



OYSTER BOX

1. Celery	2. Cereals containing gluten (wheat)	2. Cereals containing gluten (rye)	2. Cereals containing gluten (barley)	2. Cereals containing gluten (oats)	2. Cereals containing gluten (spelt)	2. Cereals containing gluten (khorasan wheat)	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
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BREAD and APPETISERS

Tomato & thyme focaccia	✓								☐		✓			☐			☐	✓
Gordal olives									☐					☐				✓
Guinness bread	✓			✓	✓						✓						☐	
Giant spicy corn														☐	☐	☐		

JERSEY ROCK OYSTERS

Shallot vinegar												✓						✓
Champagne butter											✓	✓						✓
Kenney-Herbert	✓			✓					✓		✓	✓						✓
Chilli & ginger												✓				✓	✓	
Mixed plate	✓			✓					✓		✓	✓				✓	✓	✓

FIRST COURSES

Chicory, pear & blue cheese salad	☐	☐	☐	☐	☐	☐	☐					✓		✓	☐		☐	✓
Sprouts Farm pumpkin soup	✓											✓						
Tempura of local octopus	✓								✓	☐ ²		✓		☐			✓	✓
Capucinni	☐								✓	✓	✓		☐					
Crab, avocado & pink grapefruit salad									✓	✓			✓					✓
Wild mushrooms	☐	✓		✓	✓									☐			☐	
Jersey fish soup	✓	✓							✓	✓		✓		☐		☐		✓
Whipped goats cheese		☐										✓	✓	☐	☐			✓
Grilled leeks									✓		✓							✓
Beef carpaccio	☐								✓		✓		☐					✓
Jersey crab cake	☐	✓							✓	✓	✓	✓	✓					✓
Local pork, prune & duck terrine	☐	✓	☐	☐	☐	☐	☐		✓	✓		✓	✓	☐	☐	☐	☐	✓
Crab tagliolini	☐	✓							✓	✓	☐ ²	✓		☐	☐		☐	✓
Grilled scallops									☐ ²	☐ ²		✓	✓					✓

VEGETARIAN, VEGAN and SALAD

Warm pearl barley risotto	✓	✓		✓								✓						✓
Seasonal salad														✓				✓
Add Tete de Moine cheese												✓	✓					✓
Add grilled chicken													✓					✓
Add king prawns									✓	☐ ²			✓	☐ ²				✓
Local pumpkin tortellini		✓	☐	☐	☐	☐	☐		✓		✓			☐			☐	☐
Thai cauliflower	☐												☐					✓

MEAT

Fillet of beef	✓																	✓
Sirloin of beef	✓																	✓
New York Strip	☐												✓ ¹					✓ ¹
Peppercorn sauce	✓											✓						✓
Blue cheese sauce		✓		✓					✓			✓	✓					✓
Garlic herb butter												✓						
Grilled chicken breast	✓											✓						✓
Slow-cooked pork belly	✓	☐	☐	☐	☐	☐	☐		✓	✓		✓	✓					✓
Rump of lamb	✓											✓						✓
Sunday roast sirloin of beef	✓	✓							✓			✓	✓					✓
Sunday roast rump of lamb	✓	✓							✓			✓	✓					✓
Sunday slow-cooked pork belly	✓	✓							✓			✓	✓					✓

FISH and SHELLFISH

Fish of the day with sauce vierge									☐ ²	✓		☐ ²						✓
Fish of the day with lemon butter									☐ ²	✓		✓	☐ ²					✓
Scallops									☐ ²	☐ ²		✓	✓					✓
Seafood tagliolini		✓							✓	✓		✓	✓					✓
Local grilled octopus	☐	☐	☐	☐	☐	☐	☐		☐ ²	☐ ²		✓		☐		✓		



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Fish pie		✓						✓	✓	✓		✓		✓					✓
Crab tagliolini		✓						✓	✓			✓							✓
Roast cod & king prawn curry								✓		✓			□ ²						✓
SIDES																			
Jersey carrots																			
New potatoes / Jersey Royals												✓							
New potatoes / Jersey Royals (unbuttered)																			
Chips																			
Creamy mashed potatoes												✓							
Green beans and broccoli												✓							
Green beans and broccoli (unbuttered)																			
Truffle chips												✓							
Seasonal salad														✓					✓
Sunday Yorkshire pudding		✓							✓			✓							
Sunday roast potatoes																			
Sunday cauliflower cheese												✓	✓						✓
Sunday roast carrots & parsnips																			
PUDDINGS																			
Catalan crème brûlée									✓			✓							
Treacle tart		✓							✓			✓			□		□		✓
Chocolate fondant		✓							✓			✓						✓	□
Coffee pannacotta		✓							✓			✓			□	□	□	✓	
Coconut malabi																			□
Apple tarte tatin		✓							✓			✓							
Café gourmand		✓	□	□	□	□	□		✓			✓			□	□	□	✓	□
Homemade ice cream and biscotti		✓	□	□	□	□	□		✓			✓		□	□	□	□	✓	□
Homemade sorbet and biscotti		✓	□	□	□	□	□		✓			✓		□	□	□	□	✓	□
Homemade ice cream (without biscotti)									✓			✓						✓	
Homemade sorbet (without biscotti)																			
Tete de Moine and Cashel blue cheeses		✓										✓						□	
Mini cookies		✓							✓			✓						✓	
CHILDREN'S (Please check both the main and the side / sauce your child has chosen)																			
Penne pasta		✓										✓							✓
Penne pasta with grilled chicken		✓										✓							✓
Grilled chicken fillet																			✓
Grilled fish of the day								□ ²	✓			□ ²							✓
Crumbed fish of the day		✓							✓	✓									✓
Grilled Sirloin steak																			✓
Mashed potatoes												✓							
Chips																			
New potatoes												✓							
New potatoes (unbuttered)																			
Gravy		✓																	✓
Lemon butter												✓							✓
Tartar sauce									✓					✓					
Tomato ketchup		✓																	
Mayonnaise									✓										
BBQ sauce		□								□				✓					

✓ =
□ =
✓¹ =
□² =
✓* =

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Contains allergen

Contains ingredient with label that indicates may contain allergen.

Contains allergen in dressing.

Cross-contamination risk due to cooking method.

Contains grain that has been treated with enzyme to break down gluten, and certified as gluten-free.



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List of allergens for specials are printed on the back of the specials menu available when you dine. | We welcome guests with food allergies. Please let us know if you have any allergies or dietary requirements, and check our allergen menu before you order.
| Our dishes are made here and may contain trace ingredients. For further information on our approach, please ask, or see iprestaurants.com/allergies