

## Suggested Menu Choices for Sands By The Sea Takeaway

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

### GLUTEN

- Chips
- Cheese
- Beans
- Mushy Peas
- Fish Fingers
- Fish Cakes
- Cod (on request)
- Haddock (on request)

### EGGS

- Cod
- Haddock
- Chips
- Chicken goujons
- Sausage
- Battered sausage
- Savaloy
- Fish fingers
- Scampi
- Cheesy chips
- Curry sauce
- Gravy
- Beans
- Mushy Peas

### DAIRY

- Cod
- Haddock
- Chips
- Sausage
- Battered sausage
- Savaloy
- Fish fingers
- Scampi
- Chicken Goujons
- Curry sauce
- Gravy
- Beans
- Mushy peas
- Peas

### 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

## Suggested Menu Choices for Sands By The Sea

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

### GLUTEN

#### Light Bites

- Smoked haddock, mozzarella and spring onion cakes
- Loaded chips

#### Main

- Cod and chips (on request)
- Haddock and chips (on request)
- Jacket potato beans
- Jacket potato cheese
- Jacket potato three bean chilli
- Jacket potato tuna mayo
- Salmon

### EGGS

#### Light Bites

- Smoked haddock, mozzarella and spring onion cakes
- Loaded chips
- Sweet chill chicken sandwich
- Chicken Goujons

#### Main

- Cod and chips
- Haddock and chips
- Battered sausage and chips
- Scampi and chips
- Vegan sausage and chips
- Vegan Burger and chips
- Salmon

### DAIRY

#### Light bites

- Onion rings
- Chicken Goujons

#### Main

- Cod and chips
- Haddock and chips
- Battered sausage and chips
- Scampi and chips
- Vegan sausage and chips
- Vegan burger
- Jacket potato beans
- Jacket potato three bean chilli
- Salmon

### NUTS AND PEANUTS

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## GLUTEN

### Children's

- Fish finger Meal

### Deserts

- Ice cream sundae
- Knickerbocker glory

**Afternoon tea (on Request)**

## EGGS

### Mains Continued

- Jacket potato cheese
- Jacket potato beans
- Jacket potato three bean chilli
- Vegan burger

### Children's

- Fish Finger Meal
- Sausage Meal
- Battered Sausage Meal
- Savaloy Meal
- Chicken Goujons Meal
- Scampi Meal

### Deserts

- Ice cream sundae
- Knickerbocker glory

### Extras

- Onion rings

**Afternoon tea (on Request)**

## DAIRY

### Children's

- Fish Finger Meal
- Sausage Meal
- Battered Sausage Meal
- Savaloy Meal
- Scampi Meal
- Chicken goujons and chips

**Afternoon tea (on Request)**

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