



GINGER JAR

MENU  
INSPIRATION



# What to expect from Ginger Jar

// CREATIVE FOOD, DELIVERED WITH FLAIR

## WHO IS GINGER JAR?

Ginger Jar Food is a boutique catering company based in London, committed to designing innovative menus for the event industry.

Started in 2009 by owner and head chef Jenny McNeill, Ginger Jar has worked for some of the UK's best known brands, at a range of the London's top venues and for a huge number of private individuals.

Our ambition is to ensure the food is a perfect match for the ambience and style of every event we cater, be that formal fine dining, bowl food and canapés, or pop up street food style service.

We also have roots in the wider event industry, so can ensure all elements of your event are delivered seamlessly, with flair.

## WHO IS JENNY?

Jenny has a professional diploma from Leiths School of Food & Wine, which she trained for after spending time working as a private chef in Alpine Chalets.

Jenny has worked at restaurants such as the Fat Duck and Tate Modern, and now has seven years experience as head chef of Ginger Jar, overseeing 100's of events from canapé parties to weddings, PR launches and office inaugurations.

Her philosophy for Ginger Jar is simple – to offer bespoke, high quality catering to individuals and companies, large and small.

First and foremost, her team are nice AND good fun to work with, taking the stress out of event planning and turning it all into the most enjoyable experience.

## WHAT DO WE DO?

### CORPORATE CATERING

From canapés to fine dining, Ginger Jar is at it's best when designing bespoke menus to suit the chosen occasion. Be that tailoring cuisines, service styles or delivery methods, our team will ensure your guests always feel looked after.

### WEDDINGS

Our advisory approach comes into it's own when working with wedding couples, who aren't experienced in organising large scale events. From our individual menu to design to advising on event flow & timings, we minimise stress from enquiry to delivery.

### MARKETING & PR

Our creative team has bags of experience working with brands / performances / concepts to help use food as a key part of a brand strategy or experience.



# MENUS

A detailed photograph of a traditional Indonesian meal. In the foreground, a blue plate with a red rim is filled with a pile of golden-brown fried chicken pieces. The chicken is garnished with fresh green herbs, sliced red chili peppers, and dollops of white sauce. Behind the plate, a large, golden-brown waffle sits on the same plate. To the left of the plate is a red plastic cup filled with several shiny, copper-colored spoons. In the background, a blue ceramic jar, a bowl of orange shredded carrots, and other blurred dishes are visible on a wooden table. The overall scene is bright and colorful, suggesting a fresh and appetizing meal.

# Canapés

// BITE-SIZED DELICIOUSNESS. SOME LIGHT BITES TO WHET YOUR GUESTS APPETITES

## MEAT

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Steak frites w/ medium rare sirloin, straw potatoes & green peppercorn hollandaise **E.M. GF**

Katsu curry spoon w/ fried chicken escalope, Japanese curry sauce, puffed rice & pickled red chilli **G.S.**

Smoked chicken tostada w/ whipped avocado & grilled corn **G.Se.S.**

Pig cheek croquette w/ grain mustard aioli & crisp apple **G.Mu.E..**

Duck liver & Cognac parfait in sesame cone w/ sour cherry & red basil **G.E.M.Se.**

Polpetti – pork & beef meatball in rich roast tomato sauce w/ fennel seeds & micro basil **E. GF**

## FISH

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Confit king prawn w/ lime, wasabi, black pepper & toasted coconut **C. GF**

Queen scallop, curry oil, tempered mustard seeds, cauliflower puree **M.Mu. GF**

Confit rainbow trout salad pot w/ green gazpacho & cucumber **F.**

Singapore crab salad in little gem leaf w/ spring onion & red chilli **C. GF**

Citrus cured sea bass on pea blini w/ keta caviar & pea shoot **F.G.E.**

Fish n' chips – sweet potato crisp w/ cured sea bream, pea purée & malt vinegar hollandaise **F. GF**

## VEGETABLE

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Tempura tenderstem broccoli w/ hot & sour dipping sauce **E.Mu.S.GF**

Miso roast baby aubergine w/ pickled red pepper & spring onion **VEGAN S. GF**

Dolcelatte on sour dough toast w/ truffle honey & walnut **G.M.**

Sweet potato, corn & spring onion fritter w/ smoky tomato compote **E. GF**

Carcioffi fritti – fried artichoke hearts in polenta crust w/ roast garlic aioli **E.G.Mu**

Padron poppers w/ chilli, ricotta & fennel seeds **E.G.N.M.**

Gyoza of roast squash, spring onion & water chestnut **G.**

## SWEET / PETIT FOUR

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Key lime posset w/ torched Italian meringue **M.E. GF**

English custard tart w/ orange powder & pistachio praline **G.M.E.N.**

Dark chocolate & salted almond brownies **G.M.E.N.**

Mandarin scented white chocolate & raspberry lollipops **M. GF**

Spoon of sticky toffee pudding w/ dulce de leche sauce **G.E.M.**

Spiced rum, chilli & dark chocolate 'cocoa' shot w/ torched marshmallow **M.E. GF**

*Or ask for a bespoke menu tailored to your event*

# Cold Finger Buffets

// SIMPLE £15 / EXTENDED £20 / DESSERT £4

## SPANISH

### SIMPLE

Brioche sandwiches w/ chorizo & rocket  
Pots of feta, pepperdew, honey, almond & baby leaf salad (fork provided)  
Croquettas of smoked fish & potato w/ herby salsa  
Platter of Spanish meats w/ olives & caper berries  
Sea salt & rosemary foccacia

### EXTENDED

Cubes of Spanish tortilla  
Crostades of Serrano ham, picos blue & pickled pear

### DESSERT – Choose from:

Orange, lemon & almond cake w/ citrus syrup  
Portuguese custard tarts w/ cinnamon dusting

## MEZZE

### SIMPLE

Skewers of Harissa roast chicken w/ cherry tomatoes & mint  
Filo parcels of salt cod, parsley, lemon & sweet potato  
Pumpkin, coriander & cumin fritters w/ lime yoghurt  
Pots of halloumi, lentil, pomegranate & sunflower seed salad (fork provided)  
Flat breads w/ pea & mint hummus

### EXTENDED

Pepperdew peppers stuffed w/ feta & drizzled w/ honey  
Filo cigar filled w/ spiced lamb, apricot & wilted spinach

### DESSERT – Choose from:

Dark chocolate, orange & cardamom brownies  
Honey, almond & pistachio tartlet

## CLASSIC

### SIMPLE

Heritage sub roll w/ Welsh goat's cheese, caramelized red onion & rocket  
Salad pot of char-grilled chicken, shredded little gem, white grapes & lemon dressing (fork provided)  
Pulled BBQ pork sausage rolls  
Smoked haddock Scotch eggs w/ curried aioli  
Artisan bread & salted butter

### EXTENDED

Smoked salmon & chive tartlet  
Salad pot of seasonal British vegetables w/ feta & baby leaves (e.g. summer – asparagus, broccoli & pea)

### DESSERT – Choose from:

Sticky toffee pudding cake w/ salted butterscotch sauce  
Seasonal Eton mess w/ brown sugar meringues (Spoon provided)

# Cold Fork Buffets

// SIMPLE £20 / EXTENDED £27 / DESSERT £4

## ITALIAN

### SIMPLE

Sliced escalopes of chicken w/ sage & crispy prosciutto  
Salad of chilli king prawns w/ courgette ribbons, mint & lemon  
Platter of Parma ham & Milano salami w/ marinated olives & caper berries  
Grana padana, spinach & butternut squash frittata  
Salad of slow roast tomato, mozzarella & rocket w/ pesto  
Ciabatta bread with balsamic & oil

### EXTENDED

Whipped dolcelatte w/ balsamic red onion tartlets  
Rigatoni w/ nduja, tomato, extra virgin olive oil & shaved Parmesan

### DESSERT – Choose from:

Orange panna cotta w/ hazelnut praline  
Pot of classic Italian tiramisu

## NORTH AFRICAN

### SIMPLE

Chargrilled chicken & preserved lemon salad w/ green olives & saffron rice  
Jewelled salad w/ giant cous cous, orange, pomegranate, parsley & toasted seeds  
Filo parcels of salt cod, parsley, lemon & sweet potato  
Pumpkin, coriander & cumin fritters w/ lime yoghurt  
Grilled halloumi w/ cherry tomato, mint, hot red pepper & spinach  
Flat breads w/ pea & mint hummus

### EXTENDED

Pepperdew peppers stuffed w/ feta & drizzled w/ honey  
Merguez sausages w/ minted yoghurt & sumac

### DESSERT – Choose from:

Dark chocolate, orange & cardamom brownies  
Honey, almond & pistachio tartlet

## BRITISH

### SIMPLE

Potted smoked & roast salmon w/ cucumber & spring onion. W/ crostini  
Home-made pulled pork belly BBQ sausage rolls, served with BBQ sauce  
Contemporary coronation chicken salad w/ grilled chicken, golden sultanas, little gem & spiced mayo dressing  
Stilton, pickled pear, walnut & baby leaf salad  
'Kedgerie' spiced rice salad w/ peas, smoked haddock & boiled egg  
Mixed dinner rolls with artisan butter

### EXTENDED

Platter of mature cheddar w/ poppy seed crackers, grapes & chutney  
Wild mushroom & tarragon quiche

### DESSERT – Choose from:

Sticky toffee pudding cake w/ salted butterscotch sauce  
Seasonal Eton mess w/ brown sugar meringues



# Hot Fork Buffets

// SIMPLE £22 / EXTENDED £30 / DESSERT £4

## FEEL GOOD FOOD

*Full of guilty pleasures!*

### SIMPLE

Braised beef chilli w/ sour cream, salsa & nachos, finished w/ dark chocolate  
Chorizo, potato, crushed pea & cheese quesadillas  
Slow cooked pork ribs with BBQ sauce  
Sweet potato wedges w/ paprika mayo  
Griddled corn on the cob w/ lime butter  
Avocado, tomato, cucumber & mint salad (cold)

### EXTENDED

King prawn & pico de gallo soft taco w/ crunchy 'slaw (cold)  
Spiced pear & crumbled goat's cheese salad w/ brazil nut & basil pesto (cold)

### DESSERT – Choose from:

Cinnamon custard tarts  
Home-made donuts  
w/ chilli chocolate dipping sauce

## THE SPICE TRAIL

*Ottolenghi inspired*

### SIMPLE

7-hour braised, ras-el-hanout spiced, 'pulled' lamb shoulder  
B'stilla – filo parcels w/ spiced chicken, toasted almonds & mint  
Roast butternut squash w/ honey, thyme, feta, sumac & pumpkin seeds  
Paprika king prawns w/ shaved fennel & peppery leaves (cold)  
Green bean, mangetout & green leaf salad w/ orange & hazelnut dressing (cold)  
Flat breads w/ pea & mint homous (cold)

### EXTENDED

Cauliflower, coriander & cumin fritters w/ lime yoghurt

Merguez sausages w/ natural yoghurt & pomegranate seeds

### DESSERT – Choose from:

Dark chocolate, orange & cardamom tarts w/ candied orange & cream  
Orange, lemon & almond cake  
w/ citrus syrup & lemon mascarpone

## PAN-ASIAN

*Umami laden dishes*

### SIMPLE

5 spice pork belly w/ barbeque glaze  
Tenderstem broccoli seared w/ Asian greens, baby corn, soy & ginger  
Steamed 'Singapore-spiced' rice  
Sticky soy glazed chicken wings  
Prawn, Asian herb & crunchy vegetable summer rolls w/ hot & sour dipping sauce (cold)  
Crispy duck, cucumber, spring onion & hoisin sushi roll (cold)

### EXTENDED

Chicken & cashew lettuce roll (cold)  
Crispy duck wonton w/ hoisin

### DESSERT – Choose from:

Sticky date puddings w/ soy caramel sauce  
Passion fruit, ginger & lime cheesecake

# Platters.

// CHEESE & CHARCUTERIE BOARDS. // £80 EACH TO SERVE 6 TO 10 PEOPLE.

## CHEESE

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British cheese platter w/ grapes, chutney & crackers

M. (cheese) G (crackers)

## CHARCUTERIE

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French charcuterie platter w/ pickles & fresh bread

G. (bread)

## BEST OF BOTH

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Spanish cheese & charcuterie platter w/ marcona almonds, gordel olives & bread

M. (cheese) G (bread) N. (almonds)



For our platters we use high-quality suppliers and producers including La Fromagerie & Brindisa to create the range.

They are great as stand alone with wine or can be combined with canapés for a more substantial feed!



# Concept menus for sharing

## // DELICIOUS FOOD & STYLING IDEAS.

### Menus from £30pp

#### The Spice Trail

Food heroes from Ottolenghi to Sabrina Ghahour have inspired our own culinary inventions for this menu. Plates will capture a riot of colour pulling in delicate spicing on meats, vegetables and fish.

#### Whiskey & Smoke

A down-home, Americana-inspired menu taking influences from across the US's southern states. We braise, we smoke, we glaze and we bake to deliver this menu full of that unique southern-style umami.

#### Tuscan Banquet

Truly comforting flavours of Tuscany laid out in resplendent style to treat you and your guests – the Tuscan Banquet incorporates and aperitivo style starter, main course and suggest a dessert table of mini sweet delights later in the evening.

#### Go Bespoke

We love design from scratch to suit your occasion and audience. Just send us your brief and see what we can come up with!

# The Spice Trail



# The Spice Trail

// **THE CONCEPT.** MIDDLE EASTERN & NORTH AFRICAN DISHES TAKING INSPIRATION FROM FOOD HEROES SUCH AS OTTOLENGHI & SABRINA GHAYOUR.

## MEZZE

### CHOOSE FROM:

Baked ricotta w/ coriander seeds, nigella seeds & sumac oil  
Crispy fried baby aubergines, blossom honey  
Roasted purple beetroot w/ labneh & pickled chilli  
Gordel olives w/ olive oil, orange & oregano  
Grilled peaches & speck w/ orange blossom  
Figs w/ Pecorino & honey (seasonal)  
Sweet & sticky molasses & chilli chicken wings  
Griddled halloumi w/ mint, garlic & lemon  
Peppered smoked mackerel & green bean salad w/ harissa dressing  
All mezze comes with flatbreads

## MAINS

### CHOOSE FROM:

**Butterflied leg of lamb (served pink) w/ spiced salsa verde & pistachio**  
Charred baby gem / Sweet potato gratin  
  
**Slow roasted pork belly w/ smokey plum & ginger relish & cracking**  
Spiced pumpkin wedge & purée  
  
**Paprika & caraway seed roasted baby chicken, slathered w/ herb butter**  
Pine nut & dill pilaf w/ toasted coconut  
Roasted cauliflower w/ parsley, marjoram & pistachios

## DESSERT

### CHOOSE FROM:

Spiced 'Eton Mess' w/ brown sugar meringues, caramelised pineapple, toasted coconut flakes, vanilla cream & ginger butterscotch sauce  
Clementine & cardamom posset, macadamia & white chocolate shortbread  
Fig & honey frangipane tartlet w/ vanilla mascarpone & thyme syrup  
Dark chocolate, Morello cherry & pistachio pot w/ vanilla bean biscuit & baby meringues  
Cinnamon & espresso mille feuille w/ hazelnut praline & crème patisserie  
Blood orange bavaois w/ raspberry jelly, pomegranate & mint

## STYLING

A great menu & venue to let colour run free. Use orange ceramic plates to serve the meal combined w/ copper cutlery to make the room feel warm.  
Use palm print & ferns in the napkins, menus & table plan to give the feeling of an atmospheric bazaar  
Cocktails such as Hibiscus Coolers, Moscow Mules & Blood Orange Mojitos add to the setting





# Tuscan Banquet





# Tuscan Banquet

// **THE CONCEPT.** ITALIAN DISHES SYNONYMOUS WITH FEASTING AND CELEBRATION

## ANTIPASTI

CHOOSE FROM

### PLATTERS

Cheese & charcuterie w/ burrata, n'duja, fennel salami, caperberries & corinichons

Cheese & charcuterie w/ Pecorino Romano, Gorgonzola Dolce, Prosciutto San Daniele, figs, walnuts & honey

### VERDURE

Chargrilled, marinated artichokes w/ rosemary

Giant Gordal olives w/ orange & oregano

Courgette flowers stuffed w/ ricotta, lemon zest & chilli

Griddled baby aubergines w/ sweet basil pesto

Roasted asparagus spears w/ saffron hollandaise

### BREADS

Sourdough focaccia, olive oil & balsamic

Pane carasau (Italian crispbread) w/ olive oil

## SECONDI

CHOOSE FROM

### MAINS

Porchetta w/ lemon, oregano, hazelnuts & prunes

Veal & pork polpetti w/ fennel & parsley in rich tomato ragu

Chicken saltimbocca w/ crispy prosciutto & sage

Tagliatta of flat iron steak (served medium rare) w/ roasted cherry tomatoes & rocket

### SIDES

Roasted summer squash, pine nuts, shaved Parmesan, olive oil & sage

Yellow & green courgettes ribbons, orange & hazelnut dressing, peashoots

Purple sprouting broccoli & Romanesco cauliflower w/ salsa verde

Green leaf salad w/ green beans, mangetout & lemon caper dressing

### CARBS!

Soft Parmesan polenta

Roasted new potatoes w/ sea salt & thyme

Gnocchi gratin

## TAVOLA DI DOLCE

(Choose four items – petit four size)

Macchiato chocolate pots w/ espresso & white chocolate ganache

Limoncello posset, verbena jelly, candied peel

Baby meringues, cherry coulis, blossom honey cream & raspberries

Pandoro tiramisu w/ Frangelico mousse, mascarpone cream & macadamia brittle

Pear & almond frangipane tartlet

Sicilian cannoli filled w/ sweetened ricotta, rum soaked raisins & hazelnuts

Sparkling Prosecco & elderflower jelly

Choux buns filled w/ clementine crème patisserie & blackberries

Coffee mini eclairs, espresso glaze

Salted peanut chocolate truffles

## STYLING SUGGESTIONS

Use lots of big, blossomy flowers to create a sense of rural opulence in an urban setting.

Lay the place settings with clean, white napkins & use mini bottles of Vin Santo as favours.

Vintage steel cutlery combined with earthenware plates keep in step with the theme of rustic elegance





Whiskey & Smoke



# Whiskey & Smoke

// **THE CONCEPT.** DOWN-HOME, AMERICAN CLASSICS DONE THE GJ WAY.

## THE KICK OFF

### CHOOSE FROM

Louisiana king prawns w/ lime & Cajun-spiced butter, little gem leaves  
Buffalo cauliflower w/ blue cheese dressing, spiced butter & spring onions  
Artichoke & aged cheddar dip w/ savoury muffins  
Jalapeno poppers w/ buffalo mozzarella & smoky tomato compote  
Jalapeno corn bread  
Charred corn on the cob w/ lime butter  
Creole crab cakes w/ a fresh herb salsa

## FULL OF FLAVOUR

### CHOOSE FROM

#### **Bourbon & molasses glazed pulled pork**

Truffled mac & cheese  
Little gem salad w/ buttermilk dressing & flaked toasted almonds

#### **Buttermilk fried chicken w/ hot maple drizzle**

New Orleans coleslaw w/ pecan, apple & sour cream

Warm baby potato salad w/ pickles, lemon & parsley

#### **Beer & juniper braised ox cheek**

Buttered mashed potatoes  
Charred sweetheart cabbage w/ brown butter & crispy capers

## SWEETNESS & LIGHT

### CHOOSE FROM

Home-made cherry pie w/ vanilla ice cream  
S'mores cheesecake – chocolate, hazelnut & torched marshmallows  
Key lime meringue pie w/ toasted meringue & sharp lime curd  
Blackberry shortcake w/ whipped vanilla cream, fresh blackberry, blackberry & cassis compote  
Baked peaches, crème fraiche, tarragon syrup, ginger shortbread

## STYLING

Taking inspiration from humble local diners with a stylist's twist, this menu works well in rooms w/ exposed brick, natural wood & festoon lighting.

Pile your cutlery centrally to encourage sharing across your courses. Dishes can be served in miss matched table ware including enamel-ware & homely ceramics.

Use collections of kilner jars to show loosely arranged flowers bringing colour to your table.


Hessian or kalico runners w/ natural linen napkins, bring a touch of homeliness.

*Fine Dining*





# The Edible Garden



Duck liver parfait  
in sour cherry gel

Red grape and  
shallot chutney

Lavender & bitter  
chocolate soil

# The Edible Garden

// **THE CONCEPT.** CELEBRATE THE ENGLISH COUNTRYSIDE WITH THIS EDIBLE GARDEN INSPIRED MENU

## TO START

Lemon scented asparagus w/ Savoie ham, Champagne beurre blanc & viola flowers

Salad of charred baby gem, fresh garden peas & asparagus w/ toasted walnuts & Parmesan crisp

Crab, spring onion & coriander w/ lemon verbena broth & gruyere brioche toast

Sashimi grade tuna w/ confit cherry tomatoes, black olive crumble, green beans & nasturtium petals

Pistachio & rosemary gnudi w/ brown butter, lemon & flowers

The Greenhouse (see image on previous page) – duck liver parfait w/ cocoa & lavender soil, red grape & shallot chutney

## FOR MAIN

**Roasted rump of lamb w/ mint salsa verde, crispy capers & tendrill pea shoots**

Twice baked pea soufflé, lamb jus

**Chipotle pork belly w/ fried green tomato, summer squash purée, toasted pumpkin seeds & crispy crackling**

Little gem salad w/ candied hazelnuts

**Confit leg of Gressingham duck, thyme scented pomme puree, pickled blackberries & bay infused jus**

Warm green vegetable & leaf salad w/ tarragon dressing

Courgette & leek risotto, tempura courgette flower stuffed w/ mozzarella & chilli, micro parsley.

## FOR DESSERT

Roasted strawberry bavarois w/ elderflower jelly, baby striped meringues & borage flowers

Pistachio, rose & raspberry frangipane tartlet, raspberry ripple crème Chantilly

French fruit tart w/ mixed berries & edible flowers

Peach & tarragon Eton Mess – mini meringues, roasted peaches, peach & tarragon coulis & whipped vanilla cream

Cherries jubilee w/ vanilla & yoghurt panna cotta

Orange, lemon & almond cake w/ citrus syrup, borage flowers & sweet mascarpone

## STYLING

Bring the garden inside w/ floral centre pieces & use herbs, such as rosemary, for place settings. Dress tables w/ eucalyptus & delicate ferns

We can source earthenware crockery to showcase our dishes with edible flowers as garnish. Carry the theme through to the drinks and ask us to design a botanical cocktail menu eg. English Garden cocktail combines gin, pressed apple juice & elderflower liqueur





Best of British

# Best of British

// **THE CONCEPT.** CLASSIC BRITISH DISHES, SHOWN TO THEIR BEST ADVANTAGE.

## TO START

Pig cheek & pistachio terrine w/ pickles, toasted sour dough & tarragon salad cream

Earl grey & orange smoked salmon on cucumber ribbons, lambs lettuce, watercress dressing

Scotched duck egg w/ pork & sage sausage meat, pickled baby vegetable, herb salad, spiced mayonnaise

Laverstoke Park (Hampshire) buffalo mozzarella w/ summer peas, asparagus & lemon oil. Home-made onion seed bread.

Salad of heritage tomatoes, lovage, melting British camembert & raspberry dressing

Caramelised onion soup  
w/ a rabbit rilette brioche sandwich

## FOR MAIN

**Somerset cider braised pork belly & crackling**

Burnt apple purée  
Jerusalem artichoke & potato mash  
Shredded winter greens

**Duo of duck w/ pan-fried duck breast & confit leg pie-let**

Parsley & shallot purée  
Damson duck jus  
Buttered potato gratin

**Lamb cutlet w/ braised shoulder of lamb croquette**

Mint & pea salsa verde  
Asparagus (seasonally available)  
Roast new potatoes w/ rosemary & sea salt

## FOR DESSERT

Jaffa cake tart w/ dark chocolate, orange powder, orange jelly & star anise cream

Lemon posset w/ orange gel & candied fennel seed praline

GJ's signature sticky toffee pudding w/ salted caramel sauce & fresh cream

Hedgerow trifle w/ almond sponge, blackberry & bay coulis, fresh blackberries, toasted hazelnuts, vanilla whipped cream & green apple jelly

Strawberry cream w/ roast strawberry, elderflower jellies, borage flowers & baby meringues

## STYLING

Wild flowers, dove grey linens and green foliage dress the table with flashes of colour from florals  
Blue & white china pattern crockery & simple, sleek steel cutlery  
Cocktails such as Brambles, Gimlets & Cold Toddlies served in cut crystal tumblers from the upstairs bar and English sparkling Chapel Down served to toast the couple  
Use wooden boards and charcoal slates to serve bread and whipped butter while guests await the meal. Use herbs like rosemary and thyme as place setting details





# Keep in touch

We hope you like what you see!

If you have any questions on our menus or services please do contact us.

JENNY MCNEILL // Owner - [jenny@ginger-jar-food.com](mailto:jenny@ginger-jar-food.com)

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# Allergens

## // PLEASE FIND BELOW A FULL KEY OF ALLERGENS PLUS SOME INFO ON OUR ALLERGENS POLICY

### ALLERGENS KEY

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G. Gluten  
C. Crustaceans  
E. Eggs  
F. Fish  
N. Nuts (other than peanuts)  
P. Peanuts  
S. Soya  
M. Milk  
Ce. Celery  
Mu. Mustard  
Se. Sesame  
Su. Sulphites  
Lu. Lupin  
Mo. Molluscs

### FURTHER ALLERGENS INFO

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#### GF = GLUTEN FREE

If no G. is present in the allergens key then the item is not made using gluten as a core ingredient. Please note we don't operate a gluten free kitchen, however, so cannot guarantee that trace elements of gluten will not be present.

#### M. = MILK

If no M. is present in the allergens key then the item is free from lactose.

#### N. = NUTS

If no N. is present in the allergens key then the item is not made using nuts as a core ingredient. Please note we don't operate a 100% nut free kitchen, however, so cannot guarantee that trace elements of nuts, including peanuts, will not be present.

#### F. C. Mo. = FISH, CRUSTACEANS, MOLLUSCS

If no F. C. or Mo. Are present in the allergens key then the item is free from fish, crustaceans or molluscs. However, our fish supplier does transport these items in the same van so we cannot guarantee 100% against cross contact.