



Sandwiches

The BBQ

BBQ sauce, chicken, grated cheddar 2, 4, 7, 9

The BLT

Bacon, lettuce, tomato & mayo.

The Crowd Favourite

Chicken goujons, cheddar cheese, jalapeños, garlic mayo 2, 4, 7, 9, 14

The Falafel

Mixed leaves, falafel, cous cous, pickled red cabbage, grated carrot, honey & mustard dressing 2, 9, 12

The Smokey Joe

Relish, bacon, brie & roasted red peppers.

The Tuna Melt

Tuna, cheddar, tomato spring onion and peppers.

Ham & Cheese

Simply, ham & cheese 2,7

The Ham Special

Ham, cheese, tomato, onion & mayo.

Choose your Bread type: Panini
Wrap
Baguette
White Bread
Brown Bread

Soups

JB's Vegetable

Our famous homemade creamy vegetable soup (1, 7)

Soup Zero

Our lean and clean soup! Low calorie soup with 100% flavour! (1, 7)

Sides

Brown Bread (2)
Bread Roll (2)

Salads Bowls

Chicken Caesar Bowl

Roast Chicken, iceberg lettuce sundried tomatoes, croutons, bacon, parmesan, basil caesar dressing 4, 7, 9, 14

Greek Bowl

Lettuce, Tomato, Cucumber, Olives, Feta, Spring Onion, Peppers, Lemon Oil Dressing (7)

Teriyaki Bowl

Mixed leaves, Teriyaki Chicken rice noodles, carrot, sesame broccoli, sugar snaps, spring onion, 4, 12, 13, 14

Vegan Bowl

Mixed leaves, pickled red cabbage, chickpeas, red onion, grated carrot, tomato, beetroot honey & mustard dressing 9, 14

We offer all items at a student-friendly price of €5

Pasta Pots

Bolognese

Minced beef in rich tomato & herb sauce, served with penne pasta and topped with parmesan shavings 1, 2

Carbonara

Smoked bacon lardons, chestnut mushrooms in a creamy sauce served with penne and topped with parmesan shavings 1, 2, 7, 14

We feature a special soup, hot pot and pasta pot each week. Find them on your order platform via jitterbeans.ie

Create Your Favourite Combination

- Chopped Salad
- Sandwiches
- Paninis
- Wraps
- Baguettes

Choose Protein - Choose One

Green Falafel, Roast Chicken, Chicken Goujons, Boiled Eggs, Crispy Bacon, Baked Ham, Tuna.

Choose Greens - Choose Two

Mixed Greens, iceberg Lettuce

Choose Veg & More - Choose Two

Beansprouts, Sweetcorn, Sweet Potato, Chickpeas, Cucumber, Cous Cous Peppers, Pickled Red Cabbage, Spring Onion, Beetroot, Grated Carrot, GF Croutons, Sesame Broccoli, Sugar Snaps, Jalapeños, Red Onion, Tomato, Mozzarella, Grated Cheddar, Grated Parmesan, Rice Noodles.

Choose your dressing

Honey & Mustard, Basil Caesar, Sweet Chili, BBQ, Ranch, Mayo, Garlic Mayo, Nam Jim, Cajun, Balsamic, Pesto

Order in a click

Cooking all of your favourites with a hip new spin on traditional cuisine. Using fresh ingredients with a side of rock 'n roll, we make real food for real people.

Pre-ordering available from 4pm. Daily order cut-off time, 9am