

# 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
<b>BREAD and APPETISERS</b>														
Basket of continental breads		✓					✓					✓		✓
Toasted gluten free bread				✓			✓							
Garlic toast		✓					✓							✓
Garlic toast-garlic butter, ham & cheese		✓					✓							✓
Italian marinated olives														
Mixed nuts ( <i>no peanuts</i> )										✓	☐			
Popcorn chicken							✓						✓	✓
<b>STARTERS</b>														
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	☐	☐ <sup>1</sup>	✓					✓	✓				✓	
Crab bisque	✓	✓	✓				✓						✓	✓
Brown crab hummus	✓	✓	✓	✓	✓				✓			✓		✓
Prawn and avocado		✓	✓	✓	✓									✓
Five spice sticky pork short ribs	✓	✓			✓				✓			✓	✓	✓
Popcorn chicken							✓						✓	✓
Curried cauliflower fritters	☐						✓		☐				✓	✓
Jersey crab cake doughnut		✓	✓	✓					✓				✓	✓
Crispy battered squid		☐ <sup>1</sup>		✓				✓	✓				✓	✓
<b>MAIN DISHES</b>														
Curried cauliflower fritters	☐	☐ <sup>1</sup>					✓		✓				✓	✓
Punjabi lentil curry	☐								✓				✓	
Fish and chips		☐ <sup>1</sup>		✓	✓		✓		✓				✓	✓
Mexican salad	☐	✓							✓					✓
Mexican grilled chicken salad	☐	✓							✓				✓	✓
Crispy king prawn fritter and squid board		☐	✓	✓				✓	✓			✓	✓	✓
Beef burger		✓		✓	✓		✓		✓				✓	✓
Burger salad		✓		✓	✓		✓		✓				✓	✓
Complete beef burger		✓		✓	✓		✓		✓				✓	✓
Super salad bowl	☐	☐ <sup>1</sup>							✓	✓		✓		✓
Sticky ginger and soy salmon					✓							✓	✓	✓
Cod with Jersey Chancre crab topping			✓		✓		✓						✓	✓
Jersey Crab Shack vegan burger		✓							✓				✓	
Beetroot Buddha bowl	☐	☐ <sup>1</sup>							✓			✓	✓	✓
Malabar fish and vegetable curry	☐		✓		✓				✓				✓	
Chicken Katsu burger		✓		✓	✓		✓		✓			✓	✓	✓
Seafood linguine		✓	✓					✓					✓	
Chicken schnitzel		✓		✓			✓							✓
West country rib-eye steak 220g		☐ <sup>1</sup>					✓		✓				✓	✓
Five spice sticky pork short ribs	✓	✓			✓				✓	✓		✓	✓	✓
<b>SIDES</b>														
Steamed seasonal greens							✓							
Peas							✓							
Rocket salad		☐ <sup>1</sup>					✓		✓					✓

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Chips													✓	
Truffle chips							✓						✓	
Maryland chips	✓								✓					✓
Sweet potato chips													✓	
Pilau Rice									✓				✓	
House salad		□ <sup>1</sup>							✓					✓
Jersey Royals							✓							
<b>CHILDREN'S MENU (12 &amp; UNDER)</b>														
Tomato Linguine		✓		✓			✓						✓	✓
Prawn cocktail		✓		✓					✓					✓
Crispy battered squid		□					✓	✓					✓	
Mini beef burger		✓		✓			✓		✓				✓	✓
Fish and chips		□		✓	✓		✓						✓	
Five spice sticky pork short ribs	✓	✓			✓								✓	✓
Grilled chicken	✓												✓	✓
Chicken schnitzel		✓		✓			✓						✓	
<b>PUDDINGS</b>														
Red berry compote														
Passion fruit sorbet														
Warm chocolate chunk brownie				✓			✓						✓	
Sticky toffee pudding				✓			✓							✓
Tiramisu		✓		✓			✓						✓	✓
Add mixed ice cream							✓						✓	
Strawberry cheesecake		✓					✓							✓
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.
- <sup>1</sup> = Salad dressing only 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](http://jprestaurants.com/news/food-allergy-policy)