

# CAFE JACK'S MENU



## 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.....\$24

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

### VEGETARIAN BREAKFAST.....\$22

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

V

### IRISH BREAKFAST.....\$24

Fried eggs, black & white pudding, pork sausages, bacon, beans & 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

### BELT.....\$14

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

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

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

V

Add 2 poached eggs .....+\$5

### 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

### 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.....\$18

Topped with fresh berries and granola.

V

### TOAST WITH CONDIMENTS.....\$6

White, raisin, sourdough, soy linseed, turkish, soda bread or gluten free.

### EGGS YOUR WAY.....\$9.50

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

### HAM & CHEESE CROISSANT.....\$9

## ADD TO YOUR BREKKY

Bacon, sausages, mushrooms, avocado, halloumi, tomato, & spinach. ....\$5 each

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

V VEGETARIAN



# JACK'S ALL DAY LUNCH

## JACK'S LUNCHES

### CHICKEN SCHNITZEL.....\$22

Served with chips and salad.

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

Served with chips and rice.

### FISH & CHIPS .....\$18

Lightly battered fish fillet, served with chips and salad.

## TOASTIES & BURGERS ALL SERVED WITH CHIPS

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

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

### CUBAN SANDWICH.....\$18

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

### PHILLY CHEESESTEAK.....\$20

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

### ELLA'S TOASTIE.....\$18

Grilled eggplant, roast pumpkin, peppers & halloumi on toasted turkish. V

### JACK'S JUMBO BEEF BURGER.....\$20

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

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

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

### FISH BURGER .....\$16

Lightly battered fish fillet, slaw and mayo.

## HOT DRINKS

### COFFEES

Espresso, cappuccino, flat white, latte, long black, macchiato, piccolo, chai latte, hot chocolate.

### 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 & barry's.

## 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.....\$20

Served with brown rice.

### THE ASCOT SALAD .....\$22

Grilled halloumi, chic peas, baby spinach, cauliflower, roasted pumpkin, pearl cous cous & hummus. V

Add chicken/salmon .....+\$6

## WRAPS

### ALL SERVED WITH CHIPS

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

Chicken schnitzel, lettuce, tomato, & chilli mayo.

### CHICKEN AVO WRAP.....\$18

Chicken breast, avocado & cheese

### OTIS WRAP.....\$18

Zucchini fritter, avocado, halloumi & capsicum relish. V

## COLD DRINKS

### ICED DRINKS.....\$7.50

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.....\$6.50

Chocolate, vanilla, strawberry, caramel, & banana.

### SMOOTHIES.....\$8

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.