

# START-UPS

**JACK'S GARLIC PAN BREAD™** ..... \$5.64  
Our fresh-baked loaf served in a pan with garlic dip.

**CHEESE GARLIC PAN BREAD™** ..... \$7.61  
Our fresh-baked loaf, topped with a melted three-cheese blend, and served in a pan with garlic dip.

**APPETIZER HOUSE SALAD** ..... \$4.98  
Crisp greens topped with cucumber, grape tomatoes, carrots, beet curls and Jack's garlic croutons. Served with your choice of dressing.

**APPETIZER CAESAR SALAD** ..... \$4.98

**JACK'S BEER AND CHEDDAR SOUP** ..... \$4.88  
A Jack Astor's favourite! Three cheeses, blended with Rickard's Red, garlic, onion and a creamy potato and roasted chicken broth.

**JACK'S FEATURED SOUPS** ..... \$4.88  
Ask for today's feature.

**ROASTED GARLIC BRUSCHETTA** ..... \$8.97  
Chopped Roma tomatoes, red onion, roasted garlic and basil. Served on fresh baked Italian bread, brushed with extra virgin olive oil. Topped with fresh basil, Feta and Parmesan Romano cheese and drizzled with roasted garlic aioli and a balsamic glaze.

**GRILLED CHICKEN QUESADILLA** ..... \$9.96  
Grilled chicken, Pico de Gallo and lots of melted Monterey cheese in toasted flour tortillas. Served with salsa and sour cream.

**BANGKOK SPRING ROLLS** ..... \$8.94  
Crisp golden-brown spring rolls filled with vegetables, glass noodles and sesame seeds. Served with a Thai sweet and sour sauce.

**BAJA SHRIMP TACOS** ..... \$9.58  
Three grilled soft shell tacos with marinated shrimp, shredded Napa cabbage, Monterey cheese, green onions, red peppers, fresh avocado, cilantro and lime with a smokey chipotle aioli.

**CHICKEN WINGS** 1 lb ... \$9.29  
2 lbs .. \$17.99  
Jumbo wings flour-dusted and tossed in a butter-based wing sauce. Served mild, medium or hot with celery sticks, carrot sticks and blue cheese dipping sauce.

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

**SOUTHWEST GRILLED CHICKEN FLATBREAD** ..... \$8.78  
Zesty grilled chicken with a four-cheese blend, garlic, Pico de Gallo, cilantro and chipotle aioli.

**JACK'S ULTIMATE NACHOS** ..... \$10.98  
Crispy corn tortillas layered with tomatoes, onions, jalapeños, peppers and a bubbling blend of cheeses. Served with sour cream and salsa.  
**Add Fajita Beef Chili** .... \$2.00

**THAI CHICKEN SATAYS** ..... \$7.96  
Coconut and curry chicken drizzled with a hot chili sauce. Served with a Thai peanut sauce and a crisp cucumber & sweet chili salad.

**LOBSTER AND CRAB DIP** ..... \$11.98  
Lobster, crabmeat, cream cheese, mushrooms, peppers and onions. Oven-baked until bubbling, served with crisp nacho chips and warm pita bread triangles.

**ROASTED MUSHROOM AND TOMATO FLATBREAD** ..... \$8.78  
Roasted Crimini and button mushrooms, garlic, bruschetta tomatoes, fresh basil, partly-skimmed Mozzarella and Asiago cheese.

## GET A *Leaf*

**CAESAR SALAD** ..... \$7.99  
Crisp romaine lettuce tossed in creamy garlic dressing, topped with grated Parmesan Romano cheese.

**Add Asiago-crust Chicken** ..... \$3.99

**CALIFORNIA GRILLED CHICKEN SALAD** ..... \$11.98  
A marinated grilled chicken breast, served on mixed greens, and hothouse tomatoes drizzled with balsamic dressing. Garnished with basil, toasted pine nuts and balsamic glaze.

**BELJING BEEF SALAD** ..... \$11.98  
Slices of marinated beef, served on mixed greens with Asian noodles, cucumber, red pepper, cilantro and green onion. Drizzled with a soy-ginger dressing and topped with crispy wonton strips and chopped peanuts.

**ASIAN GRILLED SALMON SALAD** ..... \$12.49  
Fresh Jail Island salmon, grilled and butter-brushed, served on mixed greens with grape tomatoes and cucumber, drizzled with a soy-ginger dressing. Garnished with bean sprouts, crumbled goat cheese, spicy pecans and toasted sesame seeds.

**JACK'S GREEK CHICKEN SALAD** ..... \$12.49  
A Greek salad with fresh romaine lettuce, tomatoes, cucumber, Kalamata olives, red onion and crumbled Feta cheese. Topped with Greek-marinated, grilled chicken strips.

**CHOPSTICK CHICKEN SALAD** ..... \$11.98  
A grilled, fresh chicken breast, served on mixed greens, red pepper, cilantro, toasted sesame seeds and cucumber, drizzled with zesty sesame-soy dressing. Topped with crispy wonton strips, spicy pecans and sun-dried cranberries.

## BETWEEN THE BUNS



### PRIME RIB BURGERS

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. GRILLED TO PERFECTION, IT IS 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 PRIME RIB BURGERS COME WITH YOUR CHOICE OF FRIES OR SOUP OR HOUSE SALAD.

**CLASSIC BURGER** ..... \$9.97  
The burger for the less adventuresome.

**CHEESEBURGER** ..... \$10.97  
Our Classic Burger with your choice of Cheddar, smoked partly-skimmed Mozzarella or Monterey cheese.

**DELUXE BACON CHEESEBURGER** ..... \$11.48  
Cheddar cheese topped with 2 slices of crisp hickory-smoked bacon.

**SMOKEY JACK'S BURGER** ..... \$11.48  
Smoked partly-skimmed Mozzarella, hickory-smoked bacon and a stack of crisp onion straws.

### SANDWICHES

ALL SANDWICHES COME WITH YOUR CHOICE OF FRIES OR SOUP OR HOUSE SALAD.

**LE MONTRÉAL SPECIAL** ..... \$9.98  
Slices of Montréal smoked meat, piled high, topped with Emmental cheese and deli mustard. Served with a dill pickle spear.

**CHICKEN CLUB SANDWICH** ..... \$11.49  
Grilled boneless chicken breast with hickory-smoked bacon, lettuce, tomato and chipotle mayo on toasted bread.

**MEDITERRANEAN CHICKEN FOCACCIA** ..... \$11.49  
A grilled, marinated fresh chicken breast, topped with tomato, baby spinach, grilled red onions, roasted garlic aioli and goat cheese. Served on a toasted herb focaccia bun.

**TOPLESS STEAK SANDWICH** ..... \$13.43  
Top Sirloin 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 Italian bread.

# old FAITHFULS

## WOK THE WOK

**PAD THAI** ..... \$10.97  
**With Chicken** . . . \$13.79  
**With Shrimp** . . . \$14.77

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

**KUNG PAO STIR-FRY** ..... \$10.97  
**With Chicken** . . . \$13.79  
**With Beef** . . . \$13.79  
**With Shrimp** . . . \$14.77

Stir-fried peppers, onions, zucchini and carrots in a Kung Pao sauce. Served with jasmine rice and topped with bean sprouts, green onions, red pepper and crushed peanuts.

**CRISPY HONEY SESAME CHICKEN** . . . \$14.89  
 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 pepper.

**THAI CHICKEN COCONUT CURRY** . . . . \$15.54  
 An authentic recipe of fresh chicken sautéed with pineapple and tomatoes in a spicy Thai red curry and peanut sauce. Served with jasmine rice.

**TERIYAKI CHICKEN** ..... \$15.98  
 Asian-marinated double chicken breast, grilled with teriyaki glaze. Served with your choice of two Jack's sides.

## MEAT N' GREET

**BUTTER-BRUSHED SIRLOIN STEAK** . . . . \$17.99  
 An 8 oz. AAA Canadian Top Sirloin steak, rubbed with seasoning and butter-brushed. Served with your choice of two Jack's sides.

**BUTTER-BRUSHED NEW YORK STEAK** . . \$21.93  
 A 10 oz. AAA New York Striploin steak, rubbed with seasoning and butter-brushed. Served with your choice of two Jack's sides.

**JACK'S CHICAGO FAVOURITE STEAK** . . . \$23.88  
 A 10 oz. AAA New York Striploin steak, rubbed with seasoning and topped with sautéed button mushrooms. Served with your choice of two Jack's sides.

**PEPPER-CRUSTED NEW YORK STEAK** . . \$23.88  
 A 10 oz. AAA New York Striploin steak, rubbed with seasoning and topped with mushrooms and three-peppercorn sauce. Served with your choice of two Jack's sides.

**JACK'S FAJITAS** ..... \$14.99  
**With Chicken** . . . \$16.97  
**With Steak** . . . \$16.97

Grilled vegetables, served with sour cream, salsa, warm flour tortillas and grated cheese. Choose Original, Cajun, Smokey BBQ or Spicy Jalapeño.

**JACK'S FAJITAS FOR TWO** ..... \$31.49

**OUR FRESH, NEVER FROZEN CHICKEN FINGERS** ..... \$11.96

A Guest favourite since we opened our doors! Fresh chicken strips marinated and breaded in-house to order. Served with fries and dipping sauce.

**BUFFALO CHICKEN FINGERS** ..... \$11.96

One of our classic items. Fresh chicken strips marinated and breaded to order. Tossed in mild, medium or hot Buffalo wing sauce. Served with fries and dipping sauce.

**BEER-BATTERED FISH AND CHIPS** ..... \$12.37

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

**LEMON-PEPPER SALMON** ..... \$18.28

Fresh 8 oz. Jail Island salmon fillet, rubbed with lemon-pepper seasoning. Grilled and topped with tangy lemon-caper butter and served with your choice of two Jack's sides.

**THREE PEPPERCORN GRILLED CHICKEN RIGATONI** ..... \$13.97

Rigatoni pasta tossed with fresh garlic and peppercorn sauce, topped with herb-grilled chicken and bacon.

**PARMESAN CHICKEN BOWTIES** ..... \$13.97

Grilled breast of chicken with an Asiago cheese crust. Served on bowtie pasta tossed in a creamy cheese sauce with sun-dried tomatoes.

**CHICKEN PARMIGIANA** ..... \$14.96

Fresh chicken breast lightly breaded and topped with smoked partly-skimmed Mozzarella cheese and a roasted garlic-basil tomato sauce. Served with bowtie pasta tossed in a creamy cheese sauce.

**BUTTERMILK CHICKEN FRIED CHICKEN** ..... \$14.96

Fresh chicken breast lightly breaded, fried, and smothered in chicken gravy. Served with garlic mashed potatoes and garden fresh vegetables.

**ADD TO YOUR ENTRÉE**  
 HOUSE SALAD, CAESAR SALAD OR  
**JACK'S GARLIC PAN BREAD™ FOR ONLY \$2.29**

# ACCESSORIZE YOUR MEAL

<b>JACK'S FAMOUS FRIES</b> .....	<b>\$3.25</b>
<b>GARDEN-FRESH VEGETABLES</b> .....	<b>\$2.39</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>

A one-pounder with butter, sour cream, Cheddar cheese and bacon.

## wet stuff

<b>SOFT DRINKS</b> .....	<b>\$2.69</b>
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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 LEMONADE</b> .....	<b>\$2.99</b>

Also available as Limeade, Orangeade and Cranberry-Lemonade.

<b>FAMOUS FLOATS</b> .....	<b>\$4.47</b>
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Root Beer or Cream Soda.

<b>ULTRA THICK SODA</b>	
<b>FOUNTAIN SHAKES</b> .....	<b>\$4.89</b>

Lemon Concoction, Vanilla, Chocolate, Strawberry and Oreo Cookie.

<b>ASTOR BLASTOR</b> .....	<b>\$3.24</b>
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A blast of Cranberry, Orange and Pineapple juices, with coconut and grenadine.

<b>SASSAFRAZZ</b> .....	<b>\$3.24</b>
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A blast of Orange, Pineapple, Cranberry, Raspberry and Grapefruit juices with Sprite.

# JUNIOR MENU

FOR AGES 12 AND UNDER.

ALL MEALS COME WITH A KIDS' SIZE DRINK AND A KIDS' DESSERT.

**BURGER AND FRIES** .... **\$5.95**  
Beef burger, grilled and served on a toasted bun.

**JACK'S PASTA** .....

**\$4.97**  
Rigatoni pasta tossed in our fresh basil & roasted garlic tomato sauce or creamy cheese sauce.

**MAC AND CHEESE** .....

**\$4.97**  
Kraft macaroni and cheese.

**FISH AND CHIPS** .....

**\$6.39**  
White fish fillet in batter, cooked golden brown and crisp.

**CHICKEN FINGERS** .....

**\$6.67**  
Fresh chicken strips breaded to order. Served with fries and dipping sauce.

**GRILLED CHICKEN** .....

**\$6.99**  
Fresh grilled breast of chicken. Served with a house salad.

**SIRLOIN STEAK** .....

**\$9.62**  
A fresh grilled 5 oz. Sirloin steak. Served with a baked potato.

**KIDS' PIZZA** .....

**\$6.99**  
Crisp pizza crust topped with tomato sauce and partly-skimmed Mozzarella cheese. Served with Caesar salad.

Pizza toppings 79¢ each. Options:

- Pepperoni
- Bacon
- Grilled Chicken
- Peppers (mixed or jalapeño)
- Tomatoes (plum or sundried)
- Spanish Onions
- Mushrooms
- Kalamata Olives
- Pineapple

Cheese:

- Partly-skimmed Mozzarella
- Asiago
- Feta
- Three-cheese Blend



## GIVE THE GIFT OF JACK'S

ASK YOUR SERVER ABOUT OUR GIFT CARDS.  
BECAUSE YOU CAN'T PUT WINGS IN AN ENVELOPE.  
WE'VE TRIED.

Available in any denomination.

