

LIBERTY GRILL Allergen Menu -09.03.23

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Whiskey Apple FT														
with Sourdough	Wheat				X							X		
with Non Gluten Bread					X							X		
Boston Hash			X									X		
Mushroom Toastie	Wheat					Cow								
★Chickpea Burger	Wheat				X							X		
with non Gluten Bun					X						X	X		
Dinner Mains														
Deep Fried Gubbeen	Wheat					Cow								
Smoked Mackerel Cake				X		Cow								
Fish of the Day	wheat			X		Cow						X		
Duck						Cow				X		X		
Silverside Beef						Cow								
Beet Tarte Tatine	Wheat					Cow								
Sweet of the Week														
Bread & Butter Pudding	Wheat		X			Cow								

Butter in Mash

Butter in Mash

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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								

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			
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															

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															

sesame /wheat

Note

sesame /mustard

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Club Orange														
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		
Eggs - Gluten Free			X									X		
Scrambled														
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow								
Eggs - Gluten Free			X			Cow								

Wheat/Rye/Oat/Barley

Garlic Onion Halloumi

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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								

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

Mustard/Sesame

Mustard/Sesame

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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														onions
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								

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

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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														
Iced Americano														
Iced Latte						Cow								

Nuts/Sesame

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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										
Cointreau Mousse					X										

Gluten free oats

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Iced "Hot" Chocolate						Cow								
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						