

## LIBERTY GRILL Allergen Menu 21.03.24

All Allergens are present in our Kitchens

CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Specials</b>														
<b>Brunch/Lunch</b>														
<b>Lemon Mer French Toast</b>	Wheat				X							X		
<b>Feta Hash</b>			X			Sheep/Goat						X		
<b>Grilled Veg Toastie</b>	Wheat				X			almonds	X	X		X		
<b>Chickpea Burger</b>	Wheat				X				X	X		X		
<b>with non Gluten Bun</b>					X				X	X		X		
<b>Dinner Mains</b>														
<b>Feta Bruchetta</b>	Wheat				X	Cow						X		
<b>Crispy Egg</b>	Wheat		X		X	Cow				X		X		
<b>Fish of the Day</b>		Please Ask your server												
<b>Pork Tomohawk</b>						Cow				X		X		
<b>Spare Rib</b>						X			X	X		X		
<b>Haloumi Burger</b>	Wheat					Sheep/Goat/Cow			X	X		X		
<b>with gluten free bun</b>					X	X			X	X	X	X		
<b>Sweet of the Week</b>														
<b>New York Cheesecake</b>			X			Cow								

Liberty Grill  
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VIP Junior Menu														
<b>Poached</b>														
Eggs - Sourdough	Wheat		X									X		
Eggs- Granary	Wheat /Rye		X									X		
Eggs - Gluten Free			X									X		
<b>Scrambled</b>														
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow								
Eggs - Gluten Free			X			Cow								
<b>Pancakes</b>	Wheat		X											
- with Chocolate Sauce	Wheat		X		X	Cow					X			
<b>French Toast &amp; Bacon</b>	Wheat		X			Cow								
with Chocolate Sauce	Wheat		X		X	Cow					X			
<b>Eggs Benedict</b>	Wheat		X			Cow				X		X		
<b>Eggs Florentine</b>	Wheat		X			Cow				X		X		
<b>Chicken &amp; Chips</b>	Wheat								X					
<b>Fish &amp; Chips</b>	Wheat		X	X		Cow								

Fryer

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<a href="#">Junior Menu - Continued</a>															
<b>Sourdough Burger Buns</b>	Wheat					Cow									
<b>Non Gluten Buns</b>					X						X				
for the following burgers															
<b>Beef Burger</b>					X					X		X			
<b>Mayo</b>			X						X						
<b>Tempeh Burger (Veg Bun)</b>	Wheat				X										
<b>Nut Burger</b>	Wheat				X		Cashew/Hazelnut/Pecan					X			
Sides	Wheat														
<b>Fries (Shared Fryer)</b>	Wheat														
<b>Rustics</b>															
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														
<b>Ice Cream with biscuit</b>	wheat					Cow								
with toppings														
<b>Chocolate sauce</b>											X			
<b>Crushed Pecans</b>								Pecans						
<b>Fruit of the forest coulis</b>														
<b>Vanilla Soy Ice Cream</b>						X								
Drinks														
<b>Cows Milk</b>						Cow								
<b>Oat Milk</b>														
<b>Soya Milk</b>						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	
<b>Breakfast &amp; Brunch</b>															
Fruit Juices															
<b>Sourdough Toast</b>	Wheat														
<b>Granary Toast</b>	Wheat/Rye										X				
<b>Non Gluten Toast</b>															
<b>Preserves</b>															
<b>Butter</b>						Cow									
<b>Dairy Free Spread</b>															
<b>Breakfast Crumble</b>	Various				X										
<b>Cinnamon toast</b>															
with Sourdough	Wheat/ Rye					Cow									
with Non Gluten Bread			X			Cow						X			
<b>Poached</b>															
Eggs - Sourdough	Wheat		X									X			
Eggs- Granary	Wheat /Rye		X									X			
Eggs - Gluten Free			X									X			
<b>Scrambled</b>															
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
<b>Breakfast - Continued</b>														
<b>Quinoa Fritter</b>			X			Cow/Sheep/Goat								
<b>Eggs Benedict -</b>														
with Sourdough	Wheat		X			Cow				X		X		
with Non Gluten Bread			X			Cow				X		X		
<b>Eggs Florentine -</b>														
with Sourdough	Wheat		X			Cow				X		X		
with Non Gluten Bread			X			Cow				X		X		
<b>Black Pudding Holland</b>														
with Sourdough	Wheat		X		X	Cow				X		X		
<b>Crab Cake Hollandaise</b>		X	X	X		Cow				X		X		
<b>Liberty Eggs Scramble</b>	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
<b>American Pancakes</b>	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								
<b>Cornmeal Pancakes</b>														
With Wam Maple Butter						Cow								
with Maple Syrup														
<b>French Toast &amp; Bacon</b>	Wheat		X			Cow								
with Maple Syrup	Wheat		X			Cow								
<i>Sides For Above</i>														
<b>Bacon</b>														
<b>Maple Fried Banana</b>														
<b>Blueberries</b>														

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<b>Breakfast Sides</b>																			
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
<b>Burgers</b>	Wheat					Cow								
<b>Sourdough Burger Buns</b>	Wheat					Cow								
<b>Non Gluten Buns</b>					X						X			
for the following burgers														
<b>Classic Beef Burger</b>					X					X		X		
<b>NY Deli</b>					X					X		X		
<b>Liberty Salsa Burger</b>					X					X		X		
<b>Crab Burger</b>	Wheat	X	X	X		Cow								
<b>Chicken Burger</b>									X					
<b>Californian Club Burger</b>														
Lime & Coriander mayo			X											
<b>Tempeh Burger with Veg bap</b>	Wheat				X				X	X		X		
<b>Nut Burger</b>	Wheat				X	/Hazelnut/Pecan						X		
<b>Chargrilled Aubergine</b>								Hazelnuts		X	X			

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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Sides</b>														
French Fries	Wheat													
Sweet Potato Wedges														
Salad										X		X		
<b>Burger extra</b>														
Bacon														
Jalapeno														
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Burger extra - continued</b>														
Guacamole														
Bandon Cheese						Cow								
Cashel Blue Cheese						Cow								
Black Pudding					X									
<b>Sandwiches</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Open Chicken w sr dough</b>	Wheat								X	X				
<b>- -On Gluten Free Bread</b>			X						X	X		X		
<b>Open Steak</b>	Wheat		X											
<b>- -On Gluten Free Bread</b>			X							X		X		
<b>Nova Scotia Fish Cakes</b>	Wheat		X	X		X								
<b>Fish &amp; Chips</b>	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
<b>Salads</b>														
<b>San Fran Salad</b>					X						X	X		
<b>Beef Salad</b>								Pecan				X		
<b>Ceaser Salad</b>					X					X		X		
with Tempeh					X									
with Chicken & Bacon									X					
<b>Dinner</b>														
Starter														onions
<b>Quinoa &amp; Potato Fritter</b>														Garlic
<b>Mex Mille Feulle</b>					X									Onions/Garlic
<b>Chicken Wings</b>					X	Cow			X			X		Fryer
<b>Calamari</b>	Wheat		X						X					X
<b>Mains</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Ribeyen &amp; Strip Steak</b>														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
<b>White Wine</b>														
Casa Castelli												X		
Herbe Sainte												X		
Petit Roubie												X		
Special White Wine												X		
Ribbon wood												X		
Abadia Campio												X		
<b>Red Wine</b>														
Fiesta												X		
ERA												X		
Dmne Lafond												X		
Special Red Wine												X		
Luigi Bosco												X		
												X		
Baron De Ley												X		
<b>Rose</b>														
Mourette Rose												X		
<b>Cava -Paras Balta</b>												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	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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
<b>COFFEE/ TEA</b>														
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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<b>Dessert</b>														
<b>Affagato</b>	Wheat		X		X	Cow								
<b>Apple Upside Cake</b>	Wheat		X			Cow								
<b>Irish Affagato</b>	Wheat		X		X	Cow								
<b>Key Lime Pie</b>						Cow								
<b>Pecan Brownie</b>	Wheat		X			Cow		Pecan						
<b>Espresso Cheesecake</b>					X									
<b>Raspberry &amp; Chocolate</b>					X									
<b>Sweet of the Week</b>	See specials page at the top													
<b>Iced "Hot" Chocolate</b>						Cow								

Gluten free oats

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

<b>Garden Toastie</b>	Wheat														X	
with Non Gluten															X	
<b>Salted Caramel Sundae</b>					X	Cow		Almonds								
<b>Vegan Carmel Sundae</b>					X			Almonds								