

## LIBERTY GRILL Allergen Menu 01.07.24

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>Strawberry French toast</b>	Wheat				X							X		
<b>Merguez Hash</b>			X									X		
<b>Amalfi Chicken</b>						Cow						X		
<b>★Bhaji Burger</b>	Wheat				X					X	X	X		
<b>with non Gluten Bun</b>			X		X	X			X	X	X	X		
<b>Dinner Mains</b>														
<b>Goat Cheese Vol Au vents</b>	Wheat				X				X	X	X	X		
<b>Ballycotton Cakes</b>		X	X			Cow				X		X		
<b>Fish of the Day</b>		Please Ask your server												
<b>Amalfi Chk Salad</b>	Wheat				X					X	X	X		
<b>Pork Chop</b>												X		
<b>★ Haloumi Burger</b>	Wheat				X	Sheep/Goat						X		
<b>with non Gluten Bun</b>			X		X	Sheep/GoatCow				X	X	X		
<b>Sweet of the Week</b>														
<b>Bakewell Tart</b>	Wheat		X			Cow								

Liberty Grill  
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Dish/Item CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
VIP Junior Menu														
<b>Poached</b>														
Eggs - Sourdough	Wheat		X									X		
Eggs- Granary	Wheat /Rye		X								X	X		
Eggs - Gluten Free			X									X		
<b>Scrambled</b>														
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow					X			
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	X				
<b>Fish &amp; Chips</b>	Wheat		X	X		Cow				X				

Fryer

onions Garlic

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

Garlic

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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
Dessert														
<b>Ice Cream with biscuit</b>	wheat		X		X	Cow		X						
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														
Club Orange														
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

may contain 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						X										
Breakfast Crumble	Various					X		Hazelnut/ Cashew/ Pecan					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				X					
Eggs - Gluten Free			X				Cow									
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs		

Wheat/Rye/Oat/Barley

Garlic Onion Halloumi

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Breakfast - Continued														
<b>Quinoa Fritter</b>			X			Cow/Sheep/Goat						X		
<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						X		
with Sourdough	Wheat		X			Cow						X		
with Non Gluten Bread			X			Cow						X		
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

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<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					X	Cow											
with Maple Syrup					X												
<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>																	
<b>Breakfast Sides</b>																	

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Smoked Bacon															
Black Pudding												X			
Maple															
Hollandaise			X			Cow					X	X			
Maple Banana															
Sauteed Spinach						Cow									
Rustics															
Tarragon Mushrooms						Cows									
Vine Tomatoes												X			
<a href="#">Burgers</a>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	

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<b>Sourdough Burger Buns</b>	Wheat					Cow									
<b>Non Gluten Buns</b>			X		X	Cow					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				X		X			
<b>Chicken Burger</b>									X	X		X			
<b>Californian Club Burger</b>										X		X			
Lime & Coriander mayo			X							X		X			
<b>Tempeh Burger with Veg bap</b>	Wheat				X				X	X		X			
<b>Nut Burger</b>	Wheat				X	/Hazelnut/Pecan	X	X	X	X		X			
<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	

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Sides															
French Fries	Wheat														
Sweet Potato Wedges															
Salad										X		X			
Burger extra															
Bacon															
Jalapeno												X			
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			X	X					
Fish & Chips	Wheat		X	X		Cow				X		X			
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	

Mustard/Sesame

Mustard/Sesame

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Salads																
San Fran Salad					X					X	X	X				
Beef Salad								Pecan		X		X				
Ceaser Salad					X					X		X				
with Tempeh					X					X		X				
with Chicken & Bacon									X	X		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						Cow									
- Pepper Sauce							Cow			X				X		
- Garlic & Parsley Butter							Cow									
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs		

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

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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

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

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<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		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											
<b>Caramel Iced Latte</b>						Cow											
<b>Baileys Iced Latte</b>						Cow											

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<i>White/Rose Spritzer</i>													X		
<b>Aperol Spritz</b>													X		

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