



Breakfast Served 'til 12pm

**Sprigs English** £6.75  
2 bacon, 2 sausage, 2 eggs, Heinz beans, tomato, hash browns, toast & Jersey butter

**Sprigs Vegetarian** £5.75  
2 eggs, Heinz beans, hash browns, roasted vegetables, tomato & mushrooms

**Scrambled eggs** £3.95  
3 free range eggs on a thick slice of toasted homemade bread

**American Pancakes**  
- whipped cream & maple syrup £5.50  
- sausage & bacon, maple syrup £6.10

**A platter of smoked salmon and capers** £4.95  
served with brown bread and butter

**Hot Breakfast Rolls** £2.50  
generously filled Portuguese roll  
Add 50p extra item

**Bacon  
Sausage  
Egg**

**Paninis** £5.50

Generously filled hot griddled baguette

**Bacon, brie & cranberry  
Bacon, cheddar & tomato  
Roasted vegetables & mozzarella**

### Baked Potatoes

Perfectly baked with lashings of Jersey butter and a generous serving of homemade crunchy coleslaw

**Heinz Beans and cheddar cheese** £4.50

**Prawn Cocktail** £5.10

**Coronation chicken** £4.60

**Tuna mayonnaise** £4.60

**Chicken & Sweetcorn** £4.60

### Light Lunches

**Sprigs Café soup of the day** £3.50  
with fresh bread and Jersey butter

**Deep fried potato skins & dips** £4.50  
With garlic mayo and sweet chilli dip

**Ham, eggs & French fries** £6.95

**Nachos** £5.95  
With guacamole, sour cream and melted cheese

**Quiche of the day** £7.25  
with French fries, coleslaw & salad

### Sides

**French Fries** £1.95

**Side Salad** £1.75

**Homemade bread & Jersey butter** £1.75

### Desserts & Cakes

Please take a look at the cake board or ask your waitress. All cakes and desserts are freshly prepared by our chef at Sprigs Café

### Sandwiches

Choose from white, granary or Portuguese roll

**Honey roasted ham** £4.10  
with lavender jelly on the side

**Cheddar cheese & pickle** £3.85

**Jersey crab with chive mayonnaise** £5.10

**Coronation Chicken** £4.10

**Tuna Mayonnaise** £4.10

**Prawn cocktail** £4.60

### Cold Wraps

Served with garnish of French fries, salad and coleslaw

**Sweet chilli chicken** £6.35  
with mayo, red peppers, red onion and sweet chilli

**Roasted Vegetables** £6.95  
with garlic, olive oil, mozzarella & rosemary

**Smoked salmon & cream cheese** £6.95

### Salads

**Seafood Salad** £8.50  
Jersey crab, smoked salmon, prawns avocado, salad & lemon wedges

**Tuna Nicoise** £6.95  
with black olives, spring onion & lemon olive oil

**Caesar Salad** £6.95  
with cos lettuce, bacon, chicken, croutons & parmesan

**Roasted Vegetable Salad** £6.95  
with garlic, olive oil & rosemary

**Ploughman's** £7.25  
with cheddar cheese, pickle, roasted ham, gherkins, pickled onions, coleslaw, beetroot, lavender jelly on the side and bread & butter

**Toasted teacake & Jersey butter** £1.60

**Jersey Cream Tea** £4.50  
scone, Bonne Maman jam, Jersey cream, butter, and tea/coffee

**Afternoon Tea for two** £16.50  
Delicious tiered platter of scones with jam, cream, butter and a selection of mini sandwiches & cakes and tea/coffee

**Afternoon Tea for one** £8.50

### Hot Drinks

**Pot of tea - per person** £1.50  
- breakfast, decaf, Earl Grey  
- green tea, camomile

**Pot of fresh herbal tea** £1.75  
- lavender & honey, mint

**Americano** £1.95

**Cappuccino** £2.20

**Latte** £2.30

**Espresso** £1.60

**Mocha Latte** £2.40

**Hot Chocolate** £2.40

- cream, marshmallows, flake

### Cold Drinks

**Sprigs lavender & strawberry lemonade** £2.10

**Cans** £1.25

**Water** - still or sparkling £1.35

**Apple or Orange juice** £1.75

**Iced tea** - peach or lemon £1.75

**Jersey milk** £1.10

**Iced coffee** £2.20

**Milkshake with ice-cream** £2.40

**Kids juice cartons** 85p

**A selection of wines and beers are available. Please see the wine board or ask your waitress.**