MARKET MENU — ALLERGEN CHART

✓ = allergen present • MC = may contain • May 2026

MENU ITEM	CELERY	GLUTEN	CRUSTACEAN	EGG	FISH	LUPINS	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITE
MENU														
Spanish Pan Con Tomate		Wheat Rye/Barley		✓										
Mussels Farcie		Wheat Rye/Barley					✓	✓					✓	✓
3 Oaks Cucumber Tzatziki		Wheat					✓							✓
House Chicken Liver Parfait		Wheat		✓			✓		✓				✓	✓
Chicken Schnitzel		Wheat					✓							✓
Linguini Puntanesca		Wheat		✓			✓							✓
Steak & Ale Pasty		Wheat					✓							✓
Burnt Jersey Honey Panacotta		Wheat Rye/Barley					✓							✓
Toasted Jersey Cheese Rarebit		Wheat Rye/Barley					✓		✓					✓
Affogato				✓			✓							
SAUCES & CONDIMENTS														
Malt Vinegar		Barley												✓
Mustard - Eng / French		Wheat							✓					✓
Mustard - Grain		Wheat					✓		✓				✓	✓
Mustard - Dijon									✓					✓
Mayonnaise			✓				✓		✓				✓	✓
Horseradish			✓				✓		✓					✓
Mint Sauce														✓
Ketchup	✓													✓
Brown Sauce		Rye/Barley				✓								✓
Apple Sauce														✓
Balsamic Vinegar														✓

Information based on standard recipes and supplier data. Dishes are prepared in kitchens that handle all 14 listed allergens, so traces may be present.
Gluten column notes the cereal(s) involved; other notes (e.g. Almond, Walnut, MC = may contain) appear in the relevant column. Guests with allergies must inform a member of staff before ordering.