

# Quayside

## SEAFOOD BISTRO & GRILL



### IMPORTANT NOTICE

If you have an allergy you MUST inform the duty manager who will assist you with your food order. Please do not ask or accept advice from waiters. For your assistance we have an allergy chart which will give you guidance but, again, please notify the manger before ordering any food.

#### ALLERGY KEY CHART

Contains Wheat	(W)
Contains Dairy	(D)
Contains Peanuts	(P)
Contains Shellfish	(S)
Contains Eggs	(E)
Contains Fish	(F)
Contains Sulphites	(SL)
Contains Molluscs	(M)
Contains Mustard	(MS)
Contains Sesame Seeds	(SS)
Contains Soy	(SOY)
Contains Nuts	(N)
Contains Celery	(C)
Contains Lupines	(L)

# Quayside

## EXPRESS MENU

LUNCHTIME MONDAY TO SATURDAY ONLY



### FISH

**Lobster Salad** £24.95

½ JERSEY LOBSTER SERVED WITH JERSEY NEW POTATOES & A LIGHT SALAD. (S,E,D,SL)

**Quayside Homemade Fish Cakes** £12.95

SALMON & CRAB CAKES IN PANKO BREADCRUMBS, SWEET & SOUR, FENNEL WITH GINGER & CORIANDER SALAD. (W,D,S,F,SL)

**Oak Smoked Salmon** £14.95

WITH BABY SPINACH, TOASTED SOUR-DOUGH BREAD, POACHED FREE RANGE EGG & HOLLANDAISE SAUCE. (W,D,SL,E)

**Pan-fried Scallops & King Prawns** £23.50

SERVED WITH A SWEET & SOUR, MINTED CUCUMBER, ORANGE SALAD & JERSEY NEW POTATOES. (S,M,D)

**Pan-fried Fillet of Jersey Seabass** £20.95

WITH A WHITE WINE CREAM, FENNEL, MUSSEL, PERNOD AND SAFFRON SAUCE (M,D,SL)



### MEAT

**Steak Diane** £14.95

DIJON MUSTARD, COGNAC CREAM SAUCE, SERVED WITH A SALAD & FRENCH FRIES. (D,MS,SL,F)

**Chicken Shnitzel** £13.95

WITH CHEESE, BACON SAUCE, SALAD & POMMES FRITES. (W,D)

**Quayside Homemade Beef Burger** £13.95

WITH GHERKINS, TOMATO & MELTED ONIONS WITH CHIPS. (W,D,E,MS,SL)

**Chargrilled Chicken Caesar Salad** £13.95

WITH CRISPY PANCETTA CROUTONS, ANCHOVIES AND PARMASAN. (W,D,E,F,MS)



### VEGETARIAN

**Wild Mushroom Penne Pasta** £17.95

WITH LEMON, COURGETTE, SAGE AND PARMESAN. (W,D,E,SL)

**Italian Tomato Buffalo Mozzarella** £11.95

SERVED IN A PESTO SALAD WITH FRESH BASIL LEAVES. (D)

**Avocado & Melon Salad** £9.95

HASS AVOCADO, MELON, FIGS SERVED WITH FRESH MINT AND BASIL (VEGAN)

LUNCH TIME ONLY



## ALLERGENS

- ① Cereals containing gluten, namely: wheat (spelt and khorasan), rye, barley, oats or their hybridized strains and derivatives, except:
  - a) grain-based glucose syrups, including dextrose (\*);
  - b) grain-based maltodextrin (\*);
  - c) barley based glucose syrups;
  - d) cereals used for manufacturing alcoholic distillates, including ethyl alcohol of agricultural origin;
- ② Crustaceans and products based on shellfish;
- ③ Eggs and egg-based products;
- ④ Fish and fishery products, except:
  - a) fish gelatin used as a support for vitamin preparations or carotenoids;
  - b) gelatin or isinglass used for the clarification of beer and wine;
- ⑤ Peanuts and peanut-based products;
- ⑥ Soy and soy based products, except:
  - a) oil and refined soy fat (1);
  - b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, soy-based D-alpha tocopherol succinate;
  - c) Phytosterol derived vegetal oils and soy-based phytosterol esters ;
  - d) vegetal stanol esters produced by soy-based vegetal oil sterols.
- ⑦ Milk and milk-based products (including lactose, except:
  - a) whey used for manufacturing alcoholic distillates ;
  - b) lactate;
- ⑧ Nuts, more precisely:  
almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashew nuts (*Anacardium occidentale*), pecan nuts [*Carya illinoensis* (Wangenh.) K. Koch] , brazilian nuts (*Bertholletia excels*), pistachios (*Pistacia vera*), macadamia or Queensland nuts (*macadamia ternifolia*), and their products except for nuts used for manufacturing alcoholic distillates, including ethyl alcohol of agricultural origin;;
- ⑨ Celery and celery-based products;
- ⑩ Mustard and mustard-based products;
- ⑪ Sesame seeds and sesame seeds-based products;
- ⑫ Sulfur dioxide and sulfites in concentrations above 10mg/kg or 10mg/l in terms of the total amount of SO<sub>2</sub> to be calculated for the products as they result ready to consume or reconstituted as per manufacturers instructions ;
- ⑬ Lupines and lupines-based products;
- ⑭ Mollusks and mollusks-based products;

(\*) And all the derived products whose transformation does not impact on the level of allergy