

All Day Breakfast Menu

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/O) **£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 **+\$1**

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/O)(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

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 Menu

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)(Ve)(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) **£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**

Caesar Salad (GF)

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

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

Tomato, cucumber, feta and olives

Roasted Root Veg Salad (Ve)(GF)

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

Quinoa and Bulgur 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 salads

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

Grilled halloumi | pulled chicken | roast beef | smoked salmon | Heck's SuperGreen sausage

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 | veggie

2. Choose your two FREE sides

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)

Dessert Menu

Baked Skinny Joe (V) **£2.50**

Served warm or cold, with your choice of jam | butter | cream

Sticky Toffee Pudding (GF)(V) **£4.50**

Served with your choice of ice-cream | cream

Chocolate Brownie (GF)(V) **£4.50**

Served with your choice ice-cream | cream

Sweet protein pancakes (V) **£4.50**

Served with a pot of honey

Plus our selection of delicious baked goods in our cake fridge.

All Day Vegan Menu

Vegan Full NJ's (Ve)(GF/O) **£9.95**

Heck SuperGreen sausage, grilled tomato, potato rösti, avocado, baked beans, mushrooms and sourdough toast. Comes with your choice of Americano | Yorkshire tea | OJ

NJ's Vegan Energizer (Ve)(GF/O) **£7.95**

Sourdough toast topped with guacamole, spinach, fresh tomatoes and mushrooms. Drizzled with olive oil and topped with spring onion

Vegan Protein Pancakes (Ve) **£6.50**

Made with oat milk and topped with your choice of: blueberries and maple | peanut butter and banana

Vegan Stack (Ve)(GF/O) **£7.50**

Sourdough toast piled high with hummus, coz lettuce, vine tomato, avocado and roasted red peppers. Served with a side of our homemade vegan slaw.

Power Pita (Ve) **£8.95**

Stuffed with roasted seasonal root veg, onion and Heck the Beet Goes On sausage. Served with a red pepper hummus.

Plus soup, wraps, salads, risotto and bean chilli on our All Day Lunch Menu.

Children's Menu

All meals are **£5.95** and served with a blackcurrant or orange squash

Sausage, beans and chips

Turkey sausages and baked beans, with your choice of hand-cut chips | sweet potato fries

Joe's Risotto (Ve/O)

Roast vegetable and tomato risotto topped with feta

or

Pulled chicken, spinach and feta (Chicken may contain small bones)

Fish and chips (GF)

GF battered haddock with your choice of hand-cut chips | sweet potato fries

Pancake

One of our sweet pancakes served with a pot of honey

Sunday Roast

One Course £10.95

Two Course £13.00

Three Course £14.50

Starters

Soup of the day, served with bread (Ve)(GF/O)

Smoked salmon with cucumber salad (GF/O)

Homemade black pudding with poached egg and hollandaise sauce

Mains

Chicken (GF/O)

Pork loin (GF/O)

Beef sirloin (GF/O)

NJ's Nut Roast (V)

All served with roast potatoes, NJ's greens, homemade Yorkshire pudding and gravy.

Gluten-free Yorkshire puddings available upon request.

Dessert

Sticky toffee pudding with ice-cream or cream

Brownie with ice-cream or cream

Drinks Menu

Hot Drinks

Coffee

Espresso **£1.80**

Long Black **£2.20**

Flat White **£2.50**

Americano **£2.50**

Latte **£2.95**

Cappuccino **£2.95**

Hot Chocolate **£2.90**

add cream and marshmallows **+40p**

Speciality Drinks

Dark Hot Chocolate **£3.30**

Mocha **£3.30**

Organic Chai Latte **£3.30**

Organic Turmeric Latte **£3.30**

Pumpkin Spiced Latte **£3.30**

Add syrup to any drink for **+40p**

Teas

Yorkshire tea **£1.80**

Breakfast Tea **£2.00**

Earl Grey **£2.10**

Moroccan Mint **£2.10**

Fruit Punch **£2.10**

Lemon and Ginger **£2.10**

Green Tea **£2.10**

Milk options: cow, soy - **on us!** | coconut, almond, oat **+40p**

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

Health Shakes

Vegan Protein Shake **£3.95**

Chocolate | Vanilla | Strawberry

Your choice of milk: cow | soy | almond +40p |

coconut +40p | oat +40p

Natural Protein Shake **£4.45**

Apple, banana, blueberries, vanilla vegan protein

Chocolate, Fruit and Nut **£4.45**

Almond milk, hazelnuts, 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 syrup

Extra scoop of protein **£1.50**