

CRUSTACEANS

Matt Moran's Style BBQ Bugs GF	Barbequed bugs glazed with garlic butter and herbs.	E 30 M 55
Bugs Mornay		60
Lobster Mornay		Half 30 Full 55
Lobster Thermidor		Half 35 Full 65

KIDS MENU

Calamari & Chips	14
Fish & Chips DF	14
Schnitzel & Chips	14
Spaghetti with Napoli DF	14
Plain Spaghetti DF	10
Chicken Nuggets	14

SIDES

Chips	7
Rice	4
Side of Vegetables	9
Mashed Potatoes	4

SPECIAL PLATTERS

Chef's Platter for One GF	60
Fish of the day, scallops, bugs, garlic prawns topped with white wine cream sauce.	
Ship to Shore	70
Half lobster moray with bbq prawns, eye fillet steak, seasonal vegetables.	
Appetizer for Two	69
Calamari, octopus, grilled halloumi, lamb skewers, BBQ prawns, battered cauliflower, tzatziki, beetroot feta, Pita bread and small Greek salad.	
Seafood Platter for Two	250
Fresh king prawns, smoked salmon, mixed dozen oysters, barbequed bugs, barbequed prawns, garlic prawns, battered prawns, fish, calamari, lobster mornay with fresh fruits.	

COFFEE, AFFOGATO & TEA

All standard coffees	Regular 4 ⁵ Large 5
Milks Almond, oat, lactose-free, soy	1
Affogato Coffee shot with ice-cream.	9
Affogato Liqueur	15
Tea	5
English Breakfast, Earl Grey, Peppermint, Green, Camomile, Ginger.	

LIQUEUR COFFEE

Irish — Irish Whisky	13
Roman — Galliano	13
French — Grand Marnier	13
Jamaican — Tia Maria	13
Mexican — Kahlua	13

COGNAC

Courvoisier V.S.O.P.	15
Hennessy V.S.O.P.	15

DESSERTS

Carrot Cake	14
Tiramisu	14
Mud Cake V, DF	14
Sticky Date	14
Crème Brule GF	14
Cheesecake of the Day	14

PLEASE NOTIFY YOUR SERVER ABOUT ANY
DIETARY REQUIREMENTS OR ALLERGIC REACTIONS.
15% SURCHARGE ON PUBLIC HOLIDAYS AND NEW YEARS EVE.
5% SURCHARGE ON WEEKENDS.




SHELLS N ROCKS

RESTAURANT & BAR

FOOD MENU

SEAFOOD — STEAK — LAMB — PASTA

 www.shellsnrocks.com.au

POPULAR BREADS

Garlic Bread Sourdough, butter, parsley.	6⁵
Cheesy Garlic Bread	8
Bread Rolls with Butter	6⁵
Bread Roll with Olives	7
Bread Roll with Feta	7
Pita Bread with Homemade Tzatziki or Beetroot Feta	12
Pita Bread	7
Breads Platter Selection of breads and dips.	27

SALADS

Garden Salad Cos lettuce, tomato, cucumber, capsicum, onion.	8 / 16
Caesar Salad Cos lettuce, boiled egg, pancetta, croutons, parmesan, anchovies.	16
Greek Salad Cos lettuce, tomato, cucumber, onion, feta, olives.	9 / 17
Extras Prawns – 9 Chicken – 6 Smoked Salmon – 9 Dolmades (Vegan) – 7 Avocado – 2.50	

SOUP

Seafood Chowder Served with bread roll and butter.	14⁵
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OYSTER

Natural	½ dozen — 21 1 dozen — 42
Mornay	½ dozen — 22 1 dozen — 44
Kilpatrick GF, DF	½ dozen — 22 1 dozen — 44
Battered DF	½ dozen — 22 1 dozen — 44
Salt Pepper DF	½ dozen — 23 1 dozen — 46
Oyster Platter Excluding Salt Pepper Oysters.	1 dozen — 44

FRESH KING PRAWNS

½ kilo — 38 | **1 Kilo — 75**

ENTRÉES

MAIN SIZE ALSO AVAILABLE

Dolmades V, GF, DF Rice and herb stuffed vine leaves, lemon, homemade tzatziki. Main served with garden salad.	E 15 M 29
Grilled Halloumi GF With roasted capsicum.	E 14 M 26
Crispy Battered Cauliflower V, DF	E 14 M 26
Smoke Salmon GF, DF Spinach, onion, capers, horseradish.	E 16 M 27
Prawn Cocktail GF, DF King prawns, cocktail sauce.	E 16 M 27
Prawn Avocado GF, DF King prawns, avocado, cocktail sauce.	E 18 M 29
Garlic Prawns GF King prawns, garlic, white wine, cream. Main served with chips.	E 15 M 30
BBQ Prawns GF Main served with chips.	E 18 M 33
Lightly Battered Prawns DF With chilli plum sauce. Main served with chips.	E 16 M 29
Salt Pepper Prawns DF With chilli plum sauce. Main served with chips.	E 16 M 29
Roasted Prawns GF With garlic, herbs, chilli and butter. Main served with chips.	E 16 M 29
Scallops GF Bacon, cherry tomato, lemon butter. Main served with chips.	E 17 M 29
Calamari Lightly crumbed, garlic, lemon, butter. Main served with chips.	E 15 M 25
BBQ Baby Octopus GF Marinated in herbs, garlic, lemon and olive oil. Main served with garden salad.	E 16 M 30
Lamb Fillets Cooked with mushroom sauce, garlic cream, white wine and spinach, served on top of mash.	E 16 M 30

FRESH OCEAN FISHES

GF OPTION AVAILABLE

Barramundi	32
Snapper	33
Atlantic Salmon	30
Whiting DF Lightly beer battered.	25
Whole Sole	33
Toppings Available Garlic Prawns – 9 BBQ Bug – 7 Garlic Cream – 5	

CHICKEN GARDEN

Chicken Schnitzel Served with chips. Add Garlic Cream, Mushrooms, Pepper or Diane Sauce – 5	23
Chicken Parmigiana Crumbed chicken, ham, Napoli, cheese. Served with chips.	30
Chicken Woodsman GF Chicken breast cooked with white wine, diced bacon, mushrooms, garlic cream sauce, served on top of rice.	31
Shells N Rocks' Signature Chicken GF Chicken breast cooked with garlic cream sauce, roasted bell peppers, spinach, parmesan cheese, topped with fried onions and raisins, served on top of rice.	30
Chicken Dijon GF Cooked with white wine cream sauce, dijon mustard, garlic and herbs, served on top of rice.	28

FARM FRESH MEATS

STEAK

Eye Fillet GF Served with mash and seasonal vegetables.	32
Rump Steak 250g GF Served with mash and seasonal vegetables.	30
Toppings Available Garlic Prawns – 9 Diane, Mushroom, Pepper Sauce, Garlic Cream – 5 BBQ Bug – 7	

LAMB

Signature Lamb Masala GF Grilled lamb fillets cooked with olive oil, garlic, onions and tomatoes, served on top of mash and with seasonal vegetables.	35
Lamb Filets GF Cooked with mushroom sauce, garlic cream, white wine and spinach, served on top of mash with seasonal vegetables.	32
Lamb Souvlaki Marinated lamb skewers served with rice, Greek salad, pita bread and tzatziki. DF option available.	35

PASTA

Ravioli Spinach & ricotta ravioli, cooked in authentic Napoli sauce.	25
Prawn Fettuccini Prawns, garlic, chilli flakes, white wine, basil pesto, cream.	30
Seafood Marinara DF Napoli sauce or olive oil, garlic, basil, Italian herbs, parsley, lemon.	32
Smoke Salmon Fettuccini Olive oil, garlic, basil pesto, white wine, cream, parsley and herbs.	30
Chicken Fettuccine Chicken, spinach, onion, Parmesan cheese, garlic, Italian herbs, Napoli and cream sauce. Replace Chicken with Grilled Haloumi – 6	28
Carbonara Spaghetti, garlic, mushroom, bacon, white wine, cream. Add chicken – 4 Gluten-free pasta – +2.50	25
Beef Lasagne Served with garden salad.	24

VEGETARIAN | **V – VEGAN** | **GF – GLUTEN FREE** | **DF – DAIRY FREE**