

| TO START | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
|---------------------------|---|--|--|--|--|---|--|--|---|---|--|--|
| CRISPY PRAWNS | YES - prawns, remoulade *MAY - fries | YES - prawns *MAY - fries | | | | YES - prawns *MAY - fries | | YES - prawns *MAY - fries | YES - prawns *MAY - fries | YES - remoulade | YES - remoulade | |
| CRISPY TUNA TACO | MAY - wonton taco shell *MAY - wonton taco shell | *MAY - wonton taco shell | MAY - furikake | MAY - furikake, wakame seaweed salad | YES - furikake, wakame seaweed salad | YES - ponzu sauce, wakame seaweed salad MAY - furikake *MAY - wonton taco shell | MAY - furikake, wakame seaweed salad | YES - ponzu sauce, wonton taco shell, wakame seaweed salad MAY - furikake | YES - ponzu sauce, wonton taco shell, wakame seaweed salad MAY - furikake | MAY - furikake, wakame seaweed salad | | |
| CRISPY AHIMI TACO | MAY - wonton taco shell *MAY - wonton taco shell | *MAY - wonton taco shell | MAY - furikake | MAY - furikake, wakame seaweed salad | YES - furikake, wakame seaweed salad, ahimi | YES - ponzu sauce, wakame seaweed salad, ahimi MAY - furikake *MAY - wonton taco shell | MAY - furikake, wakame seaweed salad | YES - ponzu sauce, wonton taco shell, wakame seaweed salad MAY - furikake | YES - ponzu sauce, wonton taco shell, wakame seaweed salad MAY - furikake | MAY - wakame seaweed salad, furikake | | |
| YUZU CRAB ROLL | YES - crab mix *MAY - crispy potato garnish | YES - crab, bonito, tuna (crab mix) *MAY - crispy potato garnish | MAY - furikake | MAY - furikake | YES - togarashi spice, wrapper, furikake | YES - crab mix, wrapper, soy sauce MAY - furikake *MAY - crispy potato garnish | MAY - furikake | YES - soy sauce MAY - sriracha mayo, furikake *MAY - crispy potato garnish | YES - soy sauce MAY - sriracha mayo, furikake *MAY - crispy potato garnish | YES - sriracha mayo MAY - pickled ginger, sushi rice, furikake | YES - wasabi MAY - sriracha mayo | Artificial colour, yellow #5, blue #1 (wasabi), MSG (crab mix) |
| GRILLED CHICKEN WINGS | YES - Thai red curry aioli | YES - anchovies (cilantro pepper paste), shrimp (Thai red curry aioli) | | | | | | | | YES - Thai red curry aioli | YES - Thai red curry aioli | |
| OYSTERS ON THE HALF SHELL | | YES - oysters | | MAY - wakame seaweed salad | YES - wakame seaweed salad | YES - wakame seaweed salad | MAY - wakame seaweed salad | YES - wakame seaweed salad | YES - wakame seaweed salad, malt vinegar mignonette | MAY - wakame seaweed salad, malt vinegar | | |
| PARMESAN FRIES | YES - parmesan, truffle mayo *MAY - fries | *MAY - fries | YES - parmesan | | | *MAY - fries | | *MAY - fries | *MAY - fries | | YES - parmesan truffle mayo | |
| SEAFOOD TOWER | YES - yuzu crab sushi roll (crab mix) *MAY - yuzu crab sushi roll (crispy potato garnish): tuna poke (seasoned wonton chips): wonton chips: potato chips | YES - yuzu crab sushi roll (crab, bonito, tuna): tuna poke (bonito, tuna): shrimp: lobster: anchovies: king crab sushi roll (crispy potato garnish): tuna poke (seasoned wonton chips): potato chips | MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips | MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips | YES - yuzu crab sushi roll (togarashi spice, wrapper, furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips | YES - yuzu crab sushi roll (crab mix, wrapper, soy sauce): tuna poke (poke dressing): soy sauce MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips) *MAY - yuzu crab sushi roll (crispy potato garnish): tuna poke (seasoned wonton chips): wonton chips: potato chips | MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips | YES - soy sauce: (seasoned wonton chips, poke dressing): wonton chips MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish) | YES - soy sauce: tuna poke (seasoned wonton chips, poke dressing): wonton chips: malt vinegar mignonette MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish) | YES - yuzu crab sushi roll (sriracha mayo): tuna poke (poke dressing): cocktail sauce: anchovies MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, malt vinegar mignonette) | YES - cocktail sauce MAY - yuzu crab sushi roll (sriracha mayo): tuna poke (seasoned wonton chips, poke dressing) | MSG - yuzu crab sushi roll (crab mix): tuna poke (poke dressing) |

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|---------------------------|--|--|---|---|---|--|---|--|--|---|--|---------------------------------------|
| SEAFOOD PLATTER | YES - yuzu crab sushi roll (crab mix) *MAY - yuzu crab sushi roll (crispy potato garnish) | YES - yuzu crab sushi roll (crab, bonito, tuna); shrimp *MAY - yuzu crab sushi roll (crispy potato garnish) | MAY - yuzu crab sushi roll (furikake) | MAY - yuzu crab sushi roll (furikake) | YES - yuzu crab sushi roll (tagorashi spice, wrapper, furikake) | YES - yuzu crab sushi roll (crab mix, wrapper, soy sauce); soy sauce MAY - yuzu crab sushi roll (furikake) *MAY - yuzu crab sushi roll (crispy potato garnish) | MAY - yuzu crab sushi roll (furikake) | YES - soy sauce MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish) | YES - soy sauce; malt vinegar mignonette MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish) | YES - yuzu crab sushi roll (sriracha mayo; tuna poke (poke dressing); cocktail sauce MAY - yuzu crab sushi roll (furikake); malt vinegar mignonette | YES - cocktail sauce MAY - yuzu crab sushi roll (sriracha mayo) | MSG - yuzu crab sushi roll (crab mix) |
| SABLEFISH CORN CHOWDER | | YES - sablefish, clams, anchovy, pollock, crab, shrimp | YES | | | YES | | YES | YES | YES | | |
| JUMBO LUMP CRAB CAKE | YES - remoulade, crab cake | YES - crab (crab cake) | | | | YES - crab cake | | YES - crab cake | YES - crab cake | YES - remoulade, champagne shallot vinaigrette MAY - crab cake | YES - remoulade, crab cake, champagne shallot vinaigrette | |
| AHI TUNA POKE | *MAY - seasoned wonton chips | YES - tuna; bonito, tuna (poke dressing) *MAY - seasoned wonton chips | MAY - seasoned wonton chips, poke dressing | MAY - seasoned wonton chips, poke dressing | YES - seasoned wonton chips, poke dressing | YES - poke dressing MAY - seasoned wonton chips *MAY - seasoned wonton chips | MAY - seasoned wonton chips, poke dressing | YES - seasoned wonton chips, poke dressing | YES - seasoned wonton chips, poke dressing | YES - poke dressing MAY - seasoned wonton chips | MAY - seasoned wonton chips, poke dressing | MSG - poke dressing |
| PRAWN COCKTAIL | | YES - prawns | | | | | | | | YES - cocktail sauce | YES - cocktail sauce | |
| BISCUITS & HONEYCOMB | | | YES - biscuit, butter | | | | | YES - biscuit | YES - biscuit | | | |
| BOWLS | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
| BEACH HOUSE CAESAR SALAD | YES - caper Caesar dressing, parmesan MAY - crouton | YES- salmon, anchovy (dressing) | YES- parmesan, caper Caesar dressing MAY - crouton | | | | MAY - crouton | YES - crouton | YES - crouton, caper Caesar dressing | YES - caper Caesar dressing | YES - caper Caesar dressing | |
| SIDE GREENS SALAD | YES - parmesan | | YES - parmesan | MAY - pumpkin seeds | | | MAY - pumpkin seeds | | | YES - champagne shallot vinaigrette | YES - champagne shallot vinaigrette | |
| CRAB + SHRIMP LOUIE SALAD | YES - 1000 island dressing, parsley caper dressing, egg | YES - crab, shrimp | | | | | | | | YES - 1000 island dressing, parsley caper dressing | YES - 1000 island dressing, parsley caper dressing | |
| MOTHER EARTH BOWL | *MAY - quinoa almond crumble | *MAY - quinoa almond crumble | YES - cheese *MAY - quinoa almond crumble | MAY - broccoli pesto MAY - quinoa almond crumble | | YES - orange white balsamic dressing *MAY - quinoa almond crumble | YES - quinoa almond crumble MAY - broccoli pesto | *MAY - quinoa almond crumble | *MAY - quinoa almond crumble | YES - orange white balsamic dressing | YES - orange white balsamic dressing | |

| PASTAS | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
|---------------------------------------|-------------------------------------|---|--|-------------------------------|-------------------------------|--|---|--------------------------------------|--------------------------------------|--|--|-----------------------|
| BRAISED BEEF PAPPARDELLE | YES - parmesan | MAY - king beef pasta portion | YES - confit garlic butter, parmesan | MAY - king beef pasta portion | MAY - king beef pasta portion | YES - red wine beef jus, king beef pasta portion | MAY - king beef pasta portion | YES - pappardelle, red wine beef jus | YES - pappardelle, red wine beef jus | YES - confit garlic butter, red wine beef jus, king beef pasta portion | YES - confit garlic butter | caramel colour (beef) |
| PRAWN & SCALLOP SPAGHETTINI | YES - parmesan, arugula basil pesto | YES - prawns, scallops, clams, anchovy, pollock, crab, shrimp (clam pasta base) | YES - parmesan, confit garlic butter, arugula basil pesto, clam pasta base | MAY - arugula basil pesto | | YES - clam pasta base | YES - almonds (arugula basil pesto) MAY - others (arugula basil pesto) | YES - spaghetti | YES - spaghetti | YES - confit garlic butter, clam pasta base | YES - confit garlic butter | |
| LINGUINE VONGOLE | YES - parmesan | YES - clams; clams, anchovy, pollock, crab, shrimp (clam broth) | YES - parmesan, confit garlic butter, shallot butter, clam broth | | | YES - clam broth | | YES - pasta, bread | YES - pasta, bread | YES - confit garlic butter MAY - clam broth | YES - confit garlic butter | |
| SAFFRON CREAM & PRAWN SPAGHETTINI | YES - parmesan | YES - prawns; clam, anchovy, pollock, crab, shrimp (saffron cream) | YES - butter, parmesan, prawn portion, saffron cream | | | YES - saffron cream | | YES - spaghetti | YES - spaghetti | YES - saffron cream | | |
| BURGERS | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
| BURGER BUN | YES | | YES | | | | MAY | YES | YES | | | |
| AVOCADO | | | | | | | | | | | | |
| DRY CURED BACON | | | | | | | | | | | | |
| MUSHROOMS | | | YES - butter | | | | | | | | | |
| CHEDDAR CHEESE | | | YES - cheese | | | | | | | | | artificial colour |
| DOCKSIDE BURGER | YES- chipotle mayo, bun | | YES - cheese, bun | | | | MAY - bun | YES - bun | YES - bun | | YES - chipotle mayo | |
| IMPOSSIBLE BURGER | YES - bun | | YES - bun | | | YES - burger | MAY - bun | YES - bun | YES - bun | MAY - mustard | YES - mustard MAY - mayo | |
| STEAK | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
| BEEF TENDERLOIN WITH SMOKED POTATO | | | YES - butter, smoked butter, truffle butter, mashed potato | | | YES - chicken jus | | YES - chicken jus | YES - chicken jus | YES - chicken jus | | |
| GRILLED RIBEYE STEAK WITH POTATO PAVE | YES - Caesar butter | YES - anchovies (Caesar butter) | YES - potato pave, Caesar butter | | | | | | | YES - Caesar butter | YES - Caesar butter | |
| SKIRT STEAK FRITES | YES - Caesar butter *MAY - fries | YES - anchovies (Caesar butter) *MAY - fries | YES - confit garlic butter, Caesar butter | | | *MAY - fries | | YES - pan bread *MAY - fries | YES - pan bread *MAY - fries | YES - confit garlic butter, Caesar butter, horseradish | YES - confit garlic butter, Caesar butter, horseradish | |

| SEAFOOD | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
|---|---|---|--|---------------------|---------------------|--|---------------------|---|---|---|---|---|
| MISO SEA BASS & WOK FRIED VEGETABLES | *MAY - crispy tofu | YES - sea bass, oyster (stir fry sauce) *MAY - crispy tofu | | | | YES - sea bass, shiro miso marinade, crispy tofu, soy ginger vinaigrette, stir fry sauce | | YES - soy ginger vinaigrette, stir fry sauce MAY - sea bass, shiro miso marinade *MAY - crispy tofu | YES - soy ginger vinaigrette, stir fry sauce MAY - sea bass, shiro miso marinade *MAY - crispy tofu | YES - sea bass, shiro miso marinade MAY - soy ginger vinaigrette, stir fry sauce | | |
| ROASTED SALMON WITH JALAPEÑO PURÉE | | YES - salmon | | | | | | | | | | |
| CRAB CAKE WITH REMOULADE & SPRING SALAD | YES - remoulade, crab cake, parmesan | YES - crab (crab cake) | YES - parmesan | | | YES - crab cake | MAY - pumpkin seeds | YES - crab cake | YES - crab cake | YES - remoulade, champagne shallot vinaigrette MAY - crab cake | YES - remoulade, crab cake, champagne shallot vinaigrette | |
| LOBSTER + PRAWN ROLL | YES - lobster prawn salad mix MAY - bun | YES - lobster, prawns, bonito, tuna (lobster prawn salad mix) | YES - lobster bun, butter, lobster prawn salad mix | | | YES - lobster prawn salad mix | MAY - lobster bun | YES - lobster bun | YES - lobster bun | YES - lobster prawn salad mix | YES - lobster prawn salad mix | Artificial colour, yellow #5, blue #1, MSG (lobster prawn salad mix) |
| AHI TUNA POKE BOWL | YES - dashi mayo MAY - tempura crunch | YES - tuna; bonito, tuna (poke dressing, dashi mayo) | MAY - poke dressing | MAY - poke dressing | YES - poke dressing | YES - poke dressing, edamame, dashi mayo, soy ginger vinaigrette | MAY - poke dressing | YES - poke dressing, soy ginger vinaigrette, tempura crunch | YES - poke dressing, soy ginger vinaigrette, tempura crunch | YES - poke dressing MAY - soy ginger vinaigrette | YES - dashi mayo MAY - poke dressing | MSG (poke dressing, dashi mayo, tempura crunch), Artificial colour, yellow #5, blue #1 (dashi mayo) |
| HALIBUT & CHIPS | YES - coleslaw dressing, remoulade *MAY - halibut, chips | YES - halibut *MAY - chips | | | | *MAY - halibut, chips | | YES - halibut *MAY - chips | YES - halibut, coleslaw dressing, malt vinegar *MAY - chips | YES - coleslaw dressing, remoulade MAY - malt vinegar | YES - coleslaw dressing, remoulade | |
| HALIBUT WITH SPRING PEAS | | YES - halibut; tuna, bonito (mushroom dashi broth) | YES - butter | | | YES - mushroom dashi broth | | YES - mushroom dashi broth | YES - mushroom dashi broth | | | MSG (mushroom dashi broth) |
| SIDES | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
| SAUTÉED PRAWNS | | YES - prawns | YES - confit garlic butter | | | | | | | YES - confit garlic butter | YES - confit garlic butter | |
| SAUTÉED KING OYSTER MUSHROOMS | | | YES - confit garlic butter | | | YES - chicken jus | | YES - chicken jus | YES - chicken jus | YES - chicken jus, confit garlic butter | YES - confit garlic butter | |

| DESSERTS | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
|---------------------------|--|------------------------------------|--|-----------------------------|-----------------|--|--|---|---|--|--|--|
| WARM CHOCOLATE CAKE | YES - cake, ice cream | | YES - cake, ice cream, Feuilletine, Skor chocolate chips, chocolate coating | MAY - ice cream | MAY - ice cream | YES - Feuilletine, Skor chocolate chips MAY - ice cream | YES - almonds (Skor chocolate chips) MAY - ice cream | YES - cake, Feuilletine MAY - ice cream | YES - cake, Feuilletine MAY - ice cream | MAY - ice cream | | artificial flavour (chocolate coating) |
| BUTTERSCOTCH CRÈME BRULÉE | YES - crème brulee | | YES - crème brulee, chantilly cream | | | | | | | | | |
| SUMMER BERRY NAPOLEON | YES - vanilla pastry cream | | YES - vanilla pastry cream | | | YES - puff pastry | | YES - puff pastry | YES - puff pastry | | | artificial colour (puff pastry) |
| BRUNCH | EGG | SEAFOOD | MILK | PEANUTS | SESAME | SOY | TREE NUTS | WHEAT | GLUTEN | SULPHITES | MUSTARD | OTHER |
| PRAWN OMELETTE | Yes - omelette, honey horseradish dressing, parmesan *MAY - potato pave | YES - prawns *MAY - potato pave | YES - honey horseradish dressing, potato pave , omelette, confit garlic butter, parmesan | MAY - pumpkin seeds (salad) | | *MAY - potato pave | MAY - pumpkin seeds (salad) | *MAY - potato pave | *MAY - potato pave | YES - honey horseradish dressing, confit garlic butter | YES - honey horseradish dressing, confit garlic butter | |
| CRAB BENEDICT | YES - eggs, hollandaise, honey horseradish dressing *MAY - potato pave | YES - crab *MAY - potato pave | YES - hollandaise, butter, potato pave, honey horseradish dressing, biscuit | MAY - pumpkin seeds (salad) | | *MAY - potato pave | MAY - pumpkin seeds (salad) | YES - biscuit *MAY - potato pave | YES - biscuit *MAY - potato pave | YES - hollandaise, honey horseradish dressing | YES - hollandaise, honey horseradish dressing | |
| EGGS BENEDICT | YES - eggs, hollandaise, honey horseradish dressing *MAY - potato pave | *MAY - potato pave | YES - hollandaise, butter, potato pave, honey horseradish dressing, biscuit | MAY - pumpkin seeds (salad) | | *MAY - potato pave | MAY - pumpkin seeds (salad) | YES - biscuit *MAY - potato pave | YES - biscuit *MAY - potato pave | YES - hollandaise, honey horseradish dressing | YES - hollandaise, double smoked bacon, honey horseradish dressing | |
| BEACH HOUSE BREAKFAST | YES - eggs *MAY - potato pave | *MAY - potato pave | YES - butter, potato pave, biscuit | | | *MAY - potato pave | | YES - biscuit, banger sausage *MAY - potato pave | YES - biscuit, banger sausage *MAY - potato pave | | YES - banger sausage | |
| NUTELLA FRENCH TOAST | YES - French toast | | YES - French toast, butter, chantilly cream, almond crumble | MAY - almond crumble | | | YES - hazelnut (French toast), almond crumble MAY - others (almond crumble) | YES - French toast, almond crumble | YES - French toast, almond crumble | | | |
| SMOKED SALMON ROSTI | YES - egg *MAY - potato pave | YES - salmon *MAY - potato pave | YES - lemon crème fraiche, potato pave | | | *MAY - potato pave | | *MAY - potato pave | *MAY - potato pave | MAY - pickled red onion | | |

*MAY = Cross contamination from fryer

MAY = cross contamination from supplier

GLUTEN = no wheat, barley, rye and most oats

Warning: The information provided above reflects the current information provided to Earls from their food suppliers or from food package labels and a review of the ingredients used in our recipes. We cannot guarantee that all of the allergens are listed for the pre-prepared items used.