£4.50

QUICK BITE 🦠



BREAKFAST SUMMER 2025

ORGANIC PORRIDGE (Oat Milk) VG

£3.95

Toppings from 50p each: Banana, Blueberries, Honey, Maple Syrup, Nutella, Strawberries, Sultanas.

OVERNIGHT OATS VG

£7.50

Oats, Almond Milk, Cacao Nibs, Banana, Peanut Butter, Chia, Hazelnuts, Fresh Berries

GRANOLA, YOGHURT & FRESH FRUIT V

£8.50 £5.75

Two Fillings: Bacon, Sausage, Veggie Sausage, Black Pudding, Choice of Eggs, Tomato, Lettuce, Hash Brown, Grilled Courgette, Avocado

ON TOAST

BREAKFAST ROLL



CJ SMOKEY CHEESY BEANS ON TOAST

Black & red beans in our smokey tomato sauce, Homemade Toast, topped with grilled cheddar ADD Fried Eggs +£1.75

EGGS ON TOAST v

£6.95

Fried, Scrambled OR Poached On your choice of toast

SMASHED AVOCADO ON TOAST VG

£7.95

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

PANCAKES



Maple Syrup & Whipped Cream V

 Add Bacon +£2.50

Nutella, Banana & Whipped Cream V £9.25

Summer Berries

£9.25

£8.75

Homemade Fruit Compote, Vanilla Bean Greek Yoghurt, Minted Sugar Sprinkles

- ALLERGEN ADVICE 📖



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GLUTEN FREE TOAST AVAILABLE FOR ALL DISHES

TOASTED TREATS



TEA CAKES V £2.95

Served with Peanut Butter or Jam

HOT HOMEMADE BANANA BREAD V

• Add Peanut Butter OR Jam +£0.95

TOAST AND SPREADS V £2,90

Our Legendary Homemade bread toasted, served with Jersey Butter & choice of spreads

MONTYS

Sorry, No Substitutions

FULL MONTY £10.95

Eggs (Fried, Poached OR Scrambled), Beans, Bacon, Tomato, Sausage, Hash Browns, Black Pudding & Unlimited Brown Toast

VEGGIE MONTY V £10.95

Eggs (Fried, Poached OR Scrambled), Beans, Grilled Courgette, Veggie Sausages, Potato Scone, Hash Browns, Tomato, Smashed Avocado & Unlimited Brown Toast

BYO BREAKFAST £7.50

Choose any 4:

- Cumberland Sausage
- Veggie Sausage
- Black Pudding
- Hash Brown

• Bacon

Beans

- Potato Scones
- Smashed Avo +£1.50
- Grilled Courgette
- Halloumi +£2.50
- One Pancake with Syrup
- Toast (Brown OR Homemade Wholemeal)
- Eggs (Fried, Poached **OR** Scrambled)

- MEXICAN



£8.50 BANDITO BREAKFAST BURRITO

Toasted flour tortilla, Brown Rice, Black & Red Beans, Smashed Avocado, Cheddar, Scrambled Eggs & Salsa

Add Jalapeños +£1

BUILDERS BREAKFAST BURRITO

Cheese, Bacon, Sausage, Hash Brown & Scrambled Egg

TACOS



Flour Tortillas with Scrambled Eggs, Cheese, Coriander, Salsa, Sour Cream & Guacamole

> BACON VEGGIE SAUSAGE V

£9.50

£7.75

£9.50

HOT DRINKS

Alternative Milks & Syrups From .40p

FRESH FILTER COFFEE	£2.20	£2.80
ESPRESSO		£2.10
LATTE	£3.40	£3.70
CAPPUCCINO		£3.40
FLAT WHITE		£3.20
AMERICANO		£2.80
CORTADO		£2.80
HOT CHOCOLATE	£3.40	£3.70
WHITE HOT CHOCOLATE	£3.60	£3.95
MOCHA/WHITE MOCHA	£3.70	£4.15
CHAI LATTE	£3.60	£4.15
MATCHA LATTE	£3.60	£4.15
TURMERIC LATTE	£3.60	£4.15
TEA		£2.00
HERBAL TEA		£2.80
BAILEYS HOT CHOCOLATE	£6.50	
STEAMED MILK	£2.50	£3.15
BABYCCINO	£1.40	

CHILLED DRINKS

Add Cream or Syrups From .40p

ESPRESSO CARAMEL FRAPPÉ	£4.95
MOCHA FRAPPÉ	£5.15
CHAI FRAPPÉ	£4.70
ICED LATTE	£3.70
ICED MOCHA	£3.95
ICED AMERICANO	£2.95
ICED MATCHA	£4.05
VIETNAMESE ICED COFFEE	£3.95

COCKTAILS



Mimosa	£10.95
Bloody Mary	£10.95
Vanilla Espresso Martini	£10.95

V VG VEGETARTAN VEGAN

CAFEJACS





SEASONAL SPECIALS 🌄

WHITE CHOCOLATE ICED MATCHA £4.50 IMMUNITY SHOT (ADD TEQUILLA £3.50) £3.95

Apple, Ginger, Lemon, Tumeric, Black Pepper

JERSEY DAIRY SHAKES £4.50

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

SMOOTHIES £5.95

• 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 £5.95

• 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

• Coke, Diet Coke, 7up, Irn Bru

SOFT DRINKS

• Fever Tree Tonic	£2.95
• Sparkling Water (33cl/75cl)	£3.95
• Still Water (33cl/75cl)	£3.95
Tango	£2.50
• Apple	
Fanta	£2.50

£2.50

£2.95

£1.95

• Orange, Lemon **Cawston Press**

• Apple, Rhubarb, Elderflower, Ginger Juice

• Apple, Orange, Cranberry

£1.75 • 200ml Orange/Apple Carton Juice

Spinach, Jersey Tomato & Hand-cut Chips V

LIGHT BITES

SOUP OF THE DAY VG.GF £5.95 Served with our Homemade Wholemeal Bread

£4.95 CRISPY GARLIC BREAD V

LUNCH & DINNER SUMMER 2025

• Add Cheese +£1

HAND-CUT CHIPS VG. GF £3.25

• Add Cheese +£1

NACHOS 💎 V. GF 🏜 £9.75

Baked Tortilla chips with Homemade Salsa, Black Beans, Cheddar, Jalapeños, Coriander, served with Guacamole and Sour cream

 Add Chicken +£2.50

SANDWICHES

• THE CLASSIC

£7.95

Greenland Prawns in Marie-Rose sauce, Smashed Avocado, Ice-berg Lettuce

PESTO CHICKEN

Roasted Chicken, Basil Pesto, Jersey Tomatos,

HAM & PICKLE

Honey Roasted Ham, Dijon Mayo, Gherkin, Baby Watercress

• BYO SIMPLE SAM Choose any 3 or less

Cheddar, Ham, Chicken, Tomato, Cucumber, Lettuce, Butter, Mayo.

HOT WRAPS



All wraps contain iceberg lettuce and are served with a side of hand-cut chips or salad

FISHCAKE AND SWEET-CHILLI MAYO £9.50 CHICKEN, CHORIZO AND GUACAMOLE CHICKEN GOUJON AND PLUM SAUCE GRILLED HALLOUMI AND HUMMUS V

BURGERS



BIG JAC £13.50

6oz Jersey Beef, Bacon, Cheese, Gherkin, Lettuce, Chipotle Mayo, Hand-cut chips

£13.75 KOREAN CHICKEN BURGER

Panko-Fried Chicken Fillet, Dijon Mayo, Asian Slaw, BBQ Sauce, Hand-cut Chips

VEGGIE BURGER V

£12.50

Homemade Salsa, Baby Spinach, Avo, Piquilo Pepper, Hand-cut chips

Add Cheese / Add Jalapeños +£1

CLASSICS 🐙



WHOLE FOOD BOWL V, GF

£9.50

Rice (White / Organic Brown +.50p), Black Beans, Peppers, Cheddar, Black Olives, Avocado, Coriander, Homemade Salsa, Spiced Tali Sauce, Sour Cream & Lime Wedge

CURED SALMON POKE BOWL GF £11.50

Rice (White / Organic Brown +.50p), Cured Salmon, Carrot, Avo, Cucumber, Chilli, Black Sesame, Coriander, Lime, Poke Sauce

NASI GORENG 🐸

£10.50

Fried Rice(White / Organic Brown +.50p) with Nasi Goreng paste, Leek, Mixed Peppers, topped with a soft fried egg, Tomato, Cucumber & Crispy Fried Onion

 Add Chicken +£2.50 +£4.50 • Add King Prawns

PAD THAI V 🐸

£12.50

Stir-fried Vegetables in Sweet & Spicy Sauce, Egg, Peanuts, Rice Noodles, Bean Sprouts, Coriander

> • Add Chicken +£2.50 • Add King Prawns +£4.50

£9.95 **QUESADILLAS V**

Toasted Tortillas with Cheddar, Peppers, Olives, Scallions & Mexican Dips

+£2,50 • Add Grilled Chicken +£1.25 Add Jalapeños

£15.95 CIABATTA STEAK

6oz Sirloin steak, Rocket, Caramelised onion, Jersey Tomato, Hand-cut Chips

 Add Cheese +£1

£11.95 CHICKEN TENDERS & CHIPS

With a Rocket and Balsamic Garnish with a choice of Plum, Sweet Chilli or BBQ Sauce

HAM, EGG AND CHIPS

£12.95

Slow cooked in-house Ham, Hamptonne farm Free Range Eggs, dressed leaves, Mango Chutney, Hand-cut chips

£13.95 KATSU CHICKEN CURRY

Chicken Schnitzel, Rice (White / Organic Brown +.50p), Sesame Greens, Naan, Homemade Katsu Sauce

£10.95 CAESAR SALAD V

Chopped Baby Gems coated in Caesar Dressing, Boiled egg, Garlic croutons and Grated parmesan

• Add Chicken +£2.50 +£4.50 • Add King Prawns

SUMMER SPECIAL

GRILLED HALLOUMI & PESTO CIABATTA £12.50

SPINACH AND RED LENTIL DAHL V £13.95

Slow Cooked Lentil Curry, Rice (White / Organic Brown +.50p) Spinach, Crispy Fried Onions, Poppadum, Naan Bread, Coriander

• Add Chicken +£2,50 +£4.50 • Add King Prawns

£18.50 SURF & TURF

6oz Sirloin Steak, Grilled King Prawns, Jersey Garic Butter, Hand-cut Chips, Fresh House Salad

FISH



GRILLED SALMON

£14.95

Grilled Scottish Salmon, Warm Garlic Butter, Spring Greens, New Potatoes, Parsley

£13.95 FRIED FISH BASKET

Scampi, Grilled King Prawns, Calamari, Filo Prawns, Fish Cake, Plaice Goujons, Hand-Cut Chips & Homemade Tartar Sauce

- ALL DAY BREKKIE



£9.95 CJ SMOKEY CHEESY BEANS ON TOAST

Black & red beans in our smokey tomato sauce, Homemade Toast, topped with grilled cheddar ADD Fried Eggs +£1.75

SMASHED AVOCADO ON TOAST VG

ADD Fried Eggs +£1.75 ADD Grilled Halloumi +£2.50

- ALLERGEN ADVICE 💹



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BEERS

DRAUGHT	HALF PINT	SCHOONER	PINT	JUG
• MORETTI	£3.15	£4.75	£6.25	£10.50
CAMDEN	£3.50	£5.00	£6.50	£11.15

BOTTLED BEERS

FROM £4.75 PLEASE SEE ALCOHOL FRIDGE AT BAR

ALCOHOL-FREE

FROM £4.50 PLEASE SEE ALCOHOL FRIDGE AT BAR

CIDERS

BOTTLED

	 REKORDERLIG STRAWB 	ERRY/LIM	E 4 %	£6.75
	• INCH'S 4.5 %			£6.15
	 OLD MOUT PINEAPPLE 	/RASPBER	RY 4 %	£6.50
	 THATCHERS ROSÉ 4% 			£6.15
	 THATCHERS BLOOD OR. 		£6.15	
	MAGNERS 4.5%			£6.75
	ALCOHOL-FREE • OLD MOUT BERRIES &	S	£6.15	
	WHITE WINE	175ml	250ml	750ml
	CHARDONNAY	£5.15	£7.05	£21
1	PINOT GRIGIO	£6.15	£8.55	£23

SAUVIGNON BLANC	£6.50	£8.85	£27
RED WINE	175ml	250ml	750ml
SYRAH	£5.25	£7	£21
MALBEC	£6.25	£8.55	£25
RIOJA			£27

750ml

£21

£26

ROSE WINE 175ml 250ml WHITE ZINFANDEL £5.75 £7 PINOT GRIGIO ROSÉ £6.50 £8.75

PROSECCO BRUT OR ROSE

750ml 200ml £8.25 £26 IL CAGGIO

DESSERTS



	ADD WHIPPED CREAM C	OR ICE CREAM £1.50	
Carrot Cake	£4.75	Pistachio & Walnut Cake vg	£5.50
Banoffee Pie	£5.50	Chocolate & Beetroot Brownie vg	£4.75
Belgian Apple Pie	£4.75	Key Lime Pie	£5.50
Hot Chocolate Fudge Cake	£4.75	New York Cheesecake	£5.50
Victoria Sponge	£4.75	Sticky Toffee Pudding	£5.50
Salted Caramel Affogato	£5.50	Citrus Cake _{GF}	£4.95
ICE CREAM, SHOT OF ESPRESSO, SALTED CAR	AMEL SYRUP		

ALL CAKES ARE SUBJECT TO AVAILABILITY, PLEASE SEE CAKE FRIDGE

£7.95