

Allergen Information **M&E 2019 Menu**



| Menu Item/ Product Description | Dietary choices | | Cereals containing gluten | | | | Allergens present | | | | | | | | | | | | |
|--|-------------------------|--------------------|---------------------------|-----|--------|-----|-------------------|------------|------------|------|------------|---------|------------|--------|--------|------------|--------|-------------------|--------------------------------|
| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| BBQ €27 | | | | | | | | | | | | | | | | | | | |
| 6oz Burger | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | Yes | | | |
| Jalapeno Pepper Sausages | No | No | Yes | | | | Yes | | | | | | Yes | | | | | | |
| Hot 'n' Sticky Pork Rib | No | No | Yes | | | | Yes | | | | | | Yes | | | Yes | | | |
| Veggie Burger | | | | | | | | | | | | | | | | | | | |
| Corn & Black Bean Salsa | Yes | No | Yes | | | | Yes | Yes | Yes | | | | Yes | | | Yes | | | |
| Baked Potatoes, Sour Cream & Chive | Yes | No | | | | | | | | | | | | | | | | | |
| Summer Coleslaw | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Smoked Chicken, Hawaiian Salad | No | No | | | | | | Yes | | | | | | | | | | | |
| Baby Potatoes, Cumin & Lemongrass | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Haagen-Dazs Ice Cream | Yes | No | | | | | | | Yes | | | | | | | | | | |
| Total | No | No | Yes | | | | Yes | Yes | Yes | | | | Yes | | | Yes | | | |
| BBQ €32.50 | | | | | | | | | | | | | | | | | | | |
| Fried Tortilla , Red Pepper, Chili & Tomato Salsa , Sour Cream, Guacamole | Yes | No | Yes | | | | Yes | Yes | | | | | | | | Yes | | | |
| 6oz Beef Burger | No | No | Yes | | | | | Yes | | | | | Yes | | | Yes | | | |
| Toulouse Sausages Onion & Peppers | No | No | Yes | | | | Yes | | | | | | | | | Yes | | | |
| Jalapeño & Honey Marinated Drumsticks | No | No | Yes | | | | Yes | | | | | | | | | | | | |
| Roasted Aubergine Artichoke, Chick Peas, Romesco Fondue | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Grilled Corn , Jerk Butter | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Paprika Wedges | Yes | Yes | Yes | | | | | | | | | | | | | | | | |
| Summer Coleslaw | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Chicken Caesar, Bacon Lardons | No | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| Buffalo Mozzarella | Yes | No | | | | | | | | | | | | | | | | | |
| Plum Tomatoes & Pesto | Yes | No | | | | | | Yes | | | | | | | | | | | Yes |
| Baby Potatoes Salad | | | | | | | | | | | | | | | | | | | |
| Grain Mustard Dressing | Yes | No | | | | | | Yes | | | | | | | | Yes | | | |
| Haagen Dazs Ice Cream | Yes | No | | | | | | Yes | Yes | | | | | | | | | | |
| Total | No | No | Yes | | | | Yes | Yes | Yes | | | | Yes | | | Yes | | | Yes |

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|---|-------------------------------|--------------------------|---------------------------|-----|--------|-----|-------------------|------------|------------|------|------------|---------|------------|--------|--------|------------|--------|----------------------|--------------------------------------|
| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| BBQ €36 | | | | | | | | | | | | | | | | | | | |
| Fried Tortilla , Red Pepper, Chili, Tomato Salsa, Sour Cream Guacamole | Yes | No | Yes | | | | | Yes | | | | | Yes | | | | | | |
| 6oz Beef Burger | No | No | Yes | | | | | Yes | | | | | Yes | | | Yes | | | |
| Sugar Maple Spare Ribs | No | No | Yes | | | | | | | | | | Yes | | | Yes | | | |
| Ginger & Rum Striploin Steak | No | No | | | | | Yes | | | | | | Yes | | | | | | |
| Chorizo, Roasted Chili, Prawn Skewer | No | No | Yes | | | | Yes | | | Yes | | | Yes | | | Yes | | | |
| Griddled Courgettes Pine Nuts & Feta | Yes | No | | | | | | Yes | | | | | | | | | | Yes | |
| Spicy Potato Wedges Yogurt & Spring Onion | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Summer Coleslaw | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Chicken Caesar, Bacon Lardons | No | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| Smoked Chicken Hawaiian Salad | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Buffalo Mozzarella Plum Tomatoes, Pesto | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Baby Potatoes Salad, Grain Mustard Dressing | Yes | No | | | | | | Yes | | | | | | | | Yes | | | |
| Haagen Dazs Ice Cream | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Total | No | No | Yes | | | | Yes | Yes | Yes | | Yes | | Yes | | | Yes | | Yes | |

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| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) | |
| Lunch & Dinner Buffet Mains | | | | | | | | | | | | | | | | | | | | |
| Braised Beef Rib, Cognac Cream, Green Pepper Sauce | No | No | | | | | | | Yes | | | | Yes | | | | | | | |
| Lamb, Aubergine, Butternut Squash Stew | No | No | | | | | | | | | | | | | | | | | | |
| Duck Leg Confit, Grand Marnier Sauce | No | No | | | | | | | | | | | Yes | | | | | | | |
| Pork Medallions, Calvados Sauce | No | No | | | | | | | Yes | | | | Yes | | | | | | | |
| Baked Salmon, Stir Fry Vegetables | No | No | Yes | | | | Yes | | Yes | Yes | | | Yes | | | | | | | |
| Baked Fillet Of Hake, Pok Choi | No | No | | | | | Yes | | Yes | Yes | | | | | | | | | | |
| Malaysian Chicken Curry | No | No | | | | | | | | | | | | | | | | | | |
| Chicken Piccata | No | No | Yes | | | | | Yes | Yes | Yes | | | | | | | | | | |
| Total | No | No | Yes | | | | Yes | Yes | Yes | Yes | | | Yes | | | | | | | |
| Lunch & Dinner Buffet Sides | | | | | | | | | | | | | | | | | | | | |
| Garlic & Herb Roasted Potatoes | Yes | Yes | | | | | | | | | | | | | | | | | | |
| Roasted Seasonal Vegetables | Yes | Yes | | | | | | | | | | | | | | | | | | |
| Chorizo Mac 'n' Chesse | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | | |
| Champ Potatoes | Yes | No | | | | | | | Yes | | | | | | | | | | | |
| Basmati Rice | Yes | Yes | | | | | | | | | | | | | | | | | | |
| Total | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | | |

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| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| Group Platters | | | | | | | | | | | | | | | | | | | |
| Beef Slider, Smoked Tomato & Onion Chutney Arun bakery Soft Bun | No | No | Yes | | | | | Yes | | | | | Yes | | | | | | |
| Pulled Pork Slider, Apple & Coleslaw | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Chicken Piri Piri, Ranch Dressing, Brioche Bun | No | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Arancini Ball | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Mini Margarita Pizza | Yes | No | Yes | | | | | | Yes | | | | | | | | | | |
| Loaded Potato Wedges | Yes | No | Yes | | | | | | Yes | | | | | | | | | | |
| Hot & Sweet Bell Pepper, Feta Cheese | Yes | No | Yes | | | | | | Yes | | | | | | | | | | |
| Fin Tail Prawn, Sweet Chilli Aioli | No | No | Yes | | | | | | | | Yes | | | | | | | | |
| Herb & Cracked Black Pepper Sausage Roll | No | No | Yes | | | | | | | | | | Yes | | | Yes | | | |
| Goats' Cheese & Sun Dried Tomato Bruschetta | Yes | No | Yes | | | | | | Yes | | | | | | | | | | Yes |
| Thai Mini Vegetable Spring Rolls | Yes | Yes | Yes | | | | Yes | | | | | | | | | | | | |
| Vegetable Samosa | Yes | Yes | Yes | | | | Yes | | | | | | | | | | | | |
| Falafel & Piccalilli | Yes | Yes | Yes | | | | | | | | | | Yes | | | | | | |
| Vegetable Kofta | Yes | No | Yes | | | | | | Yes | | | | | | | | | | |
| Crudités Dips | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Mini Pinto Balls Strudel | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Herbed Polenta, Aubergine Capanata, Pesto, Parmesan | Yes | No | Yes | | | | | | Yes | | | | | | | | | | Yes |
| Total | No | No | Yes | | | | Yes | Yes | Yes | | Yes | | Yes | | | Yes | | | Yes |

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|---|-------------------------------|--------------------------|---------------------------|-----|--------|-----|-------------------|------------|------------|------------|------------|---------|------------|--------|------------|---------|--------|----------------------|--------------------------------------|
| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| Light Lunch Sandwiches & Soups | | | | | | | | | | | | | | | | | | | |
| Chicken Caesar Wrap | No | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| Falafel & Piccalilli Wrap | Yes | Yes | Yes | | | | | | | | | | Yes | | | | | | |
| Ham, Lettuce & Tomato On White Pan | No | No | Yes | | | | | | Yes | | | | | | | | | | |
| Smoked Salmon, Caper Berry on Soda Bread | No | No | Yes | | | | | | Yes | Yes | | | | | | | | | |
| Beef, Horseradish spread, Multi Grain | No | No | Yes | | | | | Yes | | | | | | | | | | | |
| Ham, Sauerkraut, Mustard Aioli | No | No | Yes | | | | | | | | | | Yes | | Yes | | | | |
| Piquant Turkey & Spicy Cheddar Submarine | No | No | Yes | | | | | | Yes | | | | Yes | | Yes | | | | |
| Prosciutto Ham, Tomato Relish, Stout Bread | No | No | Yes | | | | | | | | | | Yes | | | | | | |
| Pinto Bean, House Relish & Guacamole Wrap | Yes | Yes | Yes | | | | | | | | | | Yes | | | | | | |
| Carrot & Coriander Soup | Yes | Yes | | | | | | | | | | | | | | | | | |
| Leek & Potato Soup | Yes | Yes | | | | | | | | | | | | | | | | | |
| Farm Vegetable Soup | Yes | Yes | | | | | | | | | | | | | | | | | |
| Roasted Butternut Squash Soup | | | | | | | | | | | | | | | | | | | |
| Hazelnut Oil | Yes | Yes | | | | | | | | | | | | | | | | | Yes |
| Roasted Bell Pepper & Plum Tomato Soup | Yes | Yes | | | | | | | | | | | | | | | | | |
| Total | No | No | Yes | | | | | Yes | Yes | Yes | | | Yes | | Yes | | | Yes | |

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| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| Make Your Own Salad | | | | | | | | | | | | | | | | | | | |
| Fresh Garden Leaves | Yes | Yes | | | | | | | | | | | | | | | | | |
| Rocket Salad | Yes | Yes | | | | | | | | | | | | | | | | | |
| Olives | Yes | Yes | | | | | | | | | | | | | | | | | |
| Cherry Tomato | Yes | Yes | | | | | | | | | | | | | | | | | |
| Feta Cheese | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Parmesan | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Diced Beets | Yes | Yes | | | | | | | | | | | | | | | | | |
| Chickpeas | Yes | Yes | | | | | | | | | | | | | | | | | |
| Puy Lentils | Yes | Yes | | | | | | | | | | | | | | | | | |
| Quinoa | Yes | Yes | | | | | | | | | | | | | | | | | |
| Scallions | Yes | Yes | | | | | | | | | | | | | | | | | |
| Chia Seeds | Yes | Yes | | | | | | | | | | | | | | | | | |
| Sunflower Seeds | Yes | Yes | | | | | | | | | | | | | | | | | |
| Honey Mustard Dressing | Yes | Yes | | | | | | | | | | | | | | Yes | | | |
| Aged Balsamic | Yes | Yes | Yes | | | | | | | | | | | | | | | | |
| Extra Virgin Olive Oil | Yes | Yes | | | | | | | | | | | | | | | | | |
| Total | Yes | Yes | Yes | | | | | Yes | | | | | | | | Yes | | | |

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| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| Refreshment Menu | | | | | | | | | | | | | | | | | | | |
| Homemade Biscuits | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Buttermilk Scone | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Mini Pastries | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Fruit Basket | Yes | Yes | | | | | | | | | | | | | | | | | |
| Juices | Yes | Yes | | | | | | | | | | Yes | | | | | | | |
| Smoothies | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Rasher, Tomato Relish | | | | | | | | | | | | | | | | | | | |
| On Soudough | No | No | Yes | | | | | Yes | | | | Yes | | | | | | | |
| Croissant, Ham & Cheddar | No | No | Yes | | | | | Yes | | | | | | | | | | | |
| Mini Quiche | No | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| French Toast | Yes | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Berries | Yes | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Maple Syrup | Yes | No | Yes | | | | | Yes | Yes | | | | Yes | | | | | | |
| Homemade Muffins | Yes | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| Smoked Salmon | No | No | Yes | | | | | Yes | Yes | Yes | | | | | | | | | |
| Rocket | No | No | Yes | | | | | Yes | Yes | Yes | | | | | | | | | |
| Sour Cream Bagel | No | No | Yes | | | | | Yes | Yes | Yes | | | | | | | | | |
| Tea | Yes | Yes | | | | | | | | | | | | | | | | | |
| Coffee | Yes | Yes | | | | | | | | | | | | | | | | | |
| Total | No | No | Yes | | | | | Yes | Yes | Yes | | | Yes | | | | | | |
| Build Your Own Granola | | | | | | | | | | | | | | | | | | | |
| Granola | Yes | Yes | Yes | | | | | | | | | | | | | | | | Yes |
| Sesame Seeds | Yes | Yes | | | | | | | | | | | | Yes | | | | | |
| Sunflower Seeds | Yes | Yes | | | | | | | | | | | | | | | | | |
| Pumkin Seeds | Yes | Yes | | | | | | | | | | | | | | | | | |
| Almond Flakes | Yes | Yes | | | | | | | | | | | | | | | | | Yes |
| Dried Berries | Yes | Yes | | | | | | | | | | | | | | | | | |
| Coconut Flakes | Yes | Yes | | | | | | | | | | | | | | | | | |
| Honey | Yes | Yes | | | | | | | | | | | | | | | | | |
| Dried Apricot | Yes | Yes | | | | | | | | | | | | | | | | | |
| Sultanas | Yes | Yes | | | | | | | | | | | | | | | | | |
| Raisins | Yes | Yes | | | | | | | | | | | | | | | | | |
| Natural Yogurt | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Total | Yes | No | Yes | | | | | Yes | | | | | | Yes | | | | | Yes |

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| | Suitable for vegetarian | Suitable for vegan | Wheat | Rye | Barley | Oat | Soya | Egg | Milk | Fish | Crustacean | Mollusc | Sulphite | Sesame | Celery | Mustard | Peanut | Tree Nut products | Tree Nut products (if present) |
| Afternoon Breaks | | | | | | | | | | | | | | | | | | | |
| Chocolate Brownie | Yes | No | Yes | | | | | Yes | | | | | | | | | | | Yes |
| White Chocolate Muffin | Yes | No | Yes | | | | | Yes | Yes | | | | | | | | | | |
| Chocolate & Peanut Crunch | Yes | No | | | | | | | Yes | | | | | | | | Yes | | |
| Hot Chocolate | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Toasted Marshmallow | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Caramel Fudge | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Chocolate Sprinkles | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Dark & White Chocolate Dipped Strawberries | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Strawberry & Popping Candy Mousse | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Strawberry Cakes | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Strawberry Milkshake | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Lemon Drizzle Cake | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Lemon Shortcrust Tart | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Lemon Curd Trifle With Raspberries | Yes | No | Yes | | | | | Yes | | | | | | | | | | | |
| Chilled Lemonade | Yes | Yes | | | | | | | | | | | | | | | | | |
| Natural Yogurt | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Avocado Puree | Yes | Yes | | | | | | | | | | | | | | | | | |
| Humus | Yes | Yes | | | | | | | | | | | | Yes | | | | | |
| Fruit Kebab | Yes | Yes | | | | | | | | | | | | | | | | | |
| Mango & Passion Fruit Smoothie | Yes | No | | | | | | Yes | | | | | | | | | | | |
| Muesli Fool | Yes | Yes | Yes | | | | | | | | | | | | | | | | Yes |
| Total | Yes | No | Yes | | | | | Yes | Yes | | | | | Yes | | | Yes | | Yes |

