

## 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
- Cod (on request)
- Haddock (on request)
- Sausage (on request)
- Gravy (on request)
- Battered sausage (on request)

### EGGS

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

### DAIRY

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

### NUTS AND PEANUTS

We do sell individually wrapped pecan brownies so there will be traces of nuts in the air

**\*Our batter mix 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.

## 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
- Cod bites (on request)
- Jacket potato with beans, cheese, three bean chilli, chicken bacon & mayonnaise, tuna mayo or egg mayo

#### Main

- Cod (on request)
- Haddock (on request)
- Salmon
- Sausage (on request)
- Battered sausage (on request)

### EGGS

#### Light Bites

- Smoked haddock, mozzarella and spring onion cakes
- Loaded chips
- Sweet chill chicken sandwich
- Chicken Goujons Jacket potato cheese. Beans or three bean chilli
- Cod bites \*

#### Main

- Cod \*
- Haddock \*
- Sausage
- Battered sausage \*
- Saveloy
- Scampi
- Vegan sausage
- Vegan Burger
- Salmon
- Chicken burger in small bun
- Any Pie
- Signature salad

### DAIRY

#### Light bites

- Chicken Goujons
- Cod bites \*
- Triple tuna sandwich
- Sweet chilli chicken sandwich
- Jacket potato beans, three bean chilli, tuna mayo, chicken bacon & mayo, egg mayo

#### Main

- Cod \*
- Haddock \*
- sausage
- Battered sausage\*
- Scampi
- Vegan sausage
- Vegan burger
- Chicken burger in small bun
- Salmon
- Signature salad

### NUTS AND PEANUTS

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## GLUTEN

### Children's

- Fish finger Meal
- Sausage (on request)

### Sides

- Chips
- Cheesy chips
- Garden peas
- Gravy (on request)
- Mushy Peas
- Side salad
- Baked beans

### Deserts

- Ice cream sundae
- Knickerbocker glory
- Chocolate pecan brownie
- Scoop ice cream in tub

**Afternoon tea (on Request)**

## EGGS

### Children's

- Fish Finger
- Sausage
- Battered Sausage \*
- Savaloy
- Chicken Goujons
- Burger
- Mac & cheese

### Sides

- Chips
- Cheesy chips
- Garden peas
- Mushy Peas
- Gravy
- Side salad
- Curry sauce
- Baked beans
- Bread & butter /roll

### Deserts

- Ice cream sundae
- Knickerbocker glory
- Scoop ice cream
- Banana fritter \*

**Afternoon tea (on Request)**

## DAIRY

### Children's

- Fish Finger
- Sausage
- Battered Sausage \*
- Savaloy
- Scampi
- Chicken goujons
- Burger

### Sides

- Chips
- Garden peas
- Mushy Peas
- Gravy
- Curry Sauce
- Baked Beans
- Bread & butter/ roll

### Deserts

- Ice cream sundae (on request)
- Ask for selection of scoop ice cream
- Banana fritter with vegan scoop \*

**Afternoon tea (on Request)**

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