




	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														
Basket of continental breads		✓		□			✓			□		✓		✓
Toasted gluten free bread				✓			✓							✓
Gordal olives					□					□				✓
Spicy corn kernels										□	□	□		
JERSEY ROCK OYSTERS														
Shallot vinegar		□						✓						□
Spicy chorizo butter							✓	✓						✓
Champagne butter sauce							✓	✓						✓
Kenney-Herbert	✓	✓			✓		✓	✓						✓
Red chilli								✓				✓	✓	
Hot and cold oyster plate	✓	✓			✓		✓	✓						✓
FIRST COURSES														
Grilled king oyster mushroom "scallops"	□								□					✓
Jersey shellfish bisque	✓	✓	✓	□			✓			□		□		✓
Pork vitello tonnato	□			✓	✓				□	□				✓
Seared beef carpaccio	□	□	□ ²	✓	□ ²		✓	□ ²	✓ ¹				✓	✓
Fritto misto - king prawns and squid	□	□ ²	✓	✓	□ ²			✓	✓					✓
Fritto misto - king prawns only	□	□ ²	✓	✓	□ ²			□ ²	✓					✓
Gazpacho														✓
Gazpacho with crab			✓	✓										✓
Asparagus, vinaigrette		□							□					✓ ¹
Asparagus, grilled king prawns			✓		□ ²		✓	□ ²						✓
Jersey heritage tomatoes	□						✓		✓ ¹					✓
Scallops			□ ²		□ ²		✓	✓						✓
Grilled octopus	✓	□	□ ²		□ ²			✓		□	□	✓		✓
Scottish smoked salmon	✓	✓	✓	✓	✓				✓					✓ ¹
Crab cocktail	✓	✓	✓	✓	✓				✓ ¹					✓
VEGETARIAN														
Roast butternut squash	✓								□				✓	
Butternut and truffle pasta	✓	✓					✓						□	✓
Thai vegetable curry	□								✓					
SALADS														
Caesar salad		✓		✓	✓		✓		✓	□		□		✓
Caesar salad, add chicken and pancetta		✓		✓	✓		✓		✓	□		□		✓
Caesar salad, add king prawns		✓	✓	✓	✓		✓	□ ²	✓	□		□		✓
Seasonal salad	□	□							✓ ¹					✓ ¹
Seasonal salad with grilled goats' cheese	□	□					✓		✓ ¹					✓ ¹
Seasonal salad with chicken	□	□							✓ ¹					✓ ¹
Seasonal salad with king prawns	□	□	✓		□ ²			□ ²	✓ ¹					✓ ¹
FISH														
Crab taglierini	□	✓	✓	✓	□		✓	□		□			□	✓
Monkfish scampi	□	✓	□ ²	✓	✓				✓					✓
Battered haddock	□	□ ²	□ ²	✓	✓				✓					✓
Thai green monkfish curry	□		✓		✓			□ ²	✓					
Bass	✓		□ ²		✓			□ ²	□					
Fish of the day			□ ²		✓			□ ²						
MEAT														
Fillet 200g	□	□							✓ ¹					✓ ¹
Sirloin 240g	□	□							✓ ¹					✓ ¹
Peppercorn sauce	✓	✓			✓		✓							✓
Blue cheese sauce		✓			✓		✓		✓					✓
Herb butter							✓							✓
Pot roast chicken	✓						✓							✓
English lamb cutlets	✓						✓							✓
Duck leg confit	✓	□					✓		✓					✓
SIDES														
Jersey Royals with butter							✓							

 OYSTER BOX		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
Jersey Royals with olive oil															
Chips															
Truffle chips								✓							
Creamy mash								✓							
Roast sweet potato wedges															
Spinach – steamed															
Spinach – buttered								✓							
Green beans and broccoli								✓							
Mixed salad	□	□								✓ ¹					✓ ¹
Rocket salad		□						✓		✓ ¹					✓ ¹
CHILDREN'S MENU															
Oyster Box king prawns	□	□ ²	✓	✓	□ ²				□ ²	✓ ¹					✓ ¹
Battered fish of the day		□ ²	□ ²	✓	✓			✓	□ ²	✓ ¹					✓ ¹
Grilled daily fish special			□ ²		✓			✓	□ ²						
Grilled chicken fillets	✓							✓							✓
Minute sirloin steak	✓							✓							✓
Linguine	□	✓	□	✓	□			✓			□			✓	✓
PUDDINGS															
Lemon meringue tart		✓		✓				✓							
Pineapple carpaccio															✓
Hot chocolate fondant				✓				✓						✓	
Espresso panna cotta				✓				✓			□			✓	✓
Passion fruit cheesecake		✓		✓				✓							
Raspberries and strawberries															
Raspberries and strawberries with ice cream				✓				✓							
Café gourmand		✓		✓				✓						✓	
Ice cream and biscotti		✓		✓				✓						✓	✓
Ice cream (without biscotti)				✓				✓						✓	
Sorbet and biscotti		✓		✓				✓						✓	✓
Sorbet (without biscotti)															
Beauvale blue cheese	✓	✓		✓				✓			□	□		✓	✓
Clara goats' cheese	✓	✓		✓				✓			□	□		✓	✓
Kaltbach Swiss cows' cheese	✓	✓		✓				✓			□	□		✓	✓
Winchester English cows' cheese	✓	✓		✓				✓			□	□		✓	✓

- ✓ = Contains allergen.
- = Contains ingredient with label that indicates may contain allergen.
- ✓¹ = Contains allergen in dressing.
- ² = 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