

- 1 - Gluten (**A-Wheat, B- Spelt C-Khorasan, D-Rye, E-Barley F-Oats**)
- 2 - Peanuts
- 3 - Nut (**A-Almond, B-Hazelnut, C-Cashew, D-Pecan, E-Brazil, F-Pistachio, G-Macadamia, H-Walnut**)
- 4 - Milk
- 5 - Crustaceans (**A-Crab, B- Lobster, C-Crayfish, D-Shrimp**)
- 6 - Mollusk
- 7 - Eggs
- 8 - Fish
- 9 - Celery
- 10 - Soya
- 11 - Sesame Seeds
- 12 - Mustard
- 13 - Sulphur dioxide & sulphites
- 14 - Lupin

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 see the table above outlining the direct allergens used in our products/dishes. Please ask our staff should you have additional queries. All of Beef is of Irish origin.

Granola 'Sundae' Contains:

1F / 3B / 4

Buttermilk Pancakes Contain:

1A / 3D / 4 / 7

French Toast Contains:

1A / 4 / 7

Avocado Toast Contains:

1A / 7 / 13

Cinnamon Oats 'Brulee' Contains:

1F / 4

Eggs Any Style Contains:

7

Bread Contains: 1A

Sausage Contains: 1A / 13

Fried & Scrambled Contains: 4

California Sunrise Breakfast Contains:

7

French Toast Contains: 1A / 4 / 7

Temple Bar Omelette Contains:

4 / 7

Sausage Contains: 1 / 13

Full Irish Breakfast Contains:

1A / 4 / 7 / 13

Eggs Idaho Contains:

Sausages Contains: 1A / 13

Potato Cakes Contain: 1A / 4

Eggs Benedict/ Florentine Contains:

1A / 4 / 7 / 13

Eggs Royale Contains:

1A / 4 / 7 / 8 / 13

Eggs Chiapas Contains:

4 / 7

Refried Beans Contain: 9

Eggs Any Style Contains:

1A / 7

Fried & Scrambled Contains: 4

Maryland Crab cakes Contains:

5A / 9 / 10 / 12 / 13 / 7 / 1A

Hollandaise sauce Contains: 4 / 7 / 13

Steak & Eggs Contains:

7

Hash Browns Contains: 4

Smashed Avocado & Toast Contains:

Sourdough Contains: 1A

Avocado Cream Contains: 4

Smoked Salmon Bagel Contains:

8 / 4 / 1A

Lunch

Three Leaf / House Salad:

13

Caesar Salad Contains:

1A / 4 / 8 / 12 / 13

Smashed Avocado & Toast Contains:

1A / 4

Crab Cakes with Celeriac Rémoûlade Contains:

5A / 9 / 10 / 13 / 1A / 7 / 12

Baby Back Spare Contains:

1A / 10 / 13

Hummus Contains:

13 / 1A / 11 / 4

Spicy Chicken Wings Contains:

9

Sauce Contains: 4 / 13

Dipping Sauce Contains: 4 / 7

Charcuterie Board Contains:

4 / 7 / 13 / 12 / 1A

Risotto of the Day Contains:

9 / 13 / SEE SERVER

Prawn Chowder Contains:

4 / 5D / 8 / 9 / 13

Crisp Calamari Salad Contains:

1A / 4 / 6 / 7 / 10 / 11 / 13

Mexican Salad Contains:

4 / 13

Burgers:

Chargrilled/ Chili/ Mushroom Burgers Contains:

Bun Contains: 1A / 4 / 11

Pickle Contains: 12 / 13

Mozzarella/ Stilton/ Elly/ Horseradish/ Cheddar Burgers Contain:

4

Bun Contains: 1A / 4 / 11

Pickle Contains: 12 / 13

Pesto Contains: 3H / 4 / 7

Roasted Garlic Burger Contains:

Garlic Butter Contains: 4

Aioli Contains: 7

Bun Contains: 1A / 4 / 11

Pickle Contains: 10 / 12 / 13

Sandwiches:

Tuna Sandwich Contains:

Mix Contains: 7 / 8 / 9

Brown Bread Contains: 1A

Chicken Sandwich Contains:

Mayonnaise Contains: 7 / 13

Bread Contains: 1A

Smoked Salmon Sandwich Contains:

8 / 7 / 13 / 1A

Zucchini Sandwich (Veggie) Contains:

1a / 4 / 7 / 12 / 13

Grilled Steak Sandwich

1A / 4 / 7 / 13

Shrimp Sandwich Contains:

1A / 4 / 5D / 7 / 13

Omelettes

Omelette Mix Contains:

4 / 7

GnG Contains: 4

Temple Bar Contains: 4 / 1A

Goats Cheese Contains: 4

Salmon Contains: 4 / 8

Dinner

Pan Roasted Olive Chicken Contains:

1A / 13 / 4

Seafood Tagliatelle Contains:

1A / 4 / 5D / 6 / 7 / 8 / 13

Spaghetti with Goat's Cheese Contains:

1A / 4 / 13

Chargrilled Sirloin Steak Contains:

1A / 4

Grilled Lime Chicken Contains:

1A / 4 / 7

Sauteed Shrimp Couscous:

1A / 4 / 5D / 7 / 13

Pan fried Irish Salmon Contains:

8 / 4 / 13

Fillet Steak with Peppercorn Sauce Contains:

Potato Gratin Contains: 4

Sauce Contains:

4 / 13 / 3C / 9

Irish Rump of Lamb with Asparagus Contains:

4 / 13 / 9

Sides

Scallion Mashed Potatoes Contains: 4

Garlic Greens Contains: 4

Broccoli & Cauliflower Sauce Contains: 4 / 12 / 13

Desserts

Affagato Contains:

4

Carrot Cake Contains:

1A / 4 / 3H / 7

Vanilla New York Cheesecake Contains:

1A / 4 / 7

Lemon Tart Contains:

1A / 4 / 7

Crème Brulee Contains:

4 / 7

Belgian waffle:

Coffee Cantata Contains:

4 / 10

Wafer Contains: 1A

Heart of Darkness Contains:

4 / 3B / 10

Wafer Contains: 1A

Garden of the Gods Contains:

4

Wafer Contains: 1A

Hot Fudge Sundae Contains:

4 / 3B / 10

Wafer Contains: 1A

Scup Gelato Ice Cream Contains:

4

Wafer Contains: 1A

Banana Split Contains:

4 / 3B / 10

Wafer Contains: 1A

Chocolate Delice contains:

1A / 4 / 7 / 10 / 3B

Latte: 4

Cappuccino: 4
Flat white: 4
Mocha: 4
Hot Chocolate: 4

Draught Beer:
Peroni: 1E
Heineken: 1E