



## CLICK & COLLECT ALLERGENS

	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>FIRST COURSES</b>														
Jersey rock oysters								✓						
Clara goats' cheese and beetroot	✓						✓		☐ <sup>1+2</sup>	✓	☐			✓
Smoked duck salad	☐								☐ <sup>1</sup>				✓	
Capuccini cocktail	✓	✓	✓	✓	✓				☐ <sup>1</sup>					✓
Artichoke and escarole salad	☐		☐	☐	☐		☐							
<b>MAIN COURSES</b>														
Pumpkin and aubergine tikka masala	✓								✓	✓	☐ <sup>2</sup>		✓	
Confit Gressingham duck leg	✓		☐ <sup>2</sup>	☐ <sup>2</sup>	☐ <sup>2</sup>		✓	☐ <sup>2</sup>	☐ <sup>2</sup>					✓
Goan coconut king prawn curry	☐		✓		☐ <sup>2</sup>			☐ <sup>2</sup>	✓				✓	✓
Beef Provençale	✓	✓					✓		✓				✓	✓
Crab tagliolini ribbon pasta	☐	✓	✓	✓	☐		✓	☐		☐			☐	✓
Goan monkfish and king prawn curry	☐	☐	✓		✓			☐ <sup>2</sup>	✓				✓	
<b>SIDES</b>														
Chips														
Truffle chips							✓							
Spinach - steamed														
Spinach - buttered							✓							
Caesar side salad		✓		✓	✓		✓		✓					
<b>PUDDINGS</b>														
Pear and date pudding		☐								✓	☐	☐		
Chocolate cherry brownie		✓		✓			✓			✓	☐			✓
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> = Salad dressing only contains ingredient with label that indicates may contain allergen.
- ☐<sup>2</sup> = Cross-contamination risk due to cooking method.

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.

**Customers with severe allergies are also advised to place their order separately, and to select the relevant allergen on our ordering site.**  
We will then do our best to avoid cross-contamination for this dish.

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)