



JACS PACS

Perfect balance of taste and energy.

Energy

Power through your day with the Reuben Sandwich and Wake Me Up Smoothie, the perfect combo for the energy you need!

\$24.8



Balance

Stay balanced with the Chicken Mayo Sandwich and Immunity Booster Juice. A feel-good combo that's kind to your body and mind.

\$20.8



Health

Packed with nutrients, the Roasted Veggies Sandwich and Blood Booster Juice will keep your body performing at its best.

\$20.8



Toasted Sandwiches

Hot, crispy sandwiches with a variety of delicious fillings to satisfy every craving.



Ham and Cheese Toasted Sandwich

Swiss cheese, Parmesan, muenster cheese, cheddar cheese, and triple smoked ham on white sourdough.

\$12



Reuben Toasted Sandwich

Pastrami, sauerkraut, Swiss cheese, and JACS Russian dressing on multigrain sourdough.

\$16



Chicken Mayo Toasted Sandwich

Shredded poached chicken, celery, spring onion, dill, cornichons, walnuts, and JACS mayo on white sourdough.

\$16



Roasted Veggie Toasted Sandwich

Spiced pumpkin, olives, sun-dried tomatoes, capsicum, spinach, feta, and pesto on multigrain sourdough.

\$15



Chicken Pesto Sandwich

Shredded chicken, pesto, avocado, Swiss cheese, rocket, and sun-dried tomato on white sourdough.

\$16



Italian Deli Toasted Sandwich

Salami, prosciutto, Parmesan, ricotta spread, buffalo mozzarella, rocket, and pesto on sourdough.

\$16



Breakfast Menu



Egg & Bacon Muffin

Tomato relish, swiss cheese, spinach, bacon

\$8.5

Smashed Avo

Smashed avocado, tomato, pumpkin seeds on sourdough

\$10

Add Feta

\$3.00



Chilli Honey Mortadella Focaccia

Ricotta spread, thinly sliced mortadella, honey, chilli flakes, crushed pistachios, topped with rocket in fluffy focaccia.

\$16



Smoothies



Wholesome, nutrient-packed smoothies for that extra boost.

Wake Me Up Smoothie

Double espresso, banana, cacao powder, almonds, vanilla ice cream, vanilla protein powder, and almond milk.
\$14



Breakfast Smoothie

Mixed berries, oats, spinach, cinnamon, banana, almonds, flaxseed, and vanilla protein powder with almond milk.
\$13



Pulse Peanut butter Smoothie

Peanut butter, cacao nibs, banana, vanilla protein powder, vanilla ice cream, and almond milk.
\$13★



Mango Madness Smoothie

Mango, mango nectar with coconut milk.
\$12



Tropical Smoothie

Mango, banana, passion fruit, and mango nectar with coconut milk.
\$13



Berry Me/Acai Smoothie

Choice of Mixed berries, raspberry puree, and apple juice.
OR
Acai, banana, coconut milk, honey.
\$13



Boosters

Whey Protein	\$2	Chia seeds	\$1	Chlorophyll	\$1
Vegan protein	\$2	Goji Berry	\$1	Peanut butter	\$2
Collogen	\$2	Amino acids	\$1	Acai	\$3
Raw greens	\$1	Immunity boost	\$1		

Viking Smoothie

Banana, pineapple, blueberries, vanilla protein powder, spinach, cinnamon, and maca with coconut water.
\$13



Pre Workout Smoothie

Banana, berries, vanilla protein powder, honey, lemon juice, and cinnamon with almond milk.
\$13



Snickers Shake

Chocolate whey protein, peanut butter, cacao nibs, frozen banana, almond milk, salted caramel sauce, topped with a Snickers bar.
\$15



Kimmy K Slay
Strawberries, raspberry puree, chia seeds, collagen peptides, honey, coconut yogurt, avocado, ice, and almond milk.
\$15



Green Machine
Mango, banana, spinach, spirulina, almonds, maca powder, collagen peptides, honey, passion fruit, and almond milk.
\$15



Superfood smoothies



★ Fresh Cold Press Juices

Fresh, revitalizing cold press juices for a healthy and delicious treat.

Green Juice

Kale, spinach, green apple, celery, and lemon.

\$10.00



Paradise Punch Juice

Pineapple, orange, watermelon, and strawberries.

\$10



Blood Booster Juice

Beetroot, apple, carrot, spinach, lemon, and ginger.

\$10



Immunity Boost Juice

Orange, apple, carrot, ginger, and lemon.

\$10

Brain booster Juice

Blueberries, tomato, pineapple, celery & watermelon

\$10

Hangover Juice

Turmeric, ginger, lemon, apple, strawberries & watermelon

\$10

Make it Yourself!

Choose your own fresh ingredients for a custom juice.

\$10



Açaí & Frozen Yoghurt

Indulge in creamy açai bowls and frozen yoghurt, perfect for a sweet treat or healthy snack.

Açaí

\$3.90 per 100g

Vanilla Yogurt

\$3.90 per 100g



Get creative and make your own super food bowl at our self serve bar. Ask our friendly team for assistance.



Coffee

Small	Medium	Large
\$4.5	\$5.20	\$6

Artisan coffee brewed to perfection to fuel your day.

Latte	Mocha	Babyccino
Cappuccino	Hot Choc	Double
Flat White	Magic	Espresso
Long Black	Piccolo	

Small	Medium	Large
\$5.6	\$6.20	\$6.8

Prana Loose Leaf Chai
Matcha

Extras

Syrups	.50c
Alternative Milk	.80c

Tea

Hot, soothing teas to unwind and relax.

English Breakfast	Jasmine Green
Earl Grey	Lemongrass and Ginger
Peppermint	

Chilled

Small	Large
\$5	\$7

Iced Latte	Iced coffee
Iced Long Black	Frappe

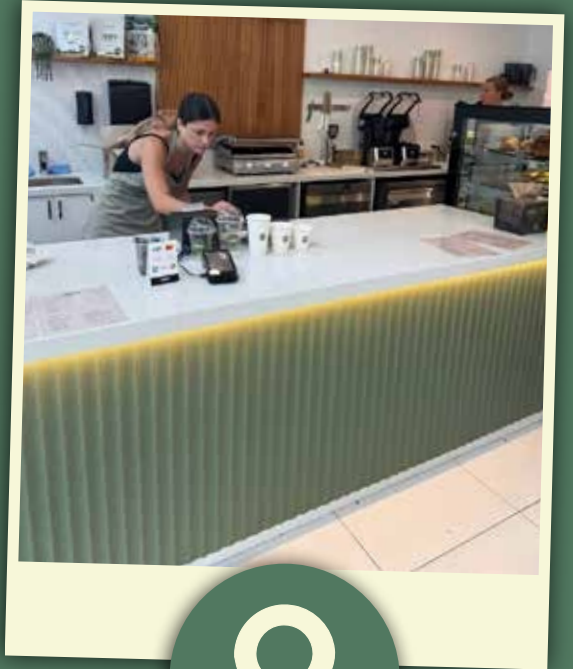
Small	Large
\$7	\$8

Iced Matcha/Chai



JACS

Ready to treat yourself?



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