

LIBERTY GRILL Allergen Menu -11/05/22

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brunch/Lunch														
Strawberry French Toast														
with Sourdough	Wheat				X							X		
with Non Gluten Bread					X							X		
Mex Mille Feulle					X									
Warm Cobb Salad			X			Cow			X			X		
Beetroot Hash			X			Cow						X		
Dinner														
Prawn Hush Puppies	Wheat	X	X			Cow				X		X		
Quinoa Fritter														onions Garlic
Mains														
Nova Scotia Fish Cake	Wheat		X	X		Cow								
Fish of The Day				X		Cow								
Short Rib	Wheat				X	Cow				X		X		onions Garlic
Club Burger	Wheat								X					
Club Burger (Non Gluten)					X				X		X			
Aubergine Milanese	Wheat							Pine		X		X		
<i>Fondant</i>						Cow								
Sweet of the Week														
Lemon & Blueberry Cake	Wheat		X			Cow								

Garlic

onions Garlic

onions Garlic

Dish/Item CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
VIP Junior Menu														
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								

Note

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Eggs - Gluten Free			X			Cow								
Pancakes	Wheat		X											
- with Chocolate Sauce	Wheat		X		X	Cow					X			
French Toast & Bacon	Wheat		X			Cow								
with Chocolate Sauce	Wheat		X		X	Cow					X			
Eggs Benedict	Wheat		X			Cow				X		X		
Eggs Florentine	Wheat		X			Cow				X		X		
Chicken & Chips	Wheat								X					
Fish & Chips	Wheat		X	X		Cow								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Junior Menu - Continued														
Sourdough Burger Buns	Wheat					Cow								
Non Gluten Buns					X						X			
for the following burgers														
Beef Burger					X					X		X		onions Garlic
Chicken Burger w Lime Mayo			X						X					
Tempah Burger (Veg Bun)	Wheat				X									Garlic
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														
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dessert														
Ice Cream with biscuit	wheat					Cow								

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with toppings															
Chocolate sauce											X				
Crushed Pecans								Pecans							
Fruit of the forest coulis															
Vanilla Soy					X										
Drinks															
Cows Milk							Cow								
Oat Milk															
Soya Milk					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
Breakfast & Brunch															
Fruit Juices															
Sourdough Toast	Wheat														
Granary Toast	Wheat/Rye										X				
Non Gluten Toast															
Preserves															
Butter							Cow								
Dairy Free Spread															
Breakfast Crumble	Various				X										
Cinnamon toast															
with Sourdough	Wheat/ Rye						Cow								
with Non Gluten Bread			X				Cow					X			
Poached															
Eggs - Sourdough	Wheat		X									X			
Eggs- Granary	Wheat /Rye		X									X			

maybe wheat

Note

sesame /mustard

Wheat/Rye/Oat/Barley

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Eggs - Gluten Free			X									X		
Scrambled														
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow								
Eggs - Gluten Free			X			Cow								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Breakfast - Continued														
Quinoa Fritter			X			Cow								
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		Cow				X		X		
Liberty Eggs Scramble	wheat		X			Cow								
with Sourdough	Wheat		X			Cow								
with Non Gluten Bread			X			Cow								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
American Pancakes	Wheat		X			Cow								
with Chocolate Sauce	Wheat		X			Cow					X			
With Wam Maple Butter	Wheat		X			Cow								
with Maple Syrup	Wheat		X			Cow								
Cornmeal Pancakes														
with Chocolate Sauce											X			

Garlic Onion Halloumi

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With Wam Maple Butter						Cow								
with Maple Syrup														
French Toast & Bacon	Wheat		X			Cow								
with Chocolate Sauce	Wheat		X			Cow				X				
with Wam Maple Butter	Wheat		X			Cow								
with Maple Syrup	Wheat		X			Cow								
<i>Sides For Above</i>														
Bacon														
Maple Fried Banana														
Blueberries														
Breakfast Sides														
Smoked Bacon														
Black Pudding														
Maple														
Hollandaise			X			Cow			X		X			
Maple Banana														
Sauteed Spinach						Cow								
Rustics														
Tarragon														
Vine Tomatoes														

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Burgers														
Sourdough Burger Buns	Wheat					Cow								
Non Gluten Buns					X						X			
for the following burgers														
Beef Burger					X					X		X		
Tempeh Burger with Veg bap	Wheat				X				X	X		X		Garlic/sesame
Crab Burger	Wheat	X	X	X		Cow								
Chicken Burger									X					
<i>Sides</i>														
French Fries	Wheat													
Sweet Potato Wedges														
Salad										X		X		
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Burger extra														
Bacon														
Jalpeno														
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Burger extra - continued														
Guacamole														
Bandon Cheese						Cow								
Cashel Blue Cheese						Cow								
Black Pudding					X									
Sandwiches	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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
Nova Scotia Fish Cakes	Wheat		X	X		X								

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Fish & Chips	Wheat			X		Cow								
Salads														
San Fran Salad					X					X	X			
Beef Salad							Pecan					X		
Ceaser Salad					X					X		X		
with Tempeh					X									
with Chicken & Bacon									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	Wheat		X						X					Fryer
Mains	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Ribeye & Strip Steak														
-with Sautteed Onions						Cow								onions
- with French Fries	Wheat													Fryer
- Pepper Sauce						Cow						X		
- Garlic & Parsley Butter						Cow								
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		
Special White Wine												X		
Ribbon wood												X		
Abadia Campio												X		
Red Wine														

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Fiesta												X		
ERA												X		
Dmne Lafond												X		
Special Red Wine												X		
Luigi Bosco												X		
Fluerie												X		
Baron De Ley												X		
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
Bundaber Ginger Beer														
Erdinger Alkoholfrei	Wheat													
Carlsberg 0.0%	Wheat													
Peroni	Wheat													
Kinsale KPA	Wheat													
Stonewell Cider														

OAT & SOYA MILK AVIALABLE

Liberty Grill
32 Washington St.
021-4271049

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
COFFEE/ TEA														
Espresso														
Americano														
Flatwhite						Cow								
Cappuccino						Cow								
Café Latte						Cow								
Café Mocha						Cow								
Macchiato						Cow								
Hot Chocolate						Cow								
Spiced chai latte						Cow								
Tea														
Cows milk						Cow								
Oat Milk (Oatly Brand)														
Soya Milk					X									
Marshmallows														
Chocolate flakes						Cow								
Flavoured Syrups														
Iced Americano														
Iced Latte						Cow								
Fresh Cream						Cow								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dessert														
Affagato	Wheat		X		X	Cow								Nuts/Sesame
Sweet of the Week			SEE 1ST PAGE WITH SPECIALS											
Apple Upside Down Cake	Wheat		X			Cow								
Irish Affagato	Wheat		X		X	Cow								

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Key Lime Pie						Cow														Gluten free oats
Chocolate	Wheat					Cow		Hazelnuts												
Salted Caramel Sundae					X	Cow		Almonds												
Vegan Carmel Sundae					X			Almonds												

Garden Toastie	Wheat																			X
with Non Gluten																				X