

Cappuccino 1.75

Espresso, Steamed & Foamed Milk

Caffe Latte (Milky Coffee) 1.75

Espresso & Steamed Milk

Caffe Americano 1.50

Espresso, Hot Water & Cold Milk

Flat White 1.75

 **Hot Chocolate** 2.50

Topped with Squirty Cream

Add 20p for Decaf, 40p for soya milk

Teas

Yorkshire Tea 1.00

Decaffeinated Tea 1.20

Herbal / Fruit Teas 1.20

See selection at counter

Cold Drinks

Mineral Water 1.00

Selection of Still, Sparkling or Flavoured Waters

Canned Drinks 1.00

Coca Cola Bottles 500ml 1.50

FOOD ALLERGY?

Before placing an order please inform any of our team of food allergies.

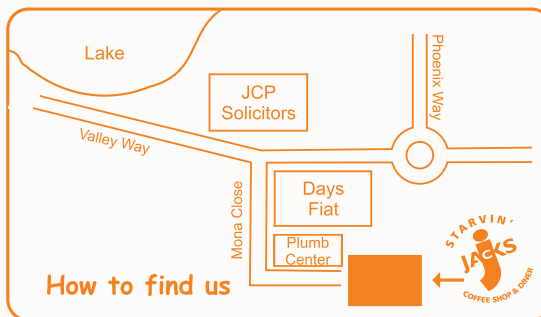


Ewch I food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni beth yw ein sgôr hylendid bwyd wrth archebu./ Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order



WE ACCEPT ALL MAJOR CREDIT CARDS

www.starvinjacks.co.uk



**Gilsea Park, Mona Close
Swansea Enterprise Park SA6 8RJ
Tel: 01792 790190
07976 920893**

Hours of Opening
Monday to Friday 7.30am - 3pm

TAKEOUT MENU

Starvin' Jacks

FREE DELIVERY!
Freshly made to your order
**Tel: 01792 790190
or 07976 920893**



Jacket Potatoes

🍷 Jacks' Special	3.75
<i>Baked potato with all salads from the bar</i>	
Jacks' Meat Special	4.75
<i>add Ham, Chicken Tikka, Coronation Chicken, Turkey, Tuna or Prawns</i>	
Chilli	3.75
<i>Add Colliers Cheese Melt for 0.95</i>	
GF🍷 Baked Beans & Colliers Cheese Melt	3.75
🍷🍷 Hummus, Salad and Olives	3.75
GF Tuna & Colliers Cheese Melt	3.95
GF🍷 Mushroom, Colliers Cheese Melt & Red Onion	3.95
GF Chicken Korma	3.95
GF Prawn & Marie Rose Sauce	3.75
Coronation Chicken 3.95	
Chicken Tikka & Mint Mayo 3.75	
🍷 Brie, Cranberry & Spinach	3.75
🍷 Egg Mayo	3.00
🍷 Grated Cheese	3.00

Sandwiches, Baguettes & Wraps

Made freshly at the time you place the order, choice of white or wholemeal.

Prawn & Marie Rose Sauce	2.95
Ham & Colliers Cheese	2.95
Tuna, Mayo & Red Onion	2.50
Coronation Chicken	2.95
Chicken Tikka with Mint Mayo	2.95
Bacon & Turkey Melt (with BBQ Sauce)	3.25
🍷 Brie, Cranberry & Spinach	2.95
🍷 Egg Mayo	2.50
🍷 Colliers Cheese & Pickle	2.50
🍷 Hummus Salad & Olives	2.50

Add 50 for a Toastie

Jacks Salad Bar 🍷

Jacks' Salad Bowl	2.95
<i>Coleslaw, Mint Cous Cous, Oriental Style Noodles, Tikka Mayo Pasta Shells, Mixed Beans & Herb Dressing, Mixed Leaves, Tomatoes, Cucumber, Pasta Twists with Peach & Corriander, Potato Salad, Grated Mild Cheese.</i>	
Jacks' Meat Salad Bowl	3.95
<i>add Ham, Chicken Tikka, Coronation Chicken, Turkey Tuna or Prawns</i>	
Jacks' Vegan Salad Bowl	2.95

Breakfasts

🍷 Toasted Tea Cake	1.00
🍷 Toast (1 Slice)	0.50
Bacon Bap or Baguette	2.50
Sausage Bap or Baguette	2.50
🍷 Glamorgan Sausage Bap or Baguette	2.50
Bacon & Sausage Bap or Baguette	3.00
Breakfast Baguette	4.50
<i>2 Sausage, 2 Bacon, 2 Eggs, Beans or Tomatoes</i>	
Big Box Breakfast	5.50
<i>2 Sausage, 2 Hash Brown, 2 Bacon, 2 Eggs, Black Pudding, Beans or Tomatoes & 2 toast</i>	
<i>Add extra Bacon, Sausage, Egg, Hash Brown or Black Pudding 0.50</i>	

Soup 2.50

*See counter signs or ask one of our team for today's choice.
add 50 for white or wholemeal baguette*

FREE DELIVERY!
Freshly made to your order
Tel: 01792 790190
or 07976 920893

Panini (Barra Gallega)

Grilled Rustic Spanish Bread

Meatball & Colliers Cheese Melt	3.95
Chilli & Colliers Cheese Melt	3.95
Bacon & Turkey Melt (with BBQ Sauce)	3.95
🍷 Brie, Cranberry & Spinach	3.95
Ham, Cheese, Tomato & Red Onion	3.95

Loaded Nachos

Chilli Melt Nachos with Jalopenos	4.90
🍷 Cheese Melt Nachos with Salsa & Jalopenos	4.00

Snacks

Crisps	0.80
Chocolate Bars	0.80
Seasonal Fruit	0.80

Key:

🍷 Vegetarian
GF Gluten Free
VG Vegan

NOTE:

All products may contain nuts or traces of nuts