

LIBERTY GRILL Allergen Menu 09.11.23

All Allergens are present in our Kitchens

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Specials														
Brunch/Lunch														
Banoffee French Toast	Wheat				X							X		
- with Gluten Free Bread					X							X		
Red Flannel Hash			X			Cow						X		
Mushroom Toastie	Wheat				X								X	
Beetroot Burger	Wheat				X							X		
with non Gluten Bun					X						X	X		
Dinner Mains														
Crisy Tofu	Wheat				X						X			fryer
Prawn Tacos		X			X									
Fish of the Day		Please Ask your server												
Short Rib						X				X		X		
Lemon Chicken												X		
Rollotini						Cow		Pinenuts						
Sweet of the Week														
Cashew Pie			X			Cow		Cashew						

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32 Washington St.
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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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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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Club Orange															
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
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/Sheep/Goat									
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
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														
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
Ribeyen & 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 -Paras Balta												X		

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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														
CONTAINS														
Bundaber Ginger Beer														
Erdinger Alkoholfrei	Wheat/barley													
Carlsberg 0.0%	Wheat/barley													
Peroni	Wheat/barley													
Kinsale KPA	Wheat/barley													
Special Beers	Wheat/barley													
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								Nuts/Sesame
Flavoured Syrups														
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									
Raspberry & Chocolate					X									
Sweet of the Week	See specials page at the top													
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							