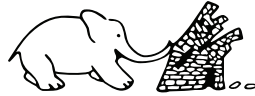


ELEPHANT & CASTLE



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/BRUNCH

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

French Toast Contains: 1A, 4, 7

Smashed Avocado Toast Contains: 1A, 7, 13

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 Contains: 1A, 4, 7, 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)

Appetizers/Sharing Dish

Soup of the day Contains: Please ask your server

Chowder Contains: 4, 6, 8, 9, 13

(Bread Contains: 1A, 1E)

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, 12, 13

Salads

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)

Super Elly Contains: 1A, 3C, 4

BURGERS

Guacamole Burger Contains: 1A, 1E, 4, 7, 8, 10, 11, 12, 13
(Bun Contains: 1A, 4, 11 | Pickle Contains: 12, 13)

Elly/ Cheddar/ Bacon Burgers Contain: 1A, 4, 10, 11, 12, 13
(Bun Contains: 1A, 4, 11 | Pickle Contains: 12, 13 |

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

Chicken Burger Contains: 1A, 4, 7
(Bun Contains: 1A, 4, 11)

SANDWICHES

Chicken Club 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)

Prawn Sandwich Contains: 1A, 1E, 4, 5D, 7, 13

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

Buratta Sandwich Contains: 1A, 4

OMELETTES

Mushroom & Bacon Contains: 4, 7

Gold & Green Contains: 4,7

Temple Bar Contains: 1A, 4, 7

Goats Cheese Contains: 4, 7

DINNER

Chicken Snitzel Contains: 1A, 4, 7,

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

Salmon Contains: 4, 5D, 6 , 8, 13

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

SIDES

Scallion Mashed Potatoes Contains: 4

Dirty Fries Contain: 4, 13

Pepper Sauce Contains: 4, 9, 13

Guacamole 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

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

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
