



1. Celery	2. Cereals containing gluten (wheat)	2. Cereals containing gluten (rye)	2. Cereals containing gluten (barley)	2. Cereals containing gluten (oats)	2. Cereals containing gluten (spelt)	2. Cereals containing gluten (khorasan wheat)	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 & APPETISERS

Gordal olives																			✓
Handcut beetroot crisps											✓								
Giant spicy corn														☐	☐	☐			
Plain focaccia		✓																☐	✓
Tomato & thyme focaccia		✓																✓	✓

STARTERS

Jersey rock oysters												✓							✓
Summer vegetable soup	✓	✓																☐	✓
Sweet potato hummus and lentil salad	✓	☐	☐	☐	☐	☐	☐						✓			✓	✓	✓	✓
Sweet melon & parma ham	☐												✓						✓
Chicken liver parfait		✓	☐	☐	☐	☐	☐	✓			✓		✓					☐	✓
Roast spiced cauliflower and fregola	☐	✓	✓	✓	✓	✓	✓						☐						✓
Smoked mackerel mousse		✓						✓	✓		✓		✓					☐	✓
Smoked Steelhead trout	☐								✓	✓	✓		☐						✓
Grilled beef salad								✓			✓		✓						✓
Burgundy snails		✓					✓	✓			✓	✓						☐	✓
Wild mushroom risotto	☐										✓		☐						✓
Lauderdale king prawns	☐	✓					✓	✓	✓			☐ ²	☐					✓	✓
Fritti di mari	☐	☐	☐	☐	☐	☐	☐	✓	✓	✓		✓	☐						✓
Seafood ravioli		✓	✓	✓	✓	✓	✓	✓	✓	☐	☐	✓	☐	☐	☐	☐	✓	✓	✓
Pan fried scallops							☐ ²	☐ ²			✓	✓							✓

MEATS

Banjo double burger	☐	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓ ¹			☐	☐	✓	✓
Chicken holstein		✓					✓	✓	☐ ²	✓	✓	✓	☐ ²					☐	✓
Calves' liver	✓										✓								✓
Indonesian beef curry	☐	☐	☐	☐	☐	☐	☐						☐						✓

STEAKS

Steak frites	☐												✓ ¹						✓ ¹
Rib-eye steak	☐												✓ ¹						✓ ¹
Fillet steak	☐												✓ ¹						✓ ¹
New York Strip	☐												✓ ¹						✓ ¹
Peppercorn sauce	✓	✓	✓	✓	✓	✓	✓		✓		✓								✓
Blue cheese sauce		✓	✓	✓	✓	✓	✓		✓		✓		✓					☐	✓
Chimichurri sauce																			✓
Garlic butter											✓								✓
Diane sauce	✓										✓		✓						✓

SOUPS and SANDWICHES

Summer vegetable soup	✓	✓																	☐
The Chicken Club Sandwich		✓							✓										☐
The Steak Sandwich	☐	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						☐

FISH and SHELLFISH

Fish of the day with sauce vierge									✓										✓
Fish of the day with lemon butter									✓		✓								✓
Hake Bilbania		☐	☐	☐	☐	☐	☐	☐ ²	✓			☐ ²							✓
Spiced cod fillet	☐	☐	☐	☐	☐	☐	☐	☐ ²	✓			☐ ²	☐	☐	☐				✓
Goan coconut king prawn curry	☐							✓	☐ ²			☐ ²	☐	☐	☐				✓
Lauderdale king prawns	☐	✓					✓	✓	✓	✓		☐ ²	☐					✓	✓

PASTA

Seafood fettuccelle		✓					✓	☐ ²	✓	✓	✓	✓						☐	✓
Slow cooked beef fettuccelle	✓	✓									✓		✓					☐	✓
Wild mushroom fettuccelle		✓									✓		☐					☐	✓

VEGETARIAN, VEGAN and SALAD

Seasonal salad	☐												✓ ¹						✓ ¹
Add Tête de Moine cheese	☐										✓		✓ ¹						✓ ¹
Add grilled chicken	☐												✓ ¹						✓ ¹
Add king prawns	☐						✓	☐ ²				☐ ²	✓ ¹						✓ ¹
Miso celeriac steak	✓	☐	☐	☐	☐	☐	☐						☐			✓	✓		✓



	1. Celery	2. Cereals containing gluten (wheat)	2. Cereals containing gluten (rye)	2. Cereals containing gluten (barley)	2. Cereals containing gluten (oats)	2. Cereals containing gluten (spelt)	2. Cereals containing gluten (khorasan wheat)	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
--	-----------	--------------------------------------	------------------------------------	---------------------------------------	-------------------------------------	--------------------------------------	-----------------------------------------------	----------------	--------	---------	----------	---------	-------------	------------	---------------	-------------	------------------	----------	---------------------------------

Wild mushroom risotto	<input type="checkbox"/>											✓		<input type="checkbox"/>					✓
Pumpkin and aubergine tikka masala	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>					

SIDES

Chips																			
Truffle chips												✓							
Roast sweet potato																			
New potatoes / Jersey Royals												✓							
New potatoes / Jersey Royals (unbuttered)																			
Seasonal salad	<input type="checkbox"/>													✓ ¹					✓ ¹
Tenderstem broccoli																			
Jersey carrots																			
Spinach - steamed																			
Spinach - buttered												✓							
Mashed potatoes												✓							
Grilled cabbage																			✓

PUDDINGS

Pineapple carpaccio												<input type="checkbox"/>			<input type="checkbox"/>				
Ile flottante									✓			✓			<input type="checkbox"/>	<input type="checkbox"/>			
Spotted dick		✓							✓			✓							<input type="checkbox"/>
Ice cream coupe liégeois		✓							✓			✓			<input type="checkbox"/>	<input type="checkbox"/>			✓
Vanilla crème brûlée									✓			✓			<input type="checkbox"/>				
Chocolate bombe		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		✓			✓			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓
Café gourmand			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		✓		<input type="checkbox"/>	✓			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓
Ice cream and biscotti		✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		✓		<input type="checkbox"/>	✓		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓
Sorbet and biscotti		✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		✓		<input type="checkbox"/>	✓		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓
Ice cream without biscotti									✓			✓							✓
Sorbet without biscotti												<input type="checkbox"/>			<input type="checkbox"/>				
Tête de Moine and Cashel blue cheeses		✓										✓						<input type="checkbox"/>	
Chocolate coffee beans												<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			

CHILDREN'S (Please check both the main and the side / sauce your child has chosen)

Penne pasta		✓										✓							✓
Penne pasta with grilled chicken		✓										✓							✓
Grilled chicken fillet																			
Grilled fish of the day								<input type="checkbox"/> ²		✓				<input type="checkbox"/> ²					
Crumbed fish of the day		✓						<input type="checkbox"/> ²	✓	✓				<input type="checkbox"/> ²					✓
Grilled flat iron steak																			
Mashed potatoes												✓							
Chips																			
New potatoes												✓							
New potatoes (unbuttered)																			
Gravy		✓																	✓
Lemon butter												✓							✓
Tartar sauce									✓					✓					✓
Tomato ketchup		✓																	
Mayonnaise									✓										
BBQ sauce		<input type="checkbox"/>								<input type="checkbox"/>				✓					

= Contains allergen
 = Contains ingredient with label that indicates may contain allergen.
¹ = Contains allergen in dressing.
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 welcome guests with food allergies. Please let us know if you have any allergies or dietary requirements, and check our allergen menu before you order. Our dishes are made here and may contain trace ingredients. For further information on our approach, please ask, see jprestaurants.com/allergies.