



New Menu Summer 2019

All Day Breakfast

Joe's Porridge (V)(Ve/O) £3.95

Oats made with your choice of milk: cow | soy | almond | coconut | oat

With your choice of two toppings: honey | almonds | apricots | flaxseeds | superseeds | linseeds

Joe's Super Pancakes (V) £6.95

High protein pancakes made from our secret batter with your choice of topping:

- Yoghurt and blueberries | peanut butter | nuts and honey | maple and agave syrup

- Bacon and tomato | Turkey sausage and mushrooms | Spinach, spring onion and tomato +

Full NJ's Breakfast (GF/O) £11.95

Turkey sausage, dry cured bacon, tomato, mushrooms, with your choice of fried | poached | scrambled eggs. Your choice of sourdough | granary | GF toast. Your choice of Americano | Yorkshire tea | OJ

Veggie Full NJ's Breakfast (V)(GF/O) £11.95

Heck's Supergreen sausage, homemade potato rösti, tomato, mushrooms, with your choice of fried | poached | scrambled eggs. Your choice of sourdough | granary | GF toast. Your choice of Americano | Yorkshire tea | OJ

NJ's Swiss Delight (V/O)(GF) £9.95

Homemade potato rösti, two poached eggs, mixed salad leaves with your choice of bacon | smoked salmon | halloumi

Joe's Breakfast Roll (V/O) £4.25

Served in a brioche bun with your choice of bacon | turkey sausage | fried egg | Heck's Supergreen sausage

Energizer Eggs (GF/O) £8.95

Sourdough toast topped with guacamole, dry cured bacon, poached eggs and spinach

Eggs Benedict (GF/O) £7.95

Two poached eggs, grilled bacon and hollandaise sauce on a toasted English muffin

Eggs Royale (GF/O) £8.95

Two poached eggs, smoked salmon and hollandaise sauce on a toasted English muffin

Eggs Florentine (V)(GF/O) £7.95

Two poached eggs, spinach and hollandaise sauce on a toasted English muffin

Omelette (V)(GF/O) £7.95

A 3 egg omelette with your choice of two fillings: bacon | turkey sausage | Heck's Supergreen sausage | tomato | halloumi | mushrooms | spinach | onion | smoked salmon



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2 Eggs on Toast (V)(GF/O) **£5.95**

Fried | poached | scrambled

Sourdough | granary | GF toast

EXTRAS:

- Grilled tomato | mushrooms | spinach | feta | baked beans **+£1 each**

- Turkey sausage | Heck's Supergreen sausage | Heck's chicken sausage | bacon | avocado | halloumi **+£2 each**

- Smoked salmon **+£3 each**

All Day Lunch

Small Plates

Hummus Plate (V)(Ve) **£3.95**

NJ's hummus served with warm pita bread and carrot sticks

Guac Plate (V)(Ve)(GF) **£3.95**

Homemade guacamole served with corn tortilla chips and carrot sticks

Soup of the Day (V)(GF/O) **£4.95**

Freshly made and served with toasted sourdough

Wraps (V/O)(Ve/O) **£6.50**

Flour tortilla served with mixed leaf salad and tortilla chips, with your choice of filling:

- Pulled chicken, cos lettuce and guac | roast beef, mustard mayo and cos lettuce | roast veg and tomato (Ve) | roast veg, feta cheese and spinach (V)

Get Stacked (GF/O)(Ve/O) **£9.50**

NJ's stacks are served on toasted sourdough and piled high with lettuce, tomato and cheddar cheese with your choice of: Roast beef | NJ's Club (Chicken, bacon, egg)

Joe's Risotto (V/O)(Ve/O)

Spelt and barley, a delicious nutty grain with slow release energy. Choose from:

-Pulled chicken, spinach and feta **sm. £5.35 reg. £8.25**

-Roast veg, tomato and feta (V) no feta (Ve) **sm. £4.95 reg. £7.95**

4 Bean Chilli (GF)(Ve) **£9.95**

Our homemade 4 bean chilli served with brown rice and warm GF pita bread

Salads

1. Choose your salad: **small £4.95 reg £7.50**



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Cesar Salad (V)(GF)

Crisp cos lettuce, GF croutons, anchovies, parmesan and Joe's ceasar dressing

Greek Salad (V)(Ve/O)(GF)

Tomato, cucumber, feta and olives

Roasted Root Vegie Salad (Ve)(GF)

Sweet potato, beetroot, carrot, celeriac, butternut squash and red onion

Quinoa and Bulgar Wheat Salad (Ve)

With carrots, peppers, turmeric and fresh herbs

NJ's Deli Salad (V/O)(Ve/O)(GF/O)

A mix of our fresh deli salads

2. Choose your topping **small £2.00 reg. £3.00**

Grilled halloumi | pulled chicken | roast beef | smoked salmon | Hecks supergreen sausages

Create your own meal

1. Choose your main

Chicken breast (GF) £11.95

Chargrilled, High Protein, Low Fat

Your choice: plain | Thai marinated

Ramus Fish of the Day (GF) £13.95

Oven baked with fresh herbs and lemon butter, Rich in Omega 3 and essential oils

Joe's Super Steak (GF) £13.95

Our 6oz sirloin steak chargrilled to your liking, Loaded with protein and iron

Fish and Chips (GF) £11.95

Served light or regular battered. Swap chips for another side

NJ's Burgers (GF/O)(V/O)(Ve/O) £12.95

Served in a brioche bun or two pieces of crisp lettuce for something lighter

Your choice: chicken | beef | vegie

2. Choose your two FREE sides



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Cold sides

Quinoa and bulgar wheat (Ve)

NJ's slaw (V)(GF)

Half avocado (Ve)(GF)

Mixed leaf salad (Ve)(GF)

Vine tomato and cucumber salad (Ve)(GF)

Hot sides

NJ's pan fried greens (V)(Ve/O)(GF)

Peas, bacon and onion (GF)

Posh peas (Ve)(GF)

Hot roasted root veg (Ve)(GF)

Brown rice (V)(GF)

Half a baked sweet potato (Ve)(GF)

Sweet potato fries (V)(Ve)(GF) +£1

Hand-cut chips with rosemary salt (Ve)(GF)

GF battered onion rings (Ve)(GF)



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Fresh Juices

Fresh Orange or Apple Juice £2.50

Orchard £3.95

Apple, pear, lemon, orange

Breathe Easy £3.95

Carrot, ginger, orange

Immune Booster £3.95

Carrot, ginger, apple, lemon

Super Greens £4.45

Apple, spinach, cucumber, kale, lime

Green Re-fresh £4.45

Apple, ginger, celery, cucumber, lemon

Detox £4.45

Apple, spinach, ginger, lemon, cucumber

Reboot £4.45

Orange, beetroot, celery, carrot, lemon



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Health Shakes

Vegan Protein Shake £3.95

Chocolate | vanilla | strawberries and cream vegan protein

Your choice of milk: cow's | soy

Almond | coconut | oat +40p

Natural Protein Shake £4.45

Apple, banana, blueberries, vanilla vegan protein

Chocolate, Fruit and Nut £4.45

Almond milk, hazlenuts, blueberries, chocolate vegan protein

Tropical Fit £4.45

Fresh OJ, mango, banana, honey, vanilla vegan protein

Chocolate Peanut Cup £4.45

Almond milk, peanut butter, coconut, chocolate vegan protein

Breakfast-To-Go £4.45

Almond milk, granola, blueberries, honey, greek yoghurt

Peanut Power Up £4.45

Cow's milk, peanut butter, banana, honey, cinnamon

Coffee Chia £4.45

Almond milk, espresso, banana, chia seeds, vanilla

Extra scoop of protein: chocolate | vanilla | strawberries and cream £1.50



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Soft Drinks

Firefly £2.75

Kiwi, Lime & Mint | Peach & Green Tea | Pomegranate & Elderflower

Franklin & Son's £2.75

Rhubarb & Apple | Strawberry & Raspberry | Ginger Beer | Lemon & Elderflower |
Dandelion Burdock

Fentimans £2.65

Curiosity Cola | Victorian Lemonade

San Pellegrino £2.35

Limonata Lemon | Aranciata Blood Orange

Coca Cola £2.55

Diet | Zero

Tonic | Soda Water £1.95

Harrogate Spa Water 330ml £2.00 750ml £3.25

Still | Sparkling



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Alcoholic Beverages

Beer and Cider

Brewdog Punk IPA 5.6% £3.95

Curious Brew English Lager 4.7% £3.95

Brewgooder Cleanwater Lager 4.5% £3.50

Black Sheep Ale 4.4% £4.50

Corona Extra 4.5% £3.95

Daura Damn GLUTEN FREE Lager 5.4% £4.00

Heineken Blue 0% £2.95

Curious Apple Cider 5.2% £3.95

Old Mout Cider (Various flavours) 4% £4.50

Old Mout Cider 0% £3.75

Wines

Red

Nero d'ava

Organic, Italy, 13%

A rich red wine with rounded flavours of blackcurrent and plum, with enticing undertones of mocha, wood spice and liquorice

125ml glass £3.90 | 175ml glass £4.55 | 250ml carafe £5.45 | 750ml bottle £15.95

Merlot

Chile, 13%

Intense and fruity bouquet with hints of plum and dried cherry

125ml glass £4.00 | 175ml glass £4.65 | 250ml carafe £5.55 | 750ml bottle £15.95

White

Pinot Grigio

Organic, Italy, 11.5%



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The classic Italian white wine, light bodied with a refreshing pear, citrus and mineral flavour
125ml glass £4.00 | 175ml glass £4.65 | 250ml carafe £5.55 | 750ml bottle £15.95

Sauvignon Blanc

Chile, 12.5%

A classic wine, with lime, green apple, passionfruit and white peach overtones

125ml glass £3.90 | 175ml glass £4.55 | 250ml carafe £5.45 | 750ml bottle £15.95

Rosé

White Zinfandel

USA, 10%

Packed with lush pineapple and strawberry, tastes deliciously fruity

125ml glass £4.00 | 175ml glass £4.65 | 250ml carafe £5.45 | 750ml bottle £15.95

Prosecco

Prosecco Da Luca

Italy, 10.5%

Fantastically refreshing and lively, with soft lemon

200ml bottle £5.00 | 750ml bottle £15.95

Prosecco Parini Slim

Italy, 11%

Crisp and refreshing – less sugar and calories

750ml bottle £15.95

Spirits

A selection of premium local spirits

Gin, vodka, rum, whiskey

25ml £3.50 | 50ml £5.00

Mixers £1.50

SEE OUR STAFF FOR MONTHLY SPECIALS