



**24 HOUR DRIVE THRU
7 DAYS A WEEK**

**250 SEATER
RESTAURANT**

09.00 - 21.00 - 7 DAYS A WEEK

89-91 Altcar Rd, Formby, L37 8DL -

Next to Tesco on Formby Bypass

www.mjs.co.uk



MJ's BREAKFAST

Pancakes with Golden Syrup or Honey £3
kcal 405 without golden syrup or honey
*Contains: Wheat, Milk, Sulphites, Egg.

Porridge with Golden Syrup or Honey £1.50
kcal 149 without golden syrup or honey
*contains: Oats, Soya, Milk.
May contain: Wheat, Barley, Rye.



MJ's SALADS

Served in an edible Tortilla Bowl

Caesar Salad £5
Lettuce, Cucumber, Spring Onion, Croutons & Parmesan Cheese with Caesar Dressing
kcal 1123
*Contains: Wheat, Egg, Milk, Barley, Malt, Soya, Fish.

Mediterranean Salad £5
Lettuce, Cucumber, Red Onion, Olives & Feta Cheese with a Dressing of your Choice
kcal 705
*Contains: Wheat, Milk.

Niçoise Salad £5
Lettuce, Cucumber, Red Onion, Tomato, Olives, Boiled Egg, Tuna & Anchoives with a Dressing of your Choice
kcal 805
*Contains: Wheat, Milk, Egg, Fish.

MJ's DRESSINGS all 50p

Caesar kcal 70* Contains: Egg, Milk, Wheat, Barley, Malt, Soya, Fish

Green Jalapeno kcal 27

French Dressing kcal 15

*Contains: Mustard, Potassium Metabisulphite

VERY HOT Red Habanero kcal 4



MJ's ALL DAY BREAKFAST WRAPS

Bacon Wrap £3

kcal 284
*Contains: Wheat.

Bacon & Sausage Wrap £3

kcal 884
*Contains: Wheat, Sulphites.

Bacon & Egg Wrap £3

kcal 428
*Contains: Wheat, Egg.

Bacon, Sausage & Egg Wrap £3

kcal 1000
*Contains: Wheat, Sulphites, Egg.

Sausage Wrap £3

kcal 1089
*Contains: Wheat, Sulphites.

Sausage & Egg Wrap £3

kcal 913
*Contains: Wheat, Sulphites, Egg.



MJ's ALL DAY WRAPS

Crispy Duck Wrap £3

Shredded Duck, Spring Onion, Cucumber & Lettuce with Hoisin Sauce
kcal 616
*contains: Wheat. Hoisin Sauce contains: Wheat, Barley, Soya.

Popping Chicken Wrap £3

Chicken Breast in Crumb, Spring Onion, Cucumber & Lettuce with Sweet Chilli Sauce
kcal 529 *contains: Wheat Milk.

Pulled Pork Wrap £3

Pulled Pork, Spring Onion, Cucumber & Lettuce with BBQ Sauce
kcal 522 *contains: Wheat, Barley.
May contain: Mustard, Milk, Celery, Soya.

Pulled Chicken Wrap £3

Pulled Chicken, Spring Onion, Cucumber & Lettuce with Sweet Chilli Sauce
kcal 507 *contains: Wheat, Barley.
May contain: Mustard, Celery, Soya, Sulphites, Milk.

Pulled Beef Wrap £3

Pulled Beef, Spring Onion, Cucumber & Lettuce with Horseradish Sauce
kcal 594 *contains: Wheat.

BLT Wrap £3

Bacon, Lettuce, Tomato with Mayo
kcal 497 *contains: Wheat, Egg, Milk

Kebab Wrap £3

Kebab Meat, Cucumber, Spring Onion, & Lettuce with Garlic Mayo & Chilli Sauce
kcal 930 *contains: Wheat, Egg, Milk.

Fajita Wrap £3

Pulled Chicken, Cucumber, Spring Onion, & Lettuce with Salsa, Guacamole & Sour Cream
kcal *contains: Wheat, Milk.

Chilli Con Carne Wrap £3

Beef Chilli Con Carne, Cucumber, Spring Onion, & Lettuce with Sour Cream
kcal *contains: Wheat, Milk.

Cheese Salad Wrap £3

Grated Cheese, Lettuce, Spring Onion, Cucumber & Tomato
kcal 553 *contains: Wheat, Milk.

24
HOUR

MJ's HOT & COLD DRINKS

COFFEE	£1.50
Americano, Latte or Cappuccino	
May contain: Milk.	
TEA	£1
May contain: Milk.	
FIZZY DRINKS 	£1
Coke, Diet Coke, Fanta or Sprite	
HOT CHOCOLATE	£1.50
THICK DAIRY MILKSHAKES	£1.50
Chocolate, Banana, Strawberry or Vanilla	
kcal 510	
*Contains: Milk.	
JUICE	£1
Orange or Apple	
WATER	£1
Still or Sparkling	

24
HOUR

MJ's SAUCES all 50p

Hoisin kcal 72	*Contains: Wheat, Barley, Soya.
Sweet Chilli kcal 66	Peri Peri kcal 17
Garlic Mayo kcal 84	*Contains: Egg, Milk, Mustard
Tartar kcal 108	*Contains: Milk, Egg, Mustard
BBQ kcal 46	Lemon & Herb kcal 27
Contains: Milk	

24
HOUR

MJ's TREATS

Ice Cream	£1
kcal 167	
*Contains: Milk.	
Chocolate Cake	£2
kcal 492	
*Contains: Wheat, Milk, Egg, Soybean.	
May contain: Peanuts, Nuts.	
Carrot Cake	£2
kcal 431	
*Contains: Wheat, Milk, Egg, Nuts, Walnuts.	
New York Cheesecake	£2
kcal 400	
*Contains: Wheat, Barley, Milk, Eggs.	
May contain: Soybean, Nuts.	
Blueberry Muffin	£1.50
kcal 442	
*Contains: Wheat, Egg, Soya, Milk. May contain Nuts.	
Chocolate Muffin	£1.50
kcal 446	
*Contains: Wheat, Egg, Soya, Milk. May contain Nuts.	
Fruit Scone with Jam and Cream	£1.50
kcal 126 without Jam and Cream	
*Contains: Wheat, Milk, Sulphur Dioxide, Soya. May contain Egg and Nuts.	
Chocolate Cookies	50p
kcal 255	
*Contains: Wheat, Milk, Soya, Egg.	
May contain: Nuts, Sesame Seeds, Celery, Mustard.	

ALLERGENS

11.30
TILL
21.00

MJ's LITTLE BITES

Rack of Ribs	£2.50
in BBQ Sauce	
kcal 296	
*Contains: Wheat, Barley.	
May contain: Milk, Soya, Egg, Mustard.	
Chicken Wings	£2.50
in BBQ Sauce	
kcal 329	
*Contains: Wheat, Barley.	
May contain: Mustard, Milk, Celery, Soya.	
Salt & Pepper Squid	£2.50
with Garlic Mayo	
kcal 239	
*Contains: Mollusc, Wheat, Egg, Celery, Mustard.	
May contain: Fish, Soya, Milk, Sulphites.	
Mayo contains: Egg, Milk, Mustard.	

11.30
TILL
21.00

MJ's MINI MEALS

Popping Chicken	£3
Chicken Breast in Crispy Crunchy Crumb	
with Chips or Salad	
kcal 256 without chips or salad	
*Contains: Wheat, Milk.	
Atlantic Cod Goujons	£3
with Chips or Salad	
kcal 589 without chips or salad	
*Contains: Wheat, Fish.	

11.30
TILL
21.00

MJ's MAINS

Half Chicken	£5
with Chips or Salad	
kcal 608 without chips or salad	
Atlantic Cod Loin in Batter	£5
with Chips or Salad	
kcal 881 without chips or salad	
*Contains: Fish, Wheat.	
Half Crispy Duck	£5
with Hoisin Sauce & Chips or Salad	
kcal 662 without chips or salad	
*Hoisin Sauce contains: Wheat, Barley, Soya.	

11.30
TILL
21.00

MJ's SIDES

Chips	£1.50
kcal 399	
*Contains: Sulphite.	
Side Salad	£1.50
kcal 21	
Curry Sauce	50p
kcal 54	
*Contains: Wheat, Mustard.	
Gravy kcal 27	50p
*Contains: Wheat, Soya.	
Mushy Peas	50p
kcal 75	
Baked Beans	50p
kcal 74	
Garden Peas	50p
kcal 56	

**All our food comes from producers we know and trust
so you can trust it to taste fantastic!**