



**OPENING HOURS**  
6.00AM - 5.30PM / MON - FRI

☎ 07 38523205    ✉ eat@jamjarcafe.com.au  
📍 /jamjarcafe    🌐 jamjarcafe.com.au    📱 @jamjarcafe

# BREAKFAST TIME

6AM - 11AM

## KITCHEN TEMPTATIONS

### #1 GREEN SMOOTHIE BOWL (V) - \$12.0

Banana, kiwi, spinach, almond & chia seed smoothie on almond milk topped with slivered coconut threads, kiwifruit and blueberries

### #2 EGGS YOUR WAY (V) - \$7.5

With thick toast & a garnish of balsamic tomato and roast mushroom

### #3 BACON & EGG BAGEL - \$12.5

With cheese, tomato, avocado and rocket with a sriracha sauce

### #4 BACON & EGGS YOUR WAY - \$9.5

With thick toast and a garnish of balsamic tomato and roast mushroom

V - vegetarian  
VO - vegetarian optional  
GFO - gluten free optional

### #5 CROISSANT FRENCH TOAST (V) - \$12.5

With nutella, cream and strawberries

### #6 OMELETTE (VO) - \$12.9

Choose your favourite three fillings - served with thick cut toast

\* Additional fillings \$2.0 each

### #7 EGGS BENEDICT (VO) - \$15.9

With mushroom, ham, salmon or bacon

### #8 EGG & BACON QUESADILLA - \$12.9

With avocado and cheese

### #9 BIG BREKKIE BURGER - \$14.9

Bacon, egg, seared steak, cheese, hash brown and tomato sauce

## FROM THE SANDWICH BAR

### THIN TOAST (V) (GFO)

Multigrain, wholemeal or white

With your choice of vegemite, peanut butter, strawberry jam or marmalade.

- 1 slice                                    \$1.6  
- 2 slices                                    \$3.2

### RAISIN TOAST/ THICK WHITE/ CINNAMON (V)

- 1 slice                                    \$2.2  
- 2 slice                                    \$4.4

### BIG CROISSANT

Baked fresh daily & served with:

- Plain                                    \$3.2  
- jam and butter                    \$4.8  
- ham and cheese                    \$7.0

### FRESH FRUIT SALAD (V)            \$6.0

With yoghurt                            \$7.0

### BIRCHER MUESLI CUPS            \$5.5

### BANANA BREAD                    \$4.5

Toasted with butter and cinnamon sugar

### BACON & EGG SANDWICH (GFO)

On multigrain, wholemeal or white bread or upgrade to one of our speciality bread & rolls with your choice of sauce if desired:

- Thin multi, wholemeal or white    \$6.5  
- Thick cut bread or speciality roll    \$7.5

### BREAKFAST WRAP                    \$9.5

2 eggs, bacon, tasty cheese with mushroom and tomato sauce toasted to perfection

## ADD ONS

Extra egg / hollandaise sauce            \$2.0 each

Grilled bacon / smoked salmon / ham / chippolata sausages            \$4.0 each

Hash brown / wilted spinach            \$2.5 each

Roasted mushrooms / house spiced beans            \$3.5 each