



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
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BREAD and APPETISERS

Gordal olives				<input type="checkbox"/>					<input type="checkbox"/>				<input checked="" type="checkbox"/>
Spicy corn kernels									<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 type="checkbox"/>					<input checked="" type="checkbox"/>						<input type="checkbox"/>
Wild mushroom risotto	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	<input type="checkbox"/>					<input checked="" type="checkbox"/>
Warm asparagus								<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Asparagus hollandaise				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Asparagus vinaigrette		<input type="checkbox"/>						<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Roast cauliflower and fregola	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>				<input checked="" type="checkbox"/>
Roast beetroot salad	<input type="checkbox"/>				<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> ¹	<input type="checkbox"/>				<input checked="" type="checkbox"/>
Tuna salad	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>		<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Crab salad	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Seared beef carpaccio	<input 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"/> ¹					<input checked="" type="checkbox"/> ¹
Seared scallops	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> ¹					<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"/>	<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 checked="" type="checkbox"/>	<input type="checkbox"/> ²		<input type="checkbox"/> ²		<input type="checkbox"/> ²	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Crispy squid	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	

SALADS

Tahini Caesar salad		<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/> ¹	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/> ¹
Chicken tahini Caesar salad		<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/> ¹	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/> ¹
Seasonal salad	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input type="checkbox"/> ²	<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Seasonal salad, add goats' cheese	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Seasonal 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"/> ²	<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Seasonal salad, add king prawns	<input type="checkbox"/>	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²		<input type="checkbox"/> ²	<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/> ¹
Seared tuna salad	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>		<input type="checkbox"/> ²	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

VEGETARIAN

Pumpkin tikka masala	<input type="checkbox"/>							<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Butternut squash risotto	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> ¹					<input checked="" type="checkbox"/>
Tofu and oriental vegetable pad Thai	<input type="checkbox"/>	<input checked="" type="checkbox"/>						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

GRILLS and MEATS

Rib-eye 220g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> ¹
Sirloin 240g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> ¹
Fillet 200g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> ¹
Tomahawk steak rib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²			<input type="checkbox"/> ²	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/> ¹
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		<input type="checkbox"/>											<input type="checkbox"/>
Indonesian beef curry	<input type="checkbox"/>	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input type="checkbox"/> ²	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Beef stroganoff	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Aged British beef burger	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>
Roast chicken breast risotto	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<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"/>
Duck	<input checked="" type="checkbox"/>	<input type="checkbox"/> ²	<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													
Fish of the day (sauce vierge)		☐ ²	☐ ²	☐ ²	✓		☐ ²	☐ ²					
Fish of the day (hollandaise sauce)		☐ ²	☐ ²	✓	✓	✓	☐ ²	☐ ²					✓
Goan coconut king prawn curry	☐	☐ ²	✓	☐ ²	☐ ²		☐ ²	☐					
Monkfish scampi	☐	✓	☐ ²	✓	✓		☐ ²	✓					✓ ¹
Bass with pomegranate		☐ ²	☐ ²	☐ ²	✓		☐ ²	☐ ²					

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

CHILDREN'S MENU													
Banjo king prawns		☐ ²	✓	✓	☐ ²		☐ ²	✓ ¹					✓ ¹
Battered fish of the day		☐ ²	☐ ²	✓	✓		☐ ²	✓					✓ ¹
Grilled daily fish special		☐ ²	☐ ²		✓	✓	☐ ²	☐ ²					
Mini beef burger		✓	☐ ²	✓	✓	✓	☐ ²	✓				✓	✓
Grilled chicken fillets	✓	☐ ²	☐ ²	☐ ²	☐ ²		☐ ²	☐ ²					✓
Minute sirloin steak	✓	☐ ²	☐ ²	☐ ²	☐ ²	✓	☐ ²	☐ ²					✓
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 (without biscotti)				✓		✓			☐	☐			
Sorbet (without biscotti)				☐		☐			☐	☐		☐	
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 = 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.