

## LIBERTY GRILL Allergen Menu 29.11.24

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>Apple French toast</b>	Wheat				X		Almonds Hazelnuts							
<b>Eggs in Purgatory</b>	Wheat		X			Cow			X	X		X		
<b>Garden State Toastie</b>	Wheat				X						X			
<b>TOFU Burger</b>	Wheat				X					X	X	X		
<b>with non Gluten Bun</b>					X					X	X	X		
<b>Dinner Mains</b>														
<b>Deep Fried Gubbeen</b>	Wheat		X		Cow					X		X		
<b>Boston Beef cakes</b>	Fryer		X		Cow					X		X		
<b>Fish of the Day</b>		Please Ask your server												
<b>Nut Wellington</b>	Wheat				X			?				X		
<b>Roast Duck Breast</b>	Fryer					Cow			X	X		X		
<b>Venison Burger</b>	Wheat				X	Cow				X		X		
<b>with non Gluten Bun</b>					X	Cow				X		X		
<b>Sweet of the Week</b>														
<b>Mince Pies</b>	Wheat		X			Cow	Hazelnut / Almonds/Walnuts					X		

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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

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<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<b>Junior Menu - Continued</b>														
<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														
<b>CONTAINS</b>	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		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															

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
<b>Breakfast - Continued</b>														
<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		
<b>CONTAINS</b>	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
<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>														

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Breakfast Sides															
Smoked Bacon															
Black Pudding													X		
Maple															
Hollandaise			X			Cow				X			X		
Maple Banana															
Sauteed Spinach						Cow									
Rustics															
Tarragon Mushrooms						Cows									
Vine Tomatoes													X		



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

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<a href="#">Sides</a>														
French Fries	Wheat													
Sweet Potato Wedges														
Salad										X		X		
<a href="#">Burger extra</a>														
Bacon														
Jalapeno												X		
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
<a href="#">Burger extra - continued</a>														
Guacamole														
Bandon Cheese						Cow								
Cashel Blue Cheese						Cow								
Black Pudding					X									
<a href="#">Sandwiches</a>	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			X	X				
<b>Fish &amp; Chips</b>	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	
<b>Salads</b>															
<b>San Fran Salad</b>					X					X	X	X			
<b>Beef Salad</b>								Pecan		X		X			
<b>Ceaser Salad</b>					X					X		X			
with Tempeh					X					X		X			
with Chicken & Bacon									X	X		X			
<b>Dinner</b>															
<b>Starter</b>															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>Ribeye &amp; Strip Steak</b>															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
<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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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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<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								
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

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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		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											

Gluten free oats

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