

JACKS Jacket Potatoes

Design your own or choose one of the following:

- LF  Cottage Cheese & Apricot or Pineapple
-  Cream Cheese, Walnut & Raisin £2.50
-  Gower Salad (Lettuce, Tomato, Cucumber, Spring Onion & Peppers)
-  Cheddar & Pickle or Spring Onion

Bacon & Cheddar Cheese

BLT (Bacon, Lettuce & Tomato)

 Cheese & Beans

LF Chicken Tikka & Mayo

 Chicken Tikka with Mint Yoghurt

LF Chicken, Mayo & Sweetcorn £2.50

LF Chicken, Tomato & Pesto Mayo

Corned Beef & English Mustard

 Egg Mayo & Watercress

Ham & Dijon Mustard

LF Tuna, Mayo & Sweetcorn or Onion

 Turkey & Cranberry

 Brie & Cranberry

 Feta Cheese Salad with Olives

Ham, Cheese & Pineapple

 Mozzarella, Tomatoes & Basil £2.50

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 £2.50

£2.50

LF  Prawn & Mayo

LF  Stilton Cheese & Red Grape

Hot Filled Jacket Potatoes

We offer a choice of hot filling every day! For today's choice see counter or ask one of the team. Examples include...

Bolognese, Chicken Curry, Chilli, Sweet & Sour Chicken £2.50

JACKS Sweet Counter

Flapjacks	0.90
Chocolate & Caramel Shortbread	0.90
Toasted Cinnamon & Raisin Bagel	0.50
Toasted Teacake	0.50
Crisps	0.40
Chunky Kit Kat	0.40
Tracker Bars	0.35

Key:

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

All products may contain nuts

Park Street, Swansea
Tel: 01792 457453

FAX ORDERS WELCOME!
01792 456101

Hours of Opening
Monday to Saturday 7am - 3pm

TAKEOUT MENU

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	Double
Espresso <i>The little strong one</i>	1.00	1.50
Cappuccino <i>Espresso, Steamed & Foamed Milk</i>	1.00	
Caffe Latte (Milky Coffee) <i>Espresso & Steamed Milk</i>	1.00	
Vanilla Latte	1.30	
Caramel Cappuccino	1.30	
Hazelnut Latte	1.30	
Caffe Mocha <i>Espresso, Steamed Milk, Hot Chocolate & Squirry Cream</i>	1.30	
Caffe Americano <i>Espresso, Hot Water & Cold Milk</i>	1.00	
Espresso Con Panna <i>Espresso & Squirry Cream</i>	1.00	
Cadbury's Hot Chocolate <i>Topped with Squirry Cream & a Cadbury's Flake</i>	1.20	

Teas

Tetley	0.80
Earl Grey	0.80
Darjeeling	0.80
Assam	0.80
Herbal / Fruit Teas	0.80

Please ask for...

- Decaff
- Fairtrade Coffee
- Semi Skimmed Milk

Milk Shakes

Strawberry, Chocolate or Banana	0.90
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All topped with Squirry Cream!

Cold Drinks

Welsh Mineral Water <i>Still or Sparkling</i>	0.55
Canned Drinks	0.60
Orange Juice	0.50
Apple Juice	0.50
Cranberry Juice	0.50



JACKS Salad Bar

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>	£2.00
Jack's Special <i>Jack's Salad with traditional oven baked potato</i>	£2.50
Jack's Special - Meat <i>Jack's Special with Beef, Ham, Chicken, Chicken Tikka or Salami</i>	£2.50
Jack's Special - Prawns or Tuna	£2.50
Ham Salad	
Chicken Tikka Salad	
Welsh Roast Beef Salad	
Chicken Salad	£2.50
Salami Salad	
Tuna Salad	
Greek Salad <i>Feta Cheese, Salad Leaves, Cherry Tomatoes, Red Onion, Cucumber, Sweetcorn, Olives with Mixed Herb Dressing</i>	£3.00
Rocket Salad <i>Bacon, Sundried Tomatoes, Rocket Leaves, Spring Onions with Wholegrain Mustard dressing</i>	£3.00
Funky Chicken Salad <i>Chicken, Salad Leaves, Pears, Peaches, Walnuts, Parmesan Cheese with Honey & Lemon Dressing</i>	£3.00

Soup

See counter signs or ask one of our team for today's choice. Served with a White Baguette or Wholemeal Hoagie.

Light Snacks

Toast	0.25
Cheese on Toast	1.55
Beans on Toast	1.55
Toasted Teacake	0.50
Toasted Cinnamon & Raisin Bagel	0.50

Sandwiches, Baguettes, Wholemeal Hoagies & Toasties

We make all of the above freshly at the time you place the order. Soft granary or chunky white sandwiches available. Add 20p for a toastie.

Cottage Cheese & Apricot or Pineapple	
Cream Cheese, Walnut & Raisin	£1.80
Gower Salad (<i>Lettuce, Tomato, Cucumber, Spring Onion & Peppers</i>)	
Cheddar & Pickle or Spring Onion	
Bacon & Cheddar Cheese	
BLT (<i>Bacon, Lettuce & Tomato</i>)	
Cheese & Beans	
Chicken Tikka & Mayo	
Chicken Tikka with Mint Yoghurt	
Chicken, Mayo & Sweetcorn	
Chicken, Tomato & Pesto Mayo	£1.90
Corned Beef & English Mustard	
Egg Mayo & Watercress	
Ham & Dijon Mustard	
Tuna, Mayo & Sweetcorn or Onion	
Turkey & Cranberry	
Brie & Cranberry	
Feta Cheese Salad with Olives	
Ham, Cheese & Pineapple	
Mozzarella, Tomatoes & Basil	£2.00
Big Jack (<i>Roast Beef, Cheddar, Tomato, Lettuce, Gherkin & Mayo</i>)	
Tinned Salmon & Cucumber	
Welsh Roast Beef & Horseradish	
Bacon, Chicken & Mayo	
Coronation Chicken	
Prawn & Mayo	
Stilton Cheese & Red Grape	£2.10
Bacon & Brie	
Italian Salami Salad	
Pastrami & Gherkin	