

LIBERTY GRILL Allergen Menu -26.01.23

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Chocolate French Toast														
with Sourdough	Wheat				X			Hazelnuts				X		
with Non Gluten Bread					X			Hazelnut				X		
Merguez Hash			X									X		
Nut Burger	Wheat				X		Cashew/Hazelnut/Pecan					X		
Garden Toastie	Wheat												X	
with Non Gluten													X	
Dinner Mains														
Mush Vol au vent	Wheat					Cow						X		
Mackerel Cakes			x	x						X		X		
Dinner Mains														
Fish of the Day				X		Cow						X		
Veal Schnitzel	Wheat		X			Cow								
Beef Brisket						Cow			X	X				
Chargrilled Aubergine								Hazelnuts		X	X			
Sweet of the Week														
Choc & Cashew Pie			X			Cow		Cashew						

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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								

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Onions	Garlic
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Onions	Garlic
Junior Menu - Continued																
Sourdough Burger Buns	Wheat					Cow										Garlic
Non Gluten Buns					X						X					
for the following burgers																
Beef Burger					X					X		X				
Mayo			X						X							
Tempeh Burger (Veg Bun)	Wheat				X											
Nut Burger	Wheat				X		Cashew/Hazelnut/Pecan					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																

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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															

sesame /
wheat

Note

sesame /mustard

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Breakfast & Brunch														
Fruit Juices														
Sourdough Toast	Wheat													Wheat/Rye/Oat/Barley
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														Garlic Onion Halloumi
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow								
Eggs - Gluten Free			X			Cow								

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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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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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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		
Nut Burger	Wheat				X	/Hazelnut/Pecan						X		
Chargrilled Aubergine								Hazelnuts		X	X			

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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
Burger extra - continued														
Guacamole														Mustard/Sesame
Bandon Cheese						Cow								
Cashel Blue Cheese						Cow								Mustard/Sesame
Black Pudding					X									
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								

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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						
Dinner															
Starter															
Quinoa & Potato Fritter															onions
Mex Mille Feulle					X										Garlic
Chicken Wings					X	Cow			X			X			Onions/Garlic
Calamari	Wheat		X						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									

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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		
ERA												X		
Dmne Lafond												X		
Special Red Wine												X		
Luigi Bosco												X		
												X		
Baron De Ley												X		
Rose														
Mourette Rose												X		
Cava -Baron De Ley												X		

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

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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								
Flavoured Syrups														Nuts/Sesame
Iced Americano														
Iced Latte						Cow								
Fresh Cream						Cow								

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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									
Cointreau Mousse					X									
Iced "Hot" Chocolate						Cow								

Gluten free oats

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Caramel Iced Latte							Cow									
Baileys Iced Latte							Cowk									
<i>White/Rose Spritzer</i>														X		
Aperol Spritz														X		

Garden Toastie	Wheat														X	
with Non Gluten															X	
Salted Caramel Sundae					X	Cow		Almonds								
Vegan Carmel Sundae					X			Almonds								