



## JACK'S ALL DAY BREAKFAST

### JACK'S STACK.....\$18

Layered stack of ham, spinach, bacon, fried eggs and toast. Topped with hollandaise sauce.

### BIG BREAKFAST.....\$18

Eggs your way, bacon, sausages, roast tomato & beans. Served with toast.

### VEGETARIAN BREAKFAST.....\$18

Eggs your way, roast tomato, spinach, grilled halloumi, mushrooms, avocado & chilli chutney. Served with toast.

V

### IRISH BREAKFAST.....\$22

Fried eggs, black & white pudding, pork sausages, bacon, & fried potato. Served with homemade soda bread.

### CORNFITTER STACK.....\$18

Homemade cornfritters with smashed avocado, crispy maple bacon, fried egg & spicy roast capsicum salsa.

### ZUCCHINI BREAKFAST.....\$18

Crispy zucchini fritters, poached egg, smashed pumpkin with balsamic glaze, crumbled feta, onion, & cabbage relish.

V

### EGGS BENEDICT .....\$16

Served on two English muffins and topped with hollandaise sauce. Your choice of ham, bacon, or florentine (spinach).

Salmon & spinach .....+\$2

### OMELETTE.....\$18

Create your own three ingredient omelette. Served with toast.

### SAVOURY MINCE.....\$14

Served with toast.

Add eggs. ....+\$4

V VEGETARIAN

### SMASHED AVOCADO.....\$15

Smashed avocado, cherry tomatoes, & crumbed feta served on toasted rye.

V

Add 2 poached eggs .....+\$4

### MAPLE BACON PANCAKES.....\$18

Vanilla pancakes, topped with caramelised banana, maple bacon & vanilla icecream. Drizzled with maple syrup.

### BREKKY BOWL.....\$18

Poached eggs, quinoa, spinach, avocado, halloumi, & roasted pumpkin. Topped with lemon and balsamic dressing.

V

### BELT.....\$10

Soft fried egg, crispy bacon, lettuce & tomato on a toasted brioche bun.

### IRISH ROLL.....\$14

Fried egg, sausage, & black and white pudding on a toasted roll.

### FRUIT SALAD BOWL.....\$14

Fresh cut fruit salad served with yoghurt, honey, & homemade granola.

V

### ACAI BOWL.....\$16

Topped with fresh fruit and granola.

V

### TOAST WITH CONDIMENTS.....\$5

Raisin, sourdough, soy linseed, turkish, or gluten free.

### EGGS YOUR WAY.....\$8.50

Choice of free range poached, fried or scrambled. Served with toast.

## ADD TO YOUR BREKKY

Bacon, sausages, mushrooms, avocado, halloumi, tomato, & spinach. ....\$4 each

Hash brown, baked beans .....\$3 each



# JACK'S ALL DAY LUNCH

## JACK'S LUNCHES

### CHICKEN SCHNITZEL.....\$18

Served with chips and salad.

### MCDONNELL'S CHICKEN CURRY....\$18

Served with chips and rice.

## TOASTIES, WRAPS AND BURGERS ALL SERVED WITH CHIPS

### CLUB SANDWICH.....\$18

Chicken breast, bacon, fried egg, lettuce, & tomato on toasted sourdough.

### CUBAN SANDWICH.....\$16

Chicken schnitzel, ham, jalapenos, American cheese, & chilli mayo on toasted turkish.

### PHILLY CHEESESTEAK.....\$16

Thinly sliced scotch fillet, American cheese, red peppers, caramelised onion, & hot English mustard on toasted turkish.



ALL MEALS CAN BE MADE VEGETARIAN. JUST TALK TO ONE OF OUR FRIENDLY STAFF!

## JACK'S SALADS

### HEALTHY LUNCH BOWL.....\$18

Honey soy chicken, brown rice, quinoa, edamame beans, spinach, bean sprouts, fried onion & corn. Drizzled with mayo.

### BEEF & VEGETABLE STIR FRY.....\$18

Served with brown rice.

### CHICKEN SCHNITZEL WRAP.....\$16

Chicken schnitzel, lettuce, tomato, & chilli mayo.

### CHICKEN AVO WRAP.....\$16

Chicken breast, avocado & cheese

### JACK'S JUMBO BEEF BURGER.....\$18

Beef patty, fried egg, bacon, beetroot, lettuce, caramelised onion, & American cheese.

### CHICKEN BURGER.....\$18

Honey soy chicken, cheese, avocado, lettuce, tomato, & aoli.

## HOT DRINKS

### COFFEES.....\$4/small

Espresso, Cappucino, Flat White, Latte, Long Black, Macchiato, Piccolo, Chai Latte, hot chocolate.

\$4.50/large

### MOCHAS & SYRUPS.....+50c

Vanilla, caramel, & hazelnut.

### MILK ALTERNATIVES.....+50c

Soy, almond, oat & lactose free.

### ORGANIC TEA.....\$4

English breakfast, Chamomile, Earl Grey, Fresh Chai, Peppermint, Lemongrass, China Sencha, & Barrys.

## COLD DRINKS

### ICED DRINKS.....\$6

Iced coffee, iced chocolate, & iced mocha.

### JUICE OF THE DAY.....\$8

Your combination of fresh orange, pineapple, & apple.

Green Juice: Fresh cucumber, pineapple, kale, celery, & apple.

### MILKSHAKES.....\$5

Chocolate, vanilla, strawberry, caramel, & banana.

### SMOOTHIES.....\$7

Banana, mango, mixed berry, nutella, cookies & cream.

Acai smoothie (dairy free)

### PROTEIN SMOOTHIES.....\$10

Jack's Protein: Mixed berries, protein powder, oats, & coconut water.

Caffeine Smoothie: Double espresso shot, protein powder, banana, peanut butter, oats, honey, almond milk.