

## LIBERTY GRILL Allergen Menu 29.01.25

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>Pear French toast</b>	Wheat				X			Pecans				X		
<b>Feta Hash</b>			X		X	Cow						X		
<b>Golden State Toastie</b>	Wheat				X						X	X		
<b>Dinner Mains</b>														
<b>Cuchufleta</b>						Cow						X		
<b>Blackpudding Croquettes</b>	Wheat		X			Cow				X		X		
<b>Fish of the Day</b>		Please Ask your server												
<b>Pork Cutlet</b>						Cow				X		X		
<b>Aubergine Rollotini</b>						Cow		Pine Nuts				X		
<b>Duck Breast</b>	Wheat #					Cow			X			X		# Fryer
<b>Chickpea Burger</b>	Wheat				X				X	X		X		
<b>with non Gluten Bun</b>					X				X	X	X	X		
<b>Sweet of the Week</b>														
<b>Chocolate Mousse Tart</b>								almonds						

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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			Fryer
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				
														onions Garlic

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<b>CONTAINS</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Garlic														
<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														

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

wheat

Note

sesame /mustard

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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat/Rye/Oat/Barley
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			Garlic Onion Halloumi
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									

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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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<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			
															onions
<b>Dinner</b>															Garlic
<b>Starter</b>															Onions/Garlic
<b>Quinoa &amp; Potato Fritter</b>															Fryer
<b>Mex Mille Feulle</b>					X										
<b>Chicken Wings</b>					X	Cow			X			X			
<b>Calamari</b>	Wheat		X						X					X	onions
<b>Mains</b>	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Fryer
<b>Ribeye &amp; Strip Steak</b>															
-with Sautteed Onions						Cow									
- 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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CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
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									Nuts/Sesame
Marshmallows														
Chocolate flakes						Cow								
Flavoured Syrups														
Iced Americano														
Iced Latte						Cow								
Fresh Cream						Cow								Gluten free oats
CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs

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Dessert																	
<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											

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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								