

LIGHT BITES

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, lettuce Wrap or vegan granary (+75p), gluten-free (+50p)

Brie, Cranberry Sauce and Baby Spinach 🥕 **4.25**

Atlantic Prawns, Avocado and Lime Mayo **4.50**

Chicken Cobb, Tomato, Lettuce, Bacon, Avocado **4.75**

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 🌶️ **7.25**

Served with hand-cut chips or a side of house salad

Chicken, Chorizo & Guacamole Wrap **7.25**

Served with hand-cut chips or a side of house salad

Chicken Goujons & Plum Sauce Wrap **7.25**

Served with hand-cut chips or a side of house salad

Grilled Chicken Tzatziki Pitta Pocket **7.25**

Served with hand-cut chips or a side of house salad

Smashed Avocado ✓ **6.95**

On chunky, wholemeal house-made 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 **GF** Gluten Free

FISH & CHIP FRIDAY **10.95**

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

PLEASE ASK THE TEAM ABOUT OUR KIDS MENU

BURGERS

Served in a choice of Portuguese, white or brown roll, lettuce wrap or wholemeal pitta with hand cut chips and a salad garnish.

Big Jac 6oz **10.95**

Homemade lean mince steak burgers with our blend of herbs with bacon, cheese, salsa, mayonnaise and salad
Add a fried egg or jalapenos for 70p each

Spicy Veggie Burger 🥕 **9.95**

With cheese, salsa, mayonnaise & salad

Add jalapenos for an added kick or a fried egg 80p

Asian Beef Burger **10.50**

Hoisin-infused burger, with red cabbage slaw and spiced mayo

Thai Salmon Burger **11.25**

with pickled carrot and radish.

Goat's Cheese Burger **10.50**

Triple-crumbed with roasted red peppers, balsamic glaze, tomato and baby spinach.

BOWLS *available as Vegan on request ✓

Lebanese Spinach and Chickpeas* **8.75**

with preserved Lemon & Bulgar Wheat, apricots and cooling yoghurt 🥕

Salmon Poke Bowl* GF **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 **8.95**

Roast sweet potato, black beans, chorizo, fried eggs, avocado

Choose from the following toppings

Boiled egg 1.50

Sliced grilled chicken 3.25

King prawns 4.50

Goats cheese 1.75

Crispy bacon 1.50

Fresh prawns 3.50

Grilled salmon fillet 6.50

MAINS

Grilled Scottish Salmon Fillet GF **13.50**

Served with new potatoes, steamed seasonal vegetables and hollandaise sauce

Grilled Cajun Chicken **12.50**

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

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, BBQ or mayo

Deep Fried Fisherman's Basket **9.75**

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

Indonesian Nasi Goreng 🥕🌶️

Wok fried rice with peppers, spring onion, mushrooms & Indonesian spices topped with a free range fried egg

Vegetable 🥕 **8.75**

Grilled chicken **9.95**

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**

Roast Sweet Potato & Cashew Massaman Thai Curry

Served with basmati or organic brown rice,

Veg 🥕 **10.25**

Chicken **10.95**

King Prawn **11.95**

Pad Thai 🥕🌶️

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**

WHY NOT ADD A SIDE ORDER OF...

Grilled salmon fillet 6.50

Grilled chicken breast 4.50

Side Salad 🥕 ✓ 3.25

Steamed Veg 🥕 ✓ 3.25

New potatoes 🥕 ✓ 3.25

Hand cut chips 🥕 ✓ 3.00

...with cheese 3.25

Sweet potato chips 🥕 ✓ 3.50

Basmati rice ✓ 2.75

Organic brown rice ✓ 2.75

Fresh baked granary ✓ 2.25

Ciabatta garlic bread 3.25

...with cheese 3.50

with cheese & salsa 3.95

Stir-fried rice

with veg & fried egg 5.25

caféjao

MENU REVIEW

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 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.

WIFI PASSWORD: americano

BREAKFAST & BRUNCH

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

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, avocado, 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.

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

BUILD YOUR OWN BREAKFAST Everything you like and nothing you don't...

2 Rashers of bacon	1.8	2 Eggs (any way)	1.6	Roasted red peppers	1.5	Pancake	1.5
3 Slices black pudding	1.6	3 Half tomatoes	1.1	Mushrooms	1.4	Halloumi	2.2
4 Sausages	1.7	2 Hash browns	1.3	Beans	1.1	Maple syrup	0.9
2 Veggie sausage	1.7	2 Potato scones	1.4	White/ brown toast	1.2		
Smoked salmon	3.9	half an avocado	2.2	Homemade toast	1.9		

JUICES & SMOOTHIES

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

FRESH JUICES FRESH TO ORDER (16oz) 3.95

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
Packed with pro-vitamin A

SMOOTHIES BLENDED TO ORDER

Mango & Orange 3.95
Mango, Banana, Fresh Orange Juice, honey

Raspberry Detox 3.95
Raspberries, coconut milk, flax seeds, honey

Strawberry, Avocado & Banana 3.95
With coconut milk & honey

Blueberry Smoothie 3.95
Blueberries, banana, oat milk, honey



KIDS!

PLEASE ASK ABOUT OUR KIDS MENU

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

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
<i>Norte Chico, Chile</i>			
Chenin Blanc	5.00	6.35	17.25
<i>Andersbrook, South Africa</i>			
Pinot Grigio	5.00	6.35	17.25
<i>Bianco Italia, Italy</i>			
Sauvignon Blanc	6.25	8.10	21.75
<i>Waipora Hills, New Zealand</i>			

Red Wines

Cabernet Sauvignon	4.75	6.10	16.75
<i>Norte Chico, Chile</i>			
Merlot	4.75	6.10	16.75
<i>Norte Chico, Chile</i>			
Shiraz	5.00	6.35	17.25
<i>Andersbrook, South Africa</i>			
Marques de Caceres			21.75
<i>Rioja, Spain</i>			

Rosé Wines

White Zinfandel	4.75	6.10	16.75
<i>Jack Rabbit, California</i>			
Pinot Grigio Rosé	5.00	6.35	17.25
<i>Italia</i>			

Prosecco

Ponte mini bottle 200ml (brut or rose)	6.75
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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 Pie 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
Vietnamese Ice Coffee 3.25

Cheesecake Special 3.95
Check the cake fridge or ask for the current special

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)

Check our fridge and counter for home made cakes and nutritious pots and goodies

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 of spirits are also available.

Soft Drinks

Coke, Diet Coke, 7UP, Tango, Irn Bru	1.95
Sparkling Water (33cl / 1lt)	2.10 3.50
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

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