

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	
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11. Peanuts	
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12. Sesame seeds

13. Soya

14. Sulphur dioxide	
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Basket of continental breads - balsamic vinegar / olive oil / Jersey butter		✓					✓			✓				✓
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Toasted gluten free bread - three slices / Jersey butter
Garlic bread

Garlic bread

Baby Cumberland sausages / honey / granary mustard

Italian marinated olives – three delicious varieties

Mixed nuts (<i>no peanuts</i>)

FIRST COURSES														
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 / crab

crab
Jersey Oysters from the Royal Bay of Grouville / shallot vinaigrette

Panko crumbed fish fingers / curried mango mayonnaise *

Prawn, avocado & smoked salmon / lemon / Marie Rose sauce

Chicken liver parfait pot / red onion marmalade / country toast

Five spice sticky pork short ribs / Asian coleslaw
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Curried cauliflower fritters / mango chutney / mint yoghurt sauce *

Salade composée - seasonal vegetables / nuts / seeds / leaves /

brown cap mushroom / sweetcorn / Dijon dressing

Crispy battered squid / lemon / garlic mayo *

Crispy prawn fritters / king prawns / lemon / herbs / sweet chilli dip *

CHILDREN'S MENU (12 & UNDER)														
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Tomato linguine / basil sauce / Parmesan-style 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 *	✓	✓			✓				✓	✓		✓	✓	✓
Chicken schnitzel / peas / chips *		✓		✓			✓							
MAIN COURSES														
Curried cauliflower fritters / mango chutney / salad / mint yoghurt sauce *							✓		✓					✓
Crumbed goat's cheese in portobello mushroom / red onion marmalade / tomato / little gem / gherkin / chips		✓		✓			✓		✓					✓
Punjabi lentil curry / fragrant rice / mango chutney / poppadoms									✓	✓				
Fish & chips / salad / peas / tartar sauce *				✓	✓		✓		✓					✓
Crispy king prawn fritter and squid board / Asian coleslaw / sweet / chilli dip / lemon / garlic mayo *			✓	✓				✓	✓			✓		✓
Beef burger / crisp salad / tomato / gherkin & sweetcorn salad / chips *		✓		✓			✓		✓					✓
Fully loaded beef burger / crispy bacon / tomato / red Leicester cheese / American mustard / red onions / baby gem / burger sauce / brioche bun/ gherkin & sweetcorn 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		✓		✓			✓		✓					✓
Thai green chicken curry / sugar snap peas / ginger / coriander / steamed rice			✓		✓				✓	✓				✓
Fish and shellfish board / oak roast salmon / king prawns / crab on toast / mackerel / smoked salmon / saffron aioli		✓	✓	✓	✓		✓		✓					✓
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		✓	✓	✓				✓						
Jersey Chancre crab linguine / hint of garlic & chilli		✓	✓	✓										
Chicken schnitzel / green beans / lemon / caper butter / chips *		✓		✓			✓							✓
Irish rib-eye steak 220g / garlic butter / rocket and Parmesan-style hard cheese / chips *							✓		✓					✓
Five spice sticky pork short ribs / Asian coleslaw	✓	✓			✓				✓	✓		✓	✓	✓
SIDES														
Steamed seasonal greens							✓							
Peas							✓							
Rocket salad / Parmesan-style hard cheese / balsamic olive oil dressing							✓		✓					✓
Chips *														
Truffle chips / Parmesan-style hard cheese *							✓							
House salad / balsamic olive oil dressing									✓					✓
New potatoes							✓							
PUDDINGS														
Red berry compote														
Passion fruit sorbet														
Warm chocolate chunk brownie / chocolate sauce				✓			✓							
Sticky toffee pudding / toffee sauce				✓			✓			✓				
Add ice cream				✓			✓							
Add whipped cream							✓							
Rocky road cheesecake / marshmallows / honeycomb / strawberry		✓		✓			✓			✓				✓
Red berry pancake & vanilla ice cream / almond / sprinkles / whipped cream				✓			✓			✓				

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Vanilla ice cream pancake / chocolate sauce / chocolate brownie / almond / sprinkles / whipped cream				✓			✓			✓				
Affogato – espresso poured over vanilla ice cream				✓			✓							
Knickerbockerglory 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.