



8 Seaton Place St Helier
JE2 3QL Tel: 759034

Open 07.30 - 15.30 Monday -
Friday Like us on [f](#)



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BREAKFAST		HOT FOOD			
Porridge	from	£2.40	Pasta		Pitta
add warm berries/maple syrup/banana/honey			penne, spaghetti, spirals		Slow cooked beef £7.40
American Pancakes, crispy bacon, maple syrup	£8.50	Bolognese	£8.30	Chicken piri piri	£6.90
Poached egg (x2)	£9.75	Carbonara	£8.30		
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
Scrambled eggs on granary toast	£7.10	Smoked salmon	£8.80	Cheese Burger	£5.05
add smoked salmon	£2.70			Bacon Burger	£5.20
Full English breakfast, toast, tea/coffee	£12.00	Jacket Potato			
(v and vg options available)		Butter	£4.70	Special steak sandwich	£11.50
Breakfast rolls		Tuna mix	£6.70	Chicken steak sandwich	£7.75
Bacon	£4.65	Chicken mix	£6.70	Plain Steak sandwich	£9.50
Bacon & egg	£4.95	Beans	£6.40	Toasted focaccia	
Sausage	£4.65	Prawns	£7.25	Chicken/ham/vegetarian	£7.25
Bacon, egg, sausage	£6.15	Grated cheddar	£6.30		
BLT	£5.35	Chilli con carne	£8.20	Soup	£2.95
Bacon & avocado	£5.55				
Fresh fruit, yoghurt & muesli pots	from	£2.75	Slow Cooked Beef or Pork (wrap/roll/baguette/pasta/jacket)		£7.40

SALADS		SANDWICHES			
TRU House salad (v, vg)	£9.75	Cheddar	£4.45	Tuna mayo	£4.95
Grilled mediterranean vegetables,		Savoury cheese mix	£4.65	Tuna mixes:	£5.00
cucumber, olives, hummus				TRU tuna mix	
add chorizo	£2.50	Smoked ham	£4.85	Provençal	
add avocado	£2.75	Corned beef	£4.35	Cajun	
		Smoked turkey	£4.70		
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
		Prawn	£5.85	Coronation	
Mixed salad (v, vg)	£4.95	Seafood mix	£5.85	Mexican	

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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			Decaf tea	£1.95			All coffees available as Decaf			Decaf tea	£1.95	
				Infusions	£2.10						Infusions	£2.10	
	Coffee syrups + 50p							Coffee syrups + 50p					
	vanilla, caramel, hazelnut			Soft drinks	from	£1.40		vanilla, caramel, hazelnut			Soft drinks	from	£1.40
						1.26							1.26