

Early Starters *(served all day)*

Full English Breakfast (2 Eggs, 2 Bacon, 2 Sausages, Beans, Tomato, 1 Toast, Tea or Coffee)	£4.95
Bacon or Sausage Bap	£3.10
Eggs (scrambled or fried) on 2 Toast	£2.95
Beans or Spaghetti on 2 Toast (V)	£2.95
Add Hash Browns or Mushrooms	80p

Sandwiches *(adult)*

Cheese (V) or egg mayonnaise	£2.70
Ham	£2.90
Tuna or Bacon or Sausage	£3.10
Prawn	£3.75

For toasted sandwiches, add 80p

Freshly made on white or brown bread, accompanied by a salad garnish & home made coleslaw.

Burgers & Hot Dogs

1/4lb 100% Beef burger	£5.10
Chicken burger	£5.10
Vegetarian burger (V)	£5.10
Hot Dog	£5.10

Extra bacon, cheese or egg, add 80p

Served with salad garnish, French fries and home made coleslaw.

Salads

Ploughman: Cheese (V) or Ham	£4.95
Ham Salad	£4.95
Cheese Salad (V)	£3.95
Prawn salad	£5.95

Jacket Potatoes

Cheese (V) or beans (V) or coleslaw (V)	£3.10
Bacon & cheese	£3.95
Tuna mayonnaise	£3.95
Prawn marie rose	£4.95

Extra toppings add 80p

Served with a salad garnish

Stone Baked Pizzas

	7"	10"	14"
Margherita (V)	£5.20	£6.20	£7.50
Meat fest	£5.95	£7.20	£8.95
Hawaiian	£5.45	£6.45	£8.20

Extra Toppings (each) 80p £1.00 £1.20

Choose from:

Ham, pineapple, sweet corn, onion, sausage, prawn, olives, peppers, pepperoni, mushroom, tuna, tomato, brie, egg.

Freshly made to order

Main Meals

Battered cod, chips & peas	£5.20
Scampi, chips & peas	£5.95
Sausages (2), chips & peas	£4.75
Homemade quiche, salad or chips (V)	£5.20
Homemade macaroni cheese soufflé, salad or chips (V)	£5.10
Ham, egg, chips & peas	£4.95
Vegetarian Nuggets (6) with chips (V)	£4.95

Served with salad garnish

Savoury Waffles

Homemade waffles, served with:

Bacon & cheese sauce	£3.10
Mushroom & cheese sauce (V)	£3.10
Scrambled egg & bacon	£3.80

Extras

	Med	Lge
Plate of chips (V)	£1.50	£2.00
Plate of cheesy chips (V)	£2.20	£2.60

**Check the boards for
Deb's Daily Delights!**

Kids meals

Hot dog in a finger roll	£4.10
Chicken nuggets (4)	£4.10
Vegetarian Nuggets (4) (V)	£4.10
Sausage or Vegetarian Sausage (V)	£4.10
2oz burger in a bun	£4.10
Jumbo cod fish finger	£4.10
Cheese pizza triangle (V)	£4.10
Macaroni Cheese	£4.10
Quiche slice	£4.10

All kids meals are served with beans or spaghetti hoops, chips, and a glass of fruit squash

Kids Sandwiches

Jam (V), Cheese spread (V), Chocolate Spread (V) Marmite (V) or Egg Mayo	£2.20
Eggy bread	£2.20
Cinnamon Toast	£2.20

Kids Desserts

Jelly & Ice cream (V)	£1.80
2 Scoop of ice cream & wafer (V) (Vanilla, strawberry or chocolate)	£1.20
Banana Split	£2.50
Peach melba	£2.50
Meringue Glace	£1.90



JR Zone, 55 Manners View, Newport, Isle of Wight, PO30 5FA
Tel: 01983 559272 admin@jrzone.co.uk
JR Zone is a trading style of Vectis Trading Ltd
Registered in England. Co no: 07389226

Home Baked Cakes

Try a slice of our delicious **home baked** cakes!
(Daily selections vary, so check what is freshly made in the cabinet) from:

Coffee & walnut (V), Lemon sponge (V)
Victoria sponge (V), Coconut (V)
Plus "Deb's specials" £2.30

Home Baked Muffins

Daily selections from:

Chocolate (V), Apple (V), Banana (V) £1.50

Home Baked sundries

Check the cabinet for today's selection from
Bread Pudding, Fairy Cakes, Flapjack, Biscuits
and other goodies! Prices as marked

Sweet Waffles

Homemade waffles, served with:

Ice cream or cream (V), Chocolate sauce (V) or
Maple syrup (V) £2.50

Allergy advice and special dietary needs

If you or your child have special dietary needs or suffer from allergies, please discuss your requirements with our chef.

Items on the menu marked with (V) are suitable for vegetarians.

Food items may contain traces of nuts

If you want something that is not on the menu PLEASE ASK!

We will do our best to meet your requirements.

Chilled cans

A selection of regular and diet soft drinks £1.00
Coke, Diet Coke, Lilt, Tango

Thick Milk Shakes



Freshly made

Large £1.80
Medium £1.20

Chocolate, Strawberry, Banana, Vanilla

Whipped cream topping or sprinkles, add 50p

Fruit Drinks

Ribena Orange / Apple drink cartons £1.00
Robinsons Fruit shoots £1.00
100% orange juice cartons £1.00
Orange / Blackcurrant squash Jug £1.90
Half Jug £1.00

Water

Bottled water Sparkling £1.00
Still £1.00

Only food & drink purchased on the premises may be consumed on the premises.

Coffee



A fine selection of freshly ground coffees, from the leading specialist Coffee supplier on the Island

Espresso — small and intense
Single £1.35
Double £1.95

Americano— espresso with a shot of hot water and milk
Mug £1.95

Latte— espresso with hot milk and a distinctive foam
Mug £2.10

Capuccino— espresso with foamed milk cap
Mug £1.95

Decaffeinated—an individual cafetière of decaffeinated fresh ground coffee £2.00

Tea



Carisbrooke blend fine Kenyan tea
Mug £1.30
pot for one £1.95
pot for two £2.25

Earl Grey or fruit or herbal teas
pot for one £2.15

Hot Chocolate

Mug of super rich hot chocolate £1.90
Topped with whipped cream or marshmallows Add 80p