

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									

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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														

Liberty Grill
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021-4271049

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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			

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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														

Allergen Menu

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		
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

Garlic

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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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Specials	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brunch/Lunch														
Special French Toast														
with Sourdough	Wheat/				X		Almonds/pecan/ Hazelnuts							
with Non Gluten Bread					X		Almonds/pecan/ Hazelnuts					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														
Ardsallagh VolAuVont	Wheat					Goat						X		
Prawn Cocktail		X	X						X	X		X		
Mains														
Veal Sirloin							Almond					X		
Roast Tubot				X		Cow						X		
Butternut Wellington	Wheat				X									
Fondant Potato						Cow								
Roast Carrots						Cow								

Onion/garlic

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Special White Wine												X		
Special Red Wine												X		
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		
Abadia Campio												X		
Red Wine														
Fiesta												X		
ERA												X		
Dmne Lafond												X		
Luigi Bosco												X		
Fluerie												X		
Baron De Ley												X		

Allergen Menu

Rose														
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		
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

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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														
Americano														
Flatwhite						X								
Cappuccino						X								
Café Latte						X								
Café Mocha						X								
Macchiato						X								
Hot Chocolate						X								
Spiced chai latte						X								
Tea														
Cows milk						X								

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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

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Specials	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brunch/Lunch														
Apple French Toast														
with Sourdough	Wheat/				X		Almonds/pecan/ Hazelnuts							
with Non Gluten Bread					X		Almonds/pecan/ Hazelnuts					X		
Golden State Toastie	Wheat									X				
with Non Gluten										X		X		
Warm Cobb Salad						Cow			X	X		X		
Dinner	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Appertisers														
Ardsallagh VolAuVont	Wheat					Goat						X		
Prawn Cocktail		X	X						X	X		X		
Mains														
Veal Sirloin							Almond					X		
Roast Tubot				X		Cow						X		
Butternut Wellington	Wheat				X									
- Fondant Potato						Cow								
- Roast Carrots						Cow								
Sweet of the Week														
Choc Polenta cake w cream			X			X		Almonds						

Onion/garlic