

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								✓						✓
Butternut squash mulligatawny soup / spiced nuts and seeds	✓								✓	✓				
Seared beef carpaccio / truffle mayonnaise / wild mushrooms / Parmesan-style cheese				✓			✓		✓					✓
Asparagus / Hollandaise sauce				✓			✓							✓
Asparagus / vinaigrette							✓		✓					✓
Wild mushroom risotto / roast pumpkin purée / pumpkin seed dressing / Parmesan-style cheese	✓						✓		✓	✓		✓		✓
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 *		✓	✓	✓						✓		✓	✓	✓
Asian king prawn and squid salad / nam jim dressing / crispy shallots / chilli / coriander			✓					✓	✓					✓
Seared scallops / peas / bacon / onions / garlic butter							✓	✓	✓					✓
Tempura king prawns / pickled cucumber / soy & ponzu dip *			✓						✓				✓	✓
Quail's egg and wild mushroom croustade / Hollandaise sauce		✓		✓			✓							✓
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 Crab salad / pink grapefruit / avocado / baby gem salad / sour cream dressing			✓	✓			✓		✓					✓
Scottish smoked salmon / wild cress / sour cream / capers / buckwheat blinis	✓	✓		✓	✓		✓		✓					✓
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		✓	✓	✓	✓		✓		✓					✓
Winter salad / broad beans / tender stem broccoli / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds	✓								✓	✓		✓		✓
Grilled goat's cheese winter salad / broad beans / tender stem broccoli / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds	✓						✓		✓	✓		✓		✓
Chicken winter salad / broad beans / tender stem broccoli / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds									✓	✓		✓		✓
King prawn winter salad / broad beans / tender stem broccoli / avocado / watercress / apple / pea shoots / radishes / crispy shallot / roasted pumpkin seeds									✓	✓		✓		✓
Jersey Chancre Crab salad / samphire / brown shrimps / saffron aioli			✓	✓					✓					✓
VEGETARIAN														
Indian lentil curry / pea pakoras / fragrant rice *									✓					
Tofu, beetroot and carrot burger / portobello mushroom / melted goat's cheese / baby gem and cucumber salad / nuts and seeds	✓			✓			✓		✓	✓		✓	✓	✓
Moroccan vegetable tagine / chermoula / cauliflower / fragrant rice / flat bread	✓	✓							✓					✓
GRILLS & MEATS														
Rib-eye 220g									✓					✓
Sirloin 240g									✓					✓

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New potatoes							✓							
Seasonal green vegetables							✓							
Escarole / avocado / parsley salad / vinaigrette									✓					✓
Spinach with garlic & olive oil														
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										✓		✓		
Sticky toffee pudding / vanilla ice cream / caramel sauce				✓			✓							✓
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 cheesecake / mango sorbet / coconut crisps		✓		✓			✓							✓
Seasonal fruits and berries / passion fruit sauce / lemon sorbet														
Café gourmand – single espresso served with macaroons & vanilla ice cream		✓		✓			✓			✓		✓		
Ice cream and almond biscotti - vanilla / chocolate / strawberry / banana / Jersey honey / salted caramel / apricot		✓		✓			✓			✓				

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Sorbet and pistachio biscotti - lemon / passion fruit / apple / raspberry / blood orange		✓					✓			✓				
Ice cream - vanilla / chocolate / strawberry / banana / Jersey honey / salted caramel / apricot (<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	✓	✓		✓			✓		✓					✓
BAR MENU (dishes available on à la carte menu are listed on the other pages)														
Ham baguette & mug of butternut squash mulligatawny soup	✓	✓					✓		✓	✓				
Wiltshire ham baguette / English mustard	✓	✓					✓		✓					✓
Jersey Chancre Crab toast / avocado / Romaine lettuce		✓	✓	✓			✓		✓					✓
Open Scottish smoked salmon sandwich / brown bread / black pepper / cucumber salad		✓			✓		✓		✓					✓

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 jprestaurents.com/news/eating-food-allergy.