

## Suggested Menu Choices for The Three Shells Restaurant

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

### GLUTEN

- Jacket Potato
- Jacket potato fillings –  
Tuna mayonnaise  
Cheese  
Beans

#### Desert

- Hazelnut and cocoa plus  
par
- Ice cream sundae

### EGGS

- Sandwich or Toastie  
Sausage  
Fish finger  
Cheese and Ham  
Bacon  
Cheese  
Ham
- Panini:
- Sausage and caramelised red  
onion
- Mozzarella with sun dried  
tomatoes and pesto
- Cheese and Ham
- Fish finger and tartare sauce
- Jacket Potato

Chilli con carne  
Cheese  
Baked Beans

#### Desert and cakes

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

### DAIRY

- Sandwich or Toasties  
Fish finger  
Bacon  
Sausage  
Ham
- Panini  
Sausage and Caramelised red  
onion
- Fish finger
- Jacket Potato  
Chilli con carne  
Baked beans

#### 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

## Suggested Menu Choices for The Three Shells Fast Food

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

### GLUTEN

- Chips
- Fish fingers
- Kids fish finger meal

### EGGS

- Fish finger kids meal
- Chicken goujons
- Chips
- Chicken burger (no mayo)
- Kids burger
- Kids cheese burger
- Fish and Chips
- Scampi and Chips

### DAIRY

- Kids – fish fingers, veggie nuggets, burger and chips
- Chicken burger and chips
- Fish and Chips
- Scampi and Chips

### 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