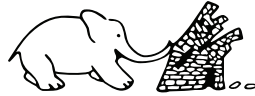


ELEPHANT & CASTLE



Allergens List

1 : Gluten (A-Wheat, B- Spelt C-Khorasan, D-Rye, E-Barley F-Oats)

2 : Peanuts

3 : Nuts (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 : Mollusc

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.

BREAKFAST

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

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

White Pudding Contains : 1A / 1F / 12

Sausages Contains : 1A / 13

Soda Farl Contains : 1A

Eggs Idaho Contains : 7

Sausages Contains : 1A / 13

Potato Cakes Contain : 1A / 4 / 7

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

Steak & Eggs Contains : 7

Hash Browns Contains : 4

Smashed Avocado & Toast Contains : Sourdough Contains: 1A / 7

LUNCH

Caesar Salad Contains : 1A / 4 / 8 / 12 / 13

Add Breaded Chicken : 1A

Add Shrimp : 5D

Add Cheese : 4

Smashed Avocado & Toast Contains : 1A / 4

Baby Back Spare Contains : 1A / 10 / 13

Hummus Contains : 13 / 11 / 4

Naan Bread Contains : 1A

Dirty Chicken Contains : 1A / 4 / 13 / 12

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

Add Breaded Chicken : 1A

Add Shrimp : 5D

Add Cheese : 4

House Salad Contains : 13

Add Breaded Chicken : 1A

Add Shrimp : 5D

Add Cheese : 4

BURGERS

Chargrilled/ Mushroom Burgers Contains:

Bun Contains : 1A / 4 / 11 / 7

Pickle Contains : 12 / 13

Chilli burger Contains : 9 / 10

Bun Contains : 1A / 4 / 11 / 7

Pickle Contains : 12 / 13

Mozzarella/ Blue Cheese/ Elly/ Horseradish/ Cheddar/ Tulum Burgers Contain: 4

Bun Contains : 1A / 4 / 11 / 7

Pickle Contains : 12 / 13

Pesto Contains : 3H / 4 / 7

Roasted Garlic Burger Contains : Garlic Butter Contains: 4

Aioli Contains : 7 / 12 / 13

Bun Contains : 1A / 4 / 11 / 7

Pickle Contains : 10 / 12 / 13

Veggie burger Contains : 1A / 13

Bun Contains : 1A / 4 / 11 / 7

Breaded Chicken burger Contains : 1A / 7

Aioli Contains : 7 / 12 / 13

Bun Contains : 1A / 4 / 11 / 7

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

Mexican Chicken Ciabatta Contains : 1A / 7 / 4

OMELETTES

Omelette Mix Contains : 4 / 7

GnG Contains : 4

Temple Bar Contains : 4 / 1A

Goats Cheese Contains : 4

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

SIDES

Scallion Mashed Potatoes Contains : 4

Sauteed Greens Contains : 4

Dirty fries Contain : 4 / 13

Pepper Sauce Contains : 4 / 13 / 3C / 9

KID'S MENU

Kids wings Contains : 4 / 13 / 9

Kids burger: Bun Contains : 1A / 4 / 7

Crispy Chicken Contains : 1A

Kids Pasta Contains : 1A / 13

Sausage and Mash Contains : 1A / 4

Kids Ice Cream 1A / 4 / 10

DESSERTS

Affagato Contains : 4
Carrot Cake Contains : 1A / 4 / 3H / 7
Salted Caramel Cheesecake Contains : 1A / 4 / 7
Belgian Waffle Contains : 1A / 4 / 7 / 10
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 Copacabana Contains : 4 / 10
Wafer Contains : 1A
Chocolate Delice Contains : 1A / 4 / 7 / 10 / 3B
Pecan Pie Contains : 1A / 3D / 4 / 7

COFFEE / TEA / BEER

Latte : 4
Cappuccino : 4
Flat White : 4
Mocha : 4
Hot Chocolate : 4

Draught Beer :
Elevation : 1A / 1E
Heineken : 1E
Guinness : 1E
