

## **ELLEPHANT & CASTLE**



Dear Customers,

All products/ dishes are stored, prepared and handled in an environment where food allergens are used. We have implemented controls to reduce the risk of cross contamination but, cannot guarantee the absence of allergen transfer.

Please refer to this booklet for the direct allergens used in each dish.

Please ask our staff should you have any additional queries  
Our Beef is of Irish origin

### **Beverages**

All of our wines by the glass contains sulphites  
Our Pink Elly and Orange Bay Spritz also contain sulphites in the Prosecco

### **Breakfast**

Granola 'Sundae' Contains:  
Gluten (Oats) / Nuts (Hazelnuts) / Dairy

Buttermilk Pancakes Contain:  
Gluten (Wheat) / Nuts (Pecans)/ Dairy/ Egg

French Toast Contains:  
Gluten (Wheat) / Dairy / Eggs

Avocado Toast Contains:  
Gluten (Wheat) / Eggs/ Sulphites

Cinnamon Oats 'Brulee' Contains:  
Gluten (Oats) / Dairy (Milk)

Eggs Any Style Contains:  
Eggs  
Bread Contains: Gluten (Wheat)  
Sausage Contains: Gluten(wheat) / Sulphites  
Fried & Scrambled Contains: Dairy

California Sunrise Breakfast Contains:  
Eggs  
French Toast Contains: Gluten (Wheat) / Dairy/ Egg

Temple Bar Omelette Contains:  
Dairy/ Eggs  
Sausage Contains: Gluten/ Sulphites

Full Irish Breakfast Contains:  
Gluten (Wheat) / Dairy / Eggs / sulphites

### **Brunch additions Saturday & Sundays 10:30am – 4:30pm**

Eggs Idaho Contains:  
Sausages Contains: Gluten (Wheat)/ Sulphites  
Potato Cakes Contain: Gluten, (Wheat) / Dairy  
Eggs Benedict/ Florentine Contains:  
Eggs/ Gluten (Wheat)/ Dairy / Egg / Sulphites

Eggs Royale Contains:  
Fish/ Eggs/ Gluten (Wheat)/Dairy / Sulphites

Eggs Chiapas Contains:  
Eggs / Dairy  
Refried Beans Contain: Celery

Eggs Any Style Contains:  
Eggs/ Gluten (Wheat)  
Fried & Scrambled Contains: Dairy

Maryland Crabcakes Contains:  
Crustaceans (Crab) / Celery / Soy / Mustard Sulphites / Eggs / Gluten (Wheat)

Hollandaise sauce Contains: Dairy/ Egg/ Sulphites

Steak & Eggs Contains:  
Eggs  
Hash Browns Contains: Dairy

Smashed Avocado & Toast Contains:  
Sourdough Contains: Gluten (Wheat)  
Avocado Cream Contains: Dairy

Dutch Baby Pancake Contains:  
Gluten (Wheat) / Dairy / Egg/ Nuts (Pecans)

Smoked Salmon Bagel Contains:  
Fish / Dairy / Gluten (Wheat)

Croque Monsieur Contains:  
Dairy/ Mustard / Gluten (Wheat)

## **Lunch**

Three Leaf / House Salad:  
Sulphites

Caesar Salad Contains:  
Dairy/ Gluten (Wheat) / Fish (Anchovy) / Mustard / Sulphites

Smashed Avocado & Toast Contains:  
Gluten (Wheat)/ Dairy

Crab Cakes with Celeriac Rémooulade Contains:  
Crustaceans (Crab) / Celery / Soy / Sulphites  
Gluten (Wheat)/ Eggs / Mustard

Baby Back Spare Contains:  
Gluten (Wheat) / Soy / Sulphites

Hummus Contains:  
Sulphites /Gluten (Wheat)/ Sesame/dairy

Spicy Chicken Wings Contains:  
Celery  
Sauce Contains: Dairy / Sulphites  
Dipping Sauce Contains: Dairy/ Egg

Charcuterie Board Contains:  
Dairy/ Eggs / Sulphites / Mustard  
Gluten (Wheat)

Risotto of the Day Contains:  
Sulphites / Celery/ SEE SERVER

Prawn Chowder Contains:  
Dairy / Crustaceans (Prawns) / Fish / Celery / Sulphites

Crisp Calamari Salad Contains:  
Gluten (Wheat) / Egg/ Dairy / Soy / Sesame Seeds / Sulphites

Mexican Salad Contains:  
Dairy / Sulphites

### **Burgers:**

Chargrilled/ Chilli/ Mushroom Burgers Contains:  
Bun Contains: Gluten (Wheat) / Sesame Seeds  
Pickle Contains: Sulphites, mustard

Mozzarella/ Stilton/ Elly/ Horseradish/ Cheddar Burgers Contain:  
Dairy  
Bun Contains: Gluten (Wheat) / Sesame Seeds  
Pickle Contains: Sulphites/ mustard  
Pesto Contains: Dairy

Roasted Garlic Burger Contains:  
Garlic Butter Contains: Dairy  
Aioli Contains: Eggs  
Bun Contains: Gluten (Wheat) / Sesame Seeds  
Pickle Contains: Sulphites/ mustard

### **Sandwiches:**

Tuna Sandwich Contains:  
Mix Contains: Eggs / Fish / Celery  
Brown Bread Contains: Gluten (Wheat)

Chicken Sandwich Contains:  
Mayonnaise Contains: Eggs / Sulphites  
Bread Contains: Gluten (Wheat)

Smoked Salmon Sandwich Contains:  
Fish/ Eggs / Sulphites /Gluten (Wheat)

Zucchini Sandwich Contains:  
Milk/ Egg/ Sulphites/ Gluten (Wheat)

Grilled Steak Sandwich  
Dairy/ Eggs / Sulphites /Gluten (Wheat)

Shrimp Sandwich Contains:  
Crustaceans (Shrimp)/ Dairy / Egg/ Sulphites/Gluten (Wheat)

## **Omelettes**

Omelette Mix Contains:  
Egg / Dairy

GnG Contains: Dairy  
Temple Bar Contains: Dairy/ Gluten (Wheat)  
Goats Cheese Contains: Dairy  
Salmon Contains: Dairy / Fish

## **Dinner**

Pan Roasted Olive Chicken Contains:  
Gluten (Wheat) / Sulphites / Dairy

Seafood Tagliatelle Contains:  
Crustaceans (Shrimp, Mussels) / Fish / Mollusc (Scallop) / Gluten (Wheat) / Eggs /Dairy/ Sulphites

Spaghetti with Goat's Cheese Contains:  
Dairy /Gluten (Wheat) /Sulphites

Chargrilled Sirloin Steak Contains:  
Gluten (Wheat)/ Dairy

Grilled Lime Chicken Contains:  
Dairy/ Egg / Gluten (Wheat)

Sauteed Shrimp CousCous:  
Crustaceans (Shrimp)/ Gluten (Wheat)  
Egg / Sulphites /Dairy / Sulphites

Pan fried Irish Salmon Contains:  
Fish/ Dairy/ Sulphites

Fillet Steak with Peppercorn Sauce Contains:  
Potato Gratin Contains: Dairy  
Sauce Contains: Dairy / Sulphites / Nuts (Pink peppercorns are cashew berries)

Irish Rump of Lamb with Asparagus Contains:  
Dairy /Sulphites

## **Sides**

Scallion Mashed Potatoes Contains: Dairy  
Garlic Greens Contains: Dairy  
Broccoli & Cauliflower Sauce Contains: Dairy/ Mustard / Sulphites

## **Desserts**

Affgato Contains:  
Dairy

Murder by Chocolate Contains:  
Dairy / Soya/ Egg

Carrot Cake Contains:  
Gluten (Wheat) / Dairy / Nuts (Walnut) / Egg

Vanilla New York Cheesecake Contains:  
Gluten (Wheat) / Dairy/ Egg

Lemon Tart Contains:  
Gluten (Wheat) / Dairy / Egg

Crème Brulee Contains:  
Egg / Dairy

Normandy Crêpes Contains:  
Gluten (Wheat) / Dairy / Egg  
Dulce de Leche Contains Dairy (Milk)

Coffee Cantata Contains:  
Dairy / Soya  
Wafer Contains: Gluten (Wheat)

Heart of Darkness Contains:  
Dairy / Nuts (Hazelnuts)/ soya  
Wafer Contains: Gluten (Wheat)

Garden of the Gods Contains:  
Dairy  
Wafer Contains: Gluten (Wheat)

Hot Fudge Sundae Contains:  
Dairy / Nuts (Hazelnuts)/ Soya  
Wafer Contains: Gluten (Wheat)

Scup Gelato Ice Cream Contains:  
Dairy  
Wafer Contains: Gluten (Wheat)

Banana Split Contains:  
Dairy / Nuts (Hazelnuts)/ Soya  
Wafer Contains: Gluten (Wheat)

Chocolate Delise contains:  
Wheat/ dairy/ egg/ soya/ nuts (

Latte: Dairy  
Cappuccino: Dairy  
Flat white: Dairy  
Mocha: Dairy  
Hot Chocolate: Dairy

Draught Beer:  
Peroni: Barley  
Heineken: Barley