

Captain Jacks Bar and Grill ALLERGEN GUIDE



Captain Jacks ALLERGEN GUIDE

31st March 2025 Menu

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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Breakfast Menu

Big Breakfast:

Egg – Egg

Bacon – No intentional allergens

Sausage - Cereals including Gluten, Wheat, Soya, and Sulphites.

Baked Beans - No intentional allergens

Hash Browns - Cereals including Gluten, Wheat, Eggs, and Milk

Half Tomato - No intentional allergens

Mushrooms – Milk (From butter used when pre-cooking)

Breakfast Barm:

Barmcake – Cereals including Gluten, Wheat, and Soya

Cheese - Milk

Beans on Toast:

Beans – No intentional allergens

Bread Slices - Cereals including Gluten, Wheat, and Soya

Toast & butter:

Bread Slices - Cereals including Gluten, Wheat, and Soya

Butter – Milk



Sharers & Starters

Jacks Platter For 2:

Tortilla Chips – No intentional allergens

Grated Cheese – Milk

Jalapenos – No intentional allergens

Salsa – Sulphur dioxide/sulphites

Chicken Wings – Sesame seeds

Battered onion rings – cereals incl gluten,

Crispy Breaded Mushrooms - Cereals incl gluten, wheat, eggs, sulphur dioxide/sulphites

Garlic bread slices – Cereals incl gluten, wheat, milk, soya

Soured cream – Milk

BBQ sauce – No intentional allergens

Side salad – No intentional allergens

French Dressing - Cereals incl gluten, wheat, mustard, barley, fish

Nacho's Sharer:

Tortilla chips – No intentional allergens

Salsa – Sulphur dioxide/Sulphites

Cheese – Milk

Jalapeno's – No intentional allergens

Add Sour Cream – Milk

Add Beef Chilli - Barley, Fish, milk

Jacks Chicken Wings:

Chicken wings – Sesame seeds

BBQ Dip – No intentional allergens

Buffalo Sauce – Celery, Fish, Mustard

Tennessee Sauce – Mustard, Sulphites

Crispy Chicken Strips:

Crispy Chicken Strips – Cereals incl gluten, wheat, milk

Salad garnish – No intentional allergens

French Dressing - Cereals incl gluten, wheat, mustard, barley, fish

BBQ Dip - No intentional allergens



Vegetarian & Salads

Maccaroni Cheese

Homemade recipe – Cereals incl gluten, milk, soya,

Salad Garnish - No intentional allergens

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

Add fries – No intentional allergens

Aloo Gobi

Homemade Recipe – No intentional allergens

Mango Chutney - No intentional allergens

Rice – No intentional allergens



Plant Based Vegetable Cheeseburger:

Plant Based Burger – Wheat, soya, barley – May contain eggs, celery, sesame and mustard

Brioche bun – Cereals incl gluten, wheat, Rye, - May contain Barley & sesame seeds

cheese – Milk

Salad Garnish - No intentional allergens

French Dressing – Cereals incl gluten, wheat, mustard, barley, fish

Chips – No intentional allergens

Salads

Chicken Caesar:

Chicken Fillet– No intentional allergens

Salad – No intentional allergens

Croutons – Cereals incl gluten, wheat

Caesar dressing – eggs, milk

Parmesan shavings – Milk

Add fries – No intentional allergens



From The Chargrill

Steaks:

All steaks are served with fries, grilled tomato and garlic and parsley butter portions.

8oz Sirloin – No intentional allergens

10oz Gammon Steak - No intentional allergens

24oz Tomahawk - No intentional allergens

Garlic and parsley butter portions – Milk

Corn Salsa – Sulphates

Creamy Coleslaw – Mustard, Sodium hydrogen sulphate

Fries – No intentional allergens

Add a sauce:

Peppercorn sauce – Milk (made with meat juices)

BBQ sauce – No intentional allergens

Mega Dogs:

Footlong monster hotdog – Sodium

Large hotdog roll – Cereals incl gluten, wheat,

Fried onions – No intentional allergens

Add Grated cheese – Milk

Add Chilli con carne – Barley, fish, milk

Fries – No intentional allergens

Big Dogs:

10" Hotdog – No intentional allergens

Large hotdog roll – Cereals incl gluten, wheat.

Fried onions – No intentional allergens

Add Grated cheese – Milk

Add Chilli con carne – Barley, fish, milk

Fries – No intentional allergens

Hunters chicken:

Chicken breast fillet – No intentional allergens

Bacon – No intentional allergens

Grilled cheese – Milk

BBQ sauce – No intentional allergens

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

Beef Chilli:

Beef Chilli recipe – Barley, Fish, milk

Rice – No intentional allergens

Tortilla chips – may contain milk

Jalapenos – no intentional allergens



From the Chargrill

Ribs & Wings:

½ Rack Ribs – No intentional allergens

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

Fries - No intentional allergens

Hanging chicken & chorizo Kebab:

Marinated Chicken Fillet Pieces – No intentional allergens

Chorizo Slices – No intentional allergens

Peppers – No intentional allergens

Bread Pitta wrap – Cereals incl gluten, wheat,

Tzatziki Dip – Contains milk

Add Fries – No intentional allergens

Jerk Chicken

Chicken Fillet - No intentional allergens

Jerk Mari base - No intentional allergens

Corn Salsa – Sulphates

Coconut Rice - No intentional allergens

Fish

Blackened cod:

Cod fillet – Fish

Cajun Spices – No intentional allergens

Mango Salsa – No intentional allergens

New Potatoes – Milk (from butter used)

Fries - No intentional allergens

Roasted Salmon:

Roasted Salmon Fillet – Fish

Lemon & herb mayonnaise – Eggs, mustard

Fries – No intentional allergens

New potatoes – Milk (from butter used)



Burgers

Jacks Classic

100% British beef burger – No intentional allergens
Brioche bun – Cereals incl gluten, wheat, Rye, - May contain Barley & sesame seeds
Gherkins - Mustard
Burger Relish – Mustard
Lettuce – No intentional allergens
Tomato – No intentional allergens
Onion – No intentional allergens

Jack's Cheese

100% British beef burger – No intentional allergens
Brioche bun – Cereals incl gluten, wheat, Rye, - May contain Barley & sesame seeds
Gherkins - Mustard
Burger Relish – Mustard
Lettuce – No intentional allergens
Tomato – No intentional allergens
Onion – No intentional allergens
Cheese - Milk

Jack's Cheese & Bacon

100% British beef burger – No intentional allergens
Brioche bun – Cereals incl gluten, wheat, Rye, - May contain Barley & sesame seeds
Gherkins - Mustard
Burger Relish – Mustard
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, wheat, Rye, - May contain Barley & sesame seeds
Gherkins - Mustard
Burger Relish – Mustard
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 – May contain traces of nuts, mustard
BBQ glaze - No intentional allergens

Tennessee Glaze Wide Ribs:

Pork ribs - May contain traces of nuts, mustard
Tennessee glaze – No intentional allergens

Sides

Onion Rings – Cereals incl gluten.

Grilled mushrooms – Milk (from butter used)

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

Add cheese – Milk

Fries – No intentional allergens

Peppercorn sauce – Milk – made with meat juices

Creamy Coleslaw – Mustard, Sodium Hydrogen Sulphate.

Coconut Rice - Cereals incl gluten, wheat, Rye, - May contain Barley & sesame seeds



Kids Meals

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, milk, celery – may contain mustard

Hot Dog bun – Cereals incl gluten,

Fries – No intentional allergens

Baked beans – No intentional allergens

Penne Tomato pasta

kids tomato pasta with slice of garlic bread

tomato pasta and sauce recipe – Cereals incl gluten, Celery wheat, milk

garlic slice – Cereals incl gluten, wheat, milk, soya



Desserts

Chocolate fudge cake:

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

Vanilla Ice-cream – Milk – may contain soya

Caramel Waffle:

Waffle – Cereals incl gluten, milk, wheat, eggs, soya Bean

Caramel Sauce - Milk

Caramel Chocolate Pieces – Milk

Vanilla Ice-cream - Milk – may contain soya

Ice cream bowl:

Vanilla Ice-cream – Milk – may contain soya

Chocolate sauce – Milk

