

8 Seaton Place
St Helier
JE2 3QL
Tel: 759034

Open 07.30 - 15.30
Monday - Friday
Like us on

BREAKFAST

Porridge **from**	£2.40
add warm berries/maple syrup/banana/honey	
American Pancakes, crispy bacon, maple syrup	£8.50
Poached egg (x2)	£9.75
rustic bread toast, crushed avocado, pumpkin seeds	
Bagel, smoked salmon, cream cheese	£6.75
Scrambled eggs on granary toast	£7.10
add smoked salmon	£2.70
Full English breakfast, toast, tea/coffee	£12.00
(v and vg options available)	
Breakfast rolls	
Bacon	£4.85
Bacon & egg	£5.15
Sausage	£4.85
Bacon, egg, sausage	£6.35
BLT	£5.55
Bacon & avocado	£5.75
Fresh fruit, yoghurt & muesli pots **from**	£2.75

HOT FOOD

Pasta	
penne, spaghetti, spirals	
Bolognaise	£8.30
Carbonara	£8.30
Tuna	£8.30
Vegetarian/Vegan	£8.30
Smoked salmon	£8.95
Jacket Potato	
Butter	£4.80
Tuna mix	£7.15
Chicken mix	£7.15
Beans	£6.55
Prawns	£7.40
Grated cheddar	£6.40
Chilli con carne	£8.35
Slow Cooked Beef or Pork (wrap/roll/baguette/pasta/jacket)	£7.40

Pitta	
Slow cooked beef	£7.65
Chicken piri piri	£7.15
Burger	£4.65
Veggie Burger	£4.90
Cheese Burger	£5.25
Bacon Burger	£5.40
Special steak sandwich	£12.00
Chicken steak sandwich	£7.85
Plain Steak sandwich	£9.75
Toasted focaccia	
Chicken/ham/vegetarian	£7.40
Soup	£2.95

SALADS

TRU House salad (v, vg)	£9.75
Grilled mediterranean vegetables,	
cucumber, olives, hummus	
add chorizo	£2.50
add avocado	£2.75
Goat's cheese & beetroot salad (v)	£9.20
mixed leaves & chickpeas	
Mixed salad (v, vg)	£5.25
add chicken mix	£2.75
add tuna mix	£2.65
Salad Box (v) **from**	£5.25

v vegetarian
vg vegan

SANDWICHES

Cheddar	£4.45
Savoury cheese mix	£4.65
Smoked ham	£5.00
Corned beef	£4.45
Smoked turkey	£4.70
Roast Beef	£6.20
Smoked salmon	£5.90
Prawn	£6.00
Seafood mix	£6.00
Egg mayo	£4.65
Fresh salad	£4.50
Toasted	+ 40p

Tuna mayo	£4.95
Tuna mixes:	£5.00
TRU tuna mix	
Provençal	
Cajun	
Chicken	£4.80
Chicken mixes:	£5.10
Coronation	
Mexican	
Chorizo	
Tikka	
Bacon	
Tomato, lettuce, onion	3 for 60p

BREADS

White, brown, granary sliced/Portuguese roll/soft roll.Pitta +10p.Plain or spinach wrap +50p

White or multigrain baguette + 95p

DRINKS

Americano	£2.55
Flat White	£2.55
Cappuccino	£2.95
Latte	£2.95
Espresso	£2.10
All cottees available as Decaf	
Coffee syrups + 50p	
vanilla, caramel, hazelnut	

Chai Latte	£2.80
Hot Chocolate	£3.30
Mocha	£3.30
Breakfast tea	£2.10
Earl Grey	£2.20
Decaf tea	£2.05
Infusions	£2.20
Soft drinks from	£1.50

PLEASE ADVISE OF ANY ALLERGIES AT TIME OF ORDERING

ALLERGENS

Please note that nuts, gluten, dairy and other allergens are present in our kitchen and we cannot guarantee that they are not present in the food we prepare and cook

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