

## Allergen Menu

Dish/Item CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Note
<a href="#">VIP Junior Menu</a>															
<b>Porridge</b>	Oat,					Cow									Wheat
- With Soya Milk	Oat,														Wheat
<b>Poached</b>															
Eggs - Sourdough	Wheat		X									X			
Eggs- Granary	Wheat /Rye		X									X			
Eggs - Gluten Free			X									X			
<b>Scrambled</b>															
Eggs - Sourdough	Wheat		X			Cow									
Eggs- Granary	Wheat Rye		X			Cow									
Eggs - Gluten Free			X			Cow									
<b>Pancakes</b>	Wheat		X												
- with Nutella	Wheat		X		X	Cow		Hazelnuts							
<b>French Toast &amp; Bacon</b>	Wheat		X			Cow									
- with Nutella	Wheat		X		X	Cow		Hazelnuts							
<b>Eggs Benedict</b>	Wheat		X			Cow				X		X			
<b>Eggs Florentine</b>	Wheat		X			Cow				X		X			
<b>Chicken &amp; Chips</b>	Wheat								X						Fryer
<b>Fish &amp; Chips</b>	Wheat		X	X		Cow									
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
<a href="#">Junior Menu - Continued</a>															
Sourdough Burger Buns	Wheat														
Non Gluten Buns						Cow						X			please check
for the following burgers															
<b>Beef Burger</b>					X					X		X			onions Garlic
<b>Chicken Burger w Lime Mayo</b>			X						X						
<b>Tempeh Burger</b>					X										Garlic
Sides	Wheat														
<b>Fries (Shared Fryer)</b>	Wheat														
<b>Rustics</b>															
Sweet Potato Wedges															
Bacon															

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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															
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
<b>Dessert</b>															
<b>Ice Cream with biscuit</b>	wheat					X									
with toppings															
<b>Nutella</b>						Cow		Hazeluts							
<b>Crushed Pecans</b>								Pecans							
<b>Fruit of the forest coulis</b>															
Vanilla Soy					X										
<b>Drinks</b>															
<b>Cows Milk</b>						Cow									
<b>Oat Milk</b>														maybe wheat	
<b>Soya Milk</b>					X										
Orange Juice															
Apple Juice															
Orange /Black Cordial															
7up / Diet 7up															
Coke / Coke zero															
Club Orange															
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Note
<b>Breakfast &amp; Brunch</b>															
Fruit Juices															
<b>Porridge</b>	oats														Wheat
with Pecans & Blueberry	oats							pecans							Wheat

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with Apple & Cinnamon	oats														Wheat
Homemade Granola	Barley Wheat Rye						Hazelnuts/Cashew					X			Oat
Breakfast Sundae															
<b>Poached</b>															
Eggs - Sourdough	Wheat		X										X		
Eggs- Granary	Wheat /Rye		X										X		
Eggs - Gluten Free			X										X		
<b>Scrambled</b>															
Eggs - Sourdough	Wheat		X												Cow
Eggs- Granary	Wheat Rye		X												Cow
Eggs - Gluten Free			X												Cow
<b>Quinoa Fritter</b>			X												
<b>Union Hollandaise</b>			X	X							X		X		Garlic Onion
Sourdough Toast	Wheat														
Granary	Wheat /Rye														
Non Gluten Toast			X										X		
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
<a href="#">Breakfast - Continued</a>															
<b>Cinnamon toast</b>															
with Sourdough	Wheat/ Rye														Cow
with Non Gluten Bread			X										X		
<b>French Toast &amp; Bacon</b>	Wheat		X												Cow
- with Nutella	Wheat		X		X										Cow
<b>Eggs Benedict -</b>															
with Sourdough	Wheat		X								X		X		
with Non Gluten Bread			X								X		X		
<b>Eggs Florentine -</b>															
with Sourdough	Wheat		X								X		X		
with Non Gluten Bread			X								X		X		
<b>Black Pudding Holland</b>															
with Sourdough	Wheat		X		X						X		X		
<b>Crab Cake Hollandaise</b>		X	X	X		X					X		X		

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Breakfast Sides</b>														
Smoked Bacon														
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
<b>Salads</b>														
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
<b>Sourdough Burger Buns</b>	Wheat													
<b>Non Gluten Buns</b>						Cow						X		
for the following burgers														
<b>Beef Burger</b>					X					X		X		
- NY Deli			X		X					X		X		
<b>Chicken Burger</b>														
- Californian Club						Cow			X					
<b>Tempeh Burger</b>					X				X	X		X		
<b>Crab Burger</b>	X	X		X										
<i>Sides</i>														
French Frie	Wheat													
Sweet Potato Wedges														

Garlic

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Burger extra</b>														
Bacon														
Jalpeno														
Guacamole														
Bandon Cheese						X								
Cashel Blue Cheese						X								
Black Pudding					X									
<b>Sandwiches</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Open Chicken w srdough</b>	Wheat								X	X				
<b>--On Gluten Free Bread</b>			X						X	X		X		Mustard/Sesame
<b>Open Steak</b>	Wheat		X											
<b>--On Gluten Free Bread</b>			X							X		X		Mustard/Sesame
<b>Fish &amp; Chips</b>	Wheat			X		X								
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Dinner</b>														
Starter														
<b>DF Gubbeen Cheese</b>	Wheat					Cow								
<b>Mex Mille Feulle</b>					X									Garlic
<b>Chicken Wings</b>					X	Cow			X			X		Onions/Garlic
<b>Calamari</b>	X		X						X					Fryer
<b>Mains</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Ribeye &amp; Fillet Steak</b>														
<b>-with Sautteed Onions</b>						Cow								onions
<b>- with French Fries</b>	Wheat													Fryer
<b>- Pepper Sauce</b>						Cow						X		
<b>- Garlic &amp; Parsley Butter</b>						Cow								
<b>Specials</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Brunch/Lunch</b>														

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<b>Special French Toast</b>														
with Sourdough	Wheat/				X		Almonds/pecan/ Hazelnuts							
with Non Gluten Bread					X		Almonds/pecan/ Hazelnuts					X		
<b>Golden State Toastie</b>	Wheat									X				Onion/garlic
with Non Gluten										X		X		
<b>Warm Cobb Salad</b>						Cow			X	X		X		
	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Dinner</b>														
<b>Appertisers</b>														
Ardsallagh VolAuVont	Wheat					Goat						X		
Prawn Cocktail		X	X						X	X		X		
<b>Mains</b>														
Veal Sirloin							Almond					X		
Roast Tubot				X		Cow						X		
Butternut Wellington	Wheat				X									
Fondant Potato						Cow								
Roast Carrots						Cow								
	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SpecialWhite Wine												X		
Special Red Wine												X		
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>White Wine</b>														
Casa Castelli												X		
Herbe Sainte												X		
Petit Roubie												X		
Ribbon wood												X		
Abadia Campio												X		
<b>Red Wine</b>														

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Fiesta												X		
ERA												X		
Dmne Lafond												X		
Luigi Bosco												X		
Fluerie												X		
Baron De Ley												X		
<b>Rose</b>														
Mourette Rose												X		
<b>Cava</b>												X		
Bellini / Royale												X		
Elderflower / Mimosa												X		
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Drinks</b>														
Wine Spritzers												X		
Kinsale Mule														
Spritz Veneziano												X		
Sweet Bellini														
Virgin Spritzer														
Lemon Lime Bitters														
Apple& Elderflower														
Pressee														
<b>CONTAINS</b>	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														

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### OAT & SOYA MILK AVIALABLE

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>COFFEE/ TEA</b>														
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								
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														
<b>Apple French Toast</b>														
with Sourdough	Wheat/				X		Almonds/pecan/ Hazelnuts							
with Non Gluten Bread					X		Almonds/pecan/ Hazelnuts					X		
<b>Golden State Toastie</b>	Wheat									X				Onion/garlic
with Non Gluten										X		X		
Dinner	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Appertisers														
Fennel Croquettes	Wheat		X	X		Cow				X		X		
Bourbon Ribs			X	X						X		X		
Mains														
Duck Breast					X							X		
Brill				X		Cow						X		
Spinach Pie	Wheat		X			Cow				X				
- Gratin Potato						Cow								
- Roast Root Veg														
Sweet of the Week														
NY Cheesecake						Cow								