

## 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

### NUTS AND PEANUTS

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

**\*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.