

LIBERTY GRILL Allergen Menu -20/06/22

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Raspberry French Toast														
with Sourdough	Wheat				X							X		
with Non Gluten Bread					X							X		
Garden Toastie	Wheat												X	
with Non Gluten Bread													X	
Feta & Red Pepper Hash			X			Sheep/Goat						X		
Lunch														
Amalfi Chicken Salad						Cow			X	X		X		
Summer Drinks														
Iced "Hot" Chocolate						Cow								
Caramel Iced Latte						Cow								
Baileys Iced Latte						Cowk								
<i>White/Rose Spritzer</i>												X		
Aperol Spritz												X		

Onions

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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								
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								

Note

Fryer

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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					Cow								
Non Gluten Buns					X						X			
for the following burgers														
Beef Burger					X					X		X		
Chicken Burger w Lime Mayo			X						X					
Tempeh Burger (Veg Bun)	Wheat				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														

onions Garlic

Garlic

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CONTAINS														
Dessert														
Ice Cream with biscuit	wheat					Cow								
with toppings														
Chocolate sauce											X			
Crushed Pecans								Pecans						
Fruit of the forest coulis														
Vanilla Soy Ice Cream					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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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Note
CONTAINS															
Breakfast & Brunch															
Fruit Juices															
Sourdough Toast	Wheat														
Granary Toast	Wheat/Rye										X				
Non Gluten Toast															sesame /mustard
Preserves															
Butter						Cow									
Dairy Free Spread															
Breakfast Crumble	Various				X										Wheat/Rye/Oat/Barley
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				
Eggs - Gluten Free			X								X				
Scrambled															
Eggs - Sourdough	Wheat		X			Cow									
Eggs- Granary	Wheat Rye		X			Cow									

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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								

Garlic Onion Halloumi

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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								
with Strawberry Sauce	Wheat		X			Cow								
Cornmeal Pancakes														
With Wam Maple Butter						Cow								
with Maple Syrup														
with Strawberry Sauce														
French Toast & Bacon	Wheat		X			Cow								
with Maple Syrup	Wheat		X			Cow								
<i>Sides For Above</i>														
Bacon														
Maple Fried Banana														
Blueberries														

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Breakfast Sides																			
Smoked Bacon																			
Black Pudding																			
Maple																			
Hollandaise				X			Cow					X			X				
Maple Banana																			
Sauteed Spinach							Cow												
Rustics																			
Tarragon Mushrooms							Cows												
Vine Tomatoes																			

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sourdough Burger Buns	Wheat					Cow								
Non Gluten Buns					X						X			
for the following burgers														
Beef Burger					X					X		X		
Tempah Burger with Veg bap	Wheat				X				X	X		X		
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														
Jalapeno														

Garlic/sesame

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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		
Open Steak	Wheat		X											
--On Gluten Free Bread			X							X		X		
Nova Scotia Fish Cakes	Wheat		X	X		X								
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					

Mustard/Sesame

Mustard/Sesame

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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		

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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

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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								

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Dessert														
Affagato	Wheat		X		X	Cow								
Apple & Raspberry Cake	Wheat		X			Cow								
Irish Affagato	Wheat		X		X	Cow								
Key Lime Pie						Cow								
Pecan Brownie	Wheat		X			Cow		Pecan						
Salted Caramel Sundae					X	Cow		Almonds						
Vegan Carmel Sundae					X			Almonds						

Nuts/Sesame

Gluten free oats

Garden Toastie	Wheat												X	
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