

LIBERTY GRILL Allergen Menu 24.10.24

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														
Pear French toast	Wheat				X			pecans				X		
Pumpkin Slapjack	Wheat		X			Cow								
★Nut Burger	Wheat				X			Nuts	X	X		X		Cashew/Pecan/Hazelnut
with non Gluten Bun					X			Nuts	X	X	X	X		Cashew/Pecan/Hazelnut
TOFU Burger	Wheat				X					X	X	X		
with non Gluten Bun					X					X	X	X		
Dinner Mains														
Crab Beignets	Wheat	X	X	X	X				X	X		X		
Pumkin fritter	Wheat					Cow								Fryer
Fish of the Day		Please Ask your server												
Jambalya		X	X		X				X			X		
Short Rib	Wheat				X	Cow			X			X		Fryer
Flamin Cjun Burger	Wheat				X	Cow			X	X		X		
with non Gluten Bun					X	Cow			X	X	X	X		
Sweet of the Week														
Pear Almond Choc cake					X	Cow		Almonds						

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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

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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													
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														

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		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															

may be
wheat

Note

sesame /mustard

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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					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								

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							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

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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					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														

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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	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		

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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												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		

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	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									

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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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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		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	X	X	
with Non Gluten														X	
Salted Caramel Sundae					X	Cow		Almonds							
Vegan Carmel Sundae					X			Almonds							