

# Breakfast

order online

- GF gluten free
- VG vegetarian
- V vegan
- V\* vegan available
- DF dairy free



Toasted Muesli 9.90

house made granola with honey, yoghurt + fresh fruit

Superfood Chia Pot 9.90 DF VG

house made almond milk chia pudding with coconut, almonds, cranberries, sunflower + pumpkin seeds

Chocolate & Hazlenut Chia Pot 9.90 VG GF DF

house made almond milk chia pudding with cacao, coconut, millet + hazelnuts

Bircher Muesli 9.90

house made bircher muesli with yoghurt + fresh fruit

Smashed Avocado on Sourdough 10.00

with lemon oil & kashmiri chilli

- + bacon + 1.50
- + danish feta + 2.00
- + poached egg + 3.00

Poached Egg + Avocado on Sourdough 14.00

with dukkah, sumac, goats cheese, raw seeds, turmeric oil + mint

Bacon & Pesto Breakfast Bowl 13.00

poached egg, bacon, avocado, broccoli, cherry tomatoes, quinoa, shredded kale + basil pesto

Breakfast Brioche 9.90

fried egg, bacon, avocado, caramelised onion + cheese

Sauteed Mushrooms on Sour Dough Toast 9.90 VG

with fried tomatoes, baby spinach & parmesan cheese

- + bacon + 0.50

Porridge 9.90

porridge served with fresh fruit, cinnamon & honey (optional)

# Catering



We provide catering for private, corporate and public events. Our team are happy to create grazing platters, breakfast, lunch or dinner menus, morning or afternoon tea selections, finger food platters or coffee, soup or iced tea stations to suit your needs.

We started Jack Greens because we understand how hard it is to prepare and organise wholesome, healthy food on the run. We know your schedule is insane, your meetings are last minute and you don't have time for the details. We're here to help. Let us know what you need, and we'll do the rest.

Our menu has plenty of vegetarian, gluten-free, dairy-free and vegan options plus lots of options for other dietary restrictions or allergies.

For more information, contact: catering@jackgreens.com.au

# Raw Snacks

- GF gluten free
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sweet potato chocolate brownie GF

gogi + coconut banana bread GF DF

chia + cranberry biscuit GF DF

protein balls GF DF VG

Order online — jackgreens.com.au #FeelGoodFood

36 Waymouth Street & 1/32 James Place

# Summer 2019



Jack greens



# Summer

order online

- GF Gluten free
- VG Vegetarian
- V Vegan
- V\* Vegan available
- DF Dairy free



## Hawaiian Barbecue Bowl

14.90

DF

smokey barbecue chicken, brown rice, baby spinach, roasted corn, jalapeño & lime salsa, cucumber, roasted capsicum, pineapple & fried tortillas + smokey barbecue sauce

+ cheddar cheese + 0.60

## Lamb Bowl

15.90

slow cooked spiced lamb, baby spinach, cucumber, roasted capsicum, cherry tomatoes, danish feta, raw seeds & burghal + mint tahini yoghurt dressing

## Asian Slaw

14.90

DF GF

roasted chicken, asian slaw, capsicum, onion, coriander & crispy rice noodles + thai ginger dressing

+ avocado + 2.50

## Strawberry Fields

14.60

DF GF VG

falafel, cos lettuce, strawberries, grapes, apple, raw seeds, maple & vanilla candied walnuts + pomegranate & balsamic dressing

# Greens

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## Boston Cobb

15.70

GF DF

roasted chicken, shredded kale, chopped cos lettuce, raw sweet corn, cherry tomatoes, avocado, capsicum, bacon & boiled egg + honey mustard dressing

+ sourdough croutons (contains gluten) + 0.60

## Maple Dynamite

14.40

GF V\*

roasted pumpkin, brown rice, shredded kale, danish feta, adzuki beans, avocado, shredded brussels sprouts, pumpkin & sunflower seeds + maple chipotle dressing

+ falafel + 3.00

## Kale Caesar

14.60

roasted chicken, shredded kale, chopped cos lettue, cherry tomatoes, red onion, parmesan crisps, sourdough croutons, bacon & boiled egg + house made mayonnaise & yoghurt dressing

+ avocado + 2.50

## Falafel Mezze

14.20

V V\*

falafel, baby spinach, mesclun leaves, cherry tomatoes, roasted capsicum, cucumber, red onion, chickpeas & pita chips + sumac, mint, tahini & yoghurt dressing

+ danish feta + 2.00  
+ roasted sweet potato + 1.00  
+ avocado + 2.50

## Mexican Caesar

13.50

GF

roasted chicken, cos lettuce, parmesan cheese, cherry tomatoes, corn chips, roasted corn, jalepeño, onion & lime salsa + chipotle mayonnaise dressing

+ guacamole + 3.50  
+ avocado + 2.50  
+ spicy black beans + 1.00

## Hola Mexico

15.70

GF

roasted chicken, mesclun leaves, chopped cos lettuce, raw sweet corn, avocado, cherry tomatoes, cucumber, spicy black beans, cheddar cheese & corn chips + honey, jalapeño & lime dressing

+ jalapeños + 1.00  
+ capsicum + 0.60

# Grains

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## Burrito Bowl

15.50

marinated pulled pork, brown rice, chopped cos lettuce, cherry tomatoes, raw sweet corn, cheddar cheese, spicy black beans, red onion & fried tortillas + honey, jalepeño + lime dressing

+ avocado + 2.50  
+ jalapeños + 1.00

## Honey Cauliflower Bowl

14.90

GF

caramelised cauliflower, roasted chicken, brown rice, mesclun, danish feta, shredded brussels sprouts, dried cranberries & roasted almonds + honey mustard dressing

## Waymouth Superbowl

15.90

GF

roasted chicken, quinoa, shredded kale, roasted sweet potato, apple, goats cheese & roasted almonds + balsamic & honey dressing

+ avocado + 2.20

# Smoothies

## Clean Green

9.50

coconut water, apple juice, baby spinach, grapes, pineapple, cucumber + ginger

## Cacao + Peanut

9.50

coconut milk, cacao, dates, natural peanut butter + banana

## Mango

9.50

mango, coconut milk & maple syrup

## Add:

+ vanilla or chocolate protein powder + 2.00  
+ natural almond butter + 2.00  
+ espresso shot + 3.80