

Breakfast

order online

- GF gluten free
- VG vegetarian
- V vegan
- V* vegan available
- DF dairy free



Toasted Muesli 9.90

house made granola with honey, yoghurt + fresh fruit

Superfood Chia Pot 9.90 DF VG

house made almond milk chia pudding with coconut, almonds, cranberries, sunflower + pumpkin seeds

Chocolate & Hazlenut Chia Pot 9.90 VG GF DF

house made almond milk chia pudding with cacao, coconut, millet + hazelnuts

Bircher Muesli 9.90

house made bircher muesli with yoghurt + fresh fruit

Smashed Avocado on Sourdough 10.00

with lemon oil & kashmiri chilli

- + bacon + 1.50
- + danish feta + 2.00
- + poached egg + 3.00

Poached Egg + Avocado on Sourdough 14.00

with dukkah, sumac, goats cheese, raw seeds, turmeric oil + mint

Bacon & Pesto Breakfast Bowl 13.00

poached egg, bacon, avocado, broccoli, cherry tomatoes, quinoa, shredded kale + basil pesto

Breakfast Brioche 9.90

fried egg, bacon, avocado, caramelised onion + cheese

Sauteed Mushrooms on Sour Dough Toast 9.90 VG

with fried tomatoes, baby spinach & parmesan cheese

- + bacon + 0.50

Catering



We provide catering for private, corporate and public events. Our team are happy to create grazing platters, breakfast, lunch or dinner menus, morning or afternoon tea selections, finger food platters or coffee, soup or iced tea stations to suit your needs.

We started Jack Greens because we understand how hard it is to prepare and organise wholesome, healthy food on the run. We know your schedule is insane, your meetings are last minute and you don't have time for the details. We're here to help. Let us know what you need, and we'll do the rest.

Our menu has plenty of vegetarian, gluten-free, dairy-free and vegan options plus lots of options for other dietary restrictions or allergies.

For more information, contact: catering@jackgreens.com.au

Raw Snacks



- GF gluten free
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sweet potato chocolate brownie GF

gogi + coconut banana bread GF DF

chia + cranberry biscuit GF DF

protein balls GF DF VG

Order online — jackgreens.com.au

#FeelGoodFood

36 Weymouth Street
& 1/32 James Place



Jack greens



Spring

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- V* Vegan available
- DF Dairy free

Salami + Pickled Veg Bowl 14.90

salami, chopped cos lettuce, red cabbage, pickled cauliflower, pickled celery, pickled carrot, danish feta & sour dough croutons + sun dried tomato dressing

Salmon + Spring Greens 16.90 GF

roasted salmon, baby spinach, brown rice, asparagus, spicy broccoli, peas, mint, cherry tomatoes & goats cheese + basil pesto dressing

Thai Superfood Slaw 14.80 GF

roasted chicken, red cabbage, papaya, bean sprouts, radish, raw carrot, red & green capsicum, coriander & peanuts + chilli soy dressing

Sushi Rice Bowl 9.90 GF

brown sushi rice, edamame, nori, raw carrot, cucumber, avocado, radish & seaweed salad

- + teriyaki chicken + 4.70
- + roasted salmon (with kewpie japanese mayonnaise) + 6.50

Madras Chicken Curry small 11.90 large 14.90 DF GF

served with brown rice + garnished with coriander (optional)

Chorizo + White Bean Soup 9.90 DF

served with fresh or toasted sourdough bread garnished with basil + croutons (optional)

Food tastes best when it's in season, so we're dedicated to sourcing the freshest, locally grown and most delicious foods available. Enjoy.

Greens

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Boston Cobb 14.90 GF DF

roasted chicken, shredded kale, chopped cos lettuce, raw sweet corn, cherry tomatoes, avocado, capsicum, bacon & boiled egg + honey mustard dressing

- + sourdough croutons (contains gluten) + 0.50

Maple Dynamite 14.20 GF V*

roasted pumpkin, brown rice, shredded kale, danish feta, adzuki beans, avocado, shredded brussels sprouts, pumpkin & sunflower seeds + maple chipotle dressing

- + falafel + 3.00

Kale Caesar 14.40

roasted chicken, shredded kale, chopped cos lettuce, cherry tomatoes, red onion, parmesan crisps, sourdough croutons, bacon & boiled egg + house made mayonnaise & yoghurt dressing

- + avocado + 2.20

Falafel Mezze 13.90 V V*

falafel, baby spinach, mesclun leaves, cherry tomatoes, roasted capsicum, cucumber, red onion, chickpeas & pita chips + sumac, mint, tahini & yoghurt dressing

- + danish feta + 2.00
- + roasted sweet potato + 1.00
- + avocado + 2.20

Mexican Caesar 13.00 GF

roasted chicken, cos lettuce, parmesan cheese, cherry tomatoes, corn chips, roasted corn, jalapeño, onion & lime salsa + chipotle mayonnaise dressing

- + guacamole + 3.50
- + avocado + 2.20
- + spicy black beans + 1.00

Hola Mexico 15.50 GF

roasted chicken, mesclun leaves, chopped cos lettuce, raw sweet corn, avocado, cherry tomatoes, cucumber, spicy black beans, cheddar cheese & corn chips + honey, jalapeño & lime dressing

- + jalapeños + 1.00
- + capsicum + 0.50

Grains

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Burrito Bowl 14.90

marinated pulled pork, brown rice, chopped cos lettuce, cherry tomatoes, raw sweet corn, cheddar cheese, spicy black beans, red onion & fried tortillas + honey, jalapeño + lime dressing

- + avocado + 2.20
- + jalapeños + 1.00

Kimchi Chicken 15.50 GF DF

roasted chicken, kimchi, brown rice, rocket leaves, avocado, cashews, carrot, spicy broccoli & raw seeds + chilli vinegar dressing

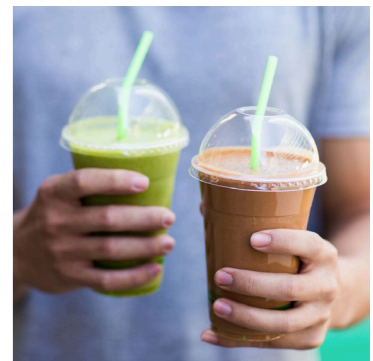
- + boiled egg + 1.00

Weymouth Superbowl 15.90 GF

roasted chicken, quinoa, shredded kale, roasted sweet potato, apple, goats cheese & roasted almonds + balsamic & honey dressing

- + avocado + 2.20

Smoothies



Clean Green 8.90

coconut water, apple juice, baby spinach, grapes, pineapple, cucumber + ginger

Cacao + Peanut 8.90

coconut milk, cacao, dates, natural peanut butter + banana