

JACKS Jacket Potatoes

Design your own or choose one of the following:

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

LF Chicken, Tomato & Pesto Mayo
Corned Beef & English Mustard

V 🍌 Egg Mayo & Watercress

Ham & Dijon Mustard

LF Tuna, Mayo & Sweetcorn or Onion

😊 Turkey & Cranberry

V 🍌 Brie & Cranberry

V 🍌 Feta Cheese Salad with Olives
Ham, Cheese & Pineapple

V 🍌 Mozzarella, Tomatoes & Basil
Pastrami & Gherkin £2.50

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

LF 😊 Prawn & Mayo

LF **V** 🍌 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

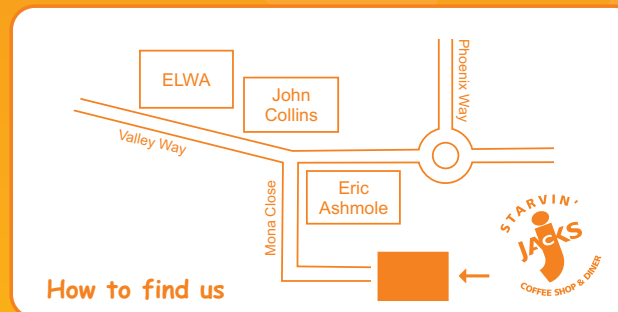
| | |
|---------------------------------|------|
| Yoghurt Topped Fruit Flapjacks | 0.90 |
| Chocolate & Caramel Shortbread | 0.90 |
| Toasted Cinnamon & Raisin Bagel | 0.50 |
| Toasted Teacake | 0.50 |
| Crisps | 0.40 |
| Chunky Kit Kat | 0.40 |
| Tracker Bars | 0.40 |

Key:

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

All products may contain nuts

Unit 1, Gilsea Park, Mona Close, Swansea Enterprise Park
Tel/Fax : 01792 790190



Hours of Opening
Monday to Friday 7am - 3pm

Designed & Printed by 123 Print Swansea (01792 417430)

FREE DELIVERY
FRESHLY MADE TO ORDER
Tel/Fax:
01792 790190
Mobile: 07976 920893

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

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| 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

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|---------------------------------|------|
| Strawberry, Chocolate or Banana | 0.90 |
|---------------------------------|------|

All topped with Squirry Cream!

Cold Drinks

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



JACKS Salad Bar

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| 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

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| 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.

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| 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 | |