

Suggested Menu Choices for The Three Shells at Sealife

If a customer has an allergy to any of the below you can suggest the following menu choices as an alternative...

GLUTEN

- Chips
- Cheesy chips

Kid's meals

- Fish fingers and chips

Desert

- Hazelnut and cocoa plus par
- Ice cream sundae
- Tub of ice cream

EGGS

- Chips
- Cheesy chips
- sandwich with: cheese, ham, bacon, sausage, fish finger
- Fish
- Scampi
- Mini fillets
- Chips

Kid's meals

- Sandwich meal
- Mini fillets meal

Desert and cakes

- Flapjacks
- Vegan rocky road
- Sunshine muffin
- Plus bars
- Ice cream sundae
- King Kone
- Kiddie Kone

DAIRY

- sandwich with ham, bacon, sausage, fish finger
- Fish and chips
- Veggie nuggets and chips
- Mini fillets
- chips

Kid's meal

- Fish fingers
- Sandwich meal
- Mini fillets and chips
- Veggie nuggets and chips

Desserts and cakes

- Mango and coconut flapjack
- Vegan rocky road
- Sunshine muffin
- Hazelnut and cocoa plus par

NUTS AND PEANUTS

Our menu choices don't contain nuts but we can't guarantee they don't contain traces

Due to some of our products being cooked in the same oil we cannot always guarantee that these will not be free from the following allergens: gluten, eggs, milk, molluscs, sulphur dioxide, crustaceans, fish, soya, mustard. We do use vegetable oil. Speak to a member of staff if you require more information