

Allergen Menu

| Dish/Item CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Note |
|---------------------------------|------------|-------------|------|------|----------|------|---------|-----------|--------|---------|--------|-----------|-------|----------|-------|
| VIP Junior Menu | | | | | | | | | | | | | | | |
| Porridge | Oat, | | | | | Cow | | | | | | | | | Wheat |
| - With Soya Milk | Oat, | | | | | | | | | | | | | | Wheat |
| Poached | | | | | | | | | | | | | | | |
| Eggs - Sourdough | Wheat | | X | | | | | | | | | X | | | |
| Eggs- Granary | Wheat /Rye | | X | | | | | | | | | X | | | |
| Eggs - Gluten Free | | | X | | | | | | | | | X | | | |
| Scrambled | | | | | | | | | | | | | | | |
| Eggs - Sourdough | Wheat | | X | | | Cow | | | | | | | | | |
| Eggs- Granary | Wheat Rye | | X | | | Cow | | | | | | | | | |
| Eggs - Gluten Free | | | X | | | Cow | | | | | | | | | |
| Pancakes | Wheat | | X | | | | | | | | | | | | |
| - with Nutella | Wheat | | X | | X | Cow | | Hazelnuts | | | | | | | |
| French Toast & Bacon | Wheat | | X | | | Cow | | | | | | | | | |
| - with Nutella | Wheat | | X | | X | Cow | | Hazelnuts | | | | | | | |
| Eggs Benedict | Wheat | | X | | | Cow | | | | X | | X | | | |
| Eggs Florentine | Wheat | | X | | | Cow | | | | X | | X | | | |
| Chicken & Chips | Wheat | | | | | | | | X | | | | | | Fryer |
| Fish & Chips | Wheat | | X | X | | Cow | | | | | | | | | |
| | | | | | | | | | | | | | | | |

Allergen Menu

| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|---|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| Junior Menu - Continued | | | | | | | | | | | | | | |
| Sourdough Burger Buns | Wheat | | | | | | | | | | | | | |
| Non Gluten Buns | | | | | | Cow | | | | | | X | | |
| for the following burgers | | | | | | | | | | | | | | |
| Beef Burger | | | | | X | | | | | X | | X | | |
| Chicken Burger w Lime Mayo | | | X | | | | | | X | | | | | |
| Tempeh Burger | | | | | X | | | | | | | | | |
| Sides | Wheat | | | | | | | | | | | | | |
| Fries (Shared Fryer) | Wheat | | | | | | | | | | | | | |
| Rustics | | | | | | | | | | | | | | |
| Sweet Potato Wedges | | | | | | | | | | | | | | |
| Bacon | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Jalapenos | | | | | | | | | | | | X | | |
| Bandon Cheddar | | | | | | Cow | | | | | | | | |
| Cashel Blue | | | | | | Cow | | | | | | | | |
| Black Pudding GF | | | | | X | | | | | | | | | |
| Guacamole | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

please check

onions Garlic

Garlic

Allergen Menu

| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|-----------------------------------|--------|-------------|------|------|----------|------|---------|----------|--------|---------|--------|-----------|-------|-------------|
| Dessert | | | | | | | | | | | | | | |
| Ice Cream with biscuit | wheat | | | | | X | | | | | | | | |
| with toppings | | | | | | | | | | | | | | |
| Nutella | | | | | | Cow | | Hazeluts | | | | | | |
| Crushed Pecans | | | | | | | | Pecans | | | | | | |
| Fruit of the forest coulis | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Vanaiilla Soy | | | | | X | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Drinks | | | | | | | | | | | | | | |
| Cows Milk | | | | | | Cow | | | | | | | | |
| Oat Milk | | | | | | | | | | | | | | maybe wheat |
| Soya Milk | | | | | X | | | | | | | | | |
| Orange Juice | | | | | | | | | | | | | | |
| Apple Juice | | | | | | | | | | | | | | |
| Orange /Black Cordial | | | | | | | | | | | | | | |
| 7up / Diet 7up | | | | | | | | | | | | | | |
| Coke / Coke zero | | | | | | | | | | | | | | |
| Club Orange | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

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| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Note |
|--|------------|-------------|------|------|----------|------|---------|------------------|--------|---------|--------|-----------|-------|----------|--------------|
| Breakfast & Brunch | | | | | | | | | | | | | | | |
| Fruit Juices | | | | | | | | | | | | | | | |
| Porridge | oats | | | | | | | | | | | | | | Wheat |
| with Pecans & Blueberry | oats | | | | | | | pecans | | | | | | | Wheat |
| with Apple & Cinnamon | oats | | | | | | | | | | | | | | Wheat |
| Homemade Granola | barley | Wheat Rye | | | | | | Hazelnuts/Cashew | | | | X | | | Oat |
| Breakfast Sundae | | | | | | | | | | | | | | | |
| Poached | | | | | | | | | | | | | | | |
| Eggs - Sourdough | Wheat | | X | | | | | | | | | X | | | |
| Eggs- Granary | Wheat /Rye | | X | | | | | | | | | X | | | |
| Eggs - Gluten Free | | | X | | | | | | | | | X | | | |
| Scrambled | | | | | | | | | | | | | | | |
| Eggs - Sourdough | Wheat | | X | | | Cow | | | | | | | | | |
| Eggs- Granary | Wheat Rye | | X | | | Cow | | | | | | | | | |
| Eggs - Gluten Free | | | X | | | Cow | | | | | | | | | |
| Quinoa Fritter | | | X | | | | | | | | | | | | Garlic Onion |
| Union Hollandaise | | | X | X | | Cow | | | | X | | X | | | |
| Sourdough Toast | Wheat | | | | | | | | | | | | | | |
| Granary | Wheat /Rye | | | | | | | | | | | | | | |
| Non Gluten Toast | | | X | | | | | | | | | X | | | |

Liberty Grill
32 Washington St.
021-4271049

Allergen Menu

| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|---------------------------------|------------|-------------|------|------|----------|------|---------|-----------|--------|---------|--------|-----------|-------|----------|
| Breakfast - Continued | | | | | | | | | | | | | | |
| Cinnamon toast | | | | | | | | | | | | | | |
| with Sourdough | Wheat/ Rye | | | | | Cow | | | | | | | | |
| with Non Gluten Bread | | | X | | | Cow | | | | | | X | | |
| French Toast & Bacon | Wheat | | X | | | Cow | | | | | | | | |
| - with Nutella | Wheat | | X | | X | Cow | | Hazelnuts | | | | | | |
| Eggs Benedict - | | | | | | | | | | | | | | |
| with Sourdough | Wheat | | X | | | Cow | | | | X | | X | | |
| with Non Gluten Bread | | | X | | | Cow | | | | X | | X | | |
| Eggs Florentine - | | | | | | | | | | | | | | |
| with Sourdough | Wheat | | X | | | Cow | | | | X | | X | | |
| with Non Gluten Bread | | | X | | | Cow | | | | X | | X | | |
| Black Pudding Holland | | | | | | | | | | | | | | |
| with Sourdough | Wheat | | X | | X | Cow | | | | X | | X | | |
| | | | | | | | | | | | | | | |
| Crab Cake Hollandaise | | X | X | X | | X | | | | X | | X | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Breakfast Sides | | | | | | | | | | | | | | |
| Smoked Bacon | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
|------------------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| Black Pudding | | | | | | | | | | | | | | |
| Maple | | | | | | | | | | | | | | |
| Hollandaise | | | X | | | Cow | | | | X | | X | | |
| Maple Banana | | | | | | | | | | | | | | |
| Sauteed Spinach | | | | | | Cow | | | | | | | | |
| Rustics | | | | | | | | | | | | | | |
| Tarragon | | | | | | | | | | | | | | |
| Vint Tomatoes | | | | | | | | | | | | | | |
| Avocado | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Salads | | | | | | | | | | | | | | |
| San Fran Salad | | | | | X | | | | | | X | X | | |
| Beef Salad | | | | | | | Pecan | | | | | X | | |
| | | | | | | | | | | | | | | |
| Burgers | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Sourdough Burger Buns | Wheat | | | | | | | | | | | | | |
| Non Gluten Buns | | | | | | Cow | | | | | | X | | |
| for the following burgers | | | | | | | | | | | | | | |
| Beef Burger | | | | | X | | | | | X | | X | | |
| - NY Deli | | | X | | X | | | | | X | | X | | |

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| | | | | | | | | | | | | | | |
|-----------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| | | | | | | | | | | | | | | |
| Chicken Burger | | | | | | | | | | | | | | |
| - Californian Club | | | | | | Cow | | | X | | | | | |
| | | | | | | | | | | | | | | |
| Tempeh Burger | | | | | X | | | | X | X | | X | | Garlic |
| | | | | | | | | | | | | | | |
| Crab Burger | X | X | | X | | | | | | | | | | |
| <i>Sides</i> | | | | | | | | | | | | | | |
| French Frie | Wheat | | | | | | | | | | | | | |
| Sweet Potato Wedges | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Burger extra | | | | | | | | | | | | | | |
| Bacon | | | | | | | | | | | | | | |
| Jalpeno | | | | | | | | | | | | | | |
| Guacamole | | | | | | | | | | | | | | |
| Bandon Cheese | | | | | | X | | | | | | | | |
| Cashel Blue Cheese | | | | | | X | | | | | | | | |
| Black Pudding | | | | | X | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Sandwiches | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |

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| | | | | | | | | | | | | | | | |
|--------------------------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|----------------|
| Open Chicken w srdough | Wheat | | | | | | | | X | X | | | | | |
| --On Gluten Free Bread | | | X | | | | | | X | X | | X | | | Mustard/Sesame |
| Open Steak | Wheat | | X | | | | | | | | | | | | |
| --On Gluten Free Bread | | | X | | | | | | | X | | X | | | Mustard/Sesame |
| | | | | | | | | | | | | | | | |
| Fish & Chips | Wheat | | | X | | X | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | |
| Dinner | | | | | | | | | | | | | | | |
| Starter | | | | | | | | | | | | | | | |
| DF Gubbeen Cheese | Wheat | | | | | Cow | | | | | | | | | |
| Mex Mille Feulle | | | | | X | | | | | | | | | | Garlic |
| Chicken Wings | | | | | X | Cow | | | X | | | X | | | Onions/Garlic |
| Calamari | X | | X | | | | | | X | | | | | X | Fryer |
| | | | | | | | | | | | | | | | |
| Mains | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | |
| Ribeye & Fillet Steak | | | | | | | | | | | | | | | |
| -with Sautteed Onions | | | | | | Cow | | | | | | | | | onions |
| | | | | | | | | | | | | | | | |
| - with French Fries | Wheat | | | | | | | | | | | | | | Fryer |
| - Pepper Sauce | | | | | | Cow | | | | | | X | | | |
| - Garlic & Parsley Butter | | | | | | Cow | | | | | | | | | |

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| | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
|-----------------------------|--------|-------------|------|------|----------|------|---------|---------|--------|---------|--------|-----------|-------|----------|
| Specials | | | | | | | | | | | | | | |
| Brunch/Lunch | | | | | | | | | | | | | | |
| Special French Toast | | | | | | | | | | | | | | |
| with Sourdough | Wheat/ | | | | X | | | Almonds | | | | | | |
| with Non Gluten Bread | | | | | X | | | Almonds | | | | X | | |
| Golden State Toastie | Wheat | | | | | | | | | X | | | | |
| with Non Gluten | | | | | | | | | | X | | X | | |
| | | | | | | | | | | | | | | |
| Warm Cobb Salad | | | | | | Cow | | | X | X | | X | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Dinner | | | | | | | | | | | | | | |
| Appertisers | | | | | | | | | | | | | | |
| 1 | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Mains | | | | | | | | | | | | | | |
| 1 | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | |

Onion/garlic

Allergen Menu

| | | | | | | | | | | | | | | |
|--------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| 3 | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |
| | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Special White Wine | | | | | | | | | | | | | | |
| Special Red Wine | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| White Wine | | | | | | | | | | | | | | |
| Casa Castelli | | | | | | | | | | | | x | | |
| Herbe Sainte | | | | | | | | | | | | x | | |
| Petit Roubie | | | | | | | | | | | | x | | |
| | | | | | | | | | | | | | | |
| Ribbon wood | | | | | | | | | | | | x | | |

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|----------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| Abadia Campio | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | |
| Red Wine | | | | | | | | | | | | | | |
| Fiesta | | | | | | | | | | | | X | | |
| ERA | | | | | | | | | | | | X | | |
| Dmne Lafond | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | |
| Luigi Bosco | | | | | | | | | | | | X | | |
| Fluerie | | | | | | | | | | | | X | | |
| Baron De Ley | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | |
| Mourette Rose | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | |
| Cava | | | | | | | | | | | | X | | |
| Bellini / Royale | | | | | | | | | | | | X | | |
| Elderflower / Mimosa | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Drinks | | | | | | | | | | | | | | |
| Wine Spritzers | | | | | | | | | | | | X | | |

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|----------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| Kinsale Mule | | | | | | | | | | | | | | |
| Spritz Veneziano | | | | | | | | | | | | X | | |
| Sweet Bellini | | | | | | | | | | | | | | |
| Virgin Spritzer | | | | | | | | | | | | | | |
| Lemon Lime Bitters | | | | | | | | | | | | | | |
| Apple& Elderflower | | | | | | | | | | | | | | |
| Pressee | | | | | | | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| Bundaber Ginger Beer | X | | | | | | | | | | | | | |
| Erdinger Alkoholfrei | X | | | | | | | | | | | | | |
| Peroni | X | | | | | | | | | | | | | |
| Kinsale KPA | X | | | | | | | | | | | | | |
| Stonewell Cider | | | | | | | | | | | | | | |

OAT & SOYA MILK AVIALABLE

| | | | | | | | | | | | | | | |
|--------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |
| COFFEE/ TEA | | | | | | | | | | | | | | |
| Espresso | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
|------------------------|--------|-------------|------|------|----------|------|---------|------|--------|---------|--------|-----------|-------|----------|
| Americano | | | | | | | | | | | | | | |
| Flatwhite | | | | | | X | | | | | | | | |
| Cappuccino | | | | | | X | | | | | | | | |
| Café Latte | | | | | | X | | | | | | | | |
| Café Mocha | | | | | | X | | | | | | | | |
| Macchiato | | | | | | X | | | | | | | | |
| Hot Chocolate | | | | | | X | | | | | | | | |
| Spiced chai latte | | | | | | X | | | | | | | | |
| Tea | | | | | | | | | | | | | | |
| Cows milk | | | | | | X | | | | | | | | |
| Oat Milk (Oatly Brand) | | | | | | | | | | | | | | |
| Soya Milk | | | | | X | | | | | | | | | |
| Marshmallows | | | | | | | | | | | | | | |
| Chocolate flakes | | | | | | X | | | | | | | | |
| Flavoured Syrups | | | | | | | | | | | | | | |
| Iced Americano | | | | | | | | | | | | | | |
| Iced Latte | | | | | | X | | | | | | | | |
| Fresh Cream | | | | | | X | | | | | | | | |
| CONTAINS | Gluten | Crustaceans | Eggs | Fish | Soybeans | Milk | Peanuts | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs |