

LIBERTY GRILL Allergen Menu -24/11/22

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Orange French Toast														
with Sourdough	Wheat				X							X		
with Non Gluten Bread					X							X		
Irish Benedict			X			Cow				X		X		
Nut Burger	Wheat				X	Cashew Hazelnut Pecan						X		
Dinner Mains														
Sweet Potato Croquettes	Wheat				X							X		
1000 Island Prawn Salad		X	X							X		X		
Dinner Mains														
Fish of the Day			X	X		Cow				X		X		
Roast Turkey	Wheat		X			Cow								
Short Rib						Cow			X			X		
Roast Butternut								pecan				X		
Sweet of the Week														
Pecan Pie	Wheat		X			Cow		Pecan						

Liberty Grill
32 Washington St.
021-4271049

LIBERTY GRILL Allergen Menu -24/11/22

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								

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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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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														
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

wheat

Note

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021-4271049

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Breakfast & Brunch																	
Fruit Juices																	
Sourdough Toast	Wheat															sesame /mustard	
Granary Toast	Wheat/Rye										X						
Non Gluten Toast																	
Preserves																	
Butter						Cow										Wheat/Rye/Oat/Barley	
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				
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	Garlic	Onion	Halloumi

Liberty Grill
32 Washington St.
021-4271049

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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

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32 Washington St.
021-4271049

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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															
Breakfast Sides															

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

Liberty Grill
 32 Washington St.
 021-4271049

LIBERTY GRILL Allergen Menu -24/11/22

Burgers	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														
Classic Beef Burger					X					X		X		
NY Deli					X					X		X		
Liberty Salsa Burger					X					X		X		
Crab Burger	Wheat	X	X	X		Cow								
Chicken Burger									X					
Californian Club Burger														
Lime & Coriander mayo			X											
Tempeh Burger with Veg bap	Wheat				X				X	X		X		
Chargrilled Aubergine								Hazelnuts		X	X			

Garlic/sesame

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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Liberty Grill
32 Washington St.
021-4271049

LIBERTY GRILL Allergen Menu -24/11/22

Sides															
French Fries	Wheat														
Sweet Potato Wedges															
Salad										X		X			
Burger extra															
Bacon															
Jalapeno															
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	Mustard/Sesame
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			
Nova Scotia Fish Cakes	Wheat		X	X		X									
Fish & Chips	Wheat			X		Cow									
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	

Liberty Grill
32 Washington St.
021-4271049

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Salads														
San Fran Salad					X						X	X		
Beef Salad								Pecan				X		
Ceaser Salad					X					X		X		
with Tempeh					X									
with Chicken & Bacon									X					
Astoria Salad					X			Walnuts	X	X		X		
- swop out Tempeh					X			Walnuts	X	X		X		
Dinner														
Starter														
Quinoa & Potato Fritter														Garlic
Mex Mille Feulle					X									Onions/Garlic
Chicken Wings					X	Cow			X			X		Fryer
Calamari	Wheat		X						X					X
Mains	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Ribeye & Strip Steak														onions
-with Sautteed Onions						Cow								Fryer
- with French Fries	Wheat													
- Pepper Sauce						Cow						X		
- Garlic & Parsley Butter						Cow								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

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32 Washington St.
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White Wine														
Casa Castelli												X		
Herbe Sainte												X		
Petit Roubie												X		
Special White Wine												X		
Ribbon wood												X		
Abadia Campio												X		
Red Wine														
Fiesta												X		
ERA												X		
Dmne Lafond												X		
Special Red Wine												X		
Luigi Bosco												X		
												X		
Baron De Ley												X		
Rose														
Mourette Rose												X		
Cava												X		
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

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32 Washington St.
021-4271049

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Bellini / Royale													X		
Elderflower / Mimosa													X		
Rossini													X		
Aperol Spritz													X		
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														

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32 Washington St.
021-4271049

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Kinsale KPA	Wheat													
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						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								

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32 Washington St.
021-4271049

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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									
Apple Upside Cake	Wheat		X			Cow									
Irish Affagato	Wheat		X		X	Cow									
Key Lime Pie						Cow									
Pecan Brownie	Wheat		X			Cow		Pecan							
Espresso Cheesecake					X										
Salted Caramel Sundaes					X	Cow		Almonds							
Vegan Carmel Sundaes					X			Almonds							

Nuts/Sesame

Gluten free oats

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Iced "Hot" Chocolate													
Caramel Iced Latte													
Baileys Iced Latte													
<i>White/Rose Spritzer</i>												x	
Aperol Spritz												x	

Garden Toastie	Wheat												x	
with Non Gluten													x	

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 021-4271049

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32 Washington St.
021-4271049

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32 Washington St.
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