

JERSEY CRAB SHACK ALLERGEN MENU

| | 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 |
|--|-----------|------------------------------|----------------|--------|---------|----------|---------|-------------|------------|---------------|-------------|------------------|----------|---------------------|
| BREAD AND APPETISERS | | | | | | | | | | | | | | |
| Basket of continental breads | | ✓ | | | | | ✓ | | | ✓ | | | | ✓ |
| Toasted gluten free bread | | | | ✓ | | | ✓ | | | | | | | |
| Garlic ciabatta | | ✓ | | | | | ✓ | | | | | | | ✓ |
| Garlic ciabatta - garlic butter, ham and cheese | | ✓ | | | | | ✓ | | | | | | | ✓ |
| Italian marinated olives | | | | | | | | | | | | | | |
| Mixed nuts (no peanuts) | | | | | | | | | | ✓ | | | | |
| Popcorn chicken | | | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| STARTERS | | | | | | | | | | | | | | |
| Hass avocado on multigrain toast | | ✓ | | | | | | | ✓ | | | ✓ | | ✓ |
| Hass avocado on multigrain toast, add smoked salmon | | ✓ | | | ✓ | | | | ✓ | | | ✓ | | ✓ |
| Hass avocado on multigrain toast, add prawn cocktail | | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | | ✓ | | ✓ |
| Jersey oysters | | | | | | | | ✓ | | | | | | ✓ |
| Prawn cocktail | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | | | | ✓ |
| Crab bisque | ✓ | ✓ | ✓ | | | | ✓ | | | | | | ✓ | ✓ |
| Crab mayonnaise | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | | | | ✓ |
| Prawn, avocado and smoked salmon | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | | | | ✓ |
| Five spice sticky pork short ribs | ✓ | ✓ | | | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Popcorn chicken | | | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Curried cauliflower fritters | | | | | | | ✓ | | | | | | | ✓ |
| Jersey crab cakes | | ✓ | ✓ | ✓ | | | | | ✓ | | | | ✓ | ✓ |
| Crispy battered squid | | | | ✓ | | | | ✓ | ✓ | | | | | ✓ |
| MAIN DISHES | | | | | | | | | | | | | | |
| Curried cauliflower fritters | | | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Punjabi lentil curry | | | | | | | | | ✓ | ✓ | | | ✓ | |
| Fish and chips | | | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ |
| Mexican grilled chicken salad | | ✓ | | | | | | | ✓ | ✓ | | | ✓ | ✓ |
| Mexican grilled chicken salad | | ✓ | | | | | ✓ | | ✓ | ✓ | | | ✓ | ✓ |
| Crispy king prawn fritter and squid board | | | ✓ | ✓ | | | | ✓ | ✓ | | | ✓ | ✓ | ✓ |
| Beef burger | | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ |
| Complète beef burger | | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ |
| Super salad bowl | | | | | | | | | ✓ | ✓ | | ✓ | | ✓ |
| Flat iron chicken | | | | | | | | | ✓ | | | | ✓ | ✓ |
| Cod with Jersey Chancre crab topping | | | ✓ | | ✓ | | ✓ | | | | | | ✓ | ✓ |
| Halloumi burger | | ✓ | | ✓ | | | ✓ | | ✓ | | | | | ✓ |
| Fish and shellfish platter | | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | | | | | ✓ |
| Seared teriyaki salmon | | ✓ | | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | ✓ |
| Indonesian seafood curry | | | ✓ | | ✓ | | | | ✓ | | | | ✓ | |
| Seafood linguine | | ✓ | ✓ | ✓ | | | | ✓ | | | | | | |
| Miso glazed cod | | ✓ | | | ✓ | | | | | ✓ | | ✓ | ✓ | |
| Chicken schnitzel | | ✓ | | ✓ | | | ✓ | | | | | | | ✓ |
| Irish rib-eye steak 220g | | | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Five spice sticky pork short ribs | ✓ | ✓ | | | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | ✓ |

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| SIDES | | | | | | | | | | | | | | |
| Steamed seasonal greens | | | | | | | ✓ | | | | | | | |
| Peas | | | | | | | ✓ | | | | | | | |
| Rocket salad | | | | | | | ✓ | | ✓ | | | | | ✓ |
| Chips | | | | | | | | | | | | | ✓ | |
| Truffle chips | | | | | | | ✓ | | | | | | ✓ | |
| Thai chips | | | | | | | | | | ✓ | | | ✓ | |
| Cheesy chips | | | | | | | ✓ | | | | | | | ✓ |
| Sweet potato chips | | | | | | | | | | | | | ✓ | |
| Pilau Rice | | | | | | | | | ✓ | | | | ✓ | |
| House salad | | | | | | | | | ✓ | | | | | ✓ |
| New potatoes | | | | | | | ✓ | | | | | | | |
| CHILDREN'S MENU (12 & UNDER) | | | | | | | | | | | | | | |
| Tomato linguine | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | ✓ |
| Prawn cocktail | | ✓ | | ✓ | | | | | ✓ | | | | | ✓ |
| Crispy battered squid | | | | | | | ✓ | ✓ | | | | | ✓ | |
| Mini beef burger | | ✓ | | ✓ | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Fish and chips | | | | ✓ | ✓ | | ✓ | | | | | | ✓ | |
| Five spice sticky pork short ribs | ✓ | ✓ | | | ✓ | | | | | | | | ✓ | ✓ |
| Grilled chicken | ✓ | | | | | | | | | | | | ✓ | ✓ |
| Chicken schnitzel | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| PUDDINGS | | | | | | | | | | | | | | |
| Red berry compote | | | | | | | | | | | | | | |
| Passion fruit sorbet | | | | | | | | | | | | | | |
| Warm chocolate chunk brownie | | | | ✓ | | | ✓ | | | | | | ✓ | |
| Sticky toffee pudding | | | | ✓ | | | ✓ | | | | | | | |
| Tiramisu | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | ✓ |
| Add mixed ice cream | | | | | | | ✓ | | | | | | | |
| Black butter cheesecake | | ✓ | | ✓ | | | ✓ | | | | | | | ✓ |
| Creamy rice pudding | | | | | | | ✓ | | | | | | | |
| Affogato - espresso, vanilla ice cream | | | | ✓ | | | ✓ | | | | | | | |
| Spiked affogato with a shot of Frangelico or Baileys - espresso, vanilla ice cream | | | | ✓ | | | ✓ | | | | | | | ✓ |
| Red berry compote & vanilla ice cream | | | | ✓ | | | ✓ | | | | | | | |
| Red berry sundae | | | | ✓ | | | ✓ | | | ✓ | | | | |
| Double chocolate sundae | | | | ✓ | | | ✓ | | | ✓ | | | | |
| Jersey dairy ice cream, sprinkles (children's) | | | | | | | ✓ | | | | | | ✓ | |

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 off this allergen menu so they can check it does not contain the relevant allergens. We have an allergy policy and do our best to reduce the risk of cross-contamination but we cannot guarantee that any of our dishes are free from allergens. Guests with severe allergies are advised to assess their own level of risk and we do not accept any liability in this respect. Whilst modifications may seem easy to accommodate, please understand when they are declined as they may impact on the efficiency of service to others or be impossible due to elements of the dish being pre-prepared.

Further information can be found at <https://jprestaurants.com/news/food-allergy-policy>