

# START-UPS

**JACK'S GARLIC PAN BREAD™** ..... \$5.94  
Our signature fresh-baked loaf served in a pan with garlic dip.

**CHEESE GARLIC PAN BREAD™** ..... \$7.88  
Our signature fresh-baked loaf, topped with a melted three-cheese blend, and served in a pan with garlic dip.

**APPETIZER HOUSE SALAD** ..... \$5.44  
Crisp greens topped with cucumbers, grape tomatoes, carrots, beet curls and Jack's garlic croutons. Served with your choice of dressing.

**APPETIZER CAESAR SALAD** ..... \$5.44  
Crisp romaine lettuce tossed in creamy garlic dressing topped with grated Parmesan Romano cheese.

**JACK'S BEER AND CHEDDAR SOUP** ..... \$4.98  
A Jack Astor's favourite – made from scratch! Three cheeses, blended with Rickard's Red, garlic, onions and a creamy potato and roasted chicken broth.

**JACK'S FEATURED SOUPS** ..... \$4.98  
Ask for today's feature. Jack's soups are unique and delicious.

**GRILLED CHICKEN QUESADILLA** ..... \$10.44  
Grilled chicken, Pico de Gallo and lots of melted Monterey cheese in toasted flour tortillas. Served with salsa and sour cream.

**BANGKOK SPRING ROLLS** ..... \$8.98  
Crisp hand-rolled spring rolls filled with vegetables, glass noodles and sesame seeds. Served with a sweet chili sauce and a crisp cucumber salad.

**MINI SOUVLAKI PITAS** ..... \$8.42  
Three pitas filled with marinated grilled pork tenderloin, lettuce, tomato, cucumbers and tzatziki sauce. **NEW!**

**JACK'S GOLDEN CALAMARI** ..... \$9.98  
Marinated calamari breaded to order. Cooked golden-brown and served with roasted garlic lemon aioli and our spicy cocktail sauce.

**JACK'S ULTIMATE NACHOS** ..... \$12.78  
Crispy corn tortillas layered with tomatoes, peppers, onions, jalapeños and a bubbling blend of cheeses. Served with sour cream and salsa.  
**Add Fajita Beef Chili** .... \$2.00

**LOBSTER AND CRAB DIP** ..... \$12.44  
Lobster, crabmeat, cream cheese, mushrooms, peppers and onions. Oven-baked until bubbling, served with nacho chips and warm pita bread triangles.

## CHICKEN WINGS

**1 lb** ..... \$9.99  
**2 lbs** ..... \$18.78

Jumbo wings, flour-dusted and tossed in your choice of wing sauce. Served with carrot and celery sticks and Blue cheese dipping sauce.

### WING SAUCES:

- Mild
- Medium
- Hot
- Honey Garlic

**SPINACH, ARTICHOKE AND GOAT CHEESE DIP** .... \$10.26

A creamy blend of Goat cheese and cream cheese, sweet onion, artichoke and spinach. Served with nacho chips. **NEW!**

**ROASTED GARLIC BRUSCHETTA** ..... \$7.97

Roma tomatoes, red onions, roasted garlic and fresh basil, served on fresh-baked Italian bread. Topped with Feta and Parmesan Romano cheese and drizzled with garlic aioli and a balsamic glaze. A must-have – if you don't like it, we'll eat it!

## GET A Leaf

**CAESAR SALAD** ..... \$8.32  
Crisp romaine lettuce tossed in creamy garlic dressing, topped with grated Parmesan Romano cheese.

**Add a fresh Asiago-crusted chicken breast** .... \$3.99

**CALIFORNIA GRILLED CHICKEN SALAD** ..... \$12.31  
A marinated grilled fresh chicken breast and hothouse tomatoes, served on mixed greens, then drizzled with balsamic dressing. Topped with fresh basil, toasted pine nuts and a balsamic glaze.

**BEIJING BEEF SALAD** ..... \$12.96  
Slices of marinated beef, served on mixed greens with Asian noodles, cucumbers, red peppers, cilantro and green onions. Drizzled with soy-ginger dressing and topped with crispy wonton strips and chopped peanuts.

**SOY-GINGER SALMON SALAD** ..... \$14.71  
Fresh Jail Island salmon, grilled and butter-brushed, served on mixed greens with grape tomatoes and cucumbers, drizzled with soy-ginger dressing. Topped with bean sprouts, spicy pecans and toasted sesame seeds.

**JACK'S GREEK CHICKEN SALAD** ..... \$12.96  
Slices of Greek-marinated, grilled fresh chicken breast, with fresh romaine, tomatoes, cucumbers, Kalamata olives, red onion and Feta cheese drizzled with Greek dressing.

**CHOPSTICK CHICKEN SALAD** ..... \$9.98  
A grilled fresh chicken breast, served on mixed greens, red peppers, cilantro, toasted sesame seeds and cucumbers, drizzled with zesty sesame-soy dressing. Topped with crispy wonton strips, spicy pecans and sun-dried cranberries.

## BETWEEN THE BUNS



### PRIME RIB BURGERS

GRILLED TO PERFECTION, JACK'S BURGERS ARE FINISHED OFF WITH A TOUCH OF JACK'S SIGNATURE SEASONING AND SERVED ON A GRILLED, BUTTERED BUN, PILED HIGH WITH LETTUCE, ONION, TOMATO, MAYO AND A PICKLE SPEAR ON THE SIDE. ALL JACK'S BURGERS COME WITH YOUR CHOICE OF FRIES OR SOUP OR HOUSE SALAD.

**CLASSIC BURGER** ..... \$9.97

The burger for the less adventuresome.

**Add your choice of Cheddar, smoked partly-skimmed**

**Mozzarella or Monterey cheese** ..... \$1.00

**DELUXE BACON CHEESEBURGER** ..... \$11.97

Cheddar cheese topped with two slices of crisp hickory-smoked bacon.

**SMOKEY JACK'S BURGER** ..... \$12.82

Smoked partly-skimmed Mozzarella, hickory-smoked bacon and a stack of crisp onion straws.

**SEÑOR JACK'S JALAPEÑO BURGER** ..... \$12.82

Jalapeño Monterey Jack cheese, jalapeño bacon, jalapeño zucchini relish and chili hot sauce. There's no mayo or onion or pickle on this burger – they're just not hot enough!

JACK'S BURGERS ARE PROPERLY COOKED TO AN INTERNAL TEMPERATURE OF 160°F (71°C). BECAUSE YOUR PRIME RIB BURGER IS FRESH, THERE MAY STILL BE TRACES OF PINK INSIDE WHEN FULLY COOKED.

### SANDWICHES

SERVED WITH YOUR CHOICE OF FRIES OR SOUP OR HOUSE SALAD.

**LE MONTRÉAL SPECIAL** ..... \$9.98

Slices of Montréal smoked meat, piled high, topped with deli mustard. Served with a pickle spear.

**CHICKEN CLUB SANDWICH** ..... \$12.23

A grilled fresh chicken breast with hickory-smoked bacon, lettuce, tomato and chipotle mayo on an Ace Bakery Swiss triangle.

**MEDITERRANEAN CHICKEN FOCACCIA** ..... \$12.23

A marinated grilled fresh chicken breast, topped with tomato, baby spinach, grilled red onions, roasted garlic lemon aioli and Goat cheese. Served on a toasted herb focaccia bun.

**TOPLESS STEAK SANDWICH** ..... \$13.98

A Top Sirloin steak, grilled to order and topped with sautéed button mushrooms, three-peppercorn mushroom sauce and crisp onion straws. Served open-faced on a slice of toasted baguette.

# PIZZA

JACK'S SIGNATURE HAND-TOSSED PIZZAS ARE MADE WITH WHOLE GRAIN DOUGH.

**THE EASY SELL . . . . . \$11.97**

New York style pizza sauce with olive oil and fresh basil, partly-skimmed Mozzarella cheese, pepperoni, roasted crimini and button mushrooms.

**THE OPA! . . . . . \$12.94**

New York style pizza sauce with olive oil and fresh basil, partly-skimmed Mozzarella and Feta cheese, roasted red peppers, Kalamata olives, semi-sun-dried tomatoes and roasted red onions.

**DUELING SAUSAGES . . . . . \$13.98**

New York style pizza sauce with olive oil and fresh basil, partly-skimmed Mozzarella cheese, chipotle chicken sausage, shiitake mushroom chicken sausage, roasted red onions and roasted red peppers.

**CHICKEN CLUB . . . . . \$14.96**

Smokey BBQ sauce, a blend of three cheeses, grilled chicken breast, semi-sun-dried tomatoes and jalapeño bacon. Topped with bruschetta, shredded lettuce and drizzled with smokey chipotle aioli.

# WOK THE WOK

**PAD THAI**

- Vegetable . . . . . \$10.99
- Chicken . . . . . \$13.98
- Shrimp . . . . . \$14.98

Thailand's most famous rice noodles with bean sprouts, fried egg, green onions and a sweet and sour tamarind sauce. Topped with green onions, red peppers and crushed peanuts.

**CHICKEN STIR-FRY . . . . . \$13.98**

Stir-fried slices of fresh chicken breast, peppers, onions, zucchini and carrots. Served with jasmine rice and topped with bean sprouts, green onions, red peppers and crushed peanuts.

**CRISPY HONEY SESAME CHICKEN . . . . . \$15.91**

Crispy chicken, carrots and snow peas, tossed in a Thai-honey sauce. Served with jasmine rice and garnished with toasted sesame seeds, bean sprouts, green onions and red peppers.

**THAI CHICKEN COCONUT CURRY . . . . . \$15.98**

An authentic recipe – slices of fresh chicken breast, sautéed with pineapple and tomatoes in a spicy Thai red curry and peanut sauce. Served with jasmine rice.

# MEAT N' GREET

SERVED WITH YOUR CHOICE OF TWO JACK'S SIDES: GARDEN-FRESH VEGETABLES, JACK'S BIG BAKED POTATO, GARLIC MASHED POTATOES, JASMINE RICE OR FRIES.

**BUTTER-BRUSHED SIRLOIN STEAK . . . . . \$18.92**

A fresh 8 oz. AAA Canadian Top Sirloin steak, rubbed with seasoning and butter-brushed.

**BUTTER-BRUSHED NEW YORK STEAK . . . . . \$23.94**

A fresh 10 oz. AAA New York Striploin steak, rubbed with seasoning and butter-brushed.

**JACK'S CHICAGO FAVOURITE STEAK . . . . . \$25.48**

A fresh 10 oz. AAA New York Striploin steak, rubbed with seasoning and topped with sautéed button mushrooms.

**PEPPER-CRUSTED NEW YORK STEAK . . . . . \$25.48**

A fresh 10 oz. AAA New York Striploin steak, rubbed with seasoning and topped with mushrooms and three-peppercorn sauce.

# fresh-never-frozen

## CHICKEN FINGERS . . . . . \$11.98

Jack's signature chicken fingers have been a Guest favourite since we opened our doors! Fresh chicken tenders, marinated, seasoned and breaded in-house to order. Served with fries and dipping sauce.

## SAUCED UP CHICKEN FINGERS . . . . . \$12.38

Our legendary Chicken Fingers tossed in your choice of Buffalo wing sauce (mild, medium or hot) or zesty chili honey sauce.

# OLD and new FAITHFULS

**JACK'S FAJITAS**

- Vegetable . . . . . \$15.91
- Chicken. . . . . \$17.96
- Steak. . . . . \$17.96

Sizzling vegetables, served with grated Cheddar cheese, lettuce, sour cream, salsa and warm flour tortillas. Choose Teriyaki, Cajun, Smokey BBQ or Spicy Jalapeño.

**PARMESAN CHICKEN BOWTIES . . . . . \$14.97**

Fresh chicken breast, grilled with an Asiago cheese crust. Served on bowtie pasta tossed in a creamy cheese sauce with semi-sun-dried tomatoes.

**CHICKEN PARMIGIANA . . . . . \$14.98**

Fresh chicken breast, lightly breaded and topped with smoked partly-skimmed Mozzarella cheese and tomato sauce. Served with whole wheat spaghetti, tossed in a roasted garlic-basil tomato sauce.

**THREE PEPPERCORN GRILLED CHICKEN RIGATONI . . . . . \$14.47**

Rigatoni pasta tossed with bacon, fresh garlic and peppercorn sauce. Topped with slices of fresh herb-grilled chicken breast.

**CHICKEN SANTORINI . . . . . \$15.98**

Two fresh grilled chicken breasts topped with roasted red peppers, Feta cheese, fresh basil and roasted garlic. Served with whole wheat spaghetti, tossed in a roasted garlic-basil tomato sauce.



**GRILLED SALMON PROVENÇAL . . . . . \$18.98**

Fresh Jail Island salmon, seasoned, grilled, and topped with a plum tomato and roasted garlic sauce. Served with whole wheat spaghetti, tossed in a roasted garlic-basil tomato sauce.



**BEER-BATTERED FISH AND CHIPS . . . . . \$12.96**

An old fashioned English recipe. Two cod fillets, dipped in a beer batter. Served with fries, tartar sauce made from scratch, and fresh lemon. Malt vinegar highly recommended!

## ADD TO YOUR ENTREE

# \$1.99

HOUSE OR CAESAR SALAD OR JACK'S GARLIC PAN BREAD™ FOR ONLY

# ACCESSORIZE YOUR MEAL

## A.K.A. JACK'S SIDES

<b>JACK'S FAMOUS FRIES</b> .....	<b>\$3.25</b>
<b>GARDEN-FRESH VEGETABLES</b> .....	<b>\$2.74</b>
<b>JASMINE RICE</b> .....	<b>\$1.97</b>
<b>GARLIC MASHED POTATOES</b> .....	<b>\$2.98</b>
<b>JACK'S BIG BAKED POTATO</b> .....	<b>\$3.49</b>

With butter, sour cream, grated Cheddar cheese and bacon.

# wet stuff

<b>SOFT DRINKS</b> .....	<b>\$2.69</b>
Coca-Cola, Diet Coke, Sprite, Ginger Ale, Orange, Iced Tea.	
<b>BOTTLED WATER - EVIAN OR PERRIER</b>	
<b>Small</b> .....	<b>\$2.79</b>
<b>Large</b> .....	<b>\$4.98</b>
<b>RED BULL ENERGY DRINK</b> .....	<b>\$4.98</b>
<b>CHERRY or VANILLA COKE</b> .....	<b>\$2.98</b>
<b>JACK'S OWN ROOT BEER or CREAM SODA</b> .....	<b>\$3.49</b>
<b>FRESHLY SQUEEZED SPARKLING LEMONADE</b> .....	<b>\$2.99</b>
Also available as Limeade, Orangeade and Cranberry-Lemonade.	
<b>FAMOUS FLOATS</b> .....	<b>\$4.67</b>
Root Beer or Cream Soda.	
<b>ULTRA THICK SHAKES</b> .....	<b>\$4.98</b>
Lemon Concoction, Vanilla, Chocolate, Strawberry and Oreo Cookie.	
<b>ASTOR BLASTOR</b> .....	<b>\$3.24</b>
A blast of Cranberry, Orange and Pineapple juices, with coconut and grenadine.	
<b>SASSAFRAZZ</b> .....	<b>\$3.24</b>
A blast of Orange, Pineapple, Cranberry, Raspberry and Grapefruit juices with Sprite.	

TAXES NOT INCLUDED • SOME MENU ITEMS MAY CONTAIN NUTS

# JUNIOR MENU

FOR AGES 12 AND UNDER. ALL MEALS COME WITH A KIDS' SIZE DRINK AND A KIDS' DESSERT. FOLLOW THESE THREE EASY STEPS:

## STEP 1: CHOOSE YOUR ENTREE

**JACK'S PASTA** ..... **\$4.97**  
Rigatoni pasta tossed in our roasted garlic-basil tomato sauce or creamy cheese sauce.

**GRILLED CHEESADILLA** ..... **\$5.95**  
Lots of melted cheese in a toasted flour tortilla, served with ranch dipping sauce and your choice of one side.

**PEPPERONI "PIZZA"** ... **\$6.99**  
Baked pita topped with tomato sauce, partly-skimmed mozzarella cheese and pepperoni and your choice of one side.

**GRILLED CHICKEN CAESAR SALAD** ..... **\$6.99**  
Crisp romaine lettuce tossed in a creamy garlic dressing topped with marinated grilled fresh chicken breast and Goldfish® crackers.

**CHICKEN FINGERS** ..... **\$6.77**  
Fresh-never-frozen chicken tenders, marinated, seasoned and breaded in-house to order. Served with dipping sauce and your choice of one side.

**FISH AND CHIPS** ..... **\$6.77**  
Cod fillet in batter, cooked golden brown and crisp. Served with fries and tartar sauce made from scratch.

**SIRLOIN STEAK** ..... **\$9.86**  
A grilled 5 oz. Sirloin steak. Served with your choice of one side.

**BURGER** ..... **\$5.95**  
Beef burger, grilled and served on a toasted bun, with your choice of one side.

## STEP 2: CHOOSE YOUR DRINK

**JUICE**  
Cranberry, apple or orange.

**WHITE or CHOCOLATE MILK**

**SOFT DRINKS**  
Coke, Diet Coke, Sprite, Ginger Ale, Orange, Iced Tea.

## STEP 3: CHOOSE YOUR DESSERT

**ORANGE SORBET**  
Peanut free/tree nut free/lactose free/gluten free/fat free sorbet – and it's really yummy too.

**BROWNIE**  
Chocolate brownie with icing, served with whipped cream and drizzled in caramel sauce.

## SIDES

- Apples with Warm Caramel Sauce
- House Salad
- Caesar Salad
- Garden-fresh Veggies
- Jasmine Rice
- Baked Potato
- Mashed Potatoes
- Fries



## WRITE YOUR OWN PERSONALIZED MESSAGE.

Some say giving the gift of Jack's says it all. And though that's true, we've left some room so you can say a little more in your own words. Like, "I love you" or "let's split the Garlic Pan Bread." You know, something mushy.

ASK YOUR SERVER ABOUT OUR GIFT CARDS. AVAILABLE IN ANY DENOMINATION.