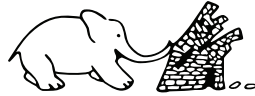


## ELEPHANT & CASTLE



# 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/BRUNCH**

**Granola 'Sundae' Contains: 1F, 3B, 4**

**Buttermilk Pancakes Contain: 1A, 3D, 4, 7**

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

**Smashed Avocado Toast Contains: 1A, 7, 13**

**California Sunrise Breakfast Contains: 7**

**Temple Bar Omelette Contains: 4, 7, 1A, 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)

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## Appetizers/Sharing Dish

**Tomato Bruschetta Contains: 1A, 4**

**Prawn & Chorizo Contains: 1A, 4, 5D, 13**  
(Bread Contains: 1A)

**Beetroot & Goat's Cheese Arancini Contains: 1A, 4, 7, 13**

**Crispy Calamari Contains: 1A, 6, 7, 12**

**Baby Back Spare Contains: 1A, 10, 13**

**Spicy Chicken Wings Contains: 4, 9, 7, 13,**  
(Sauce Contains: 4, 13 | Dipping Sauce Contains: 4, 7)

**Cauliflower Wings Contains: 1A, 4, 7, 13**  
(Sauce Contains: 4, 13 | Dipping Sauce Contains: 4, 7)

**Dirty Chicken Contains: 1A, 4, 7, 12, 13**

**Hummus Contains: 1A, 4, 11, 13**  
(Naan Bread Contains: 1A)

**Moule Frites Contains: 4, 6, 13**

**Fish Tacos Contains: 1A, 1E, 7, 8, 12**

## Specials/Salads

**Risotto of the Day Contains: 9, 13, SEE SERVER**

**Chowder Contains: 4, 6, 8, 9, 13**  
(Bread Contains: 1A)

**Soup of the day Contains: Please ask your server**

**Mexican Salad Contains: 4, 13**

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

**Caesar Salad Contains: 1A, 1E, 4, 7, 8, 12, 13**

**Dressing Contains: 1E, 4, 7, 8, 12, 13**  
(Add Breaded Chicken: 1A | Add Shrimp: 5D | Add Cheese: 4)

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# **BURGERS**

**Tulum Burger Contains: 1A, 1E, 4, 7, 8, 11, 12, 13**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13)

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

**Mozzarella/ Blue Cheese/ Elly/ Cheddar/ Chargrilled Burgers Contain: 1A, 4, 7, 11, 12, 13**  
(Bun Contains: 1A, 4, 11, 7 | Pickle Contains: 12, 13 |

**Veggie Burger Contains: 1A, 4, 7, 11, 13**  
(Bun Contains: 1A, 4, 11, 7 | Mayo Contains: 7,12)

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

**Fish Burger Contains: 1A, 1E 4, 7, 8, 11, 12, 13**  
Bun Contains: 1A, 4, 11, 7

# **SANDWICHES**

**Tuna Sandwich Contains: 1A, 7, 8, 9,12**  
(Brown Bread Contains: 1A)

**Chicken Sandwich Contains: 1A, 7, 12, 13**  
( Bread Contains : 1A)

**Reuben Sandwich Contains: 1A, 4, 7, 10, 12, 13**  
(Spicy Pickle Contains: 1A, 10, 12, 13)

**Smoked Salmon Sandwich Contains: 1A,8, 7, 13**

**Humus Flatbread Contains: 1A, 4, 11, 13**

**Grilled Steak Sandwich: 1A, 4, 7, 12, 13**

**Mexican Chicken Ciabatta Contains: 1A, 4, 7 , 12**

**Smashed Avocado & Toast Contains: 1A, 7, 13**

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## OMELETTES

**Mushroom & Bacon Contains: 4, 7**

**Gold & Green Contains: 4,7**

**Temple Bar Contains: 1A, 4, 7**

**Goats Cheese Contains: 4, 7**

## DINNER

**Supreme Chicken Contains: 1A, 4, 9, 10, 13**

**Seafood Tagliatelle Contains: 1A, 4, 5D, 6, 7, 8, 13**

**Spaghetti with Goat's Cheese Contains: 1A, 4, 13**

**Chargrilled Sirloin Steak Contains: 4, 9,13**

**Garlic Butter Contains 4/ Pepper Sauce Contains 4,9,13**

**Pan Fried Hake Contains: 4, 5D, 6 , 8, 13**

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

**Pan Fried Irish Salmon Contains: 8, 4, 13**

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

## SIDES

**Scallion Mashed Potatoes Contains: 4**

**Sauteed Greens Contains: 4**

**Dirty Fries Contain: 4, 13**

**Pepper Sauce Contains: 4, 9, 13**

**Side Salad Contains: 13**

**Pickled Red Onion Contains: 13**

## KID'S MENU

**Kids Wings Contains: 4, 9, 13**

**Kids Burger: 1A, 4, 7**

**Crispy Chicken Contains: 1A**

**Grilled Chicken Contains: 13**

**Kids Pasta Contains: 1A, 4 , 13**

**Sausage & Mash Contains: 1A, 4 , 13**

**Kids Ice Cream: 1A, 4, 10**

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# DESSERTS

**Affagato Contains: 4**

**Belgian Waffle Contains: 1A, 4, 7, 10**

**Coffee Cantata Contains: 1A, 4, 10**

Wafer Contains: 1A

**Heart of Darkness Contains: 1A, 4, 3B, 10**

Wafer Contains: 1A

**Garden of the Gods Contains: 1A, 4**

Wafer Contains: 1A

**Hot Fudge Sundae Contains: 1A, 4, 3B, 10**

Wafer Contains: 1A

**Scoop Gelato Ice Cream Contains: 1A, 4**

Wafer Contains: 1A

**Banana Copacabana Contains: 1A, 4, 10**

Wafer Contains: 1A

**Chocolate Delice Contains: 1A, 4, 7, 10, 3B**

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

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

**Apple Crumble Contains: 1A, 4, 7, 13**

**Mango/Lemon Sorbet: 1A, 13**

**Raspberry Sorbet: 1A**

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## COFFEE / TEA

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

Alternative milks available: Soy(10), Almond(3A), Coconut(10)

## 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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