

At Coral Island, we take food allergies seriously and aim to provide clear information to help you make safe dining choices. Please inform our staff of any allergies before ordering. While we take precautions, our kitchen handles allergens and crosscontamination may occur.

GL	Gluten (Wheat, Barley, Rye, Oats)
DA	Dairy (Milk, Cheese, Butter)
EG	Eggs
PN	Peanuts
TN	Tree Nuts (Almonds, Walnuts, Cashews, etc.)
SO	Soyabeans
FI	Fish
SH	Shellfish (Crustaceans & Molluscs)
SE	Sesame Seeds
MU	Mustard
CE	Celery
LU	Lupin
SU	Sulphites

## Allergen Key

## **Important Notice**

- Please speak to a member of staff if you have any dietary concerns.
- While we take care to reduce the risks of crosscontamination, all dishes are prepared in a shared kitchen.
- Ingredient suppliers may change, so always check with us if you have severe allergies.

## Thank you dining with Captain Jack's Bar & Grill

MENU ITEMS	<mark>GL</mark>	DA	<mark>EG</mark>	<mark>PN</mark>	TN	<mark>SO</mark>	FI	<mark>SH</mark>	<mark>SE</mark>	<mark>MU</mark>	CE	LU	<mark>SU</mark>
Nachos sharer													
Jack's platter for 2													
Jack's Chicken Wings													
Crispy Chicken Strips													
8oz Sirloin													
10oz Gammon Steak													
26oz Tomapork													
Blackened Cod													
Roasted Salmon													
Chicken Kebab													
Ribs & Wings													
Hunters Chicken													
Jamaican Jerk Chicken													
Beef Chilli													
The Big Dog													
The Mega Dog													
Jack's Classic Smash													
Jack's Cheese Smash													
Jack's Bacon Smash													
Chicken Burger													
BBQ Wide Ribs													
Tennessee Ribs													
Chicken Caesar													
Veggie Burger													
Macaroni Cheese													
Aloo Gobi													
Belgium Waffle													
Chocolate Fudge Cake													
Ice-cream Bowl													
Chicken Nuggets - KIDS													
Hot dog in a roll – KIDS													
Beef Burger -KIDS													
Pasta Spirals - KIDS													
Big Breakfast													
Kids Breakfast													
Bacon & Egg Barm													
Sausage & Egg Barm													
Beans on Toast													
Toast & Butter													
Garlic Bread													
Garlic Bread & Cheese													
Onion Rings													
Fries													
Grilled Mushrooms													
Peppercorn Sauce													
Corn on Cob													
Creamy Coleslaw													
Coconut Rice													