

JERSEY CRAB SHACK ALLERGEN MENU	1. Celery	2. Cereals Containing Gluten	3. Crustaceans	4. Egg	5. Fish	6. Lupin	7. Milk	8. Molluscs	9. Mustard	10. Nuts & Seeds	11. Peanuts	12. Sesame	13. Soya	14. Sulphur dioxide
BREAD & APPETISERS														
Basket of continental breads - balsamic vinegar / olive oil / Jersey butter		✓					✓			✓				✓
Toasted gluten free bread - three slices / Jersey butter				✓			✓							
Garlic bread		✓					✓							✓
Cumberland sausages / honey / granary mustard		✓							✓					✓
Italian marinated olives – three delicious varieties														
Mixed nuts (<i>no peanuts</i>)										✓				
FIRST COURSES														
Jersey Oysters from the Royal Bay of Grouville / shallot vinaigrette								✓						✓
Crab bisque / crab and tomato soup / Gruyère crouton	✓	✓	✓				✓							✓
Prawn, avocado & smoked salmon / lemon / Marie Rose sauce			✓	✓	✓				✓					✓
Hass avocado on multigrain toast / chilli / lime / coriander / seeds		✓							✓	✓		✓		✓
Hass avocado on multigrain toast / chilli / lime / coriander / seeds / smoked salmon		✓			✓				✓	✓		✓		✓
Hass avocado on multigrain toast / chilli / lime / coriander / seeds / smoked bacon		✓							✓	✓		✓		✓
Cumberland sausages / honey / granary mustard		✓							✓					✓
Crispy chicken goujons / sweet & sour gotcha ketchup sauce *	✓	✓		✓					✓					✓
Five spice sticky pork short ribs / Asian coleslaw		✓			✓		✓		✓	✓		✓	✓	✓
Curried cauliflower fritters / mango chutney / mint yoghurt sauce *				✓			✓							✓
Jersey crab cake Benedict / toasted muffin / wilted spinach / poached egg / grain mustard butter sauce		✓	✓	✓			✓		✓					✓
Salade composée - seasonal vegetables / nuts / seeds / leaves / brown cap mushroom / sweetcorn / Dijon dressing									✓	✓		✓		✓
Buffalo mozzarella & Jersey tomato salad / avocado / rocket / balsamic dressing							✓		✓					✓
Pumpkin & mascarpone risotto / herb oil	✓						✓		✓					✓

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Crispy battered squid / lemon / garlic mayo *				✓				✓	✓					✓
Crispy prawn fritters / king prawns / lemon / herbs / sweet chilli dip *			✓											
CHILDREN'S MENU														
Tomato linguine / basil sauce / Italian hard cheese		✓		✓			✓							✓
Prawn cocktail / cucumber / Jersey Mids potatoes				✓					✓					✓
Crispy battered squid / peas / chips *							✓	✓						
Mini beef burger / salad / chips *		✓		✓			✓		✓					✓
Fish & chips / peas / tartar sauce / chips *				✓	✓		✓							
Five spice sticky pork short ribs / peas / chips *	✓	✓			✓				✓	✓		✓	✓	✓
Mini chicken goujons / peas / chips *		✓		✓			✓							
MAIN COURSES														
Curried cauliflower fritters / mango chutney / salad / mint yoghurt sauce *				✓			✓		✓					✓
Goat's cheese burger / sweet red onion marmalade / tomato / little gem lettuce / chips *		✓		✓			✓		✓					✓
Fish & chips / salad / peas / tartar sauce *				✓	✓		✓		✓					✓
Cheese burger / crisp salad / cheddar cheese / chips *		✓		✓			✓		✓					✓
Biltong burger / smoked bacon / gherkin / South African spices / cheese & mustard sauce salad / chips *		✓		✓			✓		✓					✓
Piri piri chicken roll / grilled chicken breast / spicy avocado mayo / salad / chips *		✓		✓					✓					✓
Crab salad / white Chancre crab tossed in crisp salad / avocado / seeds / sweetcorn			✓	✓					✓	✓		✓		✓
Crab taco / local crab / soft taco / tomato / avocado / chilli & red onion salad / lime		✓		✓			✓		✓					✓
Chicken & pancetta salade composée / seasonal vegetables / nuts / seeds / leaves mushroom / sweetcorn / Dijon dressing									✓	✓		✓		✓
Seared teriyaki salmon / chilli / coriander / Asian noodle salad		✓		✓	✓				✓	✓		✓	✓	✓
Indonesian seafood curry / bass / cod / prawns / pilau rice / coconut salad			✓		✓				✓	✓				

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Seafood linguine / prawns / mussels / cockles / crab / lemon / fennel / chilli / Parmesan		✓	✓	✓			✓	✓						
Jersey Chancre crab linguine / hint of garlic & chilli / Parmesan		✓	✓	✓			✓							
Chicken schnitzel / green beans / lemon / caper butter / chips *		✓		✓			✓							✓
Irish rib-eye steak 220g / garlic butter / rocket and parmesan salad / chips *							✓		✓					✓
Five spice sticky pork short ribs / Asian coleslaw	✓	✓			✓				✓	✓		✓	✓	✓
SIDES														
Steamed seasonal greens							✓							
Peas							✓							
Rocket & Parmesan salad / balsamic olive oil dressing							✓		✓					✓
Chips *														
Truffle Parmesan chips *							✓							
House salad / balsamic olive oil dressing									✓					✓
Jersey Royals							✓							
PUDDINGS														
Red berry compote														
Passion fruit sorbet														
Warm chocolate chunk brownie / chocolate sauce				✓			✓							
Sticky toffee pudding / toffee sauce				✓			✓			✓				
Add ice cream				✓			✓							
Add whipped cream							✓							
Salted Jersey caramel popcorn cheesecake pot		✓		✓			✓							
Red berry pancake & vanilla ice cream / almond / sprinkles / whipped cream		✓		✓			✓			✓				
Vanilla ice cream pancake / chocolate sauce / chocolate brownie / almond / sprinkles / whipped cream				✓			✓			✓				

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Affogato - espresso poured over vanilla ice cream				✓			✓							
Knickerblockerglory sundae - red fruits / vanilla ice cream / toasted almonds / strawberry syrup / whipped cream				✓			✓			✓				
Double chocolate sundae - chocolate brownie / Jersey vanilla ice cream / whipped cream / chocolate sauce / toasted almonds				✓			✓			✓				
Red berry compote & vanilla ice cream / DIY sprinkles (<i>children's</i>)				✓			✓			✓				
Soft Jersey vanilla ice cream / DIY sprinkles (<i>children's</i>)		✓		✓			✓							
DIY SPRINKLES														
Sugar strands														
Cookies & cream biscuit pieces		✓											✓	
Mini marshmallows														
Sugar coated mini chocolate beans							✓							

We recommend that guests with severe food allergies choose a complete dish off this allergen menu so they can check it does not contain the relevant allergens. We have an allergy policy and do our best to reduce the risk of cross-contamination but we cannot guarantee that any of our dishes are free from allergens. Guests with severe allergies are advised to assess their own level of risk and we do not accept any liability in this respect. Whilst modifications may seem easy to accommodate, please understand when they are declined as they may impact on the efficiency of service to others or be impossible due to elements of the dish being pre-prepared.

Dishes marked with a * include items that are cooked in a fryer where traces of gluten, shellfish, meat, dairy and egg may be present. Therefore, due to the nature of the cooking process, we cannot guarantee that fried foods are 100% free from other allergens.

Further information can be found at jprestaurants.com/news/eating-food-allergy.