

BANJO 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 Seeds	13. Soya	14. Sulphur Dioxide
BREAD & APPETISERS														
Italian marinated olives – three delicious varieties														
Almond & cashew nuts										✓				
Basket of continental breads / balsamic vinegar / olive oil / butter		✓					✓							✓
Toasted gluten free bread – three slices / butter				✓			✓							
FIRST COURSES														
Chilled Jersey Rock oysters / lemon shallot vinegar / served on ice								✓						✓
Courgette fritti / oven roast piquant pepper dip *														
Thai beef salad / lime / ginger / roasted cashew nuts		✓			✓				✓	✓			✓	✓
Asparagus / Hollandaise sauce				✓			✓							✓
Asparagus / vinaigrette							✓		✓					✓
Serrano ham / cantaloupe melon														✓
Roast beetroot salad / pickled shallots / green olives / crumbled feta / roasted pine nuts							✓		✓	✓				✓
Jersey crab and lobster bisque / Gruyère cheese	✓		✓				✓							✓
Singapore crab cakes / spicy lime sauce / Asian salad *		✓	✓	✓						✓		✓	✓	✓
Jersey Chancre Crab cocktail / pink grapefruit / dressed crab / avocado / baby gem salad / sour cream dressing			✓	✓			✓		✓					✓
Seared scallops / peas / bacon / onions / garlic butter							✓	✓	✓					✓
Tempura king prawns / pickled cucumber / soy & ponzu dip *			✓						✓				✓	✓
Black pepper squid / chilli soy / lime / salad								✓	✓				✓	✓
Burgundy snails / grilled / smoked bacon / parsley / garlic butter	✓	✓					✓	✓						✓
Banjo platter / tempura king prawns / Singapore crab cake / crispy duck and green mango salad		✓	✓	✓	✓				✓				✓	✓
Sushi / nori-maki rolls - avocado & pickled red gherkin / teriyaki salmon / spicy prawn / soy sauce / pickled ginger / wasabi			✓		✓					✓		✓	✓	✓

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Crispy duck and green mango salad / soy dressing *																✓									✓	✓	
Jersey Chancre Crab taglierini ribbon pasta / red chilli / lemon / olive oil / garlic / white wine															✓	✓	✓			✓						✓	
Gravlax / dill cured Scottish salmon / sour cream / radishes / beetroot																		✓		✓		✓				✓	
SALADS																											
Caesar salad / poached egg / Parmesan-style cheese / croutons															✓		✓	✓		✓		✓				✓	
Chicken Caesar salad / poached egg / Parmesan-style cheese / croutons															✓		✓	✓		✓		✓				✓	
King prawn Caesar salad / poached egg / Parmesan-style cheese / croutons															✓	✓	✓	✓		✓		✓				✓	
Summer salad / broad beans / asparagus / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds														✓								✓	✓		✓	✓	
Grilled goat's cheese summer salad / broad beans / asparagus / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds														✓						✓		✓	✓		✓	✓	
Chicken summer salad / broad beans / asparagus / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds																						✓	✓		✓	✓	
King prawn summer salad / broad beans / asparagus / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds																						✓	✓		✓	✓	
Jersey Chancre Crab salad / samphire / brown shrimps / saffron aioli																✓	✓					✓				✓	
VEGETARIAN																											
Moroccan vegetable tagine / chermoula / cauliflower / fragrant rice / flat bread														✓	✓							✓				✓	
Indian lentil curry / pea pakoras / fragrant rice *																						✓					
Asparagus / broad beans / pea and mint tagliatelle / Parmesan-style cheese															✓		✓			✓						✓	
GRILLS & MEATS																											
Rib-eye 220g																						✓				✓	
Sirloin 240g																						✓				✓	

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Fillet 220g									✓					✓
Tomahawk steak rib on the bone 900m (serves 2)									✓					✓
<i>Served with watercress / grilled vine tomatoes</i>									✓					✓
Peppercorn sauce	✓						✓							✓
Blue cheese sauce		✓					✓		✓					✓
Béarnaise sauce				✓			✓							✓
Garlic butter		✓					✓							✓
Brazilian style rump steak 220g / chimichurri sauce / watercress and tomato salad									✓					✓
Chicken Holstein / fried egg / anchovy / caper butter		✓	✓	✓	✓		✓		✓					✓
Roast chicken / green beans and tender stem broccoli / Madeira sauce	✓						✓							✓
Beef burger / Oglesfield cheese / smoked bacon / club sauce		✓		✓			✓		✓				✓	✓
Moroccan spiced rump of lamb / vegetable tagine / mint yoghurt / fragrant rice / flat bread	✓	✓					✓		✓					✓
FISH														
Battered haddock / peas / tartar sauce / salad *				✓	✓		✓		✓					✓
Goan coconut king prawn curry / pilaf rice / poppadoms *			✓						✓	✓				✓
Lobster mac & cheese	✓	✓	✓	✓			✓		✓					✓
Jersey Chancre Crab tagliolini ribbon pasta / red chilli / lemon / olive oil / garlic / white wine		✓	✓	✓			✓							✓
SIDES														
Chips *														
Truffle chips / Parmesan-style cheese *							✓							
Roast sweet potato wedges *														
Jersey Royals							✓							
Summer green vegetables							✓							

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Escarole / avocado / parsley salad / vinaigrette									✓					✓
Spinach with garlic & olive oil														
Tomato and red onion salad									✓					✓
Rocket & Parmesan-style cheese salad							✓		✓					✓
CHILDREN'S MENU														
Crispy tempura prawn / salad / tartar sauce / chips *			✓	✓										✓
Battered fish of the day / peas / lemon / chips *				✓	✓		✓		✓					✓
Grilled daily fish special / peas / new potatoes					✓		✓							
Mini beef burger / cheese / salad / chips *		✓		✓			✓		✓				✓	✓
Grilled chicken fillets / chips *		✓		✓			✓							
Minute sirloin steak / French beans / chips *							✓		✓					✓
Linguine / tomato sauce / Italian hard cheese		✓					✓							
PUDDINGS														
Vanilla crème brûlée / spiced plums / butter shortbread		✓		✓			✓							✓
Sticky rice and mango / coconut milk / roasted sesame seeds										✓		✓		
Dark treacle sponge pudding / vanilla ice cream				✓			✓			✓				
Sicilian lemon and raspberry meringue / lemon curd / almond crumb / meringue raspberries / raspberry sorbet		✓		✓			✓			✓				
Dark chocolate bomb / vanilla ice cream / roast pear / hot chocolate sauce				✓			✓							
Passion fruit and mango bar / mango sorbet / coconut crisps		✓		✓			✓							✓
Summer fruits and berries / passion fruit sauce / lemon sorbet														
Café gourmand - single espresso served with macarons & vanilla ice cream		✓		✓			✓			✓		✓		
Ice cream and almond biscotti - vanilla / chocolate / strawberry / banana / Jersey honey / salted caramel		✓		✓			✓			✓				
Sorbet and pistachio biscotti - lemon / passion fruit / apple / raspberry / blood orange		✓					✓			✓				

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Ice cream - vanilla / chocolate / strawberry / banana / Jersey honey / salted caramel (<i>without biscotti</i>)				✓			✓							
Sorbet - lemon / passion fruit / apple / raspberry / blood orange (<i>without biscotti</i>)														
BRITISH FARMHOUSE CHEESE served with celery / grapes / biscuits														
Driftwood - English goat's cheese 30g	✓	✓		✓			✓		✓					✓
Blacksticks Blue - soft blue cheese 40g	✓	✓		✓			✓		✓					✓
Oglesfield - semi soft cow's milk 35g	✓	✓		✓			✓		✓					✓
Westcombe cheddar - deep mellow flavour 35g	✓	✓		✓			✓		✓					✓

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.