JACK & THE GREENS

FRESH FOOD. GOOD MOOD.

The MENU

01

BREAKFAST

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SPINACH EGG TOAST

A savoury breakfast of eggs and fresh spinach served on gluten-free toast, with cucumber on the side.

HERBED OMELETTE WITH POTATOES

A fluffy egg omelette with spinach and tender potatoes, seasoned with herbs and a drizzle of olive oil.

GARDEN EGG & POTATO FRITTATA

A golden egg frittata with potatoes, spinach, and tomatoes, finished with delicate herbs and seasonings.

BREAKFAST

BLUEBERRY OAT PORRIDGE

Creamy oats prepared with milk and topped with juicy blueberries and crunchy walnuts.

PUMPKIN OAT BOWL

A comforting bowl of oats and pumpkin with milk and walnuts for a naturally sweet, satisfying start.

PINEAPPLE GLUTEN-FREE BREAKFAST PANCAKES

Soft gluten-free pancakes made with rice flour and eggs, served with sweet pineapple.

BREAKFAST

BLUEBERRY GLUTEN-FREE BREAKFAST PANCAKES

Light rice-flour pancakes with blueberries, bringing together a soft texture and a fruity finish.

EGG & TOMATO CORN CAKES

Golden cornmeal cakes combined with eggs and tomatoes for a savoury, flavourful breakfast.

KIWI YOGURT OAT BOWL

Creamy yogurt and oats paired with fresh kiwi and almonds for a refreshing mix of textures.

02

MORNING SNACKS

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KIWI & ALMONDS

Fresh kiwi paired with crunchy almonds for a bright, fruity snack.

ORANGE & ALMONDS

Juicy orange segments served with almonds for a simple balance of citrus freshness and nutty crunch.

PINEAPPLE & WALNUTS

Sweet pineapple paired with walnuts for a tropical fruit-and-nut combination.

MORNING SNACKS

ORANGE & PUMPKIN SEEDS

Fresh orange served with pumpkin seeds for a refreshing snack with a delicate crunch.

GRAPE ALMOND CUP

Juicy grapes paired with almonds for a naturally sweet snack with a nutty finish.

PINEAPPLE & PUMPKIN SEEDS

Fresh pineapple and pumpkin seeds come together in a sweet-and-crunchy snack combination.

03

LUNCH

LUNCH

LEMON CHICKEN RICE

Tender chicken served with rice, zucchini, and carrots, finished with fresh lemon for a bright, savoury flavour.

ROSEMARY CHICKEN POTATOES

Chicken paired with tender potatoes and vegetables, with rosemary and lemon adding an aromatic finish.

HERB TURKEY QUINOA

Lean turkey served with quinoa, spinach, and tomatoes, seasoned with herbs and a hint of lemon.

LUNCH

GREEK OREGANO SALMON WITH QUINOA & SPINACH

Salmon paired with quinoa and spinach, complemented by carrot, lemon, parsley, and fragrant oregano.

HERBED TAHINI SALMON WITH BROWN RICE & TOMATO

Salmon served with brown rice, tomatoes, and carrots, finished with a delicate tahini and lemon dressing.

GREEN HERB SALMON WITH GLUTEN-FREE PASTA & EGGPLANT

Salmon accompanied by gluten-free pasta and eggplant, with carrots, fresh herbs, and lemon bringing the flavours together.

LUNCH

PARSLEY FISH QUINOA

White fish served with quinoa, pumpkin, and spinach, finished with parsley, lemon, and a touch of turmeric.

LEMON SHRIMP RICE

Tender shrimp paired with rice, spinach, and tomatoes, finished with lemon and fresh parsley.

THYME BEEF RICE

Beef served with rice, carrots, and cucumber, with thyme and lemon adding a fresh, aromatic touch.

LUNCH

PAPRIKA BEEF POTATOES

Beef paired with potatoes and vegetables, seasoned with paprika and oregano for a warm, savoury finish.

CUMIN TURKEY RICE

Turkey and rice served with zucchini and bell peppers, complemented by cumin, basil, and lemon.

04 DINNER

DINNER

BAKED DILL FISH POTATOES

Oven-baked white fish served with potatoes, carrots, and spinach, finished with dill and lemon zest

FISH LEMON RICE BOWL

White fish and rice served with fresh cucumber and lettuce, brought together with lemon and coriander.

SALMON SPINACH RICE BOWL

Salmon served with rice, spinach, and carrots, finished with dill and a light seasoning.

DINNER

BEEF & EGGPLANT RICE

Beef and rice combined with eggplant and tomatoes, with fresh mint and seasoning adding depth.

TURKEY CARROT QUINOA

Turkey served with quinoa, carrots, and zucchini, finished with sage and a hint of lemon.

TURKEY LETTUCE RICE BOWL

Turkey and rice served with crisp lettuce and vegetables for a fresh, savoury dinner option.

DINNER

LEMON PEPPER WHOLE EGG RICE BOWL

A warm rice bowl with eggs, spinach, and carrots, seasoned with black pepper and lemon.

CAPER LEMON WHOLE EGG RICE BOWL

Eggs and rice paired with eggplant and carrots, with capers and lemon bringing a tangy, savoury finish.

DINNER

MOROCCAN SAFFRON SHRIMP GLUTEN-FREE CLUB SANDWICH

Shrimp served in gluten-free bread with tomatoes and a light yogurt-based dressing, inspired by aromatic Moroccan flavours.

GREEK OREGANO TURKEY BREAST WITH GLUTEN-FREE PASTA

Turkey breast and gluten-free pasta paired with tomatoes and bell peppers, seasoned with Greek oregano.

05

SNACKS & LIGHT BITES

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STRAWBERRY YOGURT

Creamy yogurt paired with fresh strawberries for a fruity, refreshing snack.

BLUEBERRY YOGURT

Smooth yogurt combined with blueberries for a naturally sweet, lightly tangy treat.

STRAWBERRY CHIA YOGURT

Yogurt with strawberries and chia seeds for a creamy snack with a subtle crunch.

SNACKS & LIGHT BITES

PINEAPPLE YOGURT CUP

Creamy yogurt paired with pineapple for a tropical, refreshing combination.

RICE CRISP & SUNFLOWER CREAM DUO

Crisp rice cakes paired with sunflower seed butter and a hint of cinnamon.

PINEAPPLE RICE CAKES

Crisp rice cakes served with pineapple for a simple combination of crunch and fruity sweetness.

SNACKS & LIGHT BITES

EGG & RICE CAKES

Egg paired with crisp rice cakes for a savoury, straightforward snack.

TURKEY TOMATO CUPS

Turkey and fresh tomatoes combined in a light, savoury snack with a touch of olive oil.

06

DESSERTS & SIGNATURE SWEETS

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DARK CHOCOLATE VELVET MOUSSE

A smooth chocolate mousse made with dark chocolate, yogurt, milk, and vanilla for a rich cocoa flavour and creamy finish.

STRAWBERRY JELLY

A light strawberry jelly made with strawberries and a touch of maple syrup.

BLUEBERRY GELÉE

A delicate blueberry gelée with a smooth texture and a naturally fruity finish.

DESSERTS & SIGNATURE SWEETS

ORANGE SORBET WITH DARK CHOCOLATE SHARDS

Refreshing orange sorbet with bright citrus notes, finished with delicate pieces of dark chocolate.

PINEAPPLE FROZEN YOGURT

A cool, creamy frozen-yogurt treat with sweet pineapple flavour.

STRAWBERRY OAT CRUMBLE

Strawberries paired with oats and a touch of maple syrup for a fruity dessert with a gentle crumble texture.

DESSERTS & SIGNATURE SWEETS

COCONUT KIWI CREAM

A creamy yogurt-based dessert with fresh kiwi and coconut for a refreshing tropical finish.

ORANGE COCOA BITES

A combination of orange and dark chocolate, bringing together bright citrus and rich cocoa flavours.

DESSERTS & SIGNATURE SWEETS

PINEAPPLE CHOCOLATE CRUNCH TRUFFLES

Bite-sized treats combining pineapple, oats, sunflower butter, and dark chocolate.

ORANGE WALNUT CUP

Juicy orange paired with walnuts for a simple, naturally sweet finish to a meal.