

BANJO ALLERGEN MENU															
	1. Celery	2. Cereals Containing Gluten	3. Crustaceans	4. Egg	5. Fish	6. Lupin	7. Milk	8. Molluscs	9. Mustard	10. Tree Nuts	11. Peanuts	12. Sesame seeds	13. Soya	14. Sulphur dioxide / Sulphites	
BREAD and APPETISERS															
Italian marinated olives															
Almond and cashew nuts		<input type="checkbox"/>					<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Basket of continental breads		<input checked="" type="checkbox"/>		<input type="checkbox"/>			<input checked="" type="checkbox"/>			<input type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Toasted gluten-free bread				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
FIRST COURSES															
Jersey rock oysters								<input checked="" type="checkbox"/>							
Wild mushroom risotto	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		<input type="checkbox"/>					<input checked="" type="checkbox"/>	
Spinach and chickpea falafel	<input type="checkbox"/>								<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Moroccan mezze	<input type="checkbox"/>	<input checked="" type="checkbox"/>							<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
Goats' cheese and beetroot	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		<input type="checkbox"/> ¹	<input checked="" type="checkbox"/>	<input type="checkbox"/>			<input checked="" type="checkbox"/>	
Tuna salad	<input type="checkbox"/>		<input type="checkbox"/> ²		<input checked="" type="checkbox"/>			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Smoked mackerel mousse	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		<input checked="" type="checkbox"/>	
Seared beef carpaccio	<input type="checkbox"/>		<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ¹					<input checked="" type="checkbox"/>	
Seared scallops	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
Coconut king prawns	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/> ²	<input type="checkbox"/>				<input checked="" type="checkbox"/>		
Smoked salmon and Jersey crab			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>										
Burgundy snails		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	
Vietnamese duck salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ²		<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Beauvale blue cheese salad							<input checked="" type="checkbox"/>		<input type="checkbox"/> ¹	<input checked="" type="checkbox"/>	<input type="checkbox"/>				
SALADS															
Caesar salad		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>						
Chicken Caesar salad		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
King prawn Caesar salad		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
Spring salad	<input type="checkbox"/>		<input type="checkbox"/> ²		<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input type="checkbox"/> ¹						
Spring salad, add goats' cheese	<input type="checkbox"/>		<input type="checkbox"/> ²		<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ¹						
Spring salad, add grilled chicken	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input type="checkbox"/> ¹						
Spring salad, add king prawns	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input type="checkbox"/> ¹						
Seared tuna salad	<input type="checkbox"/>		<input type="checkbox"/> ²		<input checked="" type="checkbox"/>			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
VEGETARIAN															
Wild mushroom orecchiette	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Pumpkin and aubergine tikka masala	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>		
Roast cauliflower	<input type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
GRILLS and MEATS															
Rib-eye 220g	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
Sirloin 240g	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
Fillet 200g	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
Tomahawk steak rib	<input type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>						
<i>Served with watercress</i>	<input type="checkbox"/>								<input checked="" type="checkbox"/>						
Peppercorn sauce	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Blue cheese sauce		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
Béarnaise sauce				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Garlic butter							<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Chimichurri sauce															
Indonesian beef curry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²			<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Wild mushroom and steak pasta	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Blue cheese and bacon burger	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Pigeon	<input checked="" type="checkbox"/>		<input type="checkbox"/> ²		<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Duck	<input checked="" type="checkbox"/>		<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²					<input checked="" type="checkbox"/>	

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FISH														
Crab cannelloni	✓	✓	✓	✓	✓		✓	✓	✓				✓	✓
Goan coconut king prawn curry	□		✓		□ ²			□ ²	✓				✓	✓
Monkfish scampi	□	✓	□ ²	✓	✓			□ ²	✓				✓	
Thai-baked bass	□		□ ²		✓			□ ²	□ ²	✓	□	✓	✓	
SIDES														
Chips														
Truffle chips							✓							
Roast sweet potato wedges														
New Potatoes							✓							
Seasonal green vegetables							✓							
Spinach - steamed														
Spinach - buttered							✓							
Caesar side salad		✓		✓	✓		✓		✓					
Mashed potatoes							✓							
CHILDREN'S MENU														
Banjo king prawns	□	□ ²	✓	✓	□ ²			□ ²	□ ¹					
Battered fish of the day		□ ²	□ ²	✓	✓		✓	□ ²	□ ¹					
Grilled daily fish special			□ ²		✓		✓	□ ²	□ ¹				✓	
Mini beef burger	□	✓	□ ²	✓	□ ²		✓	□ ²	✓				✓	✓
Grilled chicken fillets			□ ²	□ ²	□ ²		✓	□ ²	□ ²				✓	
Minute sirloin steak			□ ²	□ ²	□ ²		✓	□ ²	□ ²				✓	
Pasta	□	✓	□	✓	□		✓			□			✓	✓
PUDDINGS														
Pear and date pudding		□								✓	□	□	✓	
Baked Alaska				✓			✓			□	□		✓	✓
Baileys panna cotta				✓			✓			✓	□			✓
Apple tarte tatin		✓		✓			✓			□	□		✓	
Dark chocolate bomb				✓			✓			□	□		✓	
Vanilla crème brûlée		✓		✓			✓			□	□			
Seasonal fruits and berries										□	□		□	
Café gourmand		✓		✓			✓			✓	□	✓	✓	
Ice cream		✓		✓			✓			✓	□		□	
Sorbet - almond biscotti		✓		✓			✓			✓	□		□	
Ice cream (<i>without biscotti</i>)				✓			✓			✓	□			
Sorbet (<i>without biscotti</i>)				□			□			□	□		□	
Beauvale blue cheese	✓	✓		✓			✓			✓	□			
Clara goats' cheese	✓	✓		✓			✓			✓	□			
Kalbach Swiss cows' cheese	✓	✓		✓			✓			✓	□			
Old Winchester English cows' cheese	✓	✓		✓			✓			✓	□			

- ✓ = Contains allergen
 □ = Contains ingredient with label that indicates may contain allergen.
 □¹ = Salad dressing only contains ingredient with label that indicates may contain allergen.
 □² = Cross-contamination risk due to cooking method.

List of allergens for specials are printed on the back of the specials menu available when you dine.

We recommend that guests with severe food allergies choose a complete dish from this allergen menu so they can check it does not contain the relevant allergens. All food is prepared in a kitchen which handles allergens. We do our best to reduce the risk of cross-contamination and provide allergen and cooking information so that customers can make their own decision about what dish to eat. We cannot guarantee that any of our dishes are free from allergens. Certain cooking methods (for example deep frying or grilling) may result in exposure to allergens from other dishes cooked using the same method and may therefore not be suitable for people with allergies.

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