



| 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 | | ☐ | | | | | ☐ | | ✓ | ☐ | | ☐ | ☐ |
| Basket of continental breads | | ✓ | | ☐ | | | ✓ | | ☐ | | ✓ | | ✓ |
| Toasted gluten-free bread | | | | ✓ | | | ✓ | | | | | | ✓ |

FIRST COURSES

| | | | | | | | | | | | | | |
|-------------------------------|---|----------------|----------------|----------------|----------------|--|----------------|----------------|----------------|---|---|---|---|
| Jersey rock oysters | | | | | | | ✓ | | | | | | |
| Wild mushroom risotto | ✓ | | | | | | ✓ | | ☐ | | | | ✓ |
| Spinach and chickpea falafel | ☐ | | | | | | | | ☐ | | ✓ | ✓ | |
| Moroccan mezze | ☐ | ✓ | | | | | | | ☐ | ✓ | ✓ | | |
| Goats' cheese and beetroot | ✓ | | | | | | ✓ | | ☐ ¹ | ✓ | ☐ | | ✓ |
| Tuna salad | ☐ | | ☐ ² | | ✓ | | ☐ ² | ✓ | | | ✓ | ✓ | |
| Smoked mackerel mousse | ☐ | ✓ | | ☐ | ✓ | | ✓ | | ☐ | | ☐ | | ✓ |
| Seared beef carpaccio | ☐ | | ☐ ² | ✓ | ☐ ² | | ✓ | ☐ ² | ☐ ¹ | | | | ✓ |
| Seared scallops | ☐ | | ☐ ² | ☐ ² | ☐ ² | | ✓ | ✓ | ✓ | | | | ✓ |
| Coconut king prawns | ☐ | ✓ | ✓ | ✓ | ✓ | | ☐ ² | ☐ | | | | ✓ | |
| Smoked salmon and Jersey crab | | | ✓ | ✓ | ✓ | | | | | | | | |
| Burgundy snails | | ✓ | | | | | ✓ | ✓ | | | | | ✓ |
| Vietnamese duck salad | ☐ | ☐ | ☐ ² | | ☐ ² | | ☐ ² | ☐ | | | ✓ | ✓ | ✓ |
| Crispy Asian squid | ☐ | ☐ ² | ☐ ² | | ✓ | | ✓ | ✓ | | | | ✓ | ✓ |

SALADS

| | | | | | | | | | | | | | |
|-----------------------------------|---|---|----------------|----------------|----------------|--|---|----------------|----------------|--|---|---|--|
| Caesar salad | | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | |
| Chicken Caesar salad | | ✓ | ☐ ² | ✓ | ✓ | | ✓ | ☐ ² | ✓ | | | | |
| King prawn Caesar salad | | ✓ | ✓ | ✓ | ✓ | | ✓ | ☐ ² | ✓ | | | | |
| Winter salad | ☐ | | ☐ ² | | ☐ ² | | | ☐ ² | ☐ ¹ | | | | |
| Winter salad, add goats' cheese | ☐ | | ☐ ² | | ☐ ² | | ✓ | ☐ ² | ☐ ¹ | | | | |
| Winter salad, add grilled chicken | ☐ | | ☐ ² | ☐ ² | ☐ ² | | | ☐ ² | ☐ ¹ | | | | |
| Winter salad, add king prawns | ☐ | | ✓ | ☐ ² | ☐ ² | | | ☐ ² | ☐ ¹ | | | | |
| Seared tuna salad | ☐ | | ☐ ² | | ✓ | | | ☐ ² | ✓ | | ✓ | ✓ | |

VEGETARIAN

| | | | | | | | | | | | | | |
|--------------------------------------|---|---|--|--|--|--|---|--|---|---|---|---|---|
| Wild mushroom orecchiette | ✓ | ✓ | | | | | ✓ | | | | | ✓ | ✓ |
| Butternut squash risotto | ✓ | | | | | | ✓ | | ✓ | ☐ | | | ✓ |
| Tofu and oriental vegetable pad Thai | | | | | | | | | | | ✓ | ✓ | ✓ |

GRILLS and MEATS

| | | | | | | | | | | | | | |
|-------------------------------|---|----------------|----------------|----------------|----------------|--|---|----------------|----------------|----------------|--|---|---|
| Rib-eye 220g | ☐ | | ☐ ² | ☐ ² | ☐ ² | | | ☐ ² | ✓ | | | | |
| Sirloin 240g | ☐ | | ☐ ² | ☐ ² | ☐ ² | | | ☐ ² | ✓ | | | | |
| Fillet 200g | ☐ | | ☐ ² | ☐ ² | ☐ ² | | | ☐ ² | ✓ | | | | |
| Tomahawk steak rib | ☐ | | ☐ ² | ☐ ² | ☐ ² | | | ☐ ² | ✓ | | | | |
| <i>Served with watercress</i> | ☐ | | | | | | | | ✓ | | | | |
| Peppercorn sauce | ✓ | ✓ | | | ✓ | | ✓ | | | | | | ✓ |
| Blue cheese sauce | | ✓ | | | ✓ | | ✓ | | ✓ | | | | ✓ |
| Béarnaise sauce | | | | ✓ | | | ✓ | | | | | | ✓ |
| Garlic butter | | | | | | | ✓ | | | | | | ✓ |
| Chimichurri sauce | | | | | | | | | | | | | |
| Indonesian beef curry | ☐ | ☐ | ☐ | | ✓ | | | ☐ | ✓ | ☐ ² | | ✓ | ☐ |
| Wild mushroom and steak pasta | ✓ | ✓ | ☐ ² | ☐ ² | ☐ ² | | ✓ | ☐ ² | ☐ ² | | | ✓ | ✓ |
| Blue cheese and bacon burger | ☐ | ✓ | ☐ ² | ✓ | ✓ | | ✓ | ☐ ² | ✓ | | | ✓ | ✓ |
| Chicken breast | ✓ | ☐ ² | ☐ ² | ☐ ² | ☐ ² | | ✓ | ☐ ² | ☐ ² | | | | ✓ |
| Duck | ✓ | | ☐ ² | ☐ ² | ☐ ² | | ✓ | ☐ ² | ☐ ² | | | | ✓ |



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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 | ✓ | ✓ | | ✓ | | ✓ | | | ✓ | □ | | | |
| Kaltbach 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.