

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 - togorashi 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	
SALT & PEPPER SQUID	*MAY - squid	YES - squid *MAY - others (squid)	YES - tzatziki			*MAY - squid		*MAY - squid	*MAY - squid		YES - squid	
PRAWN COCKTAIL		YES - prawns								YES - cocktail sauce	YES - cocktail sauce	
COLD SEAFOOD TOWER 3.0	YES - yuzu crab sushi roll (crab mix) *MAY - yuzu crab sushi roll (crispy potato garnish): tuna poke (seasoned wonton chips): wonton chips	YES - yuzu crab sushi roll (crab, bonito, tuna): tuna poke (bonito, tuna): shrimp: lobster: sardines: clams and mussels *MAY - yuzu crab sushi roll (crispy potato garnish): tuna poke (seasoned wonton chips): wonton chips	YES - poke dressing MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips): seasoned wonton chips	MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips	YES - yuzu crab sushi roll (togorashi spice, wrapper, furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips	YES - yuzu crab sushi roll (crab mix, wrapper, 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	MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips, poke dressing): seasoned wonton chips	YES - soy sauce: tuna poke (seasoned wonton chips, poke dressing): wonton chips: sardines MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish), wonton chips	YES - soy sauce: tuna poke (seasoned wonton chips, poke dressing): wonton chips: sardines MAY - yuzu crab sushi roll (sriracha mayo, furikake) *MAY - yuzu crab sushi roll (crispy potato garnish), wonton chips	YES - yuzu crab sushi roll (sriracha mayo): tuna poke (poke dressing): cocktail sauce: champagne mignonette MAY - yuzu crab sushi roll (furikake): tuna poke (seasoned wonton chips): seasoned wonton chips: sardines	YES - cocktail sauce MAY - yuzu crab sushi roll (sriracha mayo): tuna poke (seasoned wonton chips, poke dressing): sardines	MSG - yuzu crab sushi roll (crab mix): tuna poke (poke dressing)
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 (togorashi spice, wrapper, furikake)	YES - yuzu crab sushi roll (crab mix, wrapper, 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, 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)
CLAM CHOWDER		YES - clam, anchovy, pollock, crab, shrimp	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	YES - poke dressing MAY - seasoned wonton chips	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

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) MAY - fish (caper Caesar dressing)	YES- parmesan, caper Caesar dressing MAY - crouton		MAY - crouton	YES - crouton MAY - caper Caesar dressing	MAY - crouton	YES - crouton MAY - caper Caesar dressing	YES - crouton MAY - caper Caesar dressing	YES - caper Caesar dressing MAY - crouton	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	
AHI TUNA POKE BOWL	YES - dashi mayo MAY - tempura crunch	YES - tuna; bonito, tuna (poke dressing, dashi mayo)	YES - 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)
PASTAS	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
BRAISED BEEF PAPERDELLE	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	
ROASTED TOMATO TAGLIATELLE	YES - parmesan, pasta *MAY - fried eggplant	*MAY - fried eggplant (primavera vegetable garnish)	YES - confit garlic butter, parmesan			*MAY - fried eggplant (primavera vegetable garnish)		YES - pasta *MAY - fried eggplant (primavera vegetable garnish)	YES - pasta *MAY - fried eggplant (primavera vegetable garnish)	YES - confit garlic butter, primavera vegetable portion MAY - capers	YES - confit garlic butter, olives	
BURGERS + SANDWICHES	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	MAY - bun	MAY - bun	YES - bun	YES - bun		YES- chipotle mayo	
IMPOSSIBLE BURGER	YES - bun		YES - bun		MAY - bun	YES - burger MAY - bun	MAY - bun	YES - bun	YES - bun	MAY - mustard	YES - mustard MAY - mayo	
CHICKEN CLUBHOUSE	YES - confit garlic mayo MAY- sourdough		YES - butter, jalapeno havarti cheese MAY - sourdough		MAY - sourdough	YES - sourdough	MAY - sourdough	YES - sourdough	YES - sourdough	MAY - sourdough	YES - confit garlic mayo	
PRAWN CLUBHOUSE	YES - confit garlic mayo MAY- sourdough	YES - prawn clubhouse mix	YES - butter MAY - sourdough		MAY - sourdough	YES - sourdough	MAY - sourdough	YES - sourdough	YES - sourdough	YES - prawn clubhouse mix MAY - sourdough	YES - confit garlic mayo, prawn clubhouse mix	

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	
STEAK FRITES	MAY - focaccia bread *MAY - fries	YES - anchovies (Caesar butter) *MAY - fries	YES - confit garlic butter MAY - focaccia bread			*MAY - fries	MAY - focaccia bread	YES - focaccia bread *MAY - fries	YES - focaccia bread *MAY - fries	YES - confit garlic butter, horseradish	YES - confit garlic butter, horseradish	
BERNAISE SAUCE	YES	MAY - fish	YES			MAY		MAY	MAY	YES	MAY	
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	YES - spicy corn sauce									
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)
HALIBUT WITH MISO BROTH		YES - halibut, miso clam broth (clam, anchovy, pollock, crab, shrimp)	YES - butter, minted pea puree, halibut vegetable portion, miso clam broth			YES - miso clam broth				YES - miso clam broth		
HALIBUT WITH FAVA BEAN PUREE		YES - halibut, miso clam broth (clam, anchovy, pollock, crab, shrimp)	YES - miso clam broth			YES - soy sauce, miso clam broth		YES - soy sauce	YES - soy sauce	YES - miso clam broth		
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	
SIDES	EGG	SEAFOOD	MILK	PEANUTS	SESAME	SOY	TREE NUTS	WHEAT	GLUTEN	SULPHITES	MUSTARD	OTHER
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	
SAUTÉED PRAWNS		YES - prawns	YES - confit garlic butter							YES - 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	MAY - fish (cake)	YES - cake, ice cream, Feuilletine, Skor chocolate chips, chocolate coating	MAY - ice cream	MAY - ice cream	YES - Feuilletine, Skor chocolate chips MAY - ice cream, cake	YES - almonds (Skor chocolate chips) MAY - ice cream	YES - cake, Feuilletine MAY - ice cream, cake	YES - cake, Feuilletine MAY - ice cream, cake	MAY - ice cream	MAY - cake	artificial flavour (chocolate coating)
SUMMER BERRY NAPOLEON	YES - vanilla pastry cream	MAY - fish (vanilla pastry cream)	YES - vanilla pastry cream			YES - puff pastry MAY - vanilla pastry cream		YES - puff pastry MAY - vanilla pastry cream	YES - puff pastry MAY - vanilla pastry cream		MAY - vanilla pastry cream	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 - fish (omelette) *MAY - potato pave	YES - honey horseradish dressing, potato pave , omelette, confit garlic butter, parmesan	MAY - pumpkin seeds (salad)		MAY - omelette *MAY - potato pave	MAY - pumpkin seeds (salad)	MAY - omelette *MAY - potato pave	MAY - omelette *MAY - potato pave	YES - honey horseradish dressing, confit garlic butter	YES - honey horseradish dressing, confit garlic butter MAY - omelette	
CRAB BENEDICT	YES - eggs, hollandaise, honey horseradish dressing, crab mix MAY - sourdough *MAY - potato pave	YES - crab MAY - fish (hollandaise) *MAY - potato pave	YES - hollandaise, butter, potato pave, honey horseradish dressing MAY - sourdough	MAY - pumpkin seeds (salad)	MAY - sourdough	YES - crab mix, sourdough bread MAY - hollandaise *MAY - potato pave	MAY - pumpkin seeds (salad), sourdough	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - hollandaise, honey horseradish dressing MAY - sourdough	YES - hollandaise, honey horseradish dressing	
EGGS BENEDICT	YES - eggs, hollandaise, honey horseradish dressing MAY - sourdough *MAY - potato pave	MAY - fish (hollandaise) *MAY - potato pave	YES - hollandaise, butter, potato pave, honey horseradish dressing MAY - sourdough	MAY - pumpkin seeds (salad)	MAY - sourdough	YES - sourdough bread MAY - hollandaise *MAY - potato pave	MAY - pumpkin seeds (salad), sourdough	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - hollandaise, honey horseradish dressing MAY - sourdough	YES - hollandaise, double smoked bacon, honey horseradish dressing	
AVOCADO WHITE CHEDDAR BENEDICT	YES - eggs, hollandaise, honey horseradish dressing MAY - sourdough *MAY - potato pave	MAY - fish (hollandaise) *MAY - potato pave	YES - hollandaise, butter, potato pave, honey horseradish dressing, cheddar cheese MAY - sourdough	MAY - pumpkin seeds (salad)	MAY - sourdough	YES - sourdough bread MAY - hollandaise *MAY - potato pave	MAY - pumpkin seeds (salad), sourdough	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - sourdough bread MAY - hollandaise *MAY - potato pave	YES - hollandaise, honey horseradish dressing MAY - sourdough	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	MAY - French toast	MAY - French toast	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		
BISCUITS & HONEYCOMB			YES - biscuit, butter					YES - biscuit	YES - biscuit			

*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.