

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
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BREAD and APPETISERS

Spicy corn kernels										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Italian marinated olives														
Continental breads		<input checked="" type="checkbox"/>		<input type="checkbox"/>			<input checked="" type="checkbox"/>			<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toasted gluten-free bread				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Toasted gluten-free bread (<i>without butter</i>)				<input checked="" type="checkbox"/>										
Garlic ciabatta		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>			<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Garlic ciabatta - ham and mozzarella		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>			<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Popcorn chicken		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SMALL PLATES

Hass avocado on multigrain toast	<input type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Hass avocado on toast, add free-range egg	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Hass avocado on toast, add prawn cocktail	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Salade composée		<input type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Jersey oysters								<input checked="" type="checkbox"/>						
Crispy prawn fritters	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Jersey crab cake doughnut	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Brown crab hummus		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Prawn and avocado cocktail	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>									<input checked="" type="checkbox"/>
Five spice sticky pork short ribs		<input type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Popcorn chicken		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spicy red curry cauliflower fritters	<input type="checkbox"/>								<input type="checkbox"/>				<input checked="" type="checkbox"/>	
Crispy battered squid salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	

LARGE PLATES

Seafood linguine		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>					<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cod topped with chancre crab		<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Crispy battered squid salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Crispy king prawn fritter and squid		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fish and chips		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Indonesian seafood curry	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Chicken schnitzel		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Five spice sticky pork short ribs		<input type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Beef burger		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Complete burger		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Burger salad		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Jersey Crab Shack vegan burger		<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spicy red curry cauliflower fritters	<input type="checkbox"/>	<input type="checkbox"/>							<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Punjabi lentil curry	<input type="checkbox"/>								<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Grande salade composée		<input type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Beetroot Buddha bowl	<input type="checkbox"/>	<input type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Super salad bowl	<input type="checkbox"/>								<input type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

SIDES

Steamed seasonal greens							<input checked="" type="checkbox"/>							
Peas							<input checked="" type="checkbox"/>							
Rocket salad		<input type="checkbox"/>					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Chips													<input checked="" type="checkbox"/>	
Truffle chips							<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>	
Maryland chips	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Sweet potato chips													<input checked="" type="checkbox"/>	
House salad		<input type="checkbox"/>							<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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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		✓		✓			✓						✓	✓	
Banoffee meringue tart		✓		✓			✓			✓	☐		✓		
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