

Allergen Information

Breakfast · Coffee House · Restaurant Menu · Prepared in line with Environmental Health, Government of Jersey

● **Contains** this allergen

○ **May contain** (cross-contact possible)

CE Celery · **GL** Gluten · **CR** Crustaceans · **EG** Eggs · **FI** Fish · **LU** Lupin · **MI** Milk

MO Molluscs · **MU** Mustard · **NU** Nuts · **PN** Peanuts · **SE** Sesame · **SY** Soya · **SU** Sulphites

Item	CE	GL	CR	EG	FI	LU	MI	MO	MU	NU	PN	SE	SY	SU
HOT DRINKS — COFFEE & TEA														
Espresso / Americano (black, no milk)														
Macchiato / Cortado / Flat White / Cappuccino / Latte							●							
Mocha / White Chocolate / Hot Chocolate							●						○	
Babyccino / Chai Latte / Matcha Latte / Spanish Latte							●							
Cream / Marshmallow / Whipped topping							●							
All loose / bagged teas (House, Green, Earl Grey, Peppermint, Chamomile, Lemon & Ginger, Chai, Matcha)														
ICED & COLD DRINKS														
Iced Americano (black) / White Americano							○							
Iced Latte / Spanish Latte / Matcha Latte							●							
Iced Mocha							●						○	
Mango & Passion Fruit Green Iced Tea														○
Cloudy / Elderflower / Peach Lemonades & Iced Teas														○
Popping Boba (all fruit flavours)							○							○
Dragon Fruit & Mango Cooler														○
SMOOTHIES & PROTEIN SHAKES														
Mellow Yellow (pineapple, banana, passion fruit, orange)														○
Lean Green (mango, pineapple, coconut, kale, spinach)														
Charge — peanut butter, oat milk, chocolate protein		●					●				●		○	
Mochalicious — peanut butter, oat milk, chocolate protein		●					●				●		○	
Gym Nut — oats, chia, peanut butter, oat milk, protein		●					●				●		○	
MILK ALTERNATIVES & SYRUPS (add-ons)														
Oat Milk		●												
Soya Milk													●	
Almond Milk										●				
Coconut Milk														
Hazelnut Syrup										●				
Caramel / Vanilla / Fruit / Seasonal syrups														○
BAKERY & SNACKS (counter)														
Plain Croissant		●		●			●						○	
Croissant with Jam & Butter		●		●			●						○	●
Croissant with Ham & Cheese		●		●			●						○	●
Almond Croissant		●		●			●			●			○	
Pain au Chocolat		●		●			●						●	
Danish Pastries		●		●			●			○			○	
Cakes / Brownies		●		●			●			○			○	
Doughnuts		●		●			●			○			○	
Jersey Wonder		●		●			●							
Pastel de Nata		●		●			●							

Item	CE	GL	CR	EG	FI	LU	MI	MO	MU	NU	PN	SE	SY	SU
Kids Fun Biscuits		●		●			●						○	
Burts Crisps (flavours vary — check pack)							○		○				○	
BREAKFAST — BELGIAN WAFFLES (8:30-11:30am)														
Plain Belgian Waffle		●		●			●						○	
Fully Loaded — Fresh Fruit, Mascarpone & Maple Syrup		●		●			●						○	
Add Nutella							●			●			●	
Add Maple Syrup														
Add Fresh Fruit														
BREAKFAST — EGGS (8:30-11:30am)														
Eggs on Sourdough (scrambled, fried or poached)		●		●									○	
└ Add Bacon														●
└ Add Parma Ham														●
└ Add Smoked Salmon					●									
└ Add Avocado														
Little Eggs (Kids) — egg on toast		●		●			●						○	
Eggs Royale — smoked salmon, muffin, hollandaise		●		●	●		●		○					
Eggs Florentine — spinach, muffin, hollandaise		●		●			●		○					
Eggs Benedict — ham, muffin, hollandaise		●		●			●		○					●
BREAKFAST — GRANOLA, WRAPS & BAGELS (8:30-11:30am)														
Greek Yoghurt with Granola, Fresh Fruit, Coulis or Honey	●						●			●			○	
Breakfast Wrap — sausage, Parma ham, mushroom, egg, mayo	●			●			○		●				○	●
BLT — bacon, lettuce, tomato on a soft roll	●			○			○		○					●
Breakfast Roll (egg, bacon, sausage, mushroom)	●			●			○						○	●
Breakfast Bagel — toasted with Jersey butter	●						●						○	
Bagel with Philadelphia & Smoked Salmon	●				●		●						○	
LIGHT SNACKS (12-4pm)														
Panini Sandwich (Three fillings)		●					●						○	
Focaccia — Parma Ham, Mozzarella, Basil, Tomato	●						●						○	●
Focaccia — Atlantic Garlic Prawns & Sriracha Mayo	●	●	●				●		●				○	○
Focaccia — Vegetarian (Mozzarella, Basil, Tomato)	●						●						○	
SIDES, SNACKS & STARTERS (12-9pm)														
Legendary Garlic Bread		●					●						○	
└ Add Parma Ham		●					●						○	●
Soup of the Day (changes daily — ask server)	○	○					○							
Rocket Salad — Balsamic & Parmesan							●							●
Avocado Salad with Croutons & Bread		●							○					
Caesar Salad (Chicken or Prawn)		●	●	●	●		●		●					
Insalata Caprese							●							●
Antipasti Board		●					●		○				○	●
Garlic Atlantic Prawns with Sourdough		●	●				●							
PIZZA (12-9pm)														
Margherita Napoletana (V)		●					●						○	
Pepperoni		●					●						○	○
Capricciosa (Ham, Mushroom, Artichoke)		●					●						○	●
Salame Piccante (Mascarpone, Pecorino)		●					●						○	●
Diavola (Spicy Salami, Chilli, Jalapeños)		●					●						○	●
Calzone — Veg or Meat (Ricotta, Mushroom)		●					●						○	●

Item	CE	GL	CR	EG	FI	LU	MI	MO	MU	NU	PN	SE	SY	SU
The Arrabbiata 'The Angry One' (with Burrata)		●					●						○	●
The Sicilian (Atlantic Prawns, Smoked Salmon)		●	●		●		●						○	●
Quattro Formaggi (V) — Blue, Pecorino, Mascarpone		●					●						○	
The G.O.A.T (Basil Pesto, Goat Cheese)		●					●			●			○	●
El Bandito (Chicken, Chipotle, Cheddar)		●					●		○				○	○
The Godfather (Diced Beef & Pepperoni)		●					●						○	●
Norma (V) — Aubergine, Mozzarella, Parmesan		●					●						○	
Salsiccia & Friarielli (Sausage, Scamorza, Broccoli)		●					●						○	●
PASTA (12-9pm)														
Traditional Homemade Lasagna	○	●		●			●							○
Ravioli Ragù (Mushroom & Truffle, Tomato)		●		●			●							
Carbonara (Bacon & Parmesan)		●		●			●							○
Sicilian Parmigiana (V) — Aubergine, Tomato		●					●							
KIDS MENU (incl. drink & ice cream)														
Penne — Beef Ragù	○	●		○			○							○
Penne — Tomato Sauce		●		○										
Penne — Cream & Ham		●		○			●							○
Penne — Basil Pesto		●		○			●			●				
Pizza — Margherita		●					●						○	
Pizza — Pepperoni		●					●						○	○
Pizza — Ham & Cheese		●					●						○	●
↳ Ice cream (vanilla default — flavours vary)				○			●			○			○	
DESSERT														
Ice Cream — Two Scoops (seasonal flavours)				○			●			○			○	
Traditional Homemade Tiramisu		●		●			●							○
Affogato Caffè				○			●							
Affogato with Baileys / Amaretto / Grand Marnier				○			●			●				●
Calzone Nutella		●					●			●			○	
Lemon Sorbet														○
Waffle & Ice Cream		●		●			●			○			○	
PIZZA TOPPINGS & EXTRAS														
Standard toppings (mozzarella, ham, salami, pepperoni, egg, capers, olives, mushrooms, artichoke, peppers...)				●			●						○	●
Burrata							●							
Anchovies					●									
Parma Ham (extra)														●
Sliced Beef Fillet														
Chilli Oil														
Olive Tapenade (crust dip)														○
Balsamic & Olive Oil (crust dip)														●
Garlic Butter (crust dip)							●							
Olive Bowl														○

Important — please read

All food is prepared in a single kitchen where the 14 statutory allergens are handled. We **cannot guarantee any dish is 100% free** from any allergen due to cross-contamination. If you have a food allergy, intolerance or coeliac disease, please speak to a member of staff **before placing your order**.

Recipes and suppliers may change without notice; this matrix reflects standard recipes and may not capture daily specials, seasonal flavours, or chef substitutions. Always confirm with your server. Prepared per guidance from Environmental Health, Government of Jersey, under the Food Safety (Jersey) Law 1966, the Food Safety (Labelling) (Jersey) Order 2005, and the Food (Jersey) Law 2023.