

LIBERTY GRILL Allergen Menu 03.04.25

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														
B&B French Toast	Wheat				X		Hazelnuts/Almonds							
Merguez Hash			X		X				X	X		X		
West Cork Toastie	Wheat					Cow				X		X		
Guacamole Toast	Wheat		X		X				X					
Dinner Mains														
Tarte Tatin	wheat		X			Cow		Pinenuts				X		
Beef Tacos			X		X				X	X		X		
Fish of the Day		Please Ask your server												
Chicken	wheat		X			Cow						X		
Beef Shank OssoBuco						Cow			X			X		
Gnudi	Wheat				X							X		
Asian Tempah Burger	Wheat				X					X	X	X		
with non Gluten Bun					X						X	X		
Sweet of the Week														
Rhubarb Financier	Wheat		X			Coiw			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			Fryer
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				
														onions Garlic

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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														

Garlic

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

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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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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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
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			
															onions
Dinner															Garlic
Starter															Onions/Garlic
Quinoa & Potato Fritter															Fryer
Mex Mille Feulle					X										
Chicken Wings					X	Cow			X			X			
Calamari	Wheat		X						X					X	onions
Mains	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Fryer
Ribeye & Strip Steak															
-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
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									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																		
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												

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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							