

LIBERTY GRILL Allergen Menu 17.06.24

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														
Strawberry French toast	Wheat				X			Hazelnuts				X		
Eggs Romesco	Wheat		X			Sheap/Goat		almonds				X		
Tofu Salad	wheat				X	Cow					X	X		
★Chickpea Burger	Wheat				X					X	X	X		
with non Gluten Bun					X					X	X	X		
Dinner Mains														
Pakaora	Wheat				X				X	X		X		
Hush Pupples	Wheat	X	X			Cow			X	X		X		X
Fish of the Day		Please Ask your server												
Tofu Salad	wheat				X	Cow				X		X		
Lamb Steak												X		
★Sorrento Burger	Wheat					Cow				X		X		
with non Gluten Bun					X					X	X	X		
Sweet of the Week														
Limocello Tiramisu	X		X			Coiw								

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021-4271049

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

may be
wheat

Note

sesame /mustard

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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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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								
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														
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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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														
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 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								

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															
Bruschetta	Wheat											X			onions
Mex Mille Feulle					X										Garlic
Chicken Wings					X	Cow			X			X			Onions/Garlic
Calamari	Wheat		X						X					X	Fryer
Prawn		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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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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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														

OAT & SOYA MILK AVIALABLE

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

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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											
Caramel Iced Latte						Cow											

Gluten free oats

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Baileys Iced Latte							Cow								
<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							