

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 or Sulphites
BREAD and APPETISERS														
Basket of continental breads		✓					✓					✓		✓
Toasted gluten-free bread				✓			✓							
Toasted gluten-free bread <i>(without butter)</i>				✓										
Garlic ciabatta		✓					✓			□		□	□	✓
Garlic ciabatta - ham and mozzarella		✓					✓			□		□	□	✓
Italian marinated olives														
Almond and cashew nuts <i>(no peanuts)</i>		□					□			✓	□		□	□
Popcorn chicken		□ ²	□ ²	□ ²	□ ²			□ ²				□ ²	✓	✓
STARTERS														
Hass avocado on multigrain toast	□	✓							✓			✓		✓
Hass avocado on toast, add free-range egg	□	✓		✓					✓			✓		✓
Hass avocado on toast, add prawn cocktail	□	✓	✓	✓	✓				✓			✓		✓
Salade composée		□ ¹							✓			✓		✓
Jersey oysters								✓						
Crispy prawn fritters	□	□ ¹⁺²	✓	□ ²	□ ²			□ ²	✓			□ ²	✓	
Brown crab hummus		✓	✓	✓					✓			✓		✓
Prawn and avocado cocktail	✓	✓	✓	✓	✓									✓
Five spice sticky pork short ribs		□							✓			✓	✓	✓
Popcorn chicken		□ ²	□ ²	□ ²	□ ²			□ ²				□ ²	✓	✓
Spicy red curry cauliflower fritters	□								□				✓	
Crispy battered squid		□ ¹⁺²	□ ²	✓	□ ²			✓	✓			□ ²	✓	✓
MAIN DISHES														
Spicy red curry cauliflower fritters	□	□ ¹							✓				✓	✓
Punjabi lentil curry	□								✓				✓	
Fish and chips		□ ¹⁺²	□ ²	✓	✓		✓	□ ²	✓			□ ²	✓	✓
Grand salade composée		□ ¹							✓			✓		✓
Crispy king prawn fritter and squid board		□	✓	✓	□ ²			✓	✓			✓	✓	✓
Beef burger		✓	□ ²	✓	✓		✓	□ ²	✓				✓	✓
Burger salad		✓	□ ²	✓	✓		✓	□ ²	✓				✓	✓
Complete beef burger		✓	□ ²	✓	✓		✓	□ ²	✓				✓	✓
Jersey Crab Shack vegan burger		✓							✓				✓	✓
Beetroot Buddha bowl	□	□ ¹							✓			✓	✓	✓
Fish Malabar	□	□	✓		✓			□ ²	✓				✓	
Chicken Katsu burger		✓	□ ²	✓	✓			□ ²	✓			✓	✓	✓
Seafood linguine		✓	✓					✓					□	✓
Chicken schnitzel		✓	□ ²	✓	□ ²		✓	□ ²				□ ²	✓	✓
West Country rib-eye steak 220g		□ ¹	□ ²		□ ²		✓	□ ²	✓				✓	✓
Five spice sticky pork short ribs		□							✓			✓	✓	✓
SIDES														
Steamed seasonal greens							✓							
Peas							✓							
Rocket salad		□ ¹					✓		✓					✓
Chips													✓	
Truffle chips							✓						✓	
Maryl and chips	✓								✓				✓	
Sweet potato chips													✓	
House salad		□ ¹							✓					✓

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CHILDREN'S MENU (12 & UNDER)

Tomato Linguine	✓	✓					✓						□	✓
Crispy battered squid		□ ²	□ ²	□ ²	□ ²		✓	✓				□ ²	✓	
Mini beef burger		✓	□ ²	✓	□ ²		✓		✓				✓	✓
Fish and chips		□ ²	□ ²	✓	✓		✓	□ ²				□ ²	✓	
Five spice sticky pork short ribs	✓	✓			✓		✓						✓	✓
Chicken schnitzel		✓	□ ²	✓	□ ²		✓	□ ²				□ ²	✓	

PUDDINGS

Red berry compote														
Passion fruit sorbet							□			□				
Warm chocolate chunk brownie				✓			✓						✓	
Sticky toffee pudding				✓			✓							
Jersey dairy ice cream							✓						✓	
Tiramisu		✓		✓			✓						✓	✓
National Trust for Jersey black butter cheesecake		✓		✓			✓							✓
Affogato - espresso, vanilla ice cream				✓			✓							
Spiked affogato with Frangelico or Baileys				✓			✓			✓				✓
Red berry sundae coupe							✓			✓				
Double chocolate sundae coupe				✓			✓			✓			✓	

CHILDREN'S PUDDINGS

Jersey dairy ice cream, sprinkles							✓						✓	
Red berry compote & vanilla ice cream				✓			✓						✓	
Warm chocolate chunk brownie				✓			✓						✓	

- ✓ = Contains allergen
- = Contains ingredient with label that indicates may contain allergen.
- ¹ = Salad dressing only contains ingredient with label that indicates may contain allergen.
- ² = Cross-contamination risk due to cooking method.

List of allergens for specials is 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. 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/news/food-allergy-policy