

LIBERTY GRILL Allergen Menu 12.09.24

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														
Savoury French toast	Wheat				X							X		
Feta & Red Pepper Hash			X			Cow						X		
Sorrento Toastie	Wheat					Cow			X			X		
★ Mushroom Burger	Wheat				X				X	X				
with non Gluten Bun									X	X	X			
Dinner Mains														
Mushroom Vol au Vent	Wheat				X									
Hush puppies	Wheat	X	X			Cow			X	X		X		
Fish of the Day		Please Ask your server												
Duck	Wheat													
Spinach Pie	Wheat		X			X				X		X		
★Greek Burger	Wheat					Cow				X		X		
with non Gluten Bun						Cow				X	X	X		
Sweet of the Week														
Cashew & Choc Pie														
						Cow		Cashew						

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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	X		
Eggs - Gluten Free			X									X		
Scrambled														
Eggs - Sourdough	Wheat		X			Cow								
Eggs- Granary	Wheat Rye		X			Cow					X			
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	X				
Fish & Chips	Wheat		X	X		Cow				X				

Fryer

onions Garlic

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Junior Menu - Continued														
Sourdough Burger Buns	Wheat													
Non Gluten Buns		X			X	Cow					X			
for the following burgers														
Beef Burger					X					X		X		
Mayo			X											
Tempeh Burger (Veg Bun)	Wheat				X					X		X		
Nut Burger	Wheat				X			Cashew/Hazelnut/Pecan		X		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														

Garlic

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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
Dessert														
Ice Cream with biscuit	wheat		X		X	Cow		X						
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														
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

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						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														
Quinoa Fritter			X			Cow/Sheep/Goat						X		
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						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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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					X	Cow									
with Maple Syrup					X										
French Toast & Bacon	Wheat		X			Cow									
with Maple Syrup	Wheat		X			Cow									
<i>Sides For Above</i>															
Bacon															
Maple Fried Banana															
Blueberries															
Breakfast Sides															

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

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Sourdough Burger Buns	Wheat					Cow									
Non Gluten Buns			X		X	Cow					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				X		X			
Chicken Burger									X	X		X			
Californian Club Burger										X		X			
Lime & Coriander mayo			X							X		X			
Tempeh Burger with Veg bap	Wheat				X				X	X		X			
Nut Burger	Wheat				X	/Hazelnut/Pecan	X	X	X	X		X			
CONTAINS	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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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		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											
Baileys Iced Latte						Cow											

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

Garden Toastie	Wheat											X	X	X	
with Non Gluten														X	
Salted Caramel Sundae					X	Cow		Almonds							
Vegan Carmel Sundae					X			Almonds							