







Starters

- Soup of the Day -** £5.99
Seasonal vegetables slow-cooked in coconut milk & cream
(+ bread £1.50)
- Crispy Falafel Balls -** £2.99
Served with creamy hummus & mixed leaves
- Grilled Flatbread with Dips -** £4.99
Balsamic vinegar, olive oil & hummus


Breakfast

- Big Jack Breakfasts -** £12.99
Sausages, scrambled smoked tofu, mushrooms, pulled jackfruit hash brown, baked beans and grilled flatbread
Sausages, fried eggs, mushrooms, grilled halloumi, hash brown, baked beans and grilled flatbread 
- Panini -** £7.99
(+ cheese £1.00)
- Smoked Tofu -** Grilled flatbread filled with smoked tofu, spring onion, garlic and herbs
- Pulled Jackfruit -** Grilled flatbread with pulled jackfruit, king oyster mushrooms, mixed leaves and Mexican Salsa
- Aubergine -** Homemade aubergine parmigiana, mixed herb sauce, parmesan and Mexican Salsa  
- Burrito -** £8.40
(+ cheese £1.20)
- Pulled Jackfruit -** Slow-cooked with oyster mushrooms, saffron rice, kidney beans and Mexican Salsa
- Meat-Free Mince -** Slow-cooked with kidney beans, cheese, tomato sauce, saffron rice and Mexican Salsa
- Pancakes with Almond Butter -** Served with fresh fruit, cream and choice of sweet sauces £11.99

Desserts (£1.99-£2.99)

- Carrot Cake -** Moist, spiced and filled with nuts
- Banana Cake -** Soft, spiced and packed with seeds 
- Raw Protein Cake -** Made with dates, nuts and spices
- Baklava -** Walnut or pistachio baklava
- Hot Chocolate Brownie -** Served with vegan ice cream & salted caramel sauce

 Vegetarian

 Vegan Option

Extras

- Chips (with dip) - £2.99
Saffron Rice - £3.99
Salad (Small £4.99 | Large £6.49)



Note: To support our small business, in-café prices are lower than those on delivery apps