

SAMPHIRE 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	15. onion, garlic, chives, leek	
Oysters - Natural (gf,df)								✓						✓	✓	
Oysters - Tempura(gf,df)			✓		✓			✓				✓	✓	✓	✓	
Scallop ceviche (gf,df)					✓			✓	✓						✓	
Swordfish crudo (gf,df)			✓		✓										✓	
Smoked salmon(gf)					✓		✓								✓	
STARTERS																
Beef Tartare classic (gf,df)	✓			✓	✓				✓						✓	✓
Beef Tartare with 'nduja (gf)															✓	✓
Burrata (v)		wheat				✓	✓								✓	✓
Truffle Linguine		wheat		✓		✓	✓								✓	✓
Duck liver Parfait		wheat		✓		✓	✓								✓	✓
Scallops (gf)							✓	✓							✓	✓
Jersey Crab (df)		wheat	✓	✓		✓			✓						✓	✓
Lobster Linguine	✓	wheat	✓	✓	✓	✓	✓									✓
Jersey Tomato		wheat				✓	✓								✓	✓
MAINS																
Duck Breast (gf,df)	✓														✓	✓
Gnocchi & courgette (v)		wheat		✓		✓	✓								✓	✓
John Dory (gf)					✓		✓								✓	✓
Whole Plaice (gf)					✓		✓								✓	✓
Jersey Bream (gf)	✓		✓		✓	✓	✓	✓							✓	✓
Rib Eye Steak							✓									
Beef Fillet															✓	
Diane Sauce with mushrooms (gf)	✓						✓		✓						✓	✓
Blue cheese sauce (gf)							✓		✓							✓
Bearnaise sauce (gf)				✓			✓								✓	✓
Cote de Boeuf, onion rings, walnut salad (gf,n)				✓		✓	✓			walnut					✓	✓
Beef Rossini	✓	wheat				✓									✓	✓
Lamb rack (gf)	✓						✓		✓						✓	✓
Lobster	✓	wheat	✓	✓		✓	✓		✓						✓	✓
SIDES																
Hand cut chips (gf,v, ve, df)																
Green beans (v, gf)							✓									✓
Tenderstem (ve, gf)																
Jersey Royals (v,gf)							✓									✓
Tomato Salad (gf, ve)															✓	✓
DESSERTS																
Cheese, tomato chutney (n)	✓	Wheat/Rye					✓			pecan, walnuts		✓			✓	✓
Honey & passionfruit		Wheat		✓		✓	✓									
Strawberry Tartlet (v)				✓		✓	✓									
Kinder Bueno (n)		Wheat		✓		✓	✓			Hazelnut						
Peach Souffle (v,n)		Wheat		✓		✓	✓			Almond						
VEGAN MENU																
Grilled Maitake Vegan (gf)															✓	✓
Linguine Vegan		Wheat			✓										✓	✓
Aubergine															✓	✓
Chocolate Vegan (n,gf)										Hazelnut		✓				

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BAR SNACKS														
Charcuterie board	✓	Wheat				✓	✓			walnuts,almonds			✓	✓
Cheese board	✓	wheat				✓	✓			walnuts,almonds			✓	✓
Truffle fries				✓									✓	
Caesar Salad		wheat			✓								✓	✓
BREAKFAST														
English breakfast		Wheat		✓			✓						✓	✓
Eggs Benedict		Wheat		✓			✓						✓	✓
Eggs Royal		Wheat		✓			✓						✓	✓
Eggs Florentine		Wheat		✓			✓						✓	✓
Hash brown, duck egg		Wheat		✓			✓						✓	✓
Avocado, sumac		Wheat												✓
Shakshuka		Wheat		✓			✓							✓
Smoked Salmon, scrambled egg		Wheat		✓			✓							
Pancakes, Blueberry		Wheat		✓			✓							
Pancakes, Bacon, maple		Wheat		✓			✓							
Pancakes, Butter, maple		Wheat		✓			✓							
French Toasts, Blueberry		Wheat		✓			✓							
French Toast, bacon, maple		Wheat		✓			✓							
French toast, Butter, maple		Wheat		✓			✓							
Pistachio Crossiant		Wheat		✓			✓							
Yoghart, granola							✓							✓
Porridge, Raspberry, creme							✓							
Butter Crossiant		Wheat		✓			✓							
Seasonal fruits														

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