

# JACK'S



MEET · DRINK · DINE

## ABOUT JACK'S

We believe food is so much more than fuel. Breaking off to eat - even for a snack or a quick lunch before you're on the move again - is an opportunity to pause, reflect and get some breathing space. So why settle for anything less than fresh and flavour-some just because you're travelling?

At Jack's, we're all about great food served with style in a relaxed setting and we're anything but laid-back about our mission to help you take it easy. Think polished but casual; think high standards with no airs and graces. Put simply, Jack's is airport dining done well - surprisingly well, you might say.

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## SMALL PLATES & SHARERS

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| <p><b>A Spiced Maple Vegetable Soup<sup>V</sup></b> £7.00<br/>Served with toasted, seeded sourdough and butter 204KCAL</p> <p><b>C Selection of Breads<sup>V</sup></b> £5.00<br/>Four warmed mini rolls, served with butter 690 KCAL</p> <p><b>C Salt &amp; Pepper Squid</b> £9.00<br/>Lightly dusted crispy squid, tossed with chilli and spring onion, served with chipotle mayo and lemon 313 KCAL</p> <p><b>C Nachos<sup>V</sup></b> Small £7.00 Sharing £11.50<br/>Beetroot, spinach and tomato tortillas, chipotle cheese sauce, chunky avocado, coriander, lime 510 KCAL/741 KCAL<br/>Add Pulled Beef Chilli £5.00<br/>Add BBQ Pulled Pork £5.00<br/>Add Chargrilled Chicken<sup>H</sup> £4.95</p> <p><b>D Chicken Wings<sup>GF</sup></b> 6 WINGS £8.00 12 WINGS £15.50<br/>6 or 12, house hot sauce, ranch dressing and celery 381 KCAL / 762 KCAL</p> <p><b>C Camembert Boule<sup>V</sup></b> £15.50<br/>Whole toasted sourdough boule stuffed with camembert, onion chutney and rosemary 743 KCAL</p> <p><b>B Malaysian Caulishoots<sup>VE</sup></b> £8.00<br/>Long-stem cauliflower coated in a Malaysian curry paste and roasted until crispy, served with micro salad and mint yoghurt sauce 67 KCAL</p> | <p><b>C BBQ Pulled Pork or Falafel Taco</b> £7.50<br/>Warmed trio of soft tacos topped with BBQ pulled pork or falafel (V), iceberg lettuce, chilli pineapple salsa, micro coriander and spring onion 103 KCAL</p> <p><b>A Ancient Grain Hummus &amp; Chargrilled Pitta<sup>VE</sup></b> £6.00<br/>Quinoa-based hummus topped with crispy chickpeas and parsley, served with chargrilled pitta flatbread 348 KCAL</p> <p><b>A Moroccan Hummus &amp; Chargrilled Pitta<sup>VE</sup></b> £6.00<br/>A blend of chickpea, caramelised onion, sultanas, and apricots topped with crispy chickpeas and parsley, served with chargrilled pitta flatbread 527 KCAL</p> <p><b>D Ham Hock &amp; Pickled Carrot Terrine</b> £8.50<br/>Apple ale and chilli chutney, toasted sourdough and a micro salad 193 KCAL</p> <p><b>A Mixed Olives<sup>VE</sup></b> £4.50<br/>Kalamata and Halkidiki olives, sundried tomatoes, garlic 172 KCAL</p> <p><b>C Crispy Pork Ends<sup>GF</sup></b> £8.50<br/>Pork belly topped with a rich red wine jus, apple sauce and crispy onions, served on a bed of mixed leaves 436KCAL</p> |
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## SIDES

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| <p><b>C Rarebit Mac &amp; Cheese</b> 196 KCAL £5.50</p> <p><b>C Garlic Flatbread<sup>V</sup></b> 491 KCAL £5.00</p> <p><b>C Garlic &amp; Cheese Flatbread<sup>V</sup></b> 566 KCAL £5.50</p> <p><b>B Mashed Potatoes<sup>V GF</sup></b> 197 KCAL £4.50</p> <p><b>C Sweet Potato Mash<sup>VE GF</sup></b> 264 KCAL £4.50</p> | <p><b>B Skin-on Fries<sup>VE GF</sup></b> 406 KCAL £4.50</p> <p><b>B Sweet Potato Fries<sup>VE GF</sup></b> 191 KCAL £5.50</p> <p><b>B Roasted Rainbow Carrots<sup>V</sup></b> 118 KCAL £4.50</p> <p><b>B Mixed Salad<sup>VE GF</sup></b> 93 KCAL £4.50</p> |
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### Invisible chips

Buying a portion of Invisible Chips will directly help support the people working in hospitality, whose livelihoods are disappearing. **0% fat. 100% charity.** All proceeds go to Hospitality Action, who are committed to getting the hospitality industry back on its feet, one portion at a time.  
**Thanks for chipping in.**

2.00

## MAIN EVENT

<p><b>B Battered Cod &amp; Fries<sup>GF</sup></b> £17.50 Crispy cod fillet served with mushy peas, tartare sauce and skin-on fries 589 KCAL</p>	<p><b>C Haddock Risotto<sup>GF</sup></b> £18.00 Smoked haddock and pea risotto, topped with a curry battered runny poached egg 1290 KCAL</p>
<p><b>C Malaysian Curry</b> Richly spiced Malaysian curry blended with lime leaf and galangal aromatics, micro coriander and julienne chilli 421 KCAL</p> <p>Chicken<sup>H</sup> £18.00 Shrimp £18.00 Mushroom<sup>VE</sup> £17.50</p>	<p><b>C Chicken &amp; Prosciutto Schnitzel</b> £18.00 Chicken breast wrapped in prosciutto, coated in a rosemary and thyme breadcrumb, topped with fried egg, grated parmesan, truffle oil, with rustic tomato sauce, skin-on fries and a side salad 1291 KCAL</p>
<p><b>B Fennel Sausage Pappardelle</b> £17.00 Crumbled Cumberland fennel sausage, rustic tomato sauce, pappardelle pasta, micro basil and shaved cheese 566 KCAL</p>	<p><b>B Super Grain Salad<sup>GF</sup></b> £13.50 Mixed leaf, quinoa, brown rice, edamame, red pepper, red onion, orange segments, tenderstem broccoli, vinaigrette dressing 205 KCAL</p>
<p><b>C Trio of Pies<sup>GF</sup></b> £19.00 Mini steak, chicken and curried lentil pies, mashed potatoes, baby rainbow carrots and red wine jus 1026 KCAL</p>	<p><b>C Caesar Salad<sup>GF</sup></b> £11.00 Shredded cos lettuce, croutons, anchovies, grated parmesan, Caesar dressing 438 KCAL</p> <p><b>E Add chargrilled chicken<sup>H</sup></b> 125 KCAL £4.95 <b>D Add chargrilled salmon<sup>GF</sup></b> 437 KCAL £5.25 <b>E Add grilled halloumi<sup>GF</sup></b> 333 KCAL £4.95 <b>B Add vegan chicken fillet<sup>VG</sup></b> 323 KCAL £4.95</p>
<p><b>C Pork Belly<sup>GF</sup></b> £18.50 Oven-roasted pork belly, potato dauphinoise, red wine jus, and roasted rainbow carrots 853 KCAL</p>	<p><b>E Sirloin Steak 8oz<sup>GF</sup></b> £25.00 Served with a roasted tomato, flat mushroom and skin-on fries 852 KCAL Add a sauce £3.00</p>
<p><b>Ramen Noodle Soup</b> Boiled egg, carrots, bean sprouts, mushrooms, bamboo shoots</p> <p><b>C King Prawn</b> 378 KCAL £15.00 <b>C Chicken</b> 377 KCAL £13.50 <b>B Vegetable<sup>V</sup></b> 273 KCAL £10.50</p>	<p><b>B Peppercorn<sup>V GF</sup></b> 222 KCAL <b>B Chimichurri<sup>VE GF</sup></b> 400 KCAL <b>B Béarnaise<sup>V GF</sup></b> 496 KCAL</p>
<p><b>B 10" Margherita Pizza<sup>V</sup></b> £11.00 Tomato sauce, cheese, basil, olive oil 568 KCAL Add toppings £0.99 Ham   Pepperoni   Chicken   Pineapple   Mushrooms Olives   Sweetcorn   Pepper   Red Onion   Jalapeño BBQ Chicken</p>	<p><b>C Blackened Salmon</b> £18.50 Chipotle seasoning, sweet potato mash, spinach and leeks, creamy garlic sauce 641 KCAL</p>

## BURGERS

All our burgers are served with a grilled bun sliced tomato, pickled gherkin, baby gem lettuce and skin-on fries

<p><b>E The Union Jack</b> £18.00 8oz Aberdeen angus patty, crispy bacon, Applewood cheese, English mustard, onion rings 917 KCAL</p>	<p><b>C Buffalo Chicken Burger</b> £17.50 Spicy-coated chicken breast in our house buffalo sauce, maple mustard coleslaw 1051 KCAL</p>
<p><b>E Double Cheeseburger</b> £18.00 Two steak patties, burger sauce, cheddar cheese 1372 KCAL</p>	<p><b>B Beyond Meat Burger<sup>VE</sup></b> £17.50 Beyond Meat burger patty, vegan cheese, mustard mayo, tomato ketchup 1075 KCAL</p>

Prices include VAT. A discretionary 10% service charge will be added to your bill.






V = Vegetarian | VE = Vegan | GF = Gluten Free | H = Halal.

Adults need around 2000KCAL a day.

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## OH, GO ON THEN...

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|  <b>Crème Brûlée Tartelette<sup>V</sup></b><br>Raspberry compote 328 KCAL  | <b>£8.00</b> |  <b>Rhubarb &amp; Ginger Torte<sup>VE</sup></b><br>Rhubarb compote, vegan ice cream 309 KCAL | <b>£8.00</b> |
|  <b>Tarte Tatin<sup>V</sup></b><br>Vanilla bean ice cream 316 KCAL   | <b>£8.50</b> |  <b>Basque Cheesecake<sup>V GF</sup></b><br>Blueberry compote 226 KCAL                       | <b>£8.00</b> |
|  <b>Chocolate Fondant<sup>V GF</sup></b><br>Chocolate sponge pudding with a molten<br>chocolate centre, served with vanilla bean<br>ice cream 411 KCAL | <b>£8.00</b> |   |              |

**Consumption by persons under 18 years of age.** Under the provisions of the licensing act 1964, it is an offence for any person under 18 to consume alcoholic drinks in this bar. It is also an offence for anyone to buy, attempt to buy alcohol for consumption by a person under 18 years age. Maximum penalty £1000.

**The weights & measures act 1988.** Unless supplied pre-packed, gin, vodka, whiskey, rum are offered for a sale on these premises in quantities of 25 millilitres or multiples thereof. Prices may vary from hotel to hotel; all prices include VAT. A discretionary 10% service charge will be added to your bill.

**Wine Measures.** Glasses of wine are also available in 125ml measure, please ask a member of staff. Should a wine become unavailable we will be pleased to offer a suitable alternative.

**Allergen Information.** For those with special dietary requirements or allergies who may wish to know about the ingredients used, please ask a member of staff.

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Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination.

For those with special requirements or allergies who may wish to know about the ingredients used, please ask a member of staff before ordering. Some menu items may contain traces of alcohol. Fish dishes may contain small bones

Gluten free dishes are produced utilising non-gluten containing ingredients.

Products are subject to change and availability.

Prices include VAT. A discretionary 10% service charge will be added to your bill.

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To guide you to better food choices for our planet, we have partnered with Klimato to present the carbon footprint on our menus.



Very low



Low



Medium



High



Very high