

LIBERTY GRILL Allergen Menu -19.01.23

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Pear French Toast														
with Sourdough	Wheat				X			Almonds				X		
with Non Gluten Bread					X			Walnuts				X		
Romesco Hash			X				almonds/hazelnuts					X		
Chickpea Burger	Wheat				X							X		
Garden Toastie	Wheat												X	
with Non Gluten													X	
Dinner Mains														
Pear&Blue Cheese tart						Cow								
Nova Scotia Croq	Wheat		X	x						X		X		
Dinner Mains														
Fish of the Day		X		X		Cow						X		
Osso Buco									X			X		
Short Ribs						Cow			X			X		
Calzone	Wheat								X			X		
Sweet of the Week														
Ricotta & Pear Tart	Wheat		X			Cow		Almonds						

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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				Fryer
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	onions Garlic

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Junior Menu - Continued														
Sourdough Burger Buns	Wheat					Cow								
Non Gluten Buns					X						X			
for the following burgers														
Beef Burger					X					X		X		
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														
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dessert														

Garlic

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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	
Breakfast & Brunch															
Fruit Juices															
Sourdough Toast	Wheat														

wheat

Note

sesame /mustard

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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		
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 -														

Wheat/Rye/Oat/Barley

Garlic Onion Halloumi

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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								
with Strawberry Sauce	Wheat		X			Cow								

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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																		
Smoked Bacon																		
Black Pudding																		
Maple																		
Hollandaise			X				Cow				X		X					
Maple Banana																		
Sauteed Spinach							Cow											

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Rustics															
Tarragon Mushrooms						Cows									
Vine Tomatoes															
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			

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Crab Burger	Wheat	X	X	X			Cow							
Chicken Burger									X					
Californian Club Burger														
Lime & Coriander mayo			X											
Tempah 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
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

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Burger extra - continued															
Guacamole															
Bandon Cheese						Cow									Mustard/Sesame
Cashel Blue Cheese						Cow									
Black Pudding					X										Mustard/Sesame
Sandwiches	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Open Chicken w sr dough	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									
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			
Ceaser Salad					X					X		X			
with Tempeh					X										
with Chicken & Bacon									X						
Astoria Salad					X			Walnuts	X	X		X			Garlic
- swap out Tempeh					X			Walnuts	X	X		X			Onions/Garlic
Dinner															Fryer

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Starter																
Quinoa & Potato Fritter																
Mex Mille Feulle					X											onions
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																
-with Sautteed Onions						Cow										
- 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		
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				

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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	
Bellini / Royale													X		
Elderflower / Mimosa													X		
Rossini													X		
Aperol Spritz													X		
Drinks															
Wine Spritzers													X		
Kinsale Mule															
Spritz Veneziano													X		
Sweet Bellini															

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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

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									

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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									
Apple Upside Cake	Wheat		X			Cow									
Irish Affagato	Wheat		X		X	Cow									
Key Lime Pie						Cow									

Nuts/Sesame

Gluten free oats

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Pecan Brownie	Wheat		X				Cow		Pecan									
Espresso Cheesecake						X												
Salted Caramel Sundae						X	Cow		Almonds									
Vegan Carmel Sundae						X			Almonds									
Iced "Hot" Chocolate							Cow											
Caramel Iced Latte							Cow											
Baileys Iced Latte							Cowk											
<i>White/Rose Spritzer</i>																		X
Aperol Spritz																		X

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Garden Toastie	Wheat														X	
with Non Gluten															X	