

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
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BREAD and APPETISERS

Basket of continental breads		✓					✓				✓		✓
Toasted gluten free bread				✓			✓						
Garlic ciabatta		✓					✓						✓
Garlic loaded ciabatta		✓					✓						✓
Italian marinated olives													
Mixed nuts (<i>no peanuts</i>)									✓	□			
Popcorn chicken							✓					✓	✓

STARTERS

Hass avocado on multigrain toast		✓						✓			✓		✓
Hass avocado on toast, add smoked salmon		✓			✓			✓			✓		✓
Hass avocado on toast, add free-range egg				✓							✓		✓
Hass avocado on toast, add prawn cocktail		✓	✓	✓				✓			✓		✓

Jersey oysters								✓						✓	
Crispy prawn fritters		□	✓					□	✓					✓	
Crab bisque	✓	✓	✓					✓						✓	✓
Crab mayonnaise	✓	✓	✓	✓	✓					✓				✓	✓
Prawn, avocado and smoked salmon		✓	✓	✓	✓					✓					✓
Five spice sticky pork short ribs	✓	✓			✓					✓			✓	✓	✓
Popcorn chicken								✓						✓	✓
Curried cauliflower fritters								✓						✓	✓
Jersey crab doughnut		✓	✓	✓						✓				✓	✓
Crispy battered squid		□		✓				□	✓	✓				✓	✓
MAIN DISHES															
Curried cauliflower fritters		□						✓		✓				✓	✓
Punjabi lentil curry		□								✓				✓	
Fish and chips		□		✓	✓			✓		✓				✓	✓
Mexican salad		✓								✓					✓
Mexican grilled chicken salad		✓								✓				✓	✓
Crispy king prawn fritter and squid board		□	✓	✓				□	✓	✓			✓	✓	✓
Beef burger		✓		✓	✓			✓		✓				✓	✓
Burger salad		✓		✓	✓			✓		✓				✓	✓
Complete beef burger		✓		✓	✓			✓		✓				✓	✓
Super salad bowl		□								✓	✓		✓		✓

Flat iron chicken		<input type="checkbox"/>							✓				✓	✓
Cod with Jersey Chancre crab topping			✓		✓		✓						✓	✓
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Jersey Crab Shack vegan burger		✓							✓				✓	
Beetroot Buddha bowl		<input type="checkbox"/>							✓			✓	✓	✓
Seared teriyaki salmon		✓		✓	✓							✓	✓	✓
Indonesian seafood curry			✓		✓								✓	
Seafood Linguine		✓	✓	✓				✓					✓	
Chicken schnitzel		✓		✓			✓							✓
Irish rib-eye steak 220g		<input type="checkbox"/>					✓		✓				✓	✓
Five spice sticky pork short ribs	✓	✓			✓				✓	✓		✓	✓	✓
SIDES														
Steamed seasonal greens							✓							
Peas							✓							

Rocket salad		<input type="checkbox"/>					✓		✓				✓
Chips		<input type="checkbox"/>					<input type="checkbox"/>						✓
Truffle chips		<input type="checkbox"/>					✓						✓
Thai chips		<input type="checkbox"/>					<input type="checkbox"/>			✓			✓
Sweet potato chips		<input type="checkbox"/>					<input type="checkbox"/>						✓
Pilau Rice									✓				✓
House salad		<input type="checkbox"/>							✓				✓
Jersey Royals							✓						

CHILDREN'S MENU (12 & UNDER)

Tomato Linguine		✓		✓			✓						✓	✓
Prawn cocktail		✓		✓					✓					✓
Crispy battered squid		<input type="checkbox"/>					✓	✓					✓	
Mini beef burger		✓		✓			✓		✓				✓	✓
Fish and chips		<input type="checkbox"/>		✓	✓		✓						✓	
Five spice sticky pork short ribs	✓	✓			✓								✓	✓
Grilled chicken	✓	<input type="checkbox"/>											✓	✓
Chicken schnitzel		✓		✓			✓						✓	
Grilled chicken	✓	<input type="checkbox"/>											✓	✓
Chicken schnitzel		✓		✓			✓						✓	

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PUDDINGS

Red berry compote													
Passion fruit sorbet													
Warm chocolate chunk brownie			✓			✓						✓	
Sticky toffee pudding			✓			✓							✓
Tiramisu	✓		✓			✓						✓	✓
Add mixed ice cream						✓						✓	
Creamy rice pudding						✓							
Affogato - espresso, vanilla ice cream			✓			✓							
Spiked affogato with Frangelico or Baileys			✓			✓							✓
Red berry compote & vanilla ice cream			✓			✓							
Caramelised banana and rum sundae						✓			✓			✓	✓
Red berry sundae			✓			✓			✓				

Double chocolate sundae				✓			✓			✓				
Jersey dairy ice cream, sprinkles							✓						✓	

- ✓ = contains allergen
- = contains ingredient with label that indicates may contain allergen.

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 jprestaurants.com/news/food-allergy-policy