bottomless tea or house coffee.

£5.95

### Mini Monty

Two bacon, Two eggs, beans

Served with unlimited toast and bottomless tea or house coffee.

£4.95

### Veggie Monty

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

Served with unlimited toast and bottomless tea or house coffee.

£6.50

### Mini Veggie Monty

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

Served with unlimited toast and bottomless tea or house coffee.

£4.95

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

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

### Breakfast Rolls

2 Fillings £2.95

4 Fillings £3.95

Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce Mayo and Grated Cheddar

### Breakfast Burritos

£5.95

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

Maple syrup and whipped cream

Blueberries and vanilla ice cream

Lemon, orange and sugar

Nutella, hazelnuts and ice cream

Made fresh and fluffy to order - 3 per portion

£3.95

£4.70

£3.95

£4.70

### Omelette

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

Add 65p per filling

£3.75

The healthier option area...feel good about yourself for rest of the day!

### Porridge

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

Or raspberries (add 50p for each topping)

£1.75

### Fruit & Granola

Fresh cut tropical fruit covered in homebaked crunchy granola, Jersey low fat bio yogurt with summer fruits to top it all off.

Add some honey if you like it sweeter!

£4.50

### Smoked Salmon & Scrambled Eggs

Served with home baked granary toast

£6.95



## Quick, tasty & available any time

Pastries, Cookies, etc	from	£1.00
Toasted Tea Cake		£1.20
Carrot Cake		£2.95
Gluten-free Handmade Hot Chocolate Fudge Cake & Ice cream		£3.60
Apple Pie & Fresh Jersey Cream		£3.60
Fresh Waffles, Ice Cream & Maple Syrup (please allow 10 mins)		£3.75
Toast (2 slices)		£1.20
Pancakes (2.30pm - 5.00pm)	from	£3.95

Please note, all above are subject to availability...



## Hot drinks (have a refill with 20% discount)

Fresh Filter Coffee	Regular	Large
Cappuccino	£1.50	£1.70
Flat white	£1.65	£2.00
Americano	£1.50	£1.80
Espresso	£1.35	£1.65
Latte	£2.00	£2.50
Hot Chocolate	£2.00	£2.50
White Hot Chocolate	£2.40	£2.60
Mocha (reg or white)	£2.50	£2.85
Chai Latte	£2.10	£2.50
Steamed Milk	£1.70	£1.95

Add cream, marshmallows or syrup for 35p each Soya, skinny and skinny milks available

Tea

Herbal Tea

Fresh Mint Tea

Hot water and lemon



## Chilled drinks

Fresh Juices	Regular	Large
Raw juice - carrot, cucumber, tomato, orange and apple	£2.80	£3.80
Fruit juice - apple, orange and passion fruit		
Orange juice - good for sniffles		
Carrot juice - a good source of pro-vitamin A		
Apple and orange juice - simple and re-freshing		
Green Goddess - apple, lime and kiwi		
Unbeetable - beetroot, carrot, apple and celery		
Smoothies	£2.80	£3.80
Blended to order. Nothing but fresh and frozen fruit, yoghurt and juice		
Strawberry   Raspberry   Blueberry		
Milkshakes - made with ice cream		£2.60
Chocolate / Hazelnut / Caramel / Irish / Almond / Vanilla / Coconut / Strawberry / Raspberry / Banana / Mango or Passion fruit		

Iced Coffee (thick and sweet)

£2.80

Iced Tea Lemon, Peach, Mango or Green Tea

£1.80



## Wines

food!  
overleaf

### Whites

	175ml	250ml	750ml
Sauvignon Blanc Norte Chico, Chile	£3.50	£4.65	£13.85
Chenin Blanc Brown Brothers, Australia	£3.80	£4.90	£14.40
Pinot Grigio Porta Italica, Italy	£3.80	£4.90	£14.40
Sauvignon Blanc, Stoneleigh, New Zealand	£4.40	£5.55	£16.40
Chardonnay La Roche	£4.20	£5.55	£16.40

### Reds

Cabernet Sauvignon, Norte Chico, Chile	£3.50	£4.65	£13.85
Concha Y Toro Pinot Noir	£4.10	£5.55	£16.40
Shiraz, Barbera, Tortoiseshell Bay, Australia	£3.80	£4.90	£14.80
Merlot La Roche, France	£4.10	£5.55	£16.40
Marques de Caceres Rioja, Spain	£4.40	£5.55	£16.40

### Rose

Rose Merlot, Norte Chico, Chile	£3.50	£4.65	£13.85
White Zinfandel, Jack Rabbit, California	£3.65	£4.90	£14.60

### Beers & Cider

Carlsberg Green (Draught)	£1.70	£3.40
Holsten Low Alcohol		£1.90
Stella Artois, Peroni, Corona, Dry Blackthorn		£3.60
Becks Vier, Lech, Guinness, Newcastle Brown		£3.70
Rekorderling, Gaymers		£3.90

### Soft Drinks

Cans, Coke, Diet Coke, 7UP, Tango, Irn Bru,	£1.50	
Mineral Water 33cl / 1lt	£1.75	£3.50
J20 / Appletizer		£2.30
Tonics & Juices		£1.50



## Sweets & Liqueurs

### Something Sweet

Gluten-free Handmade Hot Chocolate Fudge Cake & vanilla ice cream	£3.60
Belgian Apple Pie - with cream or ice cream	£3.60
Carrot Cake - from Bean Around the World - Jersey's Best!	£2.95

### Fresh baked Waffles Topped with (allow 10 mins)

Banana, Caramel & Fresh Cream	£3.85
Vanilla Ice cream & Real Maple Syrup	£3.85
Nutella, Hazelnut & Vanilla Ice-cream	£4.60

### Liqueur Coffee & Chocolate

Irish Coffee (with John Jameson)	Amaretto Affogato	£4.50
Cointreau Hot Chocolate	(with espresso & ice cream)	
Caribbean Coffee (with Lamb's navy rum)	Baileys Latte	
Tia Maria Coffee		

# caféjac

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



We have a lot of passion for what we do.

If we are getting it right, please tell others. If we are not please tell us by using the comments book by the door or online at

[www.cafejac.co.uk](http://www.cafejac.co.uk) or SMS on 07797 728610



## 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, if you are in a hurry please just ask 'what's quick today?'