



	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
<b>BREAD and APPETISERS</b>														
Gordal olives					☐					☐				✓
Spicy corn kernels										☐	☐	☐		
Basket of continental breads		✓		☐			✓			☐		✓		✓
Toasted gluten-free bread				✓			✓							✓
<b>FIRST COURSES</b>														
Jersey rock oysters		☐						✓						☐
Wild mushroom risotto	✓						✓		☐					✓
Warm asparagus									✓					✓
Asparagus hollandaise				✓			✓							✓
Asparagus vinaigrette		☐							☐					✓ <sup>1</sup>
Roast cauliflower and fregola	✓	✓			☐				✓	☐				✓
Roast beetroot salad	☐				☐		✓		✓ <sup>1</sup>	☐				✓
Tuna salad	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓			☐ <sup>2</sup>	✓	☐	☐	✓	✓	
Crab salad	☐	☐	✓	✓					✓ <sup>1</sup>					✓ <sup>1</sup>
Seared beef carpaccio	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	✓	☐ <sup>2</sup>		✓	☐ <sup>2</sup>	✓ <sup>1</sup>					✓
Seared scallops	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>		✓	✓	✓ <sup>1</sup>					✓
Coconut king prawns	☐	✓	✓	✓	✓			☐ <sup>2</sup>	☐				✓	
Smoked salmon and Jersey crab			✓	✓	✓									
Burgundy snails		✓					✓	✓						✓
Vietnamese duck salad	☐	✓	☐ <sup>2</sup>		☐ <sup>2</sup>			☐ <sup>2</sup>	☐			✓	✓	✓
Crispy squid	☐	☐ <sup>2</sup>	☐ <sup>2</sup>		✓			✓					✓	
<b>SALADS</b>														
Tahini Caesar salad		✓		☐	☐		☐		✓	☐		✓		✓
Chicken tahini Caesar salad		✓		☐	☐		☐		✓	☐		✓		✓
Seasonal salad	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Seasonal salad, add goats' cheese	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>		✓	☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Seasonal salad, add grilled chicken	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Seasonal salad, add king prawns	☐	☐ <sup>2</sup>	✓	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Seared tuna salad	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓			☐ <sup>2</sup>	✓	☐	☐	✓	✓	
<b>VEGETARIAN</b>														
Pumpkin tikka masala	✓								✓				✓	
Butternut squash risotto	✓						✓		✓ <sup>1</sup>					✓
Tofu and oriental vegetable pad Thai	☐	✓							☐			✓	✓	✓
<b>GRILLS and MEATS</b>														
Rib-eye 220g	☐	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓					✓ <sup>1</sup>
Sirloin 240g	☐	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓					✓ <sup>1</sup>
Fillet 200g	☐	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓					✓ <sup>1</sup>
Tomahawk steak rib	☐	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>			☐ <sup>2</sup>	✓					✓ <sup>1</sup>
Peppercorn sauce	✓	✓			✓		✓							✓
Blue cheese sauce		✓			✓		✓		✓					✓
Béarnaise sauce				✓			✓							✓
Garlic butter							✓							✓
Chimichurri sauce		☐												☐
Indonesian beef curry	☐	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓			☐	✓	☐	☐		✓	☐
Beef stroganoff	✓						✓		✓					✓
Aged British beef burger	✓	✓	☐ <sup>2</sup>	✓	✓		✓	☐ <sup>2</sup>	✓				☐	✓ <sup>1</sup>
Roast chicken breast risotto	✓	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>		✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓
Duck	✓	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>		✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓



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### FISH

Fish of the day (sauce vierge)		☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓		☐ <sup>2</sup>	☐ <sup>2</sup>					
Fish of the day (hollandaise sauce)		☐ <sup>2</sup>	☐ <sup>2</sup>	✓	✓	✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓
Goan coconut king prawn curry	☐	☐ <sup>2</sup>	✓	☐ <sup>2</sup>	☐ <sup>2</sup>		☐ <sup>2</sup>	✓				✓	✓
Monkfish scampi	☐	✓	☐ <sup>2</sup>	✓	✓		☐ <sup>2</sup>	✓				✓	✓ <sup>1</sup>
Bass with pomegranate		☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓		☐ <sup>2</sup>	☐ <sup>2</sup>					

### SIDES

Chips													
Truffle chips						✓							
Roast sweet potato wedges													
Jersey Royals with butter						✓							
Jersey Royals with olive oil													
Tenderstem broccoli													
Escarole salad		☐						✓ <sup>1</sup>					✓ <sup>1</sup>
Spinach - steamed													
Spinach - buttered						✓							
Caesar side salad		✓		✓	✓	✓		✓	☐		☐		
Mashed potatoes						✓							

### CHILDREN'S MENU

Banjo king prawns	☐	☐ <sup>2</sup>	✓	✓	☐ <sup>2</sup>		☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Battered fish of the day		☐ <sup>2</sup>	☐ <sup>2</sup>	✓	✓	✓	☐ <sup>2</sup>	✓ <sup>1</sup>					✓ <sup>1</sup>
Grilled daily fish special		☐ <sup>2</sup>	☐ <sup>2</sup>		✓	✓	☐ <sup>2</sup>	☐ <sup>2</sup>					
Mini beef burger		✓	☐ <sup>2</sup>	✓	✓	✓	☐ <sup>2</sup>	✓				✓	✓ <sup>1</sup>
Grilled chicken fillets	✓	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓
Minute sirloin steak	✓	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>	✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓
Pasta	☐	✓	☐	✓	☐	✓			☐			✓	✓

### PUDDINGS

Pineapple carpaccio						☐			☐				
Baked Alaska				✓		✓			☐	☐		✓	✓
Baileys panna cotta				✓		✓			☐	☐		✓	✓
Apple tarte tatin		✓		✓		✓			☐	☐		✓	
Dark chocolate bomb				✓		✓			☐	☐		✓	
Vanilla crème brûlée		✓		✓		✓			☐	☐			
Eton mess				✓		✓							✓
Café gourmand		✓		✓		✓			☐	☐		✓	✓
Ice cream		✓		✓		✓			☐	☐		☐	
Sorbet		✓		✓		✓			☐	☐		☐	
Ice cream <i>(without biscotti)</i>				✓		✓			☐	☐			
Sorbet <i>(without biscotti)</i>				☐		☐			☐	☐		☐	
Beauvale blue cheese	✓	✓		✓		✓			☐	☐		✓	✓
Clara goats' cheese	✓	✓		✓		✓			☐	☐		✓	✓
Kaltbach Swiss cows' cheese	✓	✓		✓		✓			☐	☐		✓	✓
Old Winchester English cows' cheese	✓	✓		✓		✓			☐	☐		✓	✓

- ✓ = Contains allergen
- ☐ = Contains ingredient with label that indicates may contain allergen.
- ✓<sup>1</sup> = Contains allergen in dressing.
- ☐<sup>2</sup> = Cross-contamination risk due to cooking method.

If you are unable to eat anything from the menu and need something more simple, please ask for our simply cooked chicken and vegetables, or choose a fish of the day without sauce.

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](http://jprestaurants.com/food-allergy-policy).