

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	15
Fish & Chips	DF 15
Schnitzel & Chips	15
Spaghetti with Napoli	DF 14
Plain Spaghetti	DF 10
Chicken Nuggets	15

SIDES

Chips	8
Rice	4
Side of Vegetables	9
Mashed Potatoes	4

SPECIAL PLATTERS

Chef’s Seafood Selection	70
Natural oysters, fresh king prawns, BBQ bugs, BBQ prawns, fish of the day and calamari.	
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	75
Calamari, octopus, grilled halloumi, lamb skewers, BBQ prawns, battered cauliflower, tzatziki, beetroot feta, Pita bread and small Greek salad.	
Seafood Platter for Two	269
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

Pavlova	14
Tiramisu	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.	7
Cheesy Garlic Bread		8
Bread Rolls with Butter		7
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.	28

SALADS		
Garden Salad	Cos lettuce, tomato, cucumber, capsicum, onion.	9 / 16
Caesar Salad	Cos lettuce, boiled egg, pancetta, croutons, parmesan, anchovies.	17
Greek Salad	Cos lettuce, tomato, cucumber, onion, feta, olives.	10 / 18
Extras	Prawns – 9 Chicken – 6 Smoked Salmon – 9 Dolmades (Vegan) – 7 Avocado – 2.50	

SOUP		
Seafood Chowder	Served with bread roll and butter.	15

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	
Oyster Platter	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 14	M 26
Grilled Halloumi	GF	With roasted capsicum.	E 14	M 26
Crispy Battered Cauliflower	V, DF		E 14	M 26
Smoke Salmon		Spinach, onion, capers, horseradish. GF and DF available.	E 16	M 30
Prawn Cocktail	GF, DF	King prawns, cocktail sauce.	E 16	M 28
Prawn Avocado	GF, DF	King prawns, avocado, cocktail sauce.	E 18	M 30
Garlic Prawns	GF	King prawns, garlic, white wine, cream. Main served with chips.	E 16	M 30
BBQ Prawns	GF	Main served with chips.	E 17	M 32
Lightly Battered Prawns	DF	With chilli plum sauce. Main served with chips.	E 16	M 30
Roasted Prawns	GF	With garlic, herbs, chilli and butter. Main served with chips.	E 16	M 30
Scallops	GF	Bacon, cherry tomato, lemon butter. Main served with chips.	E 17	M 30
Calamari		Lightly crumbed, garlic, lemon, butter. Main served with chips.	E 15	M 27
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 18	M 35

FRESH OCEAN FISHES			GF OPTION AVAILABLE	
Barramundi				32
Snapper				33
Atlantic Salmon				30
Whiting	DF	Lightly beer battered.		27
Whole Sole				32
Toppings Available	Garlic Prawns – 10 BBQ Bug – 8 Garlic Cream – 5			

CHICKEN GARDEN		
Chicken Schnitzel	Served with chips.	25
Add Garlic Cream, Mushrooms, Pepper or Diane Sauce – 5		
Chicken Parmigiana	Crumbed chicken, ham, Napoli, cheese. Served with chips.	32
Chicken Woodsman	GF	31
Chicken breast cooked with white wine, diced bacon, mushrooms, garlic cream sauce, served on top of rice and seasonal vegetables.		
Shells N Rocks' Signature Chicken	GF	30
Chicken breast cooked with garlic cream sauce, roasted bell peppers, spinach, parmesan cheese, topped with fried onions and raisins, served on top of rice and seasonal vegetables.		
Chicken Dijon	GF	Cooked with white wine cream sauce, dijon mustard, garlic & herbs, served on top of rice & seasonal vegetables.
		28

FARM FRESH MEATS		
STEAK		
Eye Fillet	GF	Served with mash and seasonal vegetables.
Rump Steak 250g	Nolan's Private Selection MSA	GF
Served with mash and seasonal vegetables.		35
Toppings Available	Garlic Prawns – 10 Diane, Mushroom, Pepper Sauce, Garlic Cream – 5 BBQ Bug – 8	30
LAMB		
Signature Lamb Masala	GF	35
Grilled lamb fillets cooked with olive oil, garlic, onions and tomatoes, served on top of mash and with seasonal vegetables.		
Lamb Fillets	GF	35
Cooked with mushroom sauce, garlic cream, white wine and spinach, served on top of mash with seasonal vegetables.		
Lamb Souvlaki		35
Marinated lamb skewers served with rice, Greek salad, pita bread and tzatziki. DF option available.		

PASTA		
Ravioli	Spinach & ricotta ravioli, cooked in authentic Napoli sauce.	26
Prawn Fettuccini	Prawns, garlic, chilli flakes, white wine, basil pesto, cream.	31
Seafood Marinara	DF	Napoli sauce or olive oil, garlic, basil, Italian herbs, parsley, lemon.
		33
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.	29
Replace Chicken with Grilled Haloumi – 6		
Creamy Chicken Pesto	Fettuccine pasta, chicken slices, garlic cream, white wine, basil pesto.	29
Carbonara	Spaghetti, garlic, mushroom, bacon, white wine, cream. Add chicken – 4	26
Gluten-free pasta – +2.50		
Beef Lasagne	Served with garden salad.	25