

Feed your Mind, Body & Soul



for a more sustainable you

foreplay

GUMBO (add shrimp \$4).....	6	CAESAR SALAD.....	6
SHRIMP STUFFED AVOCADO	8	SOUTHERN HOUSE SALAD.....	7
Sweet shrimp, spiced and lightly dressed in halved avocado		Romaine lettuce, diced roma, sunflower seeds, golden raisins, shredded jack cheese, & buttermilk ranch	
CAJUN CHICKEN HUMMUS (vegetarian avail)	13	JACKSAUCE & BREAD	8
Cajun spiced chicken breast, hummus, tomato, spinach, feta and pita bread		Jack's famous spicy-savory sauce and crusty french baguette	
BOURBON STREET BOIL	14	STEAMED CALIFORNIA ARTICHOKE	12
Half pound shell-on shrimp, classic spice boil with cocktail sauce		With cajunaise and mayo	

grips

(served with housemade potato salad)

BBQ PULLED PORK.....	9	QUINOA-WAH BOWL (veggie)	10
Hormone free pulled BBQ pork (little spicy) served on a toasted bun with pickles and coleslaw		Toasted quinoa, zucchini, squash, garlic, fresh spinach, walnuts, w/orange blossom honey vinaigrette & feta	
CHEESE BURGER	9	BBQ PORK BOWL	9
Black iron grilled, aged cheddar, pickle, lettuce, tomato, and mayo on bun (add bacon or avo 1)		Hormone free BBQ pulled pork, brown rice, coleslaw, dill pickles, and diced roma tomato	
PO'BOYS	9/11/12	WILD SALMON & ANCHO CHILI BOWL	13
Chicken, or chicken & andouille, or gulf shrimp, on baguette with mayo, dijon, lettuce and slaw		Jackspiced salmon filet atop brown rice, coleslaw, tomato, and avocado, with remoulade and ancho chili sauces, and feta	

grinds

(enhancers: andouille 3, chicken 3, shrimp 4, salmon 4)

pastas

(enhancers: broccoli 2, andouille 3, chicken 3, shrimp 4)

MARDI GRAS PASTA.....	lunch 11 / dinner 14	SPICY CREOLE PASTA.....	lunch 13 / dinner 17
Yellow squash and zucchini in a fire roasted tomato cream sauce over penne with parmesan cheese		Andouille sausage, chicken, bell peppers, onions and fire roasted tomatoes in a red pepper cream sauce over penne with parmesan	
SWEET THING	lunch 13 / dinner 17	JACKPASTA	lunch 13 / dinner 17
Gulf shrimp, boneless chicken breast in a basil, garlic, white wine sauce over vermicelli with parmesan cheese		Gulf shrimp, boneless breast of chicken and Jack's spicy-savory sauce over vermicelli	

specialties of the house

(enhancers: broccoli 2, andouille 3, chicken 3, shrimp 4)

JACKSHRIMP	lunch 13 / dinner 18	JACKRICE	lunch 13 / dinner 17
Shell-on gulf shrimp in Jack's spicy-savory sauce with french bread for dunking		Gulf shrimp, boneless breast of chicken and Jack's spicy-savory sauce over steamed rice (local favorite)	
JAMMIN JAMBALAYA	lunch 13 / dinner 17	SCAMPINESS	16
Andouille sausage, chicken breast, onions and green bell peppers over rice		Gulf shrimp in a basil, garlic, white wine sauce served over steamed herbed rice with fresh made coleslaw	

For parties of 6 or more, a gratuity of 20% may be added

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