

BREAKFAST

Served all day

Toasted Teacake & Butter v	3.00
Hot Buttered Toast (GF bread available) v, vGA	+3.00
Classic Cheese on Toast 1 slice / 2 slices v <i>Grated Manx Cheddar on thick Granary toast served with Worcester sauce and tabasco</i>	6.60 / 8.95
Add tomato	+1.25
Add smoked back bacon or home-baked honey roast ham	+2.95
Toasted Crumpet & Butter v Served with grated Manx cheddar	3.00 3.95
Butchers Breakfast Local pork sausage, bacon, black pudding, mushroom, baked beans, Noa Bakehouse white or multigrain toast, eggs your way.	13.95
Eggs Benedict <small>GFA</small> 2 soft poached eggs, bacon, toasted Noa Bakehouse foccacia, garlic infused hollandaise.	10.95
Eggs Royal <small>GFA</small> 2 soft poached eggs, toasted Noa Bakehouse focaccia, smoked salmon, garlic infused hollandaise	11.95
Local Pork Sausage Bap 2 local pork sausages, Ross bakery roll Add fried egg	6.00 +1.50
Bacon Bap <small>GFA</small> 3 rashers of bacon, Ross bakery roll Add fried egg	6.00 +1.50
Smashed avocado on toasted focaccia v, GFA With two soft poached eggs, sun-dried tomatoes and a spiced tomato chutney.	10.95
French Toast Crispy bacon and maple syrup.	9.95
Trio of American style pancakes - With bacon and maple syrup - With mixed berry conserve and whipped cream v	9.95
Eggs your way <small>GFA</small> Fried, scrambled or poached eggs on a choice Noa Bakehouse white bread, multigrain bread or focaccia	7.00
Sides	
Bacon	2.25
Sausage	2.25
Halloumi	2.95
Sun-dried tomatoes	2.25
Avocado	2.25
Mushrooms	1.50
Beans	2.00

DRINKS

Coffee	STD / TAKEOUT	LRG
Espresso	1.95	2.20
Café Latte	3.65	4.25
Cappuccino	3.65	4.35
Americano	3.10	3.99
Mocha	3.95	
Flat White	3.65	
Chai Latte	3.65	

Syrup shots: french vanilla caramel hazelnut salted caramel	+0.75
Extra shot	+0.70
With coconut milk, oat milk or almond milk.	+0.90

Matcha Latte	4.00
<i>Japanese Matcha is tea leaves that have been ground to a fine powder and infused into a milk latte with a shot of vanilla. Matcha is shade grown to allow the tea leaves to develop a sweet flavour. This Matcha has been produced without the use of artificial fertilisers or pesticides.</i>	

Iced matchas	4.95
Mango passionfruit iced matcha	
Blueberry iced matcha	
Raspberry iced matcha	

Turmeric Latte 'Golden Milk'	4.05
<i>Organic ground turmeric and fresh ginger, well known for their anti-inflammatory properties, combined with black pepper which aids the absorption of turmeric and brings out its flavour. A delicious, heart-warming and creamy health latte made with a mix of coconut and soya milks with honey.</i>	

Milkshakes	
<i>Made with Davisons Manx ice cream and topped with squirty cream.</i>	
Biscoff shake	4.95
Oreo cookie milkshake	4.95
Nutella & hazelnut milkshake	4.95
Salted caramel & chocolate chip cookie milkshake	4.95

TJ Special Hot Chocolate	4.85
<i>An indulgent European style hot chocolate. Homemade with the finest Belgium chocolate, hot milk & vanilla.</i>	

Small size	3.65
Add whipped cream	+0.75
Add marshmallows	+0.75

Soft Drinks	
<i>A selection of soft drinks and juices.</i>	
Coke, Diet Coke, Sprite, Fanta	2.60
San Pelligrino sparkling fruit beverages (low cal) orange / blood orange	2.85
lemon / orange & pomegranate	
Juice press apple or orange juice	2.60
Iced Tea - Peach or Raspberry	3.19
Appletiser	3.19
Still or sparkling water	2.55
Glass of milk	2.60



LUNCH

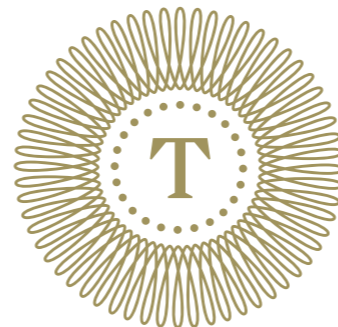
Caesar Salad	10.95
Crispy Romanie lettuce, homemade garlic croutons, crispy bacon, homemade caesar dressing and shaved parmesan	
add chicken	2.50
Mediterranean Salad GF,VGA	10.95
Olives, marinated feta, sun-dried tomatoes, gem lettuce and lemon vinaigrette	
add halloumi	2.95
Extras (Per Portion)	
Home-baked honey roast ham	+3.60
Grated Manx cheddar	+2.40
Tuna & lemon rémoulade	+3.80
Grilled Halloumi	+4.20
Locally smoked salmon	+5.50
Coronation chicken bound in our own curried mayo with mango chutney & fresh coriander	+4.40
Slice of crusty granary bread with butter	+1.75
Homemade Soup of the Day VG, GF	7.60
With a chunk of fresh Noa Bakehouse bread & butter	8.19
Half portion	4.75
Extra portion of bread & butter	1.95
Paninis	
<i>Served with a side of homemade coleslaw and salted tortilla chips</i>	
Home-baked honey roast ham & grated Manx cheddar	8.80
Home-baked honey roast ham, grated Manx cheddar & plum tomato	9.00
Grated Manx cheddar & plum tomato	8.50
Grated Manx cheddar & red onion	8.50
Tuna with lemon rémoulade & grated Manx cheddar	9.25
Smoked back bacon & brie with cranberry chutney	9.25
Italian Chicken & Sundried tomato	9.00
Home-baked Jacket Potato GF,V	5.95
<i>Plain & simple with real butter</i>	
Extra Fillings	
Grated cheddar cheese	+2.00
Beans	+2.00
Creamy homemade coleslaw	+2.20
Flaked tuna salad with lemon rémoulade	+3.25
Home-baked honey roast ham	+3.25
Coronation Chicken	+3.25
Red onion	+1.30
Tomato	+1.30
Wraps	
Pulled lamb wrap , GFA	13.50
homemade mint pesto, crispy romaine Served with a side of homemade coleslaw.	
Chicken Caesar GFA	11.95
Shredded lemon and thyme chicken, baby gem lettuce, crispy bacon and our house dressing served with a side of homemade coleslaw	
Hummus wrap VGA, GFA	9.50
Gem lettuce, Cucumber ,house pickled red cabbage, caramelised peppers, hummus, served with a side of house coleslaw	
Homemade Quiche (see specials board) v	7.99
<i>Served with a side of homemade coleslaw</i>	
Grilled Halloumi, avocado, red onion chutney roll v, GFA	8.95
Served with homemade coleslaw and salted tortilla chips.	
Hummus, warm breads and olives VG, GFA	7.99

FRESHLY MADE SANDWICHES

With a choice of gluten-free or freshly baked Artisan breads from Noa Bakehouse – choose from thick sliced white or multigrain.

Served with a homemade coleslaw garnish.

Tuna Salad with Lemon Rémoulade	7.99
<i>Our own blend of flaked tuna, lemon mayo & crisp romaine lettuce</i>	
Cheese, & Earl Grey Onion Chutney	7.00
<i>Sliced manx cheddar, home made chutney</i>	
Classic Egg Mayo	7.00
<i>Homemade with fresh, free range local eggs, spring onion, seasoned with cracked black pepper & paprika</i>	
Ham & Cheese	7.99
<i>Sliced Manx cheddar with our own home-baked honey roast ham, mayo & cucumber</i>	
Classic BLT	8.50
<i>Smoked back bacon, crisp romaine lettuce and juicy plum tomato with mayo</i>	
Salmon, Cream Cheese & Cucumber	9.25
<i>Locally smoked salmon with cream cheese & cucumber</i>	
Coronation Chicken	7.00
<i>Sliced chicken breast bound in our own curried mayo with fresh herbs and spices</i>	
Half Soup / Half Sandwich	8.95
Choose a side salad from the specials	+3.40



DIETARY KEY

V = Vegetarian

GF = Gluten free

VGA = Vegan alternative

GFA = Gluten free alternative

INDULGENT TREATS

A Choice of Homemade Cakes Baked in House Daily

FROM 4.70

Freshly Baked Homemade Scone

3.50

Served with manx whipped or (clotted cream +.75) and strawberry jam

TJ AFTERNOON TEA



Served from 2pm

A delicious vintage platter of dainty sandwiches, handmade cakes, scones & savouries, served with a pot of tea from our speciality tea menu.

23.95

per person



All afternoon teas require 24 hrs booking notice to allow for preparation



Turn afternoon tea into a sparkling occasion!

with a glass of Prosecco	+7.25
with a half bottle of Champagne	+ 29.99

G & TEA

TJ Afternoon Tea with one of our own fruity home-infused gins with tonic

28.95

CREAM TEA

Freshly baked homemade scone with clotted or whipped cream, jam & a choice of any black tea from the menu.

6.50

Made and baked in-store using the freshest quality ingredients, sourced locally wherever possible.

If you suffer from a food allergy or intolerance please ask a member of staff for a detailed breakdown of ingredients in each dish. All dishes are prepared in a kitchen where nuts are present.

BLACK

Black tea is thought to have been developed during the Ming Dynasty (1368 - 1644). It is the most oxidised of all the tea types and generally has a stronger flavour than other teas. We stock black teas from China, India & Sri Lanka. Most black tea is made from fully oxidised green tea leaves.

ENGLISH BREAKFAST (not displayed)

Made from a blend of high quality Assam teas, our English Breakfast has a full malty flavour and a rich dark colour.

ASSAM BOP (not displayed)

Single Estate Broken Orange Pekoe Assam is a great alternative to standard English Breakfast tea. It has a rich, sweet and malty flavour.

CEYLON ORANGE PEKOE (not displayed)

A very high grade black tea from Sri Lanka. When brewed it gives a light infusion and with extra steeping time can take milk. It has a rich smooth flavour.

BLUE LADY – FLAVOURED BLACK TEA

Blue Lady is flavoured with grapefruit and pomegranate. It is a great alternative to Earl Grey.

EARL GREY (not displayed)

Our Earl Gray is made of a base high grade Chinese black tea and scented with a natural bergamot oil producing a traditional classic of outstanding quality.

DARJEELING 2ND FLUSH BOP (not displayed)

Darjeeling is known as the champagne of teas and is known for its muscatel flavour. This broken leaf tea version is perfect for everyday drinking and infuses strongly enough to take milk.

MANX FAIRY BRIDGE (not displayed)

A carefully selected, locally packed blend of African and Indian teas produce a pure bright tea, full of flavour, a tasty refreshing cup of tea.

LAPSANG SOUCHONG

A black tea originally from the Wuyi region of the Chinese province of Fujian. It is sometimes referred to as smoked tea. Lapsang is distinct from all other types of tea because lapsang leaves are traditionally smoke-dried over pinewood fires which produces the distinctive smoky flavour. Our Lapsang is hand processed using the best tea leaves and wood for smoking.

VIOLET BLACK

Aromatic Chinese black tea flavoured with violet and blended with violet blossoms. Violet Tea has a beautiful appearance and a delicate flavour that goes very well with chocolate.

CHAI-LICIOUS MASALA CHAI TEA

Leela's Kitchen award winning masala chai. This small batch signature blend is a combination of 100% single estate Assam tea leaves, blended with exotic fresh Indian spices including cardamom, cinnamon, cloves & Malabar black peppercorns, giving this tea a strong and full bodied character with a slightly malty & exotic flavour.

RUSSIAN CARAVAN

With its typical aroma this strong Russian blend will remind you of times past when teas were still transported by camel caravans from the land of origin to Russia & Europe. Best served black but can be taken with milk or a slice of lemon.

WHITE

White tea is famous for its mellow, delicate flavour and its smooth mouth feel. Made from young buds and leaves harvested in early spring, white tea is the least processed of all teas and undergoes very little oxidation.

MOONLIGHT WHITE

Moonlight White is a superb example of Chinese white tea from Yunnan Province. It has a smooth creamy texture and a clean, refreshing and slightly fruity flavour.

GIN & TONIC TEA

A white tea combined with apple pieces, lemon peel & pink rose petals. Wonderfully delicate and floral.

GREEN

Green tea has a history that stretches back thousands of years. Today there is an almost unfathomable variety, ranging widely in shape and flavour. Green tea is kept green by halting the oxidation process very early on, and tends to be light and sweet or fresh and grassy – however some exhibit rich, umami (savoury) flavours.

CHERRY SENCHA

A delicious blend of Japanese Sencha green tea, flavoured with natural cherry. Sencha is Japan's most popular green tea, this delightful drink is a true celebration of what makes Japan so unique.

ORGANIC SENCHA

We import this Japanese Sencha ourselves. It is a spring harvest tea with a pleasing balance of sweetness and astringency, along with a slight vegetal taste. Grown and harvested in the Makinohara district of Shizuoka Prefecture, one of the world's premiere tea growing regions.

YUNAN GREEN – CHINESE GREEN TEA

Yunan tea is a great tasting accessible green tea that is easy to prepare. It is very forgiving of hot water, making it a perfect standard green tea.

SPRING GARDEN – FLAVOURED GREEN TEA

Sencha green tea blended with rose blossoms and dried strawberry pieces and flavoured with berries and vanilla.

JASMINE DRAGON PEARL

Our premium jasmine tea made from naturally scented green tea. The most tender leaves are hand rolled into pearl shapes, which unfurl when brewed giving a light, sweet and pleasant infusion.

OOLONG

Oolong (or Wulong) is a type of tea that is allowed to partially oxidise after withering. Originally grown in Fujian Province China, Oolong is now produced in several locations and processed into a remarkable assortment of highly specialised teas.

ORANGE BLOSSOM OOLONG

Dark Oolong tea blended with orange peel and flavoured with orange essence.

GUARDIAN ANGEL OOLONG

Strawberry and Goji berries combined with a naturally grown oolong. This tea reveals the special flavour of these berries. Perfect for a Summer's day.

TISANES

CLOUD CATCHER

A blend of apple, kiwi, coconut and sour cherries. Cloud Catcher is naturally sweet and caffeine free.

CHAMOMILE

Chamomile flowers make a relaxing and great tasting drink that can be enjoyed at any time of the day. It is naturally caffeine free.

ROOIBOS (not displayed)

Grown exclusively in the Cedarburg region of South Africa where it has been growing wild for centuries. It is also known as Red Tea and comes from a plant that is naturally free from caffeine.

CHOCOLATE MINT ROOIBOS

Chocolate flavoured Rooibos blended with cocoa pieces and peppermint. This tea makes an excellent calorie-free after dinner digestif particularly after a spicy meal.

PEPPERMINT (not displayed)

Peppermint is well known for its digestive properties and makes a popular and refreshing infusion.

APPLE & CINNAMON

A delicious blend of sweet apple and spicy cinnamon that will leave you with that Christmas feeling at any time of the year

