

OYSTER BOX 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														
Basket of continental breads / balsamic vinegar / olive oil / butter		✓					✓							✓
Toasted gluten free bread – three slices / butter				✓			✓							
Italian marinated olives – three delicious varieties														
Almond & cashew nuts										✓				
JERSEY ROCK OYSTERS														
Shallot vinegar / served on ice								✓						✓
Spicy Virgin Mary / celery / served on ice	✓	✓			✓			✓						✓
Champagne butter sauce / poached							✓	✓						✓
Oyster plate / 3 plain oysters served with shallot vinegar / 3 spicy Virgin Mary oysters shell on prawns 100g / Marie Rose sauce	✓	✓	✓	✓	✓			✓	✓					✓
Kenney-Herbert / Worcestershire sauce / bacon / tomato / Gruyère cheese / grilled	✓	✓			✓		✓	✓						✓
FIRST COURSES														
Gazpacho / chilled local vine tomatoes / piquillo pepper / cucumber soup		✓												✓
Jersey shellfish bisque / garlic croutons / gruyere cheese	✓	✓	✓		✓		✓							✓
Chicken liver parfait and confit duck terrine / peach chutney / brioche		✓		✓			✓		✓					✓
Tempura style king prawns / Asian salad / chilli & lime dip			✓						✓			✓	✓	✓
Seared beef carpaccio / truffle mayonnaise / wild mushrooms / Parmesan-style cheese				✓			✓		✓					✓

Squid fritti / broad beans & mint aioli / chilli & mizuna salad				✓	✓			✓	✓				✓	
Italian style seafood salad / baby gem / avocado / chilli / fennel / caper			✓	✓	✓			✓	✓					✓
Buffalo mozzarella salad / roast figs / sweet and sour walnuts / watercress		✓					✓		✓	✓				✓
Asparagus / vinaigrette									✓					✓
Asparagus / grilled king prawns / garlic & herb butter			✓				✓		✓					✓
Whipped goats' cheese / roast beetroot / beetroot dressing / balsamic dressing							✓		✓	✓				✓
Scallops / chorizo / sweetcorn purée / balsamic dressing							✓	✓	✓					✓
Scottish smoked salmon / capers / shallots / lemon					✓									
Oyster Box cocktail / smoked salmon / crab / prawns / baby gem / Marie Rose		✓	✓	✓	✓				✓					✓
Whelk farcie / garlic / parsley / breadcrumbs	✓	✓					✓	✓						✓
VEGETARIAN														
Vegetarian salad / buffalo mozzarella / roast asparagus / baby gem / roast beetroot / tomatoes / avocado / roast pumpkin / pumpkin seeds							✓		✓	✓				✓
Asparagus and courgette risotto / Parmesan-style cheese / mint salsa verde	✓						✓		✓					✓
Wild mushroom taglierini / sun dried tomato / roast hazelnuts / basil	✓	✓		✓			✓			✓				✓
Thai vegetable curry / coconut / cashew / coriander / crispy shallots / jasmine rice	✓								✓	✓				
SALADS														
Caesar salad / poached egg / parmesan-style cheese / croutons		✓		✓	✓		✓		✓					✓
Caesar salad / Add chicken & pancetta		✓		✓	✓		✓		✓					✓
Caesar salad / Add king prawns		✓	✓	✓	✓		✓		✓					✓

Summer salad / broad beans / tenderstem broccoli / avocado / watercress / apple / peashoots / radishes / crispy shallots / roast pumpkin seeds									✓	✓				✓
Summer salad / Add grilled goats' cheese							✓		✓	✓				✓
Summer salad / Add chicken									✓	✓				✓
Summer salad / Add king prawns			✓						✓	✓				✓
FISH														
Crab taglierini ribbon pasta / chilli / garlic / olive oil		✓	✓	✓			✓							✓
Haddock /battered / peas / tartar sauce / salad				✓	✓		✓		✓					✓
Monkfish scampi / chips / tartar sauce / lemon		✓		✓	✓				✓					✓
Smoked haddock / pea and bacon risotto / poached egg	✓			✓	✓		✓		✓					✓
Thai green monkfish curry / grilled king prawns / ginger / spring onions / green mango / coriander / steamed rice			✓		✓				✓	✓				
Shellfish platter / 6 Jersey rock oysters / French crevettes / Jersey Chancre Crab claw / marinated scallop / shallot vinegar / Marie Rose sauce		✓	✓	✓				✓	✓					✓
MEAT														
Rib-eye steak / watercress / grilled vine tomatoes									✓					
Sirloin steak / watercress / grilled vine tomatoes									✓					
Fillet steak / watercress / grilled vine tomatoes									✓					
Peppercorn sauce	✓	✓			✓		✓							✓
Blue cheese sauce		✓			✓		✓		✓					✓
Herb butter							✓							✓
Beef burger / crispy streaky bacon / Oglesfield cheese / sweet and sour onions/ burger sauce		✓		✓			✓		✓					✓
Loin of veal / wild mushroom taglierni / sun dried / tomato / roast hazelnuts	✓	✓		✓			✓			✓			✓	✓
Rump of lamb / dauphinoise potatoes / spinach / rosemary sauce	✓						✓							✓

Chicken breast / asparagus and courgette risotto / parmesan style cheese	✓						✓		✓					✓
SIDES														
New potatoes							✓							
Chips														
Truffle chips / Parmesan-style cheese							✓							
Creamy mash							✓							
Roast sweet potato wedges														
Spinach – steamed														
Spinach – buttered							✓							
Green beans & broccoli							✓							
Mixed salad									✓					✓
Rocket salad / Parmesan-style cheese							✓		✓					✓
CHILDREN'S MENU														
Crispy tempura style 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 / peas / chips		✓					✓							
Minute sirloin steak / French beans / chips							✓		✓					✓
Homemade penne pasta / tomato sauce / Italian hard cheese		✓		✓			✓							✓
Pineapple carpaccio / coconut sorbet / pineapple crisp										✓				✓
Lemon tart / fresh strawberries / lemon ice cream / meringues		✓		✓			✓							
Coconut panacotta / chocolate rocha / passion fruit sauce				✓			✓			✓				✓
Hot chocolate fondant / crème fraîche ice cream		✓		✓			✓							
Crème brûlée / caramelised banana / banana ice cream / macadamia crumb		✓		✓			✓			✓				

Café gourmand – single espresso served with macaroons & vanilla ice cream		✓		✓			✓			✓				
Bowl of raspberries / crème fraîche ice cream				✓			✓							
Cherry and almond tart / vanilla ice cream / cherry compote		✓		✓			✓			✓				✓
Ice cream and crisp nut biscotti - crème fraîche / caramel / vanilla / chocolate / blackberry		✓		✓			✓			✓				
Crème fraîche / caramel / vanilla / chocolate ice cream (<i>without crisp nut biscotti</i>)				✓			✓							
Sorbet and crisp nut biscotti - blackberry / raspberry / pineapple / coconut / clementine		✓		✓			✓			✓				
Raspberry / pineapple / blackberry / clementine sorbet (<i>without crisp nut biscotti</i>)														
Coconut sorbet (<i>without crisp nut biscotti</i>)										✓				
BRITISH FARMHOUSE CHEESE served with salad and biscuits														
Driftwood – English goats' cheese 30g		✓					✓		✓					✓
Blacksticks Blue – soft blue cheese 40g		✓					✓		✓					✓
Oglesfield – semi soft cows milk 35g		✓					✓		✓					✓
Westcombe cheddar – deep mellow flavour 35g		✓					✓		✓					✓
FISH														
Crab taglierini ribbon pasta / chilli / garlic / olive oil		✓	✓	✓			✓							✓
Haddock /battered / peas / tartar sauce / salad				✓	✓		✓		✓					✓
Monkfish scampi / chips / tartar sauce / lemon		✓		✓	✓				✓					✓
Smoked haddock / pea and bacon risotto / poached egg	✓			✓	✓		✓		✓					✓
Thai green monkfish curry / grilled king prawns / ginger / spring onions / green mango / coriander / steamed rice			✓		✓				✓	✓				
Shellfish platter / 6 Jersey rock oysters / French crevettes / Jersey Chancre Crab claw / marinated scallop / shallot vinegar / Marie Rose sauce		✓	✓	✓				✓	✓					✓
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Herb butter							✓							✓
Beef burger / crispy streaky bacon / Ogleshiel cheese / sweet and sour onions/ burger sauce		✓		✓			✓		✓					✓
Loin of veal / wild mushroom taglierni / sun dried / tomato / roast hazelnuts	✓	✓		✓			✓			✓			✓	✓
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Grilled daily fish special / peas / new potatoes					✓		✓							
Mini beef burger / cheese / salad / chips		✓		✓			✓		✓				✓	✓
Grilled chicken fillets / peas / chips		✓					✓							
Minute sirloin steak / French beans / chips							✓		✓					✓

Homemade penne pasta / tomato sauce / Italian hard cheese		✓		✓			✓							✓
PUDDINGS														
Pineapple carpaccio / coconut sorbet / pineapple crisp										✓				✓
Lemon tart / fresh strawberries / lemon ice cream / meringues		✓		✓			✓							
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Hot chocolate fondant / crème fraîche ice cream		✓		✓			✓							
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Café gourmand – single espresso served with macaroons & vanilla ice cream		✓		✓			✓			✓				
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Oglesfield – semi soft cows 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.

