

OYSTER BOX 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 / Sulphites
BREAD and APPETISERS														
Basket of continental breads		✓		☐			✓			☐		✓		✓
Toasted gluten free bread				✓			✓							✓
Italian marinated olives														
Almond and cashew nuts		☐					☐			✓	☐		☐	☐
JERSEY ROCK OYSTERS														
Shallot vinegar								✓						
Spicy chorizo butter							✓	✓						✓
Champagne butter sauce							✓	✓						✓
Hot and cold oyster plate	✓	✓			✓		✓	✓					✓	✓
Kenney-Herbert	✓	✓			✓		✓	✓					✓	✓
FIRST COURSES														
Grilled king oyster mushroom "scallops"	☐									☐			✓	✓
Jersey shellfish bisque	✓	✓	✓				✓			☐		☐	✓	✓
Smoked duck salad	☐								✓				✓	
Searred beef carpaccio	☐		☐ ²	✓	☐ ²		✓	☐ ²	✓				✓	✓
Crab salad	☐		✓	✓					✓					
Fritto misto - king prawns and squid	☐	☐ ²	✓	✓	☐ ²			✓	✓				✓	✓
Fritto misto - king prawns only	☐	☐ ²	✓	✓	☐ ²			☐ ²	✓				✓	✓
Beauvales blue cheese fritters	✓	✓	☐ ²	✓	☐ ²		✓	☐ ²	✓	✓	☐		✓	✓
Squash, vegetable and lentil salad	✓								✓	✓	☐			✓
Whipped goats' cheese	☐	☐					✓		✓					✓
Scallops			☐ ²		☐ ²		✓	✓					✓	✓
Scottish smoked salmon					✓									
Oyster Box cocktail	✓	✓	✓	✓	✓				✓					✓
VEGETARIAN														
Goats' cheese and lentil salad	✓						✓		✓	✓	☐			✓
Coconut, black lentil and chickpea curry	✓								✓	✓	☐		✓	
Wild mushroom risotto	✓						✓		☐				✓	✓
Thai vegetable curry	☐								✓	✓			✓	
SALADS														
Caesar salad		✓		✓	✓		✓		✓					✓
Caesar salad, add chicken and pancetta		✓		✓	✓		✓		✓				✓	✓
Caesar salad, add king prawns		✓	✓	✓	✓		✓	☐ ²	✓				✓	✓
Seasonal salad	☐								✓					
Seasonal salad with grilled goats' cheese	☐						✓		✓					
Seasonal salad with chicken	☐								✓				✓	
Seasonal salad with king prawns	☐		✓		☐ ²			☐ ²	✓				✓	
FISH														
Crab taglierini	☐	✓	✓	✓	☐		✓	☐		☐			☐	✓
Monkfish scampi	☐	✓	☐ ²	✓	✓				✓				✓	✓
Battered haddock	☐	☐ ²	☐ ²	✓	✓		✓		✓				✓	✓
Thai green monkfish curry	☐		✓		✓				✓				✓	
Bass	☐	✓	✓	✓	✓			☐	☐			✓	✓	
MEAT														
Fillet 200g	☐	☐							✓				✓	
Sirloin 240g	☐	☐							✓				✓	
Peppercorn sauce	✓	✓			✓		✓						✓	✓
Blue cheese sauce		✓			✓		✓		✓				✓	✓
Herb butter							✓							✓
Warm fillet of beef salad	☐								✓			✓	✓	

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Pot roast chicken	✓						✓						✓	✓
Pork Tomahawk	✓						✓						✓	✓
Duck leg confit	✓	□					✓		✓				✓	✓
SIDES														
New potatoes							✓							
Chips													✓	
Truffle chips							✓						✓	
Creamy mash							✓							
Roast sweet potato wedges													✓	
Spinach - steamed														
Spinach - buttered							✓							
Green beans and broccoli							✓							
Mixed salad	□	□							✓					✓
Rocket salad		□					✓		✓					✓
CHILDREN'S MENU														
Oyster Box king prawns	□	□ ²	✓	✓	□ ²			□ ²	✓				✓	✓
Battered fish of the day		□ ²	□ ²	✓	✓		✓	□ ²	✓				✓	✓
Grilled daily fish special			□ ²		✓		✓	□ ²					✓	
Mini beef burger	□	✓		✓	✓		✓		✓				✓	✓
Grilled chicken fillets							✓						✓	
Minute sirloin steak							✓						✓	
Linguine	□	✓	□	✓	□		✓			□			✓	✓
PUDDINGS														
Chocolate brownie		✓		✓			✓			✓	□			✓
Pineapple carpaccio														✓
Hot chocolate fondant				✓			✓						✓	
Espresso panna cotta				✓			✓			✓	□		✓	✓
Rhubarb and custard tart		✓		✓			✓							
Seasonal fruit														
Café gourmand		✓		✓			✓			✓	□		✓	
Ice cream and almond biscotti		✓		✓			✓			✓	□			
Ice cream (without almond biscotti)				✓			✓							
Sorbet and almond biscotti		✓		✓			✓			✓	□			
Sorbet (without almond biscotti)														
Beauvale blue cheese	✓	✓		✓			✓			✓	□			✓
Clara goats' cheese	✓	✓		✓			✓			✓	□			✓
Kaltbach Swiss cows' cheese	✓	✓		✓			✓			✓	□			✓
Winchester English cows' cheese	✓	✓		✓			✓			✓	□			✓

- ✓ = 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 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 from 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/food-allergy-policy