

# BREAKFAST MENU

SERVED UNTIL 12PM

<b>Granola (V)</b> natural yoghurt topped with granola, blueberries and strawberries	<b>£5.00</b>
<b>Porridge (V)</b> topped with blueberries, strawberries and honey	<b>£5.00</b>
<b>Eggs Benedict</b> English muffin, ham, poached eggs and hollandaise sauce	<b>£8.00</b>
<b>Eggs Royale</b> English muffin, poached eggs, smoked salmon with hollandaise sauce and lemon	<b>£9.00</b>
<b>Jazz Café Scrambled Eggs</b> served with two rashers of smoked bacon, brown or gluten free toast	<b>£8.00</b>
<b>Big Boy Breakfast</b> two fried eggs, Cumberland sausage, baked beans, tomato, mushrooms, smoked bacon, hash browns and brown toast	<b>£10.50</b>
<b>Vegetarian Breakfast (V)</b> two fried eggs, hash browns, tomato, two vegetarian sausages, mushrooms, baked beans and brown toast	<b>£10.00</b>
<b>Smashed Avocado on Toast (V) (GFA)</b> seasoned with salt and pepper and a dash of lime on white, brown or GF bread	<b>£6.00</b>
<b>Bacon Sandwich*</b> with smoked bacon on white, brown or gluten free bread	<b>£6.00</b>
<b>Sausage Sandwich*</b> with our locally sourced Cumberland sausage on white or brown bread	<b>£6.00</b>
<b>Chip Butty*</b> on white, brown or gluten free bread	<b>£4.50</b>
*Add an extra: <b>Egg £1.00 Sausage £1.50</b>	
<b>Bagel</b> smoked salmon and chive cream cheese bagel topped with a poached egg	<b>£9.00</b>
<b>Toasted Teacake, Croissant or Pain au Chocolat</b>	<b>£3.00</b>
<b>Toast with Jam or Marmalade</b> toasted white, brown or gluten free bread	<b>£2.50</b>

**(V) = Vegetarian**

**(GF) = Gluten Free (GFA) Gluten Free Option Available**

Please note on busy days changes to the menu are at the Chef's discretion

Designed & Printed by Minuteman Press, Poole • 01202 734200

EST. 1984

**Jazz**  
Cafe.  
SANDBANKS

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## The Friday Night Series

The Jazz Cafe presents the finest jazz in the South, spotlighting the stars of the UK jazz scene, established masters and burgeoning young talent in a relaxed, informal setting with friendly, attentive service, fine food and wine.

More Information: 01202 708 346 | [info@jazzcafesandbanks.co.uk](mailto:info@jazzcafesandbanks.co.uk)  
[www.jazzcafesandbanks.co.uk](http://www.jazzcafesandbanks.co.uk) | 28 Shore Road, Poole, Dorset BH13 7PJ

## FOOD MENU

Breakfast Served until 12pm | Main Menu Served from 12pm

Please order at the bar and have your table number ready

# MAIN MENU

SERVED FROM 12PM

## APPETISERS

**Jazz Café Soup (GFA) £5.00**  
our freshly prepared homemade soup with warm crusty bread (see our Specials Board for details)

**Olives (V) £6.00**  
with freshly baked bread

**Baked Camembert (V) (GFA) £7.50**  
garlic baked camembert topped with honey and cracked black pepper, served with warm crusty bread

**Whitebait £8.00**  
deep fried whitebait, house tartare sauce with seasonal leaves and brown bread

**Nachos (V) (GF) £7.50**  
corn chips with mature cheddar cheese, salsa, jalapenos and sour cream  
with chargrilled chicken **£10.50**

## SALADS

**Caesar Salad (GFA) £12.00**  
Caesar dressing, cos lettuce, croutons and parmesan, topped with chargrilled chicken and bacon

**Greek Style Salad (V) £11.00**  
Feta, cherry tomatoes, cucumber, olives, mixed leaves and croutons

## LIGHTER CHOICES

**Sirloin Steak Ciabatta £10.00**  
4oz sirloin steak, mushrooms and red onion marmalade

**Roast Vegetable Ciabatta (V) £8.50**  
roasted Mediterranean vegetables, melted mozzarella and pesto

**Chicken & Chorizo Ciabatta (GFA) £9.50**  
chargrilled chicken, chorizo and mozzarella

**BLAT Ciabatta (GFA) £8.50**  
chargrilled smoked bacon, avocado, sliced tomatoes and crisp cos lettuce

**Club Wrap £9.00**  
chargrilled chicken, bacon, egg mayo and cos lettuce

**Pulled Pork Wrap £9.00**  
six-hour cooked shoulder of pork pulled apart and served in a wrap with homemade coleslaw

**Falafel and Halloumi Wrap (V) £9.00**  
served with humous

**Ham and Cheese Sandwich (GFA) £8.00**  
served on white or brown bread with chips and mixed leaves

**Tuna Mayo Sandwich (GFA) £8.00**  
topped with mozzarella and served on white or brown bread with chips and mixed leaves

## JAZZ CAFÉ SPECIALS

**10oz Sirloin Steak £18.50**  
aged for 28 days, served with house salad, roasted mushrooms and chunky chips

**Add a Peppercorn Sauce £2.50**

**Thai Chicken Curry £15.00**  
chicken, baby corn and mangetout in coconut milk infused with Thai spices, served with long grain and wild rice

**Chicken Wings** choose from:  
sticky barbeque, hot & spicy or salt & pepper  
7 Wings **£8.00** 14 Wings **£12.00** 21 Wings **£16.00**

**Vegan Curry (GF) £15.00**  
sweet potato & butternut squash curry served with long grain rice

**Vegetarian Lasagne (V) £12.00**  
aubergine, courgettes and sweet potato, served with warm crusty bread

(V) = Vegetarian (GF) = Gluten Free (GFA) Gluten Free Option Available

Please enquire about our daily specials and desserts

Please note on busy days changes to the menu are at the Chef's discretion

## SEAFOOD

**Haddock and Chips £13.00**  
with our homemade crisp batter, house tartare sauce, minted mushy peas and chunky chips

**Moules Marinière (GF) £15.00**  
steamed mussels with onion, garlic, white wine, herbs and cream served with chips

**Moules Thai £15.00**  
coconut milk, Thai spices, fresh herbs and chips

**please see our specials board  
for fish of the day**

## SIZZLING FAJITAS

Our cooked to order sizzling skillet fajitas are served with sour cream, salsa, cheese and three tortillas

**Spiced Medley Vegetables (V)**  
for one **£11.00** for two **£16.00**

**Cajun Spiced Chicken**  
for one **£13.00** for two **£20.00**

**Paprika and Chilli Spiced Beef**  
for one **£15.00** for two **£23.00**

## BURGERS\*

**Jazz Café 8oz Classic Steak Burger £11.00**  
handmade with 100% steak, with burger sauce, tomato, lettuce and served with chips and salad

**Jazz Café Gourmet Burger £13.50**  
topped with bacon and cheese, burger sauce, tomato, lettuce and served with chips and salad

**Cajun Chicken Burger £11.50**  
Cajun spiced chicken burger topped with cheese, burger sauce, tomato, lettuce and served with chips and salad

**Veg and Quinoa Burger (GFA) £11.50**  
Vegetarian and quinoa burger topped with halloumi, served with chips and salad

\*ALL BURGERS are available as a 'Double Decker' for an additional **£2.50**

## CHILDREN'S MENU

**Homemade 4oz 100% Beef Burger £7.95**

**Breaded Chicken Burger £7.95**

**Breaded Chicken Goujons £7.95**

**Fish Fingers £7.95**

All children's meals are served with a choice of fries and either salad or baked beans and include a drink of either: Lemonade, Orange Juice, Ribena, Apple Juice or Blackcurrant Squash

## SIDE ORDERS

**Onion Rings £3.50**

**Baked Beans £1.50**

**Chips £3.50**

**Cheesy Chips £4.50**

**Sweet Potato Fries £3.50**

**Side of Rice £2.50**

**Side of Rice and Peas £3.00**

**Mixed Salad £3.00**

**Garlic Ciabatta £3.50**

**Olives £2.50**

**Served every Sunday...**

**Locally Sourced Roast  
Sirloin of Beef £14.95**

served with duck fat roast potatoes, seasonal vegetables, carrots, homemade thyme infused Yorkshire pudding and red wine gravy

**...with live jazz from  
The Andy Urquhart Quartet**