


JACKS Welsh Dairy Ice Cream

Jack's Special Sundae


Choose from our five real Dairy Ice Creams to make your own Jack Special Sundae.

Classic Vanilla

Shockolate

 1 Scoop of your choice £1.90

Strawberries & Cream

 2 Scoops of your choice £2.45

Mint Chocolate Chip

 3 Scoops of your choice £2.95

Turkish Delight

All Jack's Special Sundaes are topped with a Florentine Fan Wafer, Chocolate Vermicelli or Hundred's 'n Thousands and a choice of Raspberry or Chocolate sauce.

Grand Slam 2005

All five of our Dairy Ice Creams with all the trimmings...

£4.95

Chocolate Shockolate

Shockolate Ice Cream topped with Squirry Cream, Chocolate Sauce & Cadbury's Flakes

£3.60

Bananarama

Classic Vanilla & Strawberry Ice Cream sandwiched with a Banana topped with Squirry Cream & Raspberry Sauce

£3.60

Tutti Frutti

Classic Vanilla Ice Cream with mixed Fruit, Squirry Cream & Candy

£3.60

Cones

Cones 0.95

"99" Cones 1.10

The Sweet Counter

See our tempting range of cakes and gateaux on the first floor for today's selection. Regulars include...

Carrot Cake

Caramel & Apple Pie

Strawberry Cheesecake

Chocolate Fudge Cake

Lemon Meringue

Mandarin Cheesecake

and lots, lots more... *All served with Squirry Cream!*

£1.90

Add Welsh Dairy Ice Cream for 40p

Scone, Jam, Butter and Squirry Cream 1.40

Chocolate & Caramel Shortbread 1.40

Flapjacks 1.40

Key:

-  Vegetarian Option
-  Low Fat Mayonnaise/Cottage Cheese
-  Healthy Recommendation

Portland Street, Swansea
Tel: 01792 456101

Hours of Opening
Monday to Saturday 9am - 5pm

Starvin' Jacks

JACKS Espresso Bar

Our coffee is roasted in Wales and made from the finest Arabica beans. We are proud to boast it as the best in Swansea & beyond.

	Reg	Large	Mug
Espresso <i>The little strong one</i>	1.20	1.60	—
Cappuccino <i>Espresso, Steamed & Foamed Milk</i>	1.30	1.60	1.95
Caffe Latte (Milky Coffee) <i>Espresso & Steamed Milk</i>	1.30	1.60	1.95
Vanilla Latte	1.70	1.90	2.25
Caramel Cappuccino	1.70	1.90	2.25
Hazelnut Latte	1.70	1.90	2.25
Caffe Mocha <i>Espresso, Steamed Milk, Hot Chocolate & Squirry Cream</i>	1.70	1.90	2.20
Caffe Americano <i>Espresso, Hot Water & Cold Milk</i>	1.20	1.50	1.85
Espresso Con Panna <i>Espresso & Squirry Cream</i>	1.40	1.80	—
Cadbury's Hot Chocolate <i>Topped with Squirry Cream & a Cadbury's Flake</i>	1.70	1.90	2.20

Teas

Tetley	1.10
Earl Grey	1.20
Darjeeling	1.20
Assam	1.20
Herbal / Fruit Teas	1.20

Please ask for...

- Half Price Refills
- Decaff
- Fairtrade Coffee
- Semi Skimmed Milk

Milk Shakes

Strawberry, Chocolate or Banana <i>All topped with Squirry Cream!</i>	1.30
Jack's Shakes <i>Milk Shakes with Ice Cream Float</i>	1.70

Cold Drinks

Welsh Mineral Water 0.90 <i>Selection of Still, Sparkling or Flavoured Waters</i>	0.90
Canned Drinks	0.90
Orange Juice	0.90
Apple Juice	0.90
Cranberry Juice	0.90
Orange Squash	0.50



Sandwiches, Baguettes, Wholemeal Hoagies, Toasties and Jacket Potatoes

We make all of the above freshly at the time you place the order. Soft granary or chunky white sandwiches available.

	Sandwiches Baguettes & Hoagies	Jacket Potatoes
LF V ☺ Cottage Cheese & Apricot or Pineapple		
V Cream Cheese, Walnut & Raisin		
V ☺ Gower Salad (Lettuce, Tomato, Cucumber, Spring Onion & Peppers)	£3.00	£4.00
V Mushroom, Cheese & Spring Onion		
V Welsh Cheddar & Pickle or Spring Onion		
Bacon & Cheddar Cheese		
BLT (Bacon, Lettuce & Tomato)		
V Cheese & Beans		
LF Chicken Tikka & Mayo		
☺ Chicken Tikka with Mint Yoghurt		
LF Chicken, Mayo & Sweetcorn		
LF Chicken, Tomato & Pesto Mayo	£3.35	£4.20
Corned Beef & English Mustard		
V Egg Mayo & Watercress		
Ham & Dijon Mustard		
Tuna Cheese Melt		
LF Tuna, Mayo & Sweetcorn or Onion		
☺ Turkey & Cranberry		
Breakfast Baguette (Bacon, Scrambled Egg & Tomato)		
V Brie & Cranberry		
V Feta Cheese Salad with Olives		
Ham, Cheese & Pineapple		
Italian Salami Salad	£3.50	£4.25
V Mozzarella, Sun Dried Tomatoes & Basil		
Pastrami & Gherkin		
LF Big Jack (Roast Beef, Cheddar, Tomato, Lettuce, Gherkin & Mayo)		
☺ Tinned Salmon & Cucumber		
Welsh Roast Beef & Horseradish		
LF Bacon, Chicken & Mayo		
Coronation Chicken		
LF ☺ Prawn & Mayo	£3.60	£4.35
LF V Stilton Cheese & Red Grape		
Bacon & Brie		

All above available as toasted sandwiches for additional 20p

JACKS Salad Bar

V ☺ Jack's Salad Bowl <i>See our Salad Counter for today's choice eg. Tikka Pasta, Rice with Peppers, Coleslaw, Bean Salad, Mint Cous Cous, Peach and Coriander Pasta Twists, and more...</i>	£3.80
V ☺ Jack's Special <i>Jack's Salad with traditional oven baked potato</i>	£4.30
☺ Jack's Special - Meat <i>Jack's Special with Beef, Ham, Chicken, Chicken Tikka or Salami</i>	£5.00
☺ Jack's Special - Prawns or Tuna	£5.00
☺ Ham Salad	
☺ Chicken Tikka Salad	
☺ Welsh Roast Beef Salad	£4.80
☺ Chicken Salad	
Salami Salad	
☺ Tuna Salad	
V ☺ Greek Salad <i>Feta Cheese, Salad Leaves, Cherry Tomatoes, Red Onion, Cucumber, Sweetcorn, Olives with Mixed Herb Dressing</i>	£4.95
Rocket Salad <i>Bacon, Sundried Tomatoes, Rocket Leaves, Spring Onions with Wholegrain Mustard dressing</i>	£4.95
☺ Funky Chicken Salad <i>Chicken, Salad Leaves, Pears, Peaches, Walnuts, Parmesan Cheese with Honey & Lemon Dressing</i>	£4.95

Light Snacks

V Toast	0.40
V Cheese on Toast	1.95
V ☺ Beans on Toast	1.95
V Scrambled Egg on Toast	1.95
V Toasted Teacake	1.00
V Toasted Cinnamon & Raisin Bagel	1.00

Soup <i>See counter signs or ask one of our team for today's choice. Served with a White Baguette or Wholemeal Hoagie.</i>	£2.60
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Hot Filled Jacket Potatoes

We offer a choice of hot filling every day! For today's choice see counter. Examples include...

Bolognese, Chicken Curry, Chilli, Sweet & Sour Chicken	£4.50
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Junior JACKS - Children's Menu

Sausage & Beans on Toast	1.75
Hot Dog Baguette	2.00
Peanut Butter Sandwich	1.20
Spaghetti on Toast	1.75
Ham or Cheese Baguette	2.00
Cadbury's Chocolate Sandwich	1.20
Marmite Sandwich	1.20

