

CRUSTACEANS

Matt Moran's Style BBQ Bugs GF Barbequed bugs glazed with garlic butter and herbs.

E 33 | M 62

Lobster Mornay With chips and broccolini.

Half 35 | Full 68

KIDS MENU

Calamari & Chips	15
Fish & Chips DF	15
Schnitzel & Chips	15
Spaghetti with Napoli DF	14
Kids Burger	15
Chicken Nuggets	15

SIDES

Chips	8
Rice	4
Side of Vegetables	9
Mashed Potatoes	5

SPECIAL PLATTERS

Chef's Seafood Selection	80
Natural oysters, fresh king prawns, BBQ bugs, BBQ prawns, fish of the day and calamari.	
Chef's Platter for One GF	75
Fish of the day, scallops, garlic prawns topped with white wine cream sauce, bugs and chips.	
Ship to Shore	82
Half lobster mornay with bbq prawns, eye fillet steak, seasonal vegetables.	
Appetizer for Two	95
Calamari, octopus, grilled halloumi, lamb skewers, BBQ prawns, battered cauliflower, tzatziki, beetroot feta, Pita bread and small Greek salad.	
Seafood Platter for Two	295
Fresh King Prawns, barbequed bugs, smoked salmon, mixed dozen oysters, barbequed prawns, garlic prawns, battered prawns, fish, calamari, lobster mornay with fresh fruits.	
Must be Pre-ordered with deposit of \$100.	

COFFEE, AFFOGATO & TEA

All standard coffees	Regular 4. ⁵ Large 5
Milks Almond, oat, 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

Tiramisu	14
Sticky Date	14
Crème Brule GF	14
Cheesecake of the Day	14
Pavlova	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.	9
Cheesy Garlic Bread	10
Bread Rolls with Butter	8
Bread Roll with Olives	9
Bread Roll with Feta	9
Pita Bread with Homemade Tzatziki or Beetroot Feta	12
Pita Bread	8
Breads Platter Selection of breads and dips.	30

SALADS

Garden Salad Cos lettuce, tomato, cucumber, capsicum, onion.	10 / 18
Caesar Salad Cos lettuce, boiled egg, pancetta, croutons, parmesan, anchovies.	24
Greek Salad Cos lettuce, tomato, cucumber, onion, feta, olives.	21
Extras Prawns – 10 Chicken – 8 Smoked Salmon – 10 Avocado – 2.50	

SOUP

Seafood Chowder Served with bread roll and butter.	20
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OYSTER

Natural	½ dozen — 28		1 dozen — 55
Mornay	½ dozen — 30		1 dozen — 58
Kilpatrick GF, DF	½ dozen — 30		1 dozen — 58
Battered DF	½ dozen — 30		1 dozen — 58
Oyster Platter			1 dozen — 58

FRESH KING PRAWNS

½ kilo — 44 | 1 Kilo — 85

ENTRÉES

MAIN SIZE ALSO AVAILABLE

Grilled Halloumi GF With roasted capsicum.	E 16		M 28
Crispy Battered Cauliflower V, DF	E 16		M 28
Prawn Cocktail GF, DF King prawns, cocktail sauce.	E 18		M 34
Prawn Avocado GF, DF King prawns, avocado, cocktail sauce.	E 20		M 36
Scallops GF Bacon, cherry tomato, lemon butter. Main served with chips and rice.	E 20		M 36
Garlic Prawns GF King prawns, garlic, white wine, cream. Main served with chips and rice.	E 18		M 32
BBQ Prawns GF Main served with chips and rice.	E 20		M 36
Lightly Battered Prawns DF With chilli plum sauce. Main served with chips and rice.	E 18		M 32
Roasted Prawns GF With garlic, herbs, chilli and butter. Main served with chips and rice.	E 18		M 32
Calamari Lightly crumbed, garlic, lemon, butter. Main served with chips and rice.	E 18		M 32
BBQ Baby Octopus GF Marinated in herbs, garlic, lemon and olive oil. Main served with garden salad and rice.	E 20		M 36
Lamb Fillets Cooked with mushroom sauce, garlic cream, white wine and spinach, served on top of mash.	E 22		M 40

FRESH OCEAN FISHES

GF OPTION AVAILABLE

Barramundi Served with chips and broccolini	34
Snapper Served with chips and broccolini	35
Atlantic Salmon Served with chips and broccolini	33
Whiting DF Lightly battered. Served with chips and broccolini	30
Toppings Available Garlic Prawns – 12 BBQ Bug – 12 Garlic Cream – 5	

CHICKEN GARDEN

Chicken Schnitzel Served with chips Add Garlic Cream, Mushrooms, Pepper Sauce – 5	26
Chicken Parmigiana Crumbed chicken, ham, Napoli, cheese. Served with chips and broccolini	32
Chicken Woodsman GF Chicken breast cooked with white wine, diced bacon, mushrooms, garlic cream sauce, served with seasonal vegetables on top of rice.	33
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 with seasonal vegetables on top of rice.	32
Chicken Dijon GF Cooked with white wine cream sauce, dijon mustard, garlic and herbs, served with seasonal vegetables on top of rice.	31

BURGER

Chicken Burger Crispy Chicken, Cos lettuce, tomato, beetroot, mayonnaise, served with chips.	25
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FARM FRESH MEATS

STEAK

Eye Fillet GF Served with mash and seasonal vegetables.	38
Rump Steak 250g GF Served with mash and seasonal vegetables.	33
Toppings Available Garlic Prawns – 12 Gravy, Mushroom, Pepper Sauce, Garlic Cream – 5 BBQ Bug – 12	

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.	38
Lamb Fillets GF Cooked with mushroom sauce, garlic cream, white wine and spinach, served on top of mash with seasonal vegetables.	40
Lamb Souvlaki Marinated lamb skewers served with rice, Greek salad, pita bread and tzatziki. DF option available.	40

PASTA

Ravioli Spinach & ricotta ravioli, cooked in authentic Napoli sauce.	27
Prawn Fettuccini Prawns, garlic, chilli flakes, white wine, basil pesto, cream.	32
Seafood Marinara DF Napoli sauce or olive oil, garlic, basil, Italian herbs, parsley, lemon.	34
Smoke Salmon Fettuccini Olive oil, garlic, basil pesto, white wine, cream, parsley and herbs.	32
Chicken Fettuccine Chicken, spinach, onion, Parmesan cheese, garlic, Italian herbs, Napoli and cream sauce. Replace Chicken with Grilled Haloumi – 6	30
Creamy Chicken Pesto Fettucine pasta, chicken slices, garlic cream, white wine, basil pesto.	30
Carbonara Spaghetti, garlic, mushroom, bacon, white wine, cream. Add chicken – 4 Gluten-free pasta – +2.50	30
Beef Lasagne Served with garden salad.	28

SAUCES - TOMATO, BBQ, AIOLI - ALL \$1 EA

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