

LIGHT BITES

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Soup of the Day 🥕 (Now available from 10.00am) eat in **£3.75**
Homemade with the freshest natural ingredients,
served with bottomless freshly baked bread *to go* **£2.50**
Grab some homemade freshly baked bread to go for 75p

Rolls or Sandwiches

White or brown rolls, sliced bread, wholemeal pitta, flour
tortilla wrap or vegan granary (+75p), gluten-free (+50p)
Brie, Cranberry Sauce and Baby Spinach 🥕 **£5.50**
Atlantic Prawns, Avocado and Lime Mayo **£5.50**
Chicken Cobb, Tomato, Lettuce, Bacon, Avocado **£5.50**
Add a mug of soup or hand cut chips for £1.95 or sweet potato
chips for £2.75

Crab Cake & Sweet Chilli Mayo Wrap 🥕 **£6.75**
Served with a ramekin of hand-cut chips or a side of
house salad

Chicken, Chorizo & Guacamole Wrap **£6.75**
Served with hand-cut chips or a side of house salad

Chicken Goujons & Plum Sauce Wrap **£6.75**
Served with hand-cut chips or a side of house salad

Grilled Chicken Tzatziki Pitta Pocket **£6.95**
(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)
Served with hand-cut chips or a side of house salad

Frittata 🥕 **£7.50**
Deep Italian-style free range omelette served with mixed
leaves. Ask for today's variety.

Smashed Avocado **£6.95**
On our chunky and wholemeal granary toast.
Add Grilled King Prawns £4.50 / Smoked Salmon £4.00 / Grilled
Chicken £3.95 / Grilled Chorizo £2.95 / Grilled Halloumi £2.25
Fried Eggs £1.75 / Sunblush Tomatoes £2.25 **Grilled King**

Prawn Tacos 🥕 **£8.50**
Two folded soft warm tortillas topped with sour cream, avocado,
tomato & coriander salsa, with grilled cayenne tossed shrimps &
red cabbage slaw served with a wedge of lime.

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 🥕 **£7.95**
Grilled chicken **£8.95**
Jalapeno and sun blush tomato **£9.50**

KEY: 🥕 Vegetarian 🥕 Spicy ✓ Vegan options available just ask!
Vegan bread available

PLEASE ASK ONE OF OUR
TEAM ABOUT OUR KIDS MENU

SPECIALS

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Asian Beef Burger with Hoisin Sauce **£10.50**
Served in a white or brown roll with hand cut chips and a
salad garnish

**Lebanese Spinach and Chickpeas with
Preserved Lemon & Bulgar Wheat** **£10.25**
With apricots and cooling yoghurt to top 🥕

**Pan Fried Fresh Salmon Fillet with
Braised Savoy Cabbage** **£11.95**

Roast Sweet Potato & Cashew Massaman Thai Curry
Veg 🥕 **£10.25**
Chicken **£10.95**
King Prawn **£11.95**

BOWLS

Mon - Fri 12-8pm

Salmon Poke Bowl **£8.95**
With white rice, pickled radishes & carrots topped with
salmon, sliced avocado & spicy ponzu sauce, sprinkled with
black sesame seeds, jalapenos & fresh coriander

Avocado & Free Range Egg Caesar Salad **£8.95**
With baby gem lettuce, cherry tomatoes, croutons, grated
parmesan & homemade caesar dressing Choose from these
toppings: Sliced Grilled Chicken £3.95 / Goats Cheese £2.25

Whole Food Bowl **£8.75**
With organic brown rice, black beans, peppers, grated
cheddar, black olives, sliced avocado, homemade salsa,
topped with a Tali sauce, fresh coriander & sour cream

Roast Sweet Potato & Bulgar Buddha Bowl **£8.75**
With Baby Spinach, Feta and Sriracha

Mexican Breakfast Bowl **£8.50**
Roast sweet potato, black beans, chorizo, fried eggs, avocado

Choose from the following toppings

Boiled egg £1.50, Crispy bacon for £1.50,
Sliced grilled chicken £3.25, Fresh prawns £3.50,
King prawns £4.50, Grilled salmon fillet £6.50,
Goats cheese £1.75

WHY NOT ADD A SIDE ORDER OF...

Grilled salmon fillet	£6.50	Sweet potato chips 🥕 ✓	£3.50
Grilled chicken breast	£4.50	Basmati rice ✓	£2.75
Stir-fried rice	£5.25	Organic brown rice ✓	£2.75
Veg & fried egg	£5.25	Fresh baked granary ✓	£2.25
Side Salad 🥕 ✓	£3.25	Ciabatta garlic bread	£3.25
Steamed Veg 🥕 ✓	£3.25	...with cheese	£3.50
New potatoes 🥕 ✓	£3.25	with cheese & salsa	£3.95
Hand cut chips 🥕 ✓	£3.00		

MAINS

Mon - Fri 12.00 - 7.30pm
Sat 12.00 - 2.00

Chicken Tenders & Chips **£10.50**
Breaded and deep fried, served with hand cut chips, salad
garnish & a choice of 2 dips: plum sauce, sweet chilli or BBQ

Big Jac 6oz *Vegetarian option available* **£10.95**
Homemade lean mince steak burgers with our blend of
herbs with bacon, cheese, salsa, mayonnaise and salad in a
Portuguese, soft white or brown or wholemeal pitta served
with hand cut chips and salad garnish.
Add a fried egg or jalapenos for 70p each

Spicy Veggie Burger 🥕 **£9.95**
With cheese, salsa, mayonnaise & salad in a Portuguese,
soft white or brown or wholemeal pitta served with hand cut
chips & salad garnish.
Add jalapenos for an added kick or a fried egg 80p

Indonesian Nasi Goreng 🥕 **£8.50**
Wok fried rice with peppers, spring onion, mushrooms &
Indonesian spices topped with a free range fried egg
Vegetable 🥕 **£8.50**
Grilled chicken **£9.50**
King Prawn **£11.95**

Indian Curries: 🥕 ✓
Mild Korma / Medium Tikka Masala / Hot Madras
Served with basmati or organic brown rice,
naan bread and poppadoms
Vegetable 🥕 **£10.25**
Grilled chicken **£10.95**
King Prawn **£11.95**

Pad Thai 🥕 **£9.25**
Wok fried oriental vegetables, rice noodles and shredded
omelette, tossed with a pad thai sauce, topped with peanuts,
fresh coriander and a wedge of lime
Vegetable 🥕 **£9.25**
Grilled chicken **£10.25**
King Prawn **£11.95**

Deep Fried Fisherman's Basket **£9.75**
Scampi, king prawn, calamari, filo prawn, crab cake, plaice
goujons, hand cut chips. Tartar sauce and Garnish

Grilled Cajun Chicken **£12.50**
Bacon, guacamole, salsa and sour cream served with hand
cut chips & salad garnish

Grilled Scottish Salmon Fillet **£13.50**
Served with new potatoes, steamed seasonal vegetables and
hollandaise sauce

FISH & CHIP FRIDAY

Join us on Fridays for Best Bitter Beer Battered Deep Fried
Fresh Haddock Fillet, Minted Mushy Peas, Hand-Cut Chips &
Homemade Tartare Sauce. **£10.95**

café jao

WINTER MENU

Scan here to leave a quick review!



Our Allergens

As our kitchen has limited space • we regret we
can NOT guarantee that any of our products do not
contain any trace amounts of the following allergens;
Celery • cereals containing gluten — including
wheat (such as spelt and Khorasan) • rye • barley
and oats • crustaceans — such as prawns • crabs
and lobsters • eggs • fish • lupin • milk • molluscs
— such as mussels and oysters • mustard • tree nuts
— including almonds • hazelnuts • walnuts • brazil
nuts • cashews • pecans • pistachios and maca-
damia nuts • peanuts • sesame seeds • soybeans
, sulphur dioxide and sulphites.

Should you like to see a list of the ingredients
our products are made with, please ask the
Duty Manager and they will be happy to help.

WIFI PASSWORD: americano

BREAKFAST & BRUNCH

Mon - Saturday 7.30 - 11.30

Omelette Made with 3 free-range eggs 🥕 **£4.50**
Bacon, veggie sausage, sausage, black pudding, tomato, cheese, mushrooms. Add £1.25 per filling

Breakfast Roll 2 Fillings 🥕 **£3.95**
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce and grated cheddar. Extra fillings £1.25

Full Monty **£8.95**
Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding.

Three-quarter Monty **£7.95**
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown.

Veggie Monty 🥕 **£8.70**
Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown.

Mini Veggie Monty 🥕 **£6.45**
One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown.

Brekadillas **£7.50**
with grilled cheese, smoked crispy bacon, corn and black beans.. served with Mexican dips and creamy scrambled eggs

All 'Monty' breakfasts served with unlimited toast and bottomless tea, house coffee or a carton of juice.

Our eggs are free range and can be fried, poached or scrambled. Sorry, no substitutions during peak periods.

🕒 **11.30am - 12.00pm Food Service** Pancakes, Breakfast Rolls, Soups, Granola & Porridge are available between these times due to our kitchen preparing for our busy lunches - apologies for any inconvenience this may cause

JUICES & SMOOTHIES

Fancy something different? Build your own juice and add the flavours that float your boat

FRESH JUICES FRESH TO ORDER (16oz) £3.75

Turmeric Root Juice
Carrot, turmeric, apple & orange

Green Detox Juice
Baby Spinach, Apple, Cucumber, Ginger, Lemon & Mint

Hot Red Head
Carrot, Ginger, Orange

Passion Fruit Juice
Passion Fruit, Apple, Kiwi, Orange

Orange or Carrot (12oz) £3.50 (16oz) £3.95
Carrot juice is a good source of pro-vitamin A

Teodoras Surprise

SMOOTHIES BLENDED TO ORDER

Mango & Orange £3.75
Banana, Fresh Orange Juice, honey

Raspberry Detox £3.75
Raspberries, coconut milk, flax seeds, honey

Strawberry, Avocado & Banana £3.75
With coconut milk & honey

Blueberry Smoothie £3.75
Blueberries, banana, oat milk, honey

ICE CREAM SHAKES

All varieties **£3.50**

Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit. **Whole fruit options also available.** Banana, Strawberry, Mango, Kiwi (add 50p)

Organic Porridge (made with organic milk) 🥕 **£3.50**
With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries. Add toppings from 25p.

Fruit & Granola 🥕 **£5.50**
Freshly cut tropical fruit on top of home baked crunchy granola with Jersey low fat bio yoghurt. Add some honey for 75p if you like it sweeter!

Pancakes Made fresh & fluffy to order - 3 per portion 🥕
Lemon, orange & sugar **£5.25**
Maple syrup & whipped cream **£5.75**
Blueberries & vanilla ice-cream **£5.75**
Nutella, hazelnuts & ice cream **£5.75**

Smashed Avocado ✓🥕 **£6.95**
On our chunky and wholemeal granary toast.
Add smoked salmon **£4.00**
Add poached eggs **£1.95**
Add roasted red pepper **£1.95**

Breakfast Burrito 🥕 **£8.25**
Toasted flour tortillas filled with crispy bacon or veggie sausages, scrambled eggs, melted cheddar and chopped coriander. Served with salsa, sour cream and guacamole

Smoked Salmon & Scrambled Eggs **£10.50**
Served with home baked vegan granary toast

COFFEES

Hot Drinks	Reg	Large
Fresh Filter Coffee	£1.95	£2.30
Cappuccino / Flat White		£2.75
Americano		£2.45
Espresso	£1.75	£2.10
Latte	£2.75	£3.10
Cortado		£2.35
Hot Chocolate	£2.75	£3.10
White Hot Chocolate	£3.00	£3.50
Chai Latte	£2.95	£3.50
Steamed Milk	£1.95	£2.35
Mocha / White Mocha	£3.05	£3.40
Tea / Herbal Tea	£1.75	£2.00
Matcha Latte	£2.75	£3.10
Baileys Salted Caramel Hot Choc.	£4.65	
Terrys Chocolate Orange Hot Choc.	£3.10	

Chilled Drinks	
Café Frappé (cream optional)	£3.95
Mocha Frappé (cream optional)	£3.95
Chai Frappé (cream optional)	£3.95
Iced Latté (with or without syrup)	£3.25
Iced Mocha (with or without syrup)	£3.50
Iced Americano (with or without syrup)	£2.75
Vietnamese Ice Coffee	£3.25

Add cream, marshmallows or syrup for 45p each. Soya, organic, oat, coconut or almond also available!

BAR DRINKS

Whites Wines	175ml	250ml	750ml
Sauvignon Blanc	£4.75	£6.10	£16.75
Norte Chico, Chile			
Chenin Blanc	£5.00	£6.35	£17.25
Andersbrook, South Africa			
Pinot Grigio	£5.00	£6.35	£17.25
Bianco Italia, Italy			
Sauvignon Blanc	£6.25	£8.10	£21.75
Waipora Hills, New Zealand			

Red Wines			
Cabernet Sauvignon	£4.75	£6.10	£16.75
Norte Chico, Chile			
Merlot	£4.75	£6.10	£16.75
Norte Chico, Chile			
Shiraz	£5.00	£6.35	£17.25
Andersbrook, South Africa			
Marques de Caceres			£21.75
Rioja, Spain			

Rosé Wines			
White Zinfandel	£4.75	£6.10	£16.75
Jack Rabbit, California			
Pinot Grigio Rosé	£5.00	£6.35	£17.25
Italia			

Prosecco
Ponte mini bottle 200ml (brut or rose) **£6.75**

DESSERTS

Carrot Cake **£3.95**
From Bean Around The World

Chocolate Fudge Cake **£3.50**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Warm Apple Cake **£3.50**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Banoffee Pie **£3.95**
Add Jersey Dairy Ice Cream for £1.25 or whipped cream for 75p

Salted Caramel Affogato **£3.95**
With Jersey Dairy vanilla ice-cream cream

Check our fridge and counter for home-made cakes and nutritious yogurt-based pots and goodies.

Our Allergens
As our kitchen has limited space • we regret we can NOT guarantee that any of our products do not contain any trace amounts of the following allergens; Celery • cereals containing gluten — including wheat (such as spelt and Khorasan) • rye • barley and oats • crustaceans — such as prawns • crabs and lobsters • eggs • fish • lupin • milk • molluscs — such as mussels and oysters • mustard • tree nuts — including almonds • hazelnuts • walnuts • brazil nuts • cashews • pecans • pistachios and macadamia nuts • peanuts • sesame seeds • soybeans, sulphur dioxide and sulphites. **Should you like to see a list of the ingredients our products are made with, please ask the Duty Manager and they will be happy to help.**

Beers & Cider	
Stinky Bay Ales	£4.75
Rekorderlig, Magners, Thatcher's Gold	£5.50
Lech, Guinness, Liberation Ale	£5.25
Peroni, Corona	£4.50
Newcastle Brown Ale	£4.50
Carlsberg low alcohol	£2.40

A selection of craft beers are also available. A range or spirits are also available.

Soft Drinks		
Coke, Diet Coke, 7UP, Tango, Irn Bru	£1.95	
Mineral Water (33cl / 1lt)	£2.10	£3.50
St. Helier Juices (Ginger, Lemon or Orange)		£2.50
Juices - Apple, Orange, Cranberry		£1.50
Pips Organic Juices		£2.30
Fever Tree Tonic		£1.95

caféjac

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