

Jack Sprat

CAFE

lunch

11:00 am - 4:00 pm
weekdays & weekends

161 e. franklin street . chapel hill
919 933 3575

salads

Salad Sampler

pick any three: caesar, gobbler, garden, tuna or chicken salad

\$8.50

Bistro

mesclun, tomatoes, gorgonzola, parmesan, red onions, roasted red peppers & pine nuts with balsamic dressing (add grilled chicken or portobellos for \$2.00)

\$8.00

Tex Mex

mixed greens, tomatoes, black beans, red onions, corn, corn chips, colby Jack cheese with BBQ dressing (add grilled chicken or portobellos for \$2.00)

\$8.00

Chicken Salad

chicken, celery, red onions, apples, raisins & roasted almonds in a mayo-sour cream dressing with tomato (served on a croissant or as a plate)

\$8.00

Gobbler

turkey, pasta, dried cranberries, celery, red onions, roasted almonds in a mayo-sour cream dressing served on a bed of lettuce with tomatoes

\$7.75

Garden

mixed greens, tomatoes, onions, croutons & almonds with choice of dressing (Jack's vinaigrette, ranch or honey mustard)

\$6.75

Tuna Salad

white albacore tuna, celery, roasted almonds, red onions, herbs in a mayo-sour cream dressing (served on a croissant or on a plate of fresh greens)

\$8.00

Caesar

fresh romaine, croutons & parmesan (add grilled chicken for \$2.00)

\$7.50

Wraps

served in flour tortilla • sub wheat tortilla for \$0.50
served with kettle chips • sub potato salad, pasta salad or a fruit cup for \$0.50, or soup for \$1.75

Cali

oven roasted turkey, bacon, avocado, monterey Jack cheese, spicy chipotle sauce, tomatoes, red onions & fresh romaine

\$8.50

Roman

grilled chicken breast, fresh romaine, pecorino romano cheese & homemade caesar dressing

\$7.75

Mesa Steak

roast beef, Jack cheese, corn, tomatoes, red onions, fresh romaine & spicy steak sauce

\$8.00

Santa Fe

black beans, corn, tomatoes, red onions, fresh romaine, avocado, colby Jack cheese, spicy chipotle sauce (add grilled chicken for \$2.00)

\$6.50

Ranch

grilled chicken breast, bacon, monterey Jack cheese, fresh romaine & our homemade dill ranch

\$8.25

panini

served with kettle chips • sub potato salad, pasta salad or a fruit cup for \$0.50, or soup for \$1.75

Toasty Turkey

havarti cheese, baby spinach, roasted red peppers & Jack's pesto-mayo

\$8.00

Roasty Beef

Jack cheese, baby spinach, roasted red peppers & Jack's sauce

\$8.50

Reuben

corned beef, swiss cheese, sauerkraut & Russian dressing on marble rye

\$7.75

BBQ Bird

BBQ chicken, bacon, colby Jack cheese & red onions

\$8.50

Ham

ham, turkey, swiss cheese, pickle & mustard

\$8.00

Jack's Havana

ham, turkey, swiss cheese, pickle & mustard

\$8.00

Margherita

mozzarella cheese, baby spinach, tomatoes & pesto

\$7.50

Portabella

Jack cheese, baby spinach, roasted red peppers, red onions & Jack's sauce

\$8.00

Jill's Cheese

Jack & havarti cheeses, baby spinach, roasted red peppers, red onions & Jack's sauce

\$7.50

Grilled Cheesy

colby Jack cheese, tomatoes optional (add bacon for \$1.50)

\$6.00

Jack's Bean Burger

black bean burger, monterey Jack cheese, baby spinach, tomatoes & red onions with a spicy chipotle sauce on a toasted bun

\$8.25

kids

(12 & under)

Mom's Grilled Cheese

\$3.25

Peanut Butter & Jelly

\$3.25

Plain Jane

\$4.25

ham or turkey with cheese

Sides

Jack's Potato or Pasta Salad \$1.50

Fruit Cup \$1.50

Soup

(take your pick)

Soup du Jour cup \$4.00

Tomato Basil bowl \$5.25

beverages

Soda Fountain Coke Products \$1.75

Tropicana Premium \$2.00

Premium Brewed Iced Tea \$2.00

Milk, Chocolate Milk \$1.75

Boylans Ginger Ale \$2.00

Black Cherry Soda \$2.00

Crema Soda \$2.00

Coffee

House Blend Coffee \$2.00

Espresso \$2.00

Cafe Latte \$3.50

Cappuccino \$3.50

Cafe Mocha \$3.75

Harney & Sons Fine Tea \$1.75

Hot Chocolate \$3.00

shakes & Smoothies

Shakes • \$5.00

Smoothies • \$4.00 Add protein • \$0.50

Jack's Mocha Shake

Jill's Latte Shake

Very Berry Smoothie

Strawberry Banana Smoothie

Passion Fruit Smoothie

Interested in drinks & dessert?
Just ask your server.

*Sales tax included in prices.