

Captain Jacks Bar and Grill ALLERGEN GUIDE



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March 2022 Menu

Valid from 26th March 2022

PLEASE RETURN THIS GUIDE TO A STAFF MEMBER

We cannot guarantee that any foods will be completely free from any of the allergens stated in this guide



OUR ALLERGEN GUIDE

Captain Jack's Bar and Grill attempts to provide as-complete-as-possible allergen information about its food products, customers with specific food allergens needs to use this guide to assist them with choosing items in our restaurant.

We cannot fully guarantee that any foods will be completely free from any allergens stated in this guide. Ingredients vary and may have changed since your last visit. Please check the relevant section in this allergen guide

If you have any questions or specific requirements please notify a member of staff when placing your food order.

Please Note:

Our Chips, onion rings, sausages, chicken nuggets and fish fingers **can be cooked in the same oil.**

for all these products – allergens can be found in the relevant section of this booklet.

Oil type used – Vegetable

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Sharers & Starters

Jacks Platter For 2:

Tortilla Chips – [may contain milk](#)

Grated Cheese – milk

Jalapenos – no intentional allergens

Salsa – [sulphur dioxide/sulphites](#)

Chicken Wings – [cereals incl gluten, barley, celery, soya, wheat, mustard](#)

Beer battered onion rings – [cereals incl gluten, wheat, barley](#)

Garlic bread slices – [cereals incl gluten, wheat, milk, soya](#)

Soured cream – milk

BBQ sauce – [cereals incl gluten, barley, celery, soya, wheat, mustard](#)

Nacho's:

Tortilla chips – [may contain milk](#)

Salsa – [Sulphur dioxide/Sulphites](#)

Sour Cream – Milk

Cheese – Milk

Jalapeno's – No intentional allergens

Jacks Chicken Wings:

Sticky chicken wings – [cereals incl gluten, barley, celery, soya, wheat, mustard](#)

Garlic Mayonnaise – [Eggs, mustard](#)

Crispy Prawns:

Panko breaded King Prawns – [cereals incl gluten, wheat, soya, crustaceans](#)

Salad – no intentional allergens

Salad dressing – [cereals incl gluten, wheat, mustard, barley, fish](#)

Sweet chilli dip – no intentional allergens



Vegetarian & Salads

Three cheese broccoli pasta bake:

Homemade recipe – cereals incl gluten, wheat, milk, eggs, soya beans, mustard
French dressing (over garnish) – cereals incl gluten, wheat, mustard, barley, fish

Add chips – No intentional allergens

Butternut Squash and red pepper masala:

Homemade Recipe – contains Mustard – may contain nuts, peanuts
Rice – no intentional allergens



Plant Based Vegetable cheese burger:

Plant Based Burger – wheat, soya, barley – may contain eggs, celery, sesame and mustard
Brioche bun – cereals incl gluten, wheat, milk, egg
cheese – milk
Salad – No intentional allergens
Chips – No intentional allergens

Salads

Caesar:

Salad – no intentional allergens
Croutons – cereals incl gluten, wheat
Caesar dressing – cereals incl gluten, wheat, eggs, milk
Parmesan shavings – milk

Add chargrilled chicken – no intentional allergens
Add fries – no intentional allergens



From The Chargrill

Steaks:

All steaks are served with fries and a grilled tomato

8oz Rump – no intentional allergens

8oz Sirloin – no intentional allergens

T-bone Steak – no intentional allergens

Fries – no intentional allergens

Add a sauce:

Peppercorn sauce – milk (made with meat juices)

BBQ sauce – cereals incl gluten, barley, celery, soya, wheat, mustard

Big Dogs:

Footlong monster hotdog – no intentional allergens

Large hotdog roll – cereals incl gluten, wheat, soya

Fried onions – no intentional allergens

Grated cheese – milk

Chilli con carne – barley, fish

Fries – no intentional allergens

BBQ sauce - cereals incl gluten, barley, celery, soya, wheat, mustard

Hunters chicken:

Chicken breast fillet – No intentional allergens

Bacon – No intentional allergens

Grilled cheese – milk

BBQ sauce – cereals incl gluten, barley, celery, soya, wheat, mustard

French dressing (over garnish) – cereals incl gluten, wheat, mustard, barley, fish

Beef Chilli:

Beef Chilli recipe – Barley, Fish

Rice – No intentional allergens

Tortilla chips – may contain milk

Jalapenos – no intentional allergens

Whole / half spit roasted chicken:

Whole / half roasted chicken – cereals incl gluten, soya, milk, celery, mustard, sulphur dioxide/sulphites

Chips – No intentional allergens

BBQ sauce – cereals incl gluten, barley, celery, soya, wheat, mustard

Tennessee glaze – no intentional allergens

Chipotle glaze – no intentional allergens

Add garlic bread – cereals incl gluten, wheat, milk, soya



From the Chargrill

Ribs & Wings:

½ Rack Ribs – no intentional allergens

Jacks Chicken Wings – cereals incl gluten, barley, celery, soya, wheat, mustard

Hanging chicken & chorizo Kebab:

Marinated Chicken Fillet Pieces – no intentional allergens

Chorizo Slices – milk, soya

Peppers – no intentional allergens

Large pitta wrap – cereals incl gluten, wheat, milk

Tzatziki Dip – contains milk, may contain soya

Add Fries – no intentional allergens

Jacks Mega pirate Platter:

Tortilla chips – may contain milk

Chilli con carne – barley, fish

Grated cheese – milk

Sticky chicken wings – cereals incl gluten, barley, celery, soya, wheat, mustard

1/3rd rack of ribs – no intentional allergens

Beer battered onion rings – cereals incl gluten, wheat, barley

Crispy chicken fillets – cereals incl gluten, wheat, milk

Add Fries – No Intentional Allergens

Fish

Blackened cod:

Cod fillet – fish

Cajun Spices – no intentional allergens

Cucumber & mango salsa – no intentional allergens

New Potatoes – milk (from butter used)

Roasted Salmon:

Roasted Salmon Fillet – fish

Lemon & herb mayonnaise – eggs, mustard

Fries – no intentional allergens

Or

New potatoes – milk (from butter used)



Burgers

Double stacker streaky surfer:

2 x 100% British beef burger – no intentional allergens
Brioche bun – cereals incl gluten, egg, milk, wheat
Lettuce – no intentional allergens
Tomato – no intentional allergens
Onion – no intentional allergens
Cheese – milk
bacon – no intentional allergens

Jacks Classic 6oz/1 2oz:

100% British beef burger – no intentional allergens
Brioche bun – cereals incl gluten, egg, milk, wheat
Lettuce – no intentional allergens
Tomato – no intentional allergens
Onion – no intentional allergens

The Surfer 6oz/1 2oz:

100% British beef burger – no intentional allergens
Brioche bun – cereals incl gluten, egg, milk, wheat
Lettuce – no intentional allergens
Tomato – no intentional allergens
Onion – no intentional allergens
Cheese - milk

Streaky surfer 6oz:

100% British beef burger – no intentional allergens
Brioche bun – cereals incl gluten, egg, milk, wheat
Lettuce – no intentional allergens
Tomato – no intentional allergens
Onion – no intentional allergens
Cheese – milk
bacon - no intentional allergens

Chicken & bacon Burger:

Chicken Breast fillet – no intentional allergens
Brioche bun – cereals incl gluten, egg, milk, wheat
Lettuce – no intentional allergens
Tomato – no intentional allergens
bacon – no intentional allergens

Add cheese - milk

Extra - Burger toppings:

bacon – no intentional allergens
Cheese – milk
Jalapeno peppers – no intentional allergens
Mushrooms – milk (from butter used)
onions – no intentional allergens



Captain Jacks Famous Ribs

Double Dipped BBQ Wide Ribs:

Pork ribs – no intentional allergens

BBQ glaze - cereals incl gluten, barley, celery, soya, wheat, mustards

Tennessee Glaze Wide Ribs:

Pork ribs - no intentional allergens

Tennessee glaze – no intentional allergens

Sides

(Served with main meal only)

Onion Rings – cereals incl gluten, wheat, barley

Grilled mushrooms – milk (from butter used)

Garlic bread – cereals incl gluten, wheat, milk, soya

Add cheese – milk

Fries – No intentional allergens

Smoked bacon and mushroom sauce – milk, sulphur dioxide/sulphites – may contain soya

Peppercorn sauce – milk – made with meat juices



Kids Meals

Pork Sausage and Chips:

Pork sausages – cereals incl gluten, wheat, soya, sulphites

Fries – no intentional allergens

Baked beans – No intentional allergens

Fish Fingers and Chips;

Fish Fingers – Cereals incl gluten, wheat, fish

Fries – No intentional allergens

Baked beans – No intentional allergens

Chicken Nuggets and Chips:

Chicken Nuggets – cereals incl gluten, wheat, milk, celery, soya, egg, mustard

Fries – No intentional allergens

Baked beans – no intentional allergens

Beef Burger and Chips:

Beef Burger – cereals incl gluten, wheat, soya, sulphites

Sesame seeded bun – cereals incl gluten, wheat, sesame

Fries – No intentional allergens

Baked beans – No intentional allergens

Hotdog in a roll:

Hot Dog – soya protein, celery – may contain mustard

Hot Dog bun – cereals incl gluten, wheat – may contain sesame

Fries – No intentional allergens

Baked beans – No intentional allergens

Pasta spirals:

Pasta spirals in tomato sauce served with a slice of garlic bread

Pasta spirals – cereals incl gluten, wheat

Homemade tomato sauce – celery

Garlic bread – cereals incl gluten, wheat, milk, soya



Desserts

Chocolate fudge cake:

Chocolate fudge cake – cereals incl gluten, milk, wheat, eggs, soya – may contain peanuts/nuts

Ice cream – milk – may contain soya

Cream – milk

Strawberry cheesecake:

Cheesecake – gluten free – made with eggs, milk – and may contain nuts

Strawberries – No intentional allergens

Ice cream bowl:

Ice cream – milk – may contain soya

Jelly beans – No intentional allergens

Chocolate sauce – milk

