### 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
- Loaded chips
- Sandwich (on request) with: chip butty, cheese, ham, bacon, sausage, fishfinger, tuna mayo, chicken bacon & mayo
- Jacket with: cheese, beans, tuna mayo, chicken bacon & mayo, three bean chilli
- fishfingers

#### Kid's meals

- Fish fingers
- Sausage
- Half sandwich (on request)

## EGGS

- Chips
- Cheesy chips
- sandwich with: cheese, ham, bacon, sausage, fish finger
- Jacket with: cheese, beans, chilli con carne, three bean chilli
- Fish \*
- Scampi
- Mini fillets
- Chips
- Chicken burger in small bun
- Veggie burger
- Veggie nuggets
- Double cheeseburger
- Loaded chips
- fishfingers

#### Kid's meals

- Sandwich
- Mini fillets
- Fishfingers
- Sausage
- Burger
- Veggie nugget
- scampi

# DAIRY

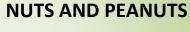
- sandwich with ham, bacon, sausage, fish finger, tuna mayo, chicken bacon & mayo
- Jacket with: beans, tuna mayo, chicken bacon & mayo, three bean chilli
- Fish \*
- Veggie nuggets
- Veggie burger
- Mini fillets
- Chips
- Double cheese burger no cheese
- Scampi
- Chicken burger in small bun
- fishfinger

#### Kid's meal

- Fish fingers
- Sandwich
- Mini fillets
- Veggie nuggets
- Sausage
- Burger
- scampi

### \*Our batter may contain eggs and dairy

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.



We do sell sealed pots of Nutella so there will be traces of nuts in the air