

# CARBON MENU

FIND THE CARBON RATING FOR ALL OF OUR PRODUCTS AND GET TO KNOW MORE ABOUT HOW OUR FOOD CHOICES IMPACT OUR PLANET.

| CARBON RATING | NUMBER OF PRODUCTS | PERCENTAGE |
|---------------|--------------------|------------|
| A             | 43                 | 42%        |
| B             | 37                 | 36%        |
| C             | 13                 | 13%        |
| D             | 5                  | 5%         |
| E             | 4                  | 4%         |



OUR CARBON LABELING GIVES A TRAFFIC LIGHT RATING, SCORING DISHES FROM A TO E ACCORDING TO HOW CARBON INTENSIVE THEY ARE. 78% OF OUR CURRENT MENU HAS AN A OR B RATING.



## BREAKFAST

|                                |   |
|--------------------------------|---|
| JERSEY YOGHURT & GRANOLA POT   | A |
| STRAWBERRY CHEESECAKE POT      | B |
| RED BERRY & CHIA SEED PARFAIT  | B |
| JERSEY MILK PREBIOTIC PORRIDGE | A |
| BLUEBERRY BIRCHER              | A |
| BANANA PORRIDGE                | A |
| HONEY TOPPING                  | A |
| RASPBERRY COMPOTE TOPPING      | A |

|                                       |   |
|---------------------------------------|---|
| RASPBERRY CROISSANT                   | B |
| CINNAMON SWIRL                        | B |
| PASTEL DE NATA                        | B |
| CROISSANT                             | A |
| PAIN AU CHOCOLAT                      | C |
| SAUSAGE CIABATTA                      | B |
| BACON CIABATTA                        | B |
| STRAWBERRY JAM POT                    | A |
| RASBERRY & MANGO COCONUT RIDDLE       | A |
| MELON & BLUEBERRY POT                 | A |
| BANGERS & BEANS BREAKFAST POT         | A |
| EGGS & BACON BREAKKIE WRAP            | D |
| SMOKED TROUT & CREAM CHEESE CROISSANT | B |
| EGG MAYO & WATERCRESS CROISSANT       | B |

## SANDWICHES & OTHER COLD THINGS

|                                   |   |
|-----------------------------------|---|
| HAM & CHEDDAR CHEESE CROISSANT    | C |
| BACON, CHICKEN & AVOCADO SANDWICH | B |
| EGG MAYONNAISE & CRESS SANDWICH   | B |
| HAM & JARLSBERG SANDWICH          | C |
| CORONATION CHICKEN SANDWICH       | C |
| TUNA MAYONNAISE & CRESS SANDWICH  | B |

|                                      |   |
|--------------------------------------|---|
| HAM & JARLSBERG BAGUETTE             | B |
| TUNA MAYONNAISE BAGUETTE             | B |
| SIMPLE HAM SANDWICH                  | B |
| SIMPLE CHEESE SANDWICH               | C |
| BLT SANDWICH                         | B |
| SPINACH, BUTTERNUT AND FETA WRAP     | B |
| HUMMUS, CARROT & GUACAMOLE SANDWICH  | A |
| CHEESE & PICKLE RUSTIC ROLL          | B |
| HAM & BUTTER RUSTIC ROLL             | C |
| EGG, WATERCRESS & RADISH RUSTIC ROLL | A |
| HAM & JARLSBERG DEMI BAGUETTE        | C |
| RAINBOW VEGGIE WRAP                  | A |
| BRIE & CRANBERRY BAGUETTE            | B |

## PANINIS, BURRITOS & OTHER HOT THINGS

|                               |   |
|-------------------------------|---|
| BRIE & CRANBERRY PANINI       | B |
| HAM & CHEESE PANINI           | C |
| ITALIAN BREAKFAST PANINI      | B |
| BBQ PULLED PORK BURRITO       | C |
| VEGAN CHIPOTLE CHILLI BURRITO | A |
| VEGAN MEXICAN-STYLE BURRITO   | A |
| CHICKEN CHANA DHAL BURRITO    | B |

|                                    |   |
|------------------------------------|---|
| CHIPOTLE CHICKEN BURRITO           | B |
| SPICED BEEF BURRITO                | E |
| CHILU CON CARNE                    | E |
| JERSEY BEEF PASTA BAKE             | D |
| BUTTERNUT PASTA BAKE               | B |
| JERSEY BEEF COTTAGE PIE            | E |
| BACON & CAULIFLOWER MAC & CHEESE   | B |
| CAULIFLOWER & SPINACH MAC & CHEESE | B |
| PULLED PORK ENCHILLADA             | D |
| MINI MAC & CHEESE                  | B |
| HAM & CHEESE TOASTIE               | D |
| ARTISAN SAUSAGE ROLL               | C |
| VEGGIE FRIED RICE                  | A |

## SOUPS, BROTHS, CURRIES & CASSEROLES

|                              |   |
|------------------------------|---|
| SWEET POTATO & ROSEMARY SOUP | A |
| LEEK & POTATO SOUP           | A |
| SQUASH SOUP                  | B |
| TOMATO & BASIL SOUP          | A |
| CARROT & CORIANDER SOUP      | A |
| PEA, SPINACH & MINT SOUP     | A |
| TOMATO & MASCARPONE SOUP     | A |

|                                     |   |
|-------------------------------------|---|
| THAI SWEET CORN & RED PEPPER SOUP   | A |
| ROAST PUMPKIN, CHILLI & GINGER SOUP | A |
| SPICED BUTTERNUT SOUP               | A |
| SWEET POTATO & BUTTERNUT SOUP       | A |
| CHICKEN & COCONUT CHILLI BROTH      | A |
| TOFU & COCONUT CHILLI BROTH         | A |
| CHICKEN CHANA DHAL                  | A |
| CHICKEN LAKSA                       | B |
| TUSCAN MINESTRONE                   | A |
| THAI GREEN CHICKEN CURRY            | A |
| JERSEY BEAN CROCK                   | B |
| CHICKEN NOODLE KORMA                | A |
| CHICKEN COCONUT CURRY               | A |
| MOROCCAN LAMB HARIRA                | D |
| BREAD ROLL & BUTTER                 | B |

## SALADS & SNACK POTS

|                                     |   |
|-------------------------------------|---|
| TUNA MAYONNAISE SALAD               | B |
| SESAME CHICKEN NOODLE SALAD         | B |
| HUMMUS, SPICED CHICKPEAS & CRUDITES | A |
| TROPICAL FRUIT SALAD                | A |
| TUNA PASTA POT                      | B |

|                      |   |
|----------------------|---|
| RAINBOW BEAN POT     | A |
| RAINBOW BOWL         | A |
| FALAFEL RAINBOW BOWL | A |
| CHICKEN RAINBOW BOWL | A |

## SWEET SNACKS

|                               |   |
|-------------------------------|---|
| APPLE                         | A |
| BANANA                        | A |
| HOMEMADE SCONE                | A |
| BLUEBERRY MUFFIN              | C |
| CHOCOLATE CHIP MUFFIN         | C |
| GLUTEN FREE CHOCOLATE BROWNIE | E |
| GRANOLA SLICE                 | A |
| JERSEY FUDGE                  | B |

## WHAT DO THESE RATINGS MEAN?

EVERY FOOD CHOICE WE MAKE IMPACTS THE ENVIRONMENT. FROM FARMING AND PRODUCTION TO TRANSPORTATION AND PREPARATION, THE FOOD WE EAT CREATES GREENHOUSE GASES, DRIVING CLIMATE CHANGE. THE TOTAL AMOUNT OF THESE EMISSIONS IS REFERRED TO AS A FOOD PRODUCT'S CARBON FOOTPRINT.

A CARBON LABEL PROVIDES A CLEAR, EASY-TO-UNDERSTAND MEASURE OF A DISH OR PRODUCT'S CARBON FOOTPRINT, HELPING YOU QUICKLY UNDERSTAND ITS CARBON IMPACT. WE USE A TRAFFIC LIGHT SYSTEM TO DISPLAY THESE RATINGS:

- A (GREEN): THE LOWEST CARBON FOOTPRINT POSSIBLE
- E (RED): THE HIGHEST CARBON FOOTPRINT

IN PARTNERSHIP WITH THE GOVERNMENT OF JERSEY, OUR CARBON RATINGS HAVE BEEN PRODUCED USING MY EMISSIONS CARBON ACCOUNTING SOFTWARE, WHO ASSESS EVERY STAGE OF A FOOD PRODUCT'S JOURNEY – FROM THE FARM TO THE CAFE OR RESTAURANT. FIND OUT MORE AT [JPRESTAURANTS.COM/CARBON](http://JPRESTAURANTS.COM/CARBON).

