


			8 Seaton Place St Helier JE2 3QL Tel: 759034			Open 07.30 - 15.30 Monday - Friday Like us on 						8 Seaton Place St Helier JE2 3QL Tel: 759034			Open 07.30 - 15.30 Monday - Friday Like us on 						
BREAKFAST			HOT FOOD						BREAKFAST			HOT FOOD									
Porridge		from	£2.40	Pasta				Pitta			Porridge		from	£2.40	Pasta				Pitta		
add warm berries/maple syrup/banana/honey				penne, spaghetti, spirals				Slow cooked beef		£7.40	add warm berries/maple syrup/banana/honey				penne, spaghetti, spirals				Slow cooked beef		£7.40
American Pancakes, crispy bacon, maple syrup			£8.50	Bolognaise		£8.30		Chicken piri piri		£6.90	American Pancakes, crispy bacon, maple syrup			£8.50	Bolognaise		£8.30		Chicken piri piri		£6.90
Poached egg (x2)			£9.75	Carbonara		£8.30					Poached egg (x2)			£9.75	Carbonara		£8.30				
rustic bread toast, crushed avocado, pumpkin seeds				Tuna		£8.30		Burger		£4.45	rustic bread toast, crushed avocado, pumpkin seeds				Tuna		£8.30		Burger		£4.45
Bagel, smoked salmon, cream cheese			£6.75	Vegetarian/Vegan		£8.30		Veggie Burger		£4.70	Bagel, smoked salmon, cream cheese			£6.75	Vegetarian/Vegan		£8.30		Veggie Burger		£4.70
Scrambled eggs on granary toast			£7.10	Smoked salmon		£8.80		Cheese Burger		£5.05	Scrambled eggs on granary toast			£7.10	Smoked salmon		£8.80		Cheese Burger		£5.05
add smoked salmon			£2.70					Bacon Burger		£5.20	add smoked salmon			£2.70					Bacon Burger		£5.20
Full English breakfast, toast, tea/coffee			£12.00	Jacket Potato							Full English breakfast, toast, tea/coffee			£12.00	Jacket Potato						
(v and vg options available)				Butter		£4.70		Special steak sandwich		£11.50	(v and vg options available)				Butter		£4.70		Special steak sandwich		£11.50
Breakfast rolls				Tuna mix		£6.70		Chicken steak sandwich		£7.75	Breakfast rolls				Tuna mix		£6.70		Chicken steak sandwich		£7.75
Bacon			£4.65	Chicken mix		£6.70		Plain Steak sandwich		£9.50	Bacon			£4.65	Chicken mix		£6.70		Plain Steak sandwich		£9.50
Bacon & egg			£4.95	Beans		£6.40		Toasted focaccia			Bacon & egg			£4.95	Beans		£6.40		Toasted focaccia		
Sausage			£4.65	Prawns		£7.25		Chicken/ham/vegetarian		£7.25	Sausage			£4.65	Prawns		£7.25		Chicken/ham/vegetarian		£7.25
Bacon, egg, sausage			£6.15	Grated cheddar		£6.30					Bacon, egg, sausage			£6.15	Grated cheddar		£6.30				
BLT			£5.35	Chilli con carne		£8.20		Soup		£2.95	BLT			£5.35	Chilli con carne		£8.20		Soup		£2.95
Bacon & avocado			£5.55								Bacon & avocado			£5.55							
Fresh fruit, yoghurt & muesli pots		from	£2.75	Slow Cooked Beef or Pork (wrap/roll/baguette/pasta/jacket)						£7.40	Fresh fruit, yoghurt & muesli pots		from	£2.75	Slow Cooked Beef or Pork (wrap/roll/baguette/pasta/jacket)						£7.40
SALADS			SANDWICHES						SALADS			SANDWICHES									
TRU House salad (v, vg)			£9.75	Cheddar		£4.45		Tuna mayo		£4.95	TRU House salad (v, vg)			£9.75	Cheddar		£4.45		Tuna mayo		£4.95
Grilled mediterranean vegetables, cucumber, olives, hummus				Savoury cheese mix		£4.65		Tuna mixes:		£5.00	Grilled mediterranean vegetables, cucumber, olives, hummus				Savoury cheese mix		£4.65		Tuna mixes:		£5.00
add chorizo			£2.50	Smoked ham		£4.85		Provençal			add chorizo			£2.50	Smoked ham		£4.85		Provençal		
add avocado			£2.75	Corned beef		£4.35		Cajun			add avocado			£2.75	Corned beef		£4.35		Cajun		
				Smoked turkey		£4.70									Smoked turkey		£4.70				
Goat's cheese & beetroot salad (v)			£8.95	Roast Beef		£6.00		Chicken		£4.65	Goat's cheese & beetroot salad (v)			£8.95	Roast Beef		£6.00		Chicken		£4.65
mixed leaves & chickpeas				Smoked salmon		£5.70		Chicken mixes:		£4.95	mixed leaves & chickpeas				Smoked salmon		£5.70		Chicken mixes:		£4.95
				Prawn		£5.85		Coronation							Prawn		£5.85		Coronation		
Mixed salad (v, vg)			£4.95	Seafood mix		£5.85		Mexican			Mixed salad (v, vg)			£4.95	Seafood mix		£5.85		Mexican		

add chicken mix		£2.75		Chorizo		add chicken mix		£2.75		Chorizo	
add tuna mix		£2.65		Egg mayo £4.65 Tikka		add tuna mix		£2.65		Egg mayo £4.65 Tikka	
				Fresh salad £4.50 Bacon						Fresh salad £4.50 Bacon	
Salad Box (v) from		£5.15				Salad Box (v) from		£5.15			
				Toasted + 40p Tomato, lettuce, onion 3 for 60p						Toasted + 40p Tomato, lettuce, onion 3 for 60p	
v vegetarian				BREADS		v vegetarian				BREADS	
vg vegan				White, brown, granary sliced/Portuguese roll/soft roll.Pitta +10p.Plain or spinach wrap +30p		vg vegan				White, brown, granary sliced/Portuguese roll/soft roll/pitta. Plain or spinach wrap +30p	
				White or multigrain baguette + 95p						White or multigrain baguette + 95p	
				DRINKS						DRINKS	
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				Americano £2.40 Chai Latte £2.70		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				Americano £2.40 Chai Latte £2.70	
				Flat White £2.40 Hot Chocolate £3.20						Flat White £2.40 Hot Chocolate £3.20	
				Cappuccino £2.80 Mocha £3.20						Cappuccino £2.80 Mocha £3.20	
				Latte £2.80 Breakfast tea £1.95						Latte £2.80 Breakfast tea £1.95	
				Espresso £1.95 Earl Grey £2.10						Espresso £1.95 Earl Grey £2.10	
				All coffees available as Decaf £1.95						All coffees available as Decaf £1.95	
				Infusions £2.10						Infusions £2.10	
				Coffee syrups + 50p						Coffee syrups + 50p	
				vanilla, caramel, hazelnut £1.40						vanilla, caramel, hazelnut £1.40	
								1.26			