

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(df)			✓		✓			✓				✓	✓	✓	✓
Caviar, milk toast		wheat		✓	✓	✓	✓								✓
Tuna & Caviar, milk toast		wheat			✓		✓						✓		✓
STARTERS															
Beef Tartare (df)	✓	wheat		✓	✓				✓					✓	✓
Beetroot salad, couscous, grapefruit, pecan(n,v)				✓			✓			pecans				✓	✓
Tuna, puffed rice, wasabi (gf)				✓	✓		✓							✓	✓
Smoked salmon(gfc)		wheat/rye			✓		✓							✓	✓
Truffle Linguine		wheat		✓		✓	✓								✓
Chicken liver Parfait (n)		wheat		✓			✓			hazelnuts				✓	✓
Frito Misto (df)	✓	wheat	✓	✓	✓		✓	✓						✓	✓
Lobster Ravioli		wheat	✓	✓	✓	✓	✓	✓				✓		✓	✓
MAINS															
Lamb Rump	✓			✓			✓								✓
Cauliflower, bulgur, buffalo sauce (v)		wheat				✓	✓							✓	
Beef Rossini	✓	wheat											✓		✓
Monkfish, Tandoori masala, almonds, mango					✓	✓	✓			almond		✓	✓	✓	✓
Lemon sole, seaweed (gf)					✓		✓	✓							✓
Hake, bottarga	✓				✓		✓						✓	✓	✓
Pork, Mojo Verde (gf)		wheat		✓	✓					almond			✓	✓	✓
Rib Eye (gf)	✓				✓		✓	✓							✓
Cote de Boeuf, chicken fat fries, Bearnaise (gf)				✓			✓						✓		✓
Fillet Steak, Café de Paris	✓						✓						✓	✓	✓
SIDES															
Hand cut chips (gf,v, ve, df)															
Hispi cabbage (v, gf)							✓								✓
Bobby beans (v, gf,df)							✓		✓						
Jersey Royals (v,gf)							✓								✓
Tomato Salad (gf, v, ve,df)															
DESSERTS															
Cheese, tomato chutney	✓	Wheat/Rye					✓					✓		✓	✓
Chocolate & Pistachio (n,v)		Wheat		✓			✓			Pistachio					
Cherry & Yoghurt		Wheat					✓							✓	
Brioche, Lemon Curd (gfc, v)		Wheat		✓			✓								
Raspberry Souffle (gfc)		Wheat		✓			✓								

Please let your server know of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and, whilst we have kitchen protocols in place, we cannot guarantee the total absence of allergens and cross-contamination in our kitchens. If you have any questions please do ask one of our team.

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VEGAN MENU															
Jersey Asparagus Vegan (gf,n,ve)										Hazelnuts					
Jersey Beetroot Vegan (n,ve)		Wheat								Pecan					✓
Potato & Sweetcorn Vegan (gf,ve)													✓	✓	✓
Aubergine & Artichoke Vegan (gf,ve)														✓	✓
Peach Mousse Vegan (ve)													✓		
Chocolate Vegan (gf,ve,n)										Almond			✓		
BAR SNACKS															
Linguni Carbonara		Wheat				✓	✓								
Garden salad									✓					✓	✓
Crispy anchovies					✓										
Fish & Chips					✓				✓						✓
Smoked salmon		Wheat			✓										
Serrano ham															
BREAKFAST															
English breakfast		Wheat		✓			✓							✓	✓
Eggs Benidict		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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