

Jack in the Box

Choose 2 - 3 bases + 1 protein + 1 sauce \$13.50

Bases

| | |
|---|---------|
| Grain Mix brown rice, freekah & roasted beetroot | V DF |
| Roasted Vegetables with Potato roasted cherry tomatoes, sweet potato, white potato & red onion | GF V DF |
| 3 Lettuce cos lettuce, mesclun & baby spinach | GF V DF |
| Cabbage Mix red & green cabbage, shredded kale, capsicum, carrot & red onion | GF V DF |
| Pearl Cous Cous pearl cous cous with onion, sesame oil & sea salt | V DF |
| Noodles vermicelli noodles | GF V DF |

Protein:

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|---|---------|
| Sticky Soy Beef slow cooked beef brisket | GF DF |
| BBQ Pork slow cooked Korean barbecue pulled pork | GF DF |
| Roasted Chicken slow cooked boneless chicken with paprika & chilli | GF DF |
| Tofu pan fried tofu with a sticky soy sauce | GF DF V |
| Falafel house made falafel | GF DF V |

Sauce:

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|--------------------------------------|----------|
| Citrus lemon, lime & orange sauce | GF DF V |
| Green basil pesto sauce | GF DF V |
| Chilli Glaze | GF DF |
| Sticky Soy Sauce | GF DF V+ |

Garnishes:

dried shallots & fresh chilli (optional)

Salads & Grain Bowls

Made fresh daily and available to choose from our grab & go fridge

| | | |
|---|---------|-------|
| Boston Cobb | GF DF | 14.70 |
| roasted chicken, shredded kale, chopped cos lettuce, raw sweet corn, cherry tomatoes, avocado, capsicum, bacon & boiled egg + honey mustard dressing | | |
| Kale Caesar | | 13.90 |
| roasted chicken, shredded kale, chopped cos lettuce, cherry tomatoes, parmesan crisps, sourdough croutons, bacon & boiled egg + mayonnaise & yoghurt dressing | | |
| Mexican Caesar | GF | 14.90 |
| roasted chicken, cos lettuce, parmesan cheese, cherry tomatoes, corn chips, roasted corn, jalepeño, onion & lime salsa + chipotle mayonnaise dressing | | |
| Hola Mexico | GF | 14.70 |
| roasted chicken, mesclun leaves, chopped cos lettuce, raw sweet corn, avocado, cherry tomatoes, cucumber, spicy black beans, cheddar cheese & corn chips + honey jalepeño lime dressing | | |
| Honey Cauliflower Bowl | GF | 14.90 |
| honey cauliflower, roasted chicken, brown rice, mesclun, danish feta, red cabbage, dried cranberries & roasted almonds + honey mustard dressing | | |
| Waymouth Superbowl | GF | 14.90 |
| roasted chicken, brown rice, shredded kale, roasted sweet potato, apple, goats cheese & roasted almonds + balsamic & honey dressing | | |
| Satay Chicken | GF V | 14.50 |
| roasted sweet potato, brown rice, shredded kale, danish feta, black beans, avocado, red cabbage & raw seeds + maple chipotle dressing | | |
| Maple Dynamite | GF V V+ | 13.40 |
| roasted sweet potato, brown rice, shredded kale, danish feta, black beans, avocado, red cabbage & raw seeds + maple chipotle dressing | | |
| Falafel Mezze + Hommus | V V+ | 14.50 |
| falafel, hommus, baby spinach, mesclun leaves, cherry tomatoes, roasted capsicum, cucumber, chickpeas & pita chips + sumac & mint yoghurt dressing | | |

Soup + Specials

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|---|-------|-------------------------|
| Pumpkin Soup | GF V | 9.90 |
| served with toasted sourdough & garnished with sour cream (optional) | | |
| Potato & Leek Soup | GF V | 9.90 |
| served with toasted sourdough & garnished with bacon & croutons (optional) | | |
| Chicken Noodle Soup | GF DF | 9.90 |
| served with toasted sourdough & garnished spring onions (optional) | | |
| Chicken Broth | GF DF | 9.90 |
| served with toasted sourdough & garnished spring onions (optional) | | |
| Green Chicken Curry | GF DF | small 11.90 large 14.90 |
| served with brown rice and garnished with peanuts & coriander (optional) | | |
| Mexican Beef Bowl | | 14.90 |
| mexican chipotle beef chilli, brown rice, avocado, cherry tomatoes, raw sweet corn & fried tortillas + chipotle mayonnaise dressing | | |
| Nachos | GF | 9.90 |
| corn chips, parmesan cheese, cheddar cheese, corn & jalapeno salsa, black beans, guacamole with a tomato salsa. | | |
| + slow cooked chicken \$4.70 + slow cooked pork \$4.90 | | |
| + slow cooked beef \$4.90 + beef chilli \$4.90 | | |

Wraps

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|--|--------|
| Caesar Wrap | 9.90 |
| roasted chicken, shredded kale, chopped cos lettuce, cherry tomatoes, parmesan cheese, croutons, bacon & boiled egg + mayonnaise & yoghurt dressing | |
| Chipotle Chicken Wrap | 9.90 |
| roasted chicken, bacon, baby spinach, cherry tomatoes, cucumber, parmesan cheese + chipotle mayonnaise dressing | |
| Pulled Pork Wrap | 9.90 |
| roasted chicken, bacon, baby spinach, cherry tomatoes, cucumber, parmesan cheese + chipotle mayonnaise dressing | |
| Falafel Wrap | V 9.90 |
| falafel, hommus, baby spinach, mesclun, cherry tomatoes, roasted capsicum, cucumber, chickpeas, danish feta + sumac, mint, tahini & yoghurt dressing | |

Breakfast



available from grab & go fridge:

Toasted Muesli 9.90

house made granola with honey, yoghurt + fresh fruit

Bircher Muesli 9.90

house made bircher muesli with yoghurt + fresh fruit

Strawberry Chia Pot 9.90 DF VG

house made almond milk chia pudding with strawberry compote, fresh strawberries + coconut flakes

Superfood Chia Pot 9.90 DF VG

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

order with our staff - dine in or takeaway:

Smashed Avocado on Sourdough 10.00 DF VG

with lemon oil & kashmiri chilli

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

Poached Egg + Avocado on Sourdough with 14.00

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

Breakfast Wrap 9.90

fried egg, bacon, avocado, caramelised onion + cheese

Breakfast Brioche 9.90

fried egg, bacon, avocado, caramelised onion + cheese

Snacks

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



sweet potato chocolate brownie GF

chocolate banana bread GF

choc pistachio & apricot cashew protein balls GF DF VG

Smoothies

Clean Green 9.90 GF DF VG

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

Cacao + Peanut 9.90 GF DF VG

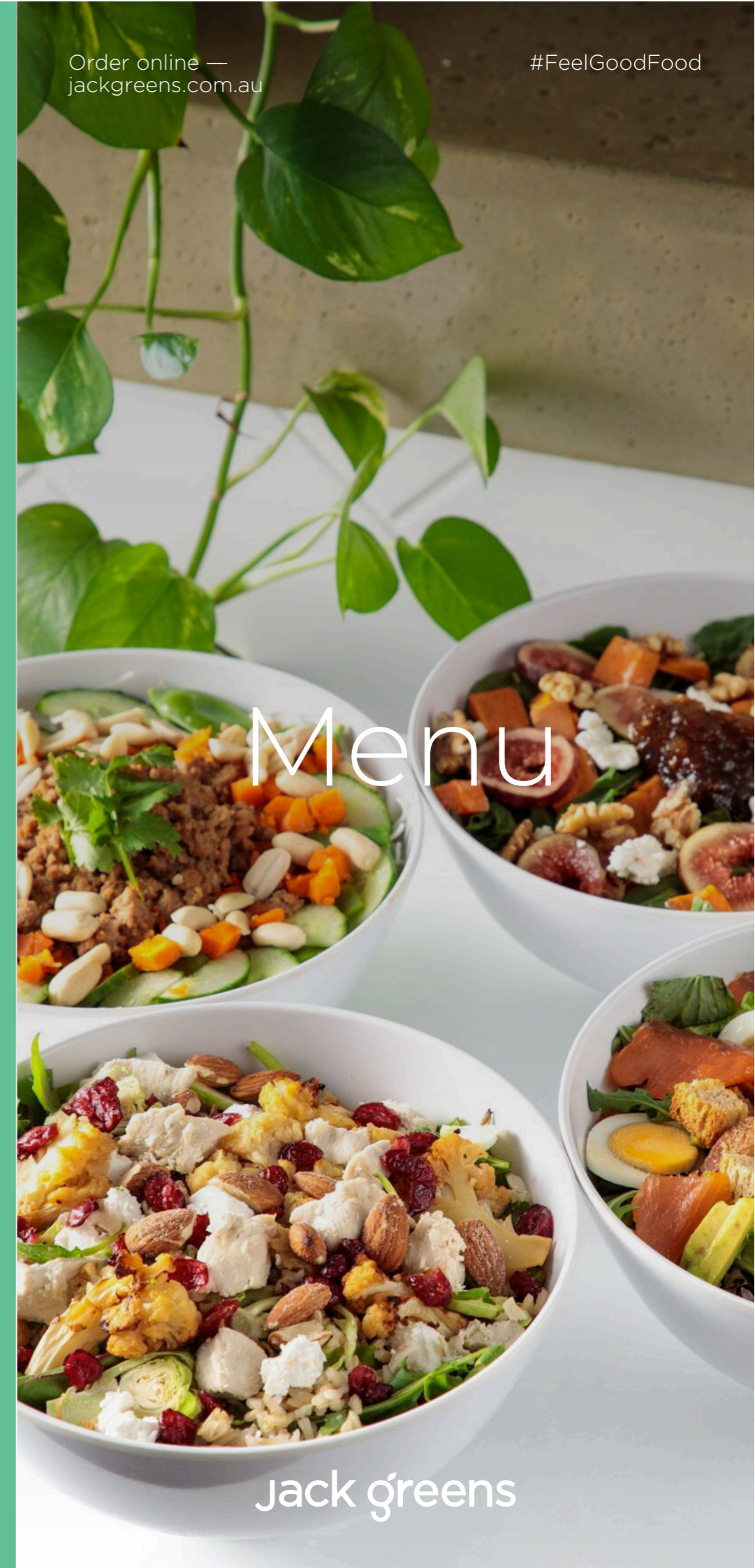
coconut milk, cacao, dates, natural peanut butter + banana

Jack greens

- GF gluten free
- V vegetarian
- VG vegan
- DF dairy free

Order online —
jackgreens.com.au

#FeelGoodFood



Menu

Jack greens