

Healthy Times

Inspires healthier living



MAD JACK CAFÉ

"We ban MSG..... NO Artificial Flavorings, NO Preservatives, NO Recycled Oil, NO Tenderizer, NO further explanation!" With a slogan like that and a money-back guarantee, who dares doubt the health quotient of this café? Decorated with an Aussie theme in mind, the outlet at Jalan Kayu houses a corner selling merchandise such as sporting wear, gift posters and shirts, with a shelf of games, magazines and self-help books hiding in another corner. The focus remains solely on the food though, bringing welcome cheer to the ravenous late-night eater.

We started off with Doctor Juice, a range of therapeutic juices with healing power (\$3.80) made from 100% fresh fruits and vegetables with no added sugar, including the Brain Stimulator (orange, pear, lime, apple) and the Complexion Enhancer (guava, orange, cucumber). Even the salad there (\$3) contains no salad dressing or mayonnaise, while the soup is laden with freshly minced ingredients and is free of artificial stock or flavouring. Mock grilled fish (\$7.90) and steak (\$8.90) is available. Do note that a glass of water costs \$0.50, thus you're better off ordering Doctor Juice.

If you can't resist temptation, try the Mad Chocolate Lover Cake and the Oreo Madness Cheesecake. I swear they were calling out to me through the glass panel!

Mad Jack Café has three branches, 242 Jalan Kayu, 304 Bedok Place and 6 Duke's Road, all of which close at 12am.

Rating:

Health: ●●●○○ Taste: ●●●●○ Décor: ●●●●○

