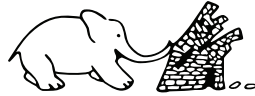


## ELEPHANT & CASTLE



# Allergens List

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**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**

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### 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.

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# **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**

**California Sunrise Breakfast Contains: 7**

**French Toast Contains: 1A, 4, 7**

**Temple Bar Omelette Contains: 4, 7, 1, 13**  
(Sausage Contains: 1, 13)

**Full Irish Breakfast Contains: 1A, 4, 7, 13, 1F, 12**  
(White Pudding Contains: 1A, 1F, 12 | Sausages Contains: 1A, 13  
Soda Farl Contains: 1A)

**Eggs Idaho Contains: 7, 1A, 13, 4**  
(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, 9**  
(Refried Beans Contain: 9)

**Eggs Any Style Contains: 1A, 13, 7**  
(Bread Contains: 1A | Sausage Contains: 1A, 13)

**Fried & Scrambled Eggs Contains: 4**

**Steak & Eggs Contains: 7, 4**  
(Hash Browns Contains: 4)

**Side Salad Contains: 13**

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# 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, 1A**

(Naan Bread Contains: 1A)

**Dirty Chicken Contains: 1A, 4, 13, 12**

**Spicy Chicken Wings Contains: 9, 4, 13, 7**

(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)

**Cauliflower Wings Contains: 1A, 7, 4, 13**

(Sauce Contains: 4, 13 | Dipping Sauce Contains: 4, 7)

**Beetroot & Pomegranate Salad Contains: 1A, 3D, 4, 7, 13**

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# **BURGERS**

**Chargrilled/ Mushroom Burgers Contains: 1A, 4, 11, 7, 12, 13**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13)

**Chilli Burger Contains : 1A, 4, 11, 7, 9, 10, 12, 13**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13)

**Mozzarella/ Blue Cheese/ Elly/ Horseradish/ Cheddar/ Tulum Burgers**  
**Contain: 1A, 4, 11, 7, 12, 13, 3H**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13 | Pesto Contains: 3H /4 / 7)

**Roasted Garlic Burger Contains: 4, 7, 12, 13, 1A, 11, 10**  
(Garlic Butter Contains: 4 | Aioli Contains: 7, 12, 13 | Bun Contains: 1A, 4, 11, 7  
Pickle Contains: 10, 12, 13)

**Veggie Burger Contains: 1A, 4, 11, 7, 13**  
(Bun Contains: 1A, 4, 11, 7 | Mayo Contains: 7)

**Breaded Chicken Burger Contains: 1A, 4, 11, 7, 12, 13**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13 | Aioli Contains: 7, 12, 13)

# **SANDWICHES**

**Tuna Sandwich Contains: 1A, 7, 8, 9**  
(Brown Bread Contains: 1A)

**Chicken Sandwich Contains: 1A, 7, 13**  
(Mayonnaise Contains: 7, 13 | Bread Contains : 1A)

**Reuben Sandwich Contains: 1A, 7, 10, 12, 13**  
(Spicy Pickle Contains: 1A, 10, 12, 13)

**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**

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# 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, 7

Grilled Lime Chicken Contains: 1A, 4, 7

Sauteed Shrimp Couscous: 1A, 4, 5D, 7, 13

Pan Fried Irish Salmon Contains: 8, 4, 13

Moule Frites Contains: 4, 6, 13

Fish & Chips Contains: 8, 1A, 4, 7, 13

# SIDES

Scallion Mashed Potatoes Contains: 4

Sauteed Greens Contains: 4

Dirty Fries Contain: 4, 13

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

Side Salad Contains: 13

Pickled Red Onion Contains: 13

# KID'S MENU

Kids Wings Contains: 4, 13, 9

Kids Burger: 1A, 4, 7

Crispy Chicken Contains: 1A

Kids Pasta Contains: 1A, 13

Sausage & Mash Contains: 1A, 4

Kids Ice Cream: 1A, 4, 10

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# DESSERTS

**Affagato Contains: 4**

**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**

**Salted Caramel Brownie Contains: 10, 1A, 7, 4**

**Sticky Toffee Pudding Contains: 4, 1A, 7**

**Apple Crumble Contains: 12, 7, 1A, 4**

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## COFFEE / TEA

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

## BEER

Heineken: 1E  
Moretti: 1E  
Cute Hoor: 1E  
Orchard Thieves: 13  
Murphy's Red: 1E  
Guinness: 1E  
Hop House: 1E  
Rockshore: 1E  
Wicklow Wolf: 1A, 1E  
Smithwicks: 1E  
Tiger: 1E  
Lagunitas: 1E  
Elevation: 1A, 1E

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