

Appetizers

Cod Au Gratin \$ 7.49

Newfoundland cod baked in a creamy cheddar sauce.

Jacks Nachos \$ 9.99

Smothered with peppers, black olives, red onion, tomato & cheese. Add Chicken \$ 2

Jack's Breaded Wings ½ lb \$ 6.99 / 1 lb \$ 13.99

Breaded chicken wings served with hot, medium or mild sauce.

Calamari \$ 7.99

Served with a spicy raspberry coulis.

Soup

Home Style Traditional Soup \$ 4.39

Prepared fresh daily.

Seafood Chowder \$ 7.29

A rich and hearty blend of fresh seafood.

French Onion Soup \$ 7.29

Topped with broiled mozzarella cheese.

Texas Chili \$ 7.29

Thick and chunky with garlic toast.

Salad

The "Capital" House Salad \$ 8.99

Feta, grapes, bacon, red onion, & tomato served on a bed of spinach with a honey Dijon vinaigrette.

Caesar \$ 7.99

Tangy roast garlic sauce and freshly grated Parmesan cheese.

The Chef \$ 8.99

Turkey, ham, beef, egg & cheddar on St. John's greens.

Tossed \$ 6.99

Fresh garden vegetables on a bed of leafy greens.

Warm Scallop & Spinach \$ 11.99

Scallop & bacon sautéed with veggies, finished with pure maple syrup, served over baby spinach.

Sirloin Salad \$ 12.99

Charbroiled sirloin steak served on a spinach house salad with a balsamic glaze. AAA Canadian Angus Beef

Sandwiches

Club \$ 9.99

Classic turkey club with lettuce, tomato, bacon & mayo.

Jack's Wrap \$ 9.99

Grilled chicken, peppers, red onion, tomato & BBQ sauce rolled in a sun dried tomato tortilla.

Ruben \$ 10.99

Pastrami, sauerkraut & Swiss on dark rye.

Grilled Steak Wrap \$ 9.99

Marinated Strips of beef, and assorted grilled veggies tossed in a Szechwan glaze. AAA Canadian Angus Beef

Deli Sandwich \$ 8.99

Turkey, black forest ham, or roast beef with lettuce and tomato on your choice of bread.

All sandwiches served with soup or fries; substitute a side salad for an extra \$ 2

Hot Sandwiches

Hot Turkey or Hot Beef \$ 9.99

Served with choice of potato & vegetable of the day.

The Grill

The Burger That Jack Built \$ 11.99

10oz burger with crisp lettuce & tomato

Compliment your burger with cheese, mushrooms, bacon, & sautéed onions. AAA Canadian Angus Beef

.50 each or 1.50 works

Served with fries, substitute a side salad for an extra \$ 2

Pasta Corner

Basil & Parmesan Linguini \$ 9.99

Fresh vegetables & linguini sautéed with basil pesto, finished with Parmesan.

Add Shrimp, Scallops or Chicken \$ 4

Pad Thai \$ 13.99

Shrimp & scallops sautéed with stir fried vegetables, cashews & noodles in a Thai sauce.

Sun Dried Chicken Penne \$ 13.99

Chicken & vegetables sautéed, tossed with Penne in a sun dried tomato cream pesto.

Lasagna \$ 13.99

Served with garlic toast & your choice of tossed or Caesar salad.

Entrées

Baby Back Ribs \$ 14.99

½ rack of ribs smothered with a Jack Daniels glaze.

Stir-Fry \$ 14.99

Chicken, Beef or Shrimp sautéed with veggies & your choice of sauce.

Szechwan, Honey Garlic, Curry Pineapple, Sweet & Sour, Thai or Orange Ginger.

Baby Beef Liver \$ 13.99

Sautéed onions & maple bacon.

Pan Fried Cod \$ 16.99

A Newfoundland Favorite. Try it with pork scrunchions.

Fish & Chips \$ 13.99

Newfoundland cod in a crispy batter.

Dessert

Ask your server about today's selection

Side Orders

Sautéed Onions \$ 2.99 Dressing \$.99 Gravy \$.99

Fries, Dressing & Gravy \$ 4.99 Onion Rings \$ 3.99

Fresh Mushrooms \$ 3.99 Fries \$ 1.99 sm / \$ 2.99 lg

Garlic Bread \$ 1.99 (Add cheese & bacon 1.00)

Beverages

Coffee \$ 1.99 Tea \$ 1.99 Specialty Tea \$ 1.99

Milk \$ 1.99 sm / \$ 2.99 lg Juice \$ 1.99 sm / \$ 2.99 lg Ice Tea \$ 1.99

Soft Drink \$ 1.29 sm / \$ 1.99 lg