

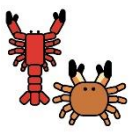
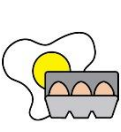
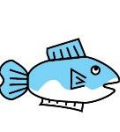
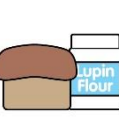










**DISHES AND THEIR ALLERGEN  
CONTENT  
THREE MILE  
MAIN COURSES**

**X = Contains allergen**

**MC = May contain traces/not  
suitable for.....**

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
BEER BATTERED FISH And CHIPS		X			X		MC		MC					MC
SPICY BEAN BURGER		X										MC	MC	
BRAISED LAMB SHANK							X							X
5 BEAN CASSOULET														MC
CHICKEN PARMO PLAIN		X							MC					
TERRIYAKI SALMON		X			X							X	X	X

CHICKEN PARMO CHEESE SAUCE CHORIZO		X					X							MC

Date: 3/10/25

Reviewed by: Darren Busby




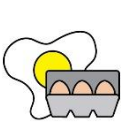
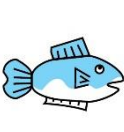








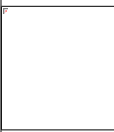


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**DISHES AND THEIR ALLERGEN  
CONTENT  
THREE MILE  
MIBRASSA GRILL**

**X = Contains allergen**

**MC = May contain traces/not  
suitable for.....**

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
MAC DADDY BURGER		X							MC				MC	X
CHICKEN RANCH BURGER		X		X			X		MC				MC	
LAMB KOFTA BURGER		X							MC				MC	
GRILLED 80Z RUMP OF LAMB					X				X					X
<b>GYROS LAMB</b>		X					X		X				X	MC
GYROS CHICKEN		X					X		X				X	MC

GYROS PRAWN		X	X				X		X				X	MC
GYROS ROASTED VEGETABLE		X					X		X				X	MC

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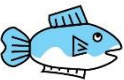
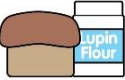








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**DISHES AND THEIR ALLERGEN  
CONTENT**

Three Mile  
Small Plates

**X = Contains allergen**

**MC = May contain traces/not  
suitable for.....**




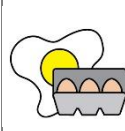
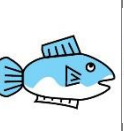
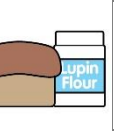


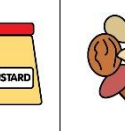
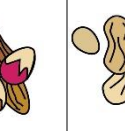

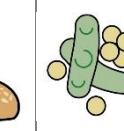


FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Chicken wings													X	
Bbq sauce														
Franks hot sauce							X							
Lemon and garlic butter							X							MC
Tempura battered prawns		X						MC	MC				MC	MC
Hummas and olives	MC	X				MC						X		MC

Spicy Korean beef taco		X			MC				MC			X	MC	MC
Popcorn chicken and chorizo		X					X							MC
Char grilled tender stem broccoli romesco sauce		X								X almonds				X
Baby bocconcini	MC					MC	X			X PINE NUTS				MC
Mac and cheese bites chipotle mayo		X		X			X		MC				MC	
Lebanese lamb meatballs													MC	X

**DISHES AND THEIR ALLERGEN  
CONTENT  
THREE MILE  
TO SHARE**

**X = Contains allergen**

**MC = May contain traces/not  
suitable for.....**

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Three-mile platter		X		X		MC	X	MC	MC	X PINE NUTS		X	MC	MC
Nachos		X					X							MC

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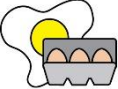

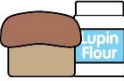








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**DISHES AND THEIR ALLERGEN CONTENT**

Three Mile Loaded fries

**X = Contains allergen**

**MC = May contain traces/not suitable for.....**

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
SURF AND TURF			X				X							MC
SMOKED CHEESE AND BACON		X				MC	X						MC	
CHEESE SALSA							X							X
VEGGIE CURRY														



BBQ														
SWEET CHILLI														
CHIPOTLE MAYO				X										X
FRANKS HOT SAUCE							X							

3/10/25

Reviewed by: Darren Busby



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