

A detailed botanical illustration on a dark blue background. It features a large white flower with a yellow center and pink stamens in the upper left, a small yellow and blue bird perched on a branch in the center, and several large green leaves. In the lower left, there are two large, ripe orange fruits. On the right, there are more green leaves and a small cluster of white flowers. The text 'Allergen Book' is written vertically on a light green rectangular background in the top right corner.

Allergen Book

HOOK & LADDER

Allergen Book



HOOK & LADDER

**PLEASE NOTE NEWEST ADDITIONS ARE TO FRONT
PAGES**

Allergen List

Our Story

Hook & Ladder “Living Café” offer’s customers a unique experience with a variety of store concepts under one roof – café, cookery school, furniture and home accessories store. Customers can relish the delicious café offerings, enhance their culinary skills in the Cookery School, buy locally sourced produce from the artisan display, or purchase a distinctive and inspiring range of occasional furniture and accessories. We are continuously striving to create and provide the ultimate customer experience by constantly evolving and introducing a ‘third place’ for our customers.

The first Hook & Ladder opened on the Tramore Road in Waterford in 2013; following the success of Waterford in May 2014 the “Flagship” Hook & Ladder arrived to Sarsfield Street in Limerick City, following this in 2015, two more premises in Corbally (May 15’) and Castletroy (October 15’), Limerick, opened and joined the Hook & Ladder family, with plenty of more locations hoping to join the family in the coming years. Our Newest addition, ‘Ampersand’, joined the family in April 18’. Skycourt Shannon and Hook & Ladder Dooradoyle have now joined the growing family as of August 2019.

Hook & Ladder is an Irish Family owned and operated company who places a family mentality to the foremost of its company policies. Hook & Ladder is proud to now have over 80 people employed with the business, and is committed to supporting local producers and suppliers, all of which are proudly displayed on each menu.

We look forward to sharing this exciting journey with you and would like to welcome you to the Hook & Ladder Family.

*café associate, please always check with chefs to see if any alterations were made to main course dishes- eg cream added to the curry

Prepared by: Sean Mullins	Date:11-06-22
Approved by: Andrew Moloney	Date:11-06-22



DISH: Homemade Granola

INGREDIENTS:

- & Jumbo Oats
- & Sunflower Seeds
- & Pecans
- & Pumpkin Seeds
- & Hazelnut's
- & Sunflower Oil
- & Honey
- & Maples Syrup
- & Golden Raisins
- & Desiccated Coconut
- & Dried Cranberries

ALLERGEN ADVICE:

- & Jumbo Oats: May Contain traces of **GLUTEN**
- & Pecans: May contain traces of other **NUT & SESAME SEEDS**
- & Sunflower Seeds: May Contain traces of other **NUTS**
- & Pumpkin Seeds: May contain traces of other **NUTS & SESAME**
- & Hazelnut's: Packed on a site that handles **NUTS, PEANUTS, SESAME, GLUTEN, SOYA and SULPHITES**, so may contain traces
- & Coconut: may contain **SULPHITES**
- & Raisins: may contain **SULPHITES**
- & Dried Cranberries: may contain **SULPHITES**
- & Natural Yoghurt (if using contains **milk**)

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

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DISH: Farmers Fair/Mini Farmers/Mini Munch Brunch/Weekend Drunch

INGREDIENTS:

- & Sausages
- & Pudding
- & Bacon
- & Black Pudding
- & White Pudding
- & Tomatoes
- & Rosemary Potatoes or Hash Brown
- & Eggs
- & Mushrooms
- & Baked Beans
- & Tiger Vienna Toast

ALLERGEN ADVICE:

- & Sausages- **Gluten, Mustard, Sulphites**
- & Black & White Pudding- **Gluten, Sulphites**
- & Rosemary Potatoes or Hash Brown- **Sulphites,**
- & Bacon- **Sulphites**
- & Mushrooms- **Milk** (If butter was used in cooking)
- & Eggs- **EGG's**
- & Tiger Vienna Toast- **Gluten / Wheat, Nuts, Sesame Seeds**

If the rosemary potatoes or hash brown are fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Veggie Breakfast

INGREDIENTS:

- & Fried Egg
- & Spinach
- & Rosemary Potatoes or Hash Brown
- & Mushrooms
- & Tiger Vienna Toast
- & Tomatoes

ALLERGEN ADVICE:

- & Fried Egg- **Egg**
- & Spinach- **Milk** (if Butter is used to cook Spinach)
- & Rosemary Potatoes or Hash Brown- **Gluten** (If cooked in the same oil as other Gluten Products)
- & Tiger Vienna Toast- **Gluten, Nuts, Sesame Seeds**

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Prepared By: Sean Mullins

Date: 11-06-22

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DISH: The Ampersand

INGREDIENTS:

- & English Muffin
- & Beet Hummus
- & Mashed Avocado
- & Poached Eggs
- & Hollandaise Sauce
- & Vine Tomatoes
- & Chili Flakes

ALLERGEN ADVICE:

- & English Muffin: **GLUTEN**
- & Beet Hummus: **SESAME SEEDS**
- & Egg's: **EGG**
- & Hollandaise Sauce- Butter- **MILK**, Vinegar- **BARLEY- GLUTEN**, Egg Yolks- **EGGS**

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Prepared By: Sean Mullins

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DISH: Piggy in the Middle

INGREDIENTS:

- & Walsh's Waterford Blaa
- & Sausages
- & Black Pudding
- & Bacon
- & Eggs
- & Tomato Relish(GARNISH)
- & Butter

ALLERGEN ADVICE:

- & Waterford Blaa- **GLUTEN,SESAME,SOYA**
- & Sausages: **GLUTEN, SOYA**
- & Black Pudding: **GLUTEN, SOYA**
- & Bacon: **SUPLHUR DIOXIDES**
- & Eggs: **EGG'S**
- & Butter: **MILK**

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Prepared By: Sean Mullins

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DISH: Chicken & Waffle Stack

INGREDIENTS & METHOD:

- & Crispy Buttermilk Chicken
- & Belgian Waffles
- & Fried Egg
- & Maple Syrup
- & Streaky Bacon Add-on
- & Skin on Fries

ALLERGEN ADVICE:

- & Crispy Buttermilk Chicken- **Gluten, milk**
- & Belgian Waffles- **GLUTEN, MILK**, Traces of **NUTS**
- & Fried Egg- **Eggs**
- & Streaky Bacon Add-on- **Sulphites**
- & Skin on Fries- **Gluten** (if same oil is used for frying bread products)

&

If the chips & chicken are fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

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DISH: The Veggie Plate

INGREDIENTS:

- & Toasted Sourdough
- & Avocado
- & Rosemary potatoes
- & Poached Eggs or Scrambled Eggs or Fried Eggs
- & Grilled Halloumi
- & Chestnut Mushrooms
- & Chili Flakes

ALLERGEN ADVICE:

- & Toasted Sourdough- **Gluten**
- & Rosemary Potatoes- **Gluten** (if same oil is used for frying bread products)
- & Poached Eggs or Scrambled Eggs or Fried Eggs- **Egg**
- & Scrambled Eggs- **Egg, Milk**
- & Grilled Halloumi- **Milk**

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DISH: Superfood 3 egg Omelette

INGREDIENTS:

- & Toasted Sourdough
- & Eggs
- & St Tola Goats Cheese or Feta Cheese
- & Tomatoes
- & Spinach

ALLERGEN ADVICE:

- & Toasted Sourdough- **Gluten**
- & Eggs- **Egg**
- & St Tola Goats Cheese or Feta Cheese- **Milk**
- & Spinach- **Milk** (If Cooked using butter)

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Prepared By: Sean Mullins

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DISH: Perfectly Poached

INGREDIENTS:

- & Florentine (Spinach)
- & Benedict (Bacon)
- & Toasted English Muffins
- & Poached Eggs

ALLERGEN ADVICE:

- & Bacon- **SULPHUR DIOXIDE**
- & Florentine- **MILK**(Cooked in Butter)
- & English Muffin- **GLUTEN**
- & Poached Eggs- **EGGS**
- & Hollandaise- **MILK, GLUTEN, EGGS**
- & Spinach- **Milk** (if cooked in butter)

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Prepared By: Sean Mullins

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DISH: Breakfast Burrito

INGREDIENTS:

- & Tortilla Wrap
- & Scrambled Eggs
- & Bacon
- & Sausage
- & Black Pudding
- & Tomato Relish
- & Vine Cherry Tomato

ALLERGEN ADVICE:

- & Tortilla Wrap- **GLUTEN**
- & Scrambled Eggs- **EGGS**
- & Bacon- **SULPHUR DIOXIDE**
- & Sausage- **GLUTEN**
- & Black Pudding- **GLUTEN**
- & Tomato Relish- **MUSTARD**

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DISH: The Vegan Breakfast

INGREDIENTS:

- & Toasted Sourdough
- & Chickpeas
- & Masala Seasoning
- & Vegan Mayonnaise
- & Grated Carrots
- & Cherry Tomatoes
- & Spring Onion
- & Balsamic Olive oil

ALLERGEN ADVICE:

- & Toasted Sourdough- **GLUTEN**
- & Balsamic Olive Oil- **SULPHITES**

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DISH: Streaky Bacon Benedict

INGREDIENTS:

- & Toasted English Muffin
- & Streaky Bacon
- & Poached Eggs
- & Hollandaise Sauce

ALLERGEN ADVICE:

- & Streaky Bacon- **SULPHITES**
- & English Muffin- **GLUTEN**
- & Poached Eggs- **EGGS**
- & Hollandaise- **MILK, GLUTEN, EGGS**

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Prepared By: Sean Mullins

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DISH: Wholley Guacamole

INGREDIENTS:

- & Toasted Sourdough
- & Fresh guacamole
- & Poached eggs
- & Mixed seeds

ALLERGEN ADVICE:

- & Toasted Sourdough- **Gluten**
- & Poached eggs- **EGGS**
- & Mixed seeds- **SESAME**

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Prepared By: Sean Mullins

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DISH: Fruit Salad Bowl

INGREDIENTS:

- & Stock syrup
- & Red apples
- & Green apples
- & Pineapple
- & Cantaloupe
- & Honeydew melon
- & Blueberries
- & Red grapes
- & Green grapes
- & Natural yoghurt
- & Mixed seeds

ALLERGEN ADVICE:

- & Natural yoghurt- **MILK**
- & Mixed seeds- **SESAME**

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Prepared By: Sean Mullins

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DISH: Blueberry Buttermilk Pancakes

INGREDIENTS:

- & Plain Flour
- & Caster Sugar
- & Baking Powder
- & Bread Soda
- & Eggs
- & Buttermilk
- & Blueberries
- & Maple Syrup
- & Salted Caramel Ice Cream (Add-on)
- & Bacon (Add-on)

ALLERGEN ADVICE:

- & Flour : Contains **GLUTEN**
- & Egg: **EGGS**
- & Buttermilk: **MILK**
- & Salted Caramel Ice Cream (Add-on)- **Milk, Egg**
- & Bacon-**Sulphites**

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DISH: Belgian Waffles

INGREDIENTS:

- & Belgian Waffles
- & Butterscotch Mascarpone
- & Berry Compote
- & Honey
- & Salted Caramel Ice Cream (Add-on)
- & Bacon (Add-on)

ALLERGEN ADVICE:

- & Belgian Waffles- **GLUTEN, MILK**, Traces of **NUTS**
- & Butterscotch Mascarpone- **MILK**
- & Salted Caramel Ice Cream (Add-on)- **Milk, Egg**
- & Bacon-**Sulphites**

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Prepared By: Sean Mullins

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DISH: French toast

INGREDIENTS:

- & Brioche Bread
- & Eggs
- & Icing Sugar
- & Cream
- & Maple Syrup
- & Honey Mascarpone
- & Seasonal Berries
- & Salted Caramel Ice Cream (Add-on)
- & Streaky Bacon (Add-on)

ALLERGEN ADVICE:

- & Brioche Bread-**EGGS, GLUTEN**, May also contain traces of **MILK, SESAME** and **SOYA**
- & Eggs-**EGGS**
- & Cream-**MILK**
- & Honey Mascarpone- **Milk**
- & Salted Caramel Ice Cream (Add-on)- **Milk, Egg**
- & Streaky Bacon-**Sulphites**

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Prepared By: Sean Mullins

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DISH: Cinnamon Swirl French toast

INGREDIENTS:

- & Brioche Cinnamon Swirl
- & Eggs
- & Icing Sugar
- & Custard
- & Berry Compote
- & Maple Syrup
- & Salted Caramel Ice Cream (Add-on)
- & Streaky Bacon (add-on)

ALLERGEN ADVICE:

- & Brioche Cinnamon Swirl- **EGGS, GLUTEN, MILK** May also contain traces of **SESAME** and **SOYA**
- & Eggs- **EGGS**
- & Custard- **MILK**
- & Salted Caramel Ice Cream (Add-on)- **Milk, Egg**
- & Streaky Bacon (Add-on)- **Sulphites**

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Approved By: Andrew Moloney

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DISH: Breakfast Add-ons

Breakfast Add-ons Allergen Advice:

- & Farm Reared Sausage- **Gluten, Mustard**
- & Irish Bacon/streakybacon- **SULPHITES**
- & Fried Egg- **EGGS**
- & Mashed Avocado-
- & Fresh Berries-
- & Maple Syrup-
- & Organic Honey-
- & Homemade Custard- **MILK**
- & B & W Pudding- **GLUTEN, SULPHITES**
- & Mushrooms- **MILK** (if cooked using Butter)
- & Spinach- **MILK** (if cooked using Butter)
- & Pancake- **MILK, EGGS** and **GLUTEN**
- & Hash Brown- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)
- & Confit Tomatoes-
- & Toast Portion Sourdough- **GLUTEN**
- & Toast Portion Tiger Vienna- **Gluten, Nuts, Sesame Seeds**
- & Rosemary Potatoes- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)
- & Nutella- **HAZELNUTS, MILK** and **SOYA**
- & Berry Compote-
- & Salted Caramel Ice-cream- **MILK, EGG**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: The 8oz

INGREDIENTS:

- & 8oz Steak Mince Burger
- & Crispy Bacon
- & Dubliner Cheddar Cheese
- & Brioche Bun
- & Bacon aioli
- & French Fries

ALLERGEN ADVICE:

- & 8oz Steak Mince- **GLUTEN**
- & Dubliner Cheddar Cheese- **MILK**
- & Bacon Aioli- **MUSTARD, EGGS, SULPHITES**
- & Brioche Bun- **MILK, EGGS, GLUTEN**
- & French Fries- **GLUTEN** (if cooked in the same oil as other gluten products)

If the chips are fried in the same fryer as fish products this will
Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

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Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Mother Clucker

INGREDIENTS:

- & Brioche Bun
- & Buttermilk Chicken Breast
- & House Slaw
- & Mozzarella Cheese
- & Lettuce
- & Chipotle Aioli
- & French Fries
- & Crispy Bacon Add-on

ALLERGEN ADVICE:

- & Brioche Bun- **GLUTEN, MILK, EGGS**
- & Buttermilk Chicken Breast- **GLUTEN, MILK**
- & House Slaw- **MUSTARD, MILK, EGGS, SULPHITES**
- & Mozzarella Cheese- **MILK**
- & Chipotle Aioli- **MUSTARD, EGGS**
- & French Fries- **GLUTEN** (if cooked in the same oil as other gluten products)
- & Crispy Bacon Add-on- **SULPHITES**

If the chips & chicken are fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

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DISH: Vegan Burger

INGREDIENTS:

- & Cauliflower & Quinoa Burger
- & Waterford Bla
- & Smashed Avocado
- & Red onion
- & Mature Vegan Cheese
- & Sriracha Mayo(vegan)
- & House Salad
- & Sweet Potato Fries

ALLERGEN ADVICE:

- & Waterford Bla- **GLUTEN**

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DISH: Penne pasta

INGREDIENTS:

- & Penne Pasta
- & Irish Chicken
- & Onions
- & Mixed herbs
- & Garlic
- & Olive oil
- & Chopped Tomatoes
- & Passata
- & sugar
- & Rocket
- & Parmesan
- & Basil

ALLERGEN ADVICE:

- & Penne Pasta- **GLUTEN**
- & Parmesan- **MILK**

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DISH: Atlantic Scampi

INGREDIENTS:

- & Breaded scampi
- & Skin on fries
- & Tartar sauce
- & Mushy peas

ALLERGEN ADVICE:

- & Breaded scampi- **FISH, CRUSTACEAN, GLUTEN, EGG**
- & Skin on fries- **FISH, CRUSTACEAN, GLUTEN**
- & Tartar sauce- **EGG, MUSTARD**

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Prepared By: Sean Mullins

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DISH: H&L Loaded Bowl

INGREDIENTS:

- & Skin on Fries
- & Buttermilk Chicken Pieces
- & Chipotle Aioli
- & Spring Onions
- & Red Chili

ALLERGEN ADVICE:

- & Skin on Fries- **GLUTEN** (if cooked in the same oil as other gluten Products)
- & Buttermilk Chicken Pieces- **GLUTEN, MILK**
- & Chipotle Aioli- **EGG, MUSTARD, SULPHITES**

If the chips & chicken are fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

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DISH: Summer Quiche

INGREDIENTS:

- & Short crust base
- & Feta cheese
- & Spinach
- & Toasted pine nuts
- & Cous cous
- & House slaw
- & Mixed greens
- & Dijon dressing

ALLERGEN ADVICE:

- & Short crust base- **GLUTEN, Milk**
- & Feta cheese- **MILK**
- & Toasted pine nuts- **NUTS**
- & House slaw- **EGG, MUSTARD, SULPHITES**
- & Cous cous- **GLUTEN**
- & Dijon dressing- **MUSTARD**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

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DISH: Italian Caprese Bruchetta

INGREDIENTS:

- & Sourdough Bread
- & Basil Pesto
- & Garlic Oil
- & Semi Sundried Tomato
- & Cherry Tomatoes
- & Buffalo Mozzarella
- & St. Tola Goats Cheese
- & Balsamic Glaze

ALLERGEN ADVICE:

- & Sourdough Bread- **GLUTEN**
- & Basil Pesto- **MILK,NUTS**
- & Buffalo Mozzarella- **MILK**
- & St. Tola Goats Cheese- **MILK**

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DISH: H & L Toasted Special

INGREDIENTS:

- & Sourdough Bread
- & Sliced White Dubliners Cheese
- & Sliced Limerick Ham
- & Sliced Red Cheddar
- & Beef Tomato
- & Red Onion
- & Butter

ALLERGEN ADVICE:

- & Sourdough Bread- **GLUTEN**
- & Sliced White Dubliners Cheese- **MILK**
- & Sliced Limerick Ham- **Sulphites**
- & Sliced Red Cheddar- **MILK**
- & Butter- **MILK**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

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DISH: The Reuben

INGREDIENTS:

- & Toasted Sourdough
- & Pickled red cabbage
- & Gherkins
- & Knockanore smoked white cheddar
- & Russian dressing

ALLERGEN ADVICE:

- & Toasted Sourdough- **GLUTEN**
- & Pickled red cabbage (vinegar)- **GLUTEN**
- & Knockanore smoked white cheddar- **MILK**
- & Russian dressing- **EGG, MUSTARD, SULPHITES**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

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DISH: Chicken BLT

INGREDIENTS:

- & Irish Chicken Breast
- & Bacon
- & Romaine Lettuce
- & Tomato
- & Roast Garlic Mayonnaise
- & Waterford Blaa

ALLERGEN ADVICE:

- & Bacon- **SULPHITES**
- & Garlic Mayonnaise- **EGGS, MUSTARD, SULPHITES**
- & Waterford Blaa- **GLUTEN**

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Prepared By: Sean Mullins

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DISH: House Quesadilla

INGREDIENTS:

- & Irish Chicken Breast
- & Red Onion
- & Red Peppers
- & Mozzarella Grated
- & Lime Sour Cream
- & Tortilla Chips
- & Tortilla Wrap

ALLERGEN ADVICE:

- & Mozzarella Grated- **MILK**
- & Tortilla Wraps- **GLUTEN**
- & Lime Sour Cream- **MILK**

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DISH: Pink Prawn Marie Rose

INGREDIENTS:

- & Pink Prawns
- & Sweet Chili Sauce
- & Pumpkin Seed Wheaten Loaf
- & Marie Rose Sauce
- & Rocket

ALLERGEN ADVICE:

- & Pink Prawns- **CRUSTACEANS, FISH**
- & Pumpkin Seed Wheaten Loaf- **GLUTEN**
- & Marie Rose Sauce- **EGGS, MUSTARD, SULPHITES**

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Prepared By: Sean Mullins

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Approved By: Andrew Moloney

Date: 11-06-22



DISH: Slow & Low BBQ Pork

INGREDIENTS:

- & Slow Roast BBQ Pork
- & House Slaw
- & Waterford Blaa
- & BBQ Sauce

ALLERGEN ADVICE:

- & House Slaw- **EGGS,MUSTARD,SUPHITES**
- & Waterford Bla- **GLUTEN, EGGS,MILK, SESAME,SOYA**
- & BBQ Sauce- **SOYA, SESAME, GLUTEN**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

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DISH: Hot Flame Chicken

INGREDIENTS:

- & Cajun Spiced Chicken
- & Toasted Sourdough
- & Smashed Avocado
- & Rocket
- & Sriracha Mayo

ALLERGEN ADVICE:

- & Cajun Chicken- **CELERY**
- & Toasted Sourdough- **GLUTEN(Rye Flour)**
- & Sriracha Mayo- **EGGS,MUSTARD, SULPHITES**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

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DISH: Sesame Falafel Wrap

INGREDIENTS:

- & Chickpeas
- & Coriander
- & Tumeric
- & Chili Powder
- & Ground Coriander
- & Cumin
- & Brown Rice Flour
- & Onions
- & Tortilla Wrap
- & Beet Hummus
- & Red Cabbage Mix
- & Pickled Cucumber
- & Roasted Mix Seeds
- & Greek & lime Yoghurt
- & Grilled Vine Tomatoes

ALLERGEN ADVICE:

- & Tortilla Wrap- **GLUTEN**
- & Beetroot Hummus- **SESAME**
- & Red Cabbage Mix- **MILK, SESAME**
- & Pickled Cucumber- **MUSTARD**
- & Roasted Mix Seeds- **(MAY CONTAIN TRACES OF NUTS)**
- & Greek & lime yoghurt- **MILK**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: St Tola Goats Cheese Salad

INGREDIENTS:

- & Mixed Leaf
- & Sourdough Croute
- & St Tola Goats Cheese
- & Strawberries
- & Balsamic Dressing
- & Pickled Cucumber
- & Toasted Walnuts
- & Honey & Pumpkin Seed Wheaten Loaf

ALLERGEN ADVICE:

- & Sourdough Croute- **GLUTEN(RYE FLOUR)**
- & St Tolas Goats Cheese- **MILK**
- & Pickled Cucumber- **GLUTEN(BARLEY)**
- & Balsamic Dressing- **EGGS, MUSTARD, SULPHITES**
- & Toasted Walnuts- **NUTS**
- & Honey & Pumpkin Seed Wheaten Loaf- **GLUTEN, SESAME, MILK (May contain traces of nuts)**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Signature Chicken Caesar Salad

INGREDIENTS:

- & Bacon Lardons
- & Romaine Lettuce
- & Sourdough Croutons
- & Parmesan Cheese
- & Caesar Dressing
- & Cajun Spiced Chicken

ALLERGEN ADVICE:

- & Grilled Irish Chicken- **CELERY**
- & Bacon Lardons- **SULPHITES**
- & Sourdough Croutons- **GLUTEN**
- & Parmesan Cheese- **MILK, EGG PROTEIN**
- & Caesar Dressing- **EGGS, MUSTARD, SULPHITES, FISH, GLUTEN**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Todays Soup

INGREDIENTS:

- & Onions
- & Celery
- & Leeks
- & Carrots and Prepped Vegetables
- & Swede
- & Cream
- & Honey & Pumpkin Seed Wheaten Loaf

ALLERGEN ADVICE:

- & Celery- **CELERY**
- & Cream- **MILK**
- & Prepped Vegetables- **SULPHITES**
- & Onions- **SULPHITES**
- & Honey & Pumpkin Seed Wheaten Loaf- **GLUTEN,MILK**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Atlantic Seafood Chowder

INGREDIENTS:

- & Onions
- & Celery
- & Leeks
- & Potatoes
- & Bacon Lardons
- & Veg Boullion
- & Cream
- & Salt
- & Pepper
- & Fish Mix
- & Spring Onion
- & Potato

ALLERGEN ADVICE:

- & Bacon Lardons- **SULPHITES**
- & Cream- **MILK**
- & Fish Mix- **FISH**, (May contain traces of **CRUSTACEANS, MOLLUSCS**)

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Dirty Fries BBQ Pulled Pork

BBQ Pulled Pork:

- & Slow Pulled Pork- **SULPHITES**
- & Sriracha Mayo- **MUSTARD, EGGS, SULPHITES**

Bacon Lardons:

- & Cheddar Cheese Sauce- **MILK**
- & Bacon Lardons- **SULPHITES**
- & Jaelapenos-

Veggie Fries:

- & Cheddar Cheese Sauce- **MILK**
- & Tomato Salsa- **SULPHITES**
- & Guacamole-
- & Jalapeños-

Sides:

- & Skin On Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)
- & House Slaw- **MUSTARD, EGGS, SULPHITES**
- & Cous cous- **GLUTEN**
- & Green Leaf Salad- **MUSTARD** (If mixed with dressing)
- & Sweet potato Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)
- & Onion Rings- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: The Drunch Sambo

INGREDIENTS:

- & Hash Brown
- & Crispy Irish Bacon
- & Farm Reared Pork Sausage
- & American Cheese
- & Fried Eggs
- & Wilted Spinach
- & Smashed Avocado
- & Skin On Fries (Add-on)

ALLERGEN ADVICE:

- & Crispy Irish Bacon- **SULPHITES**
- & Farm Reared Pork Sausage- **SULPHITES**
- & American Cheese- **MILK**
- & Fried Eggs- **EGGS**
- & Wilted Spinach- **MILK** (if cooked using Butter)
- & Skin On Fries (Add-on)- **GLUTEN** (If cooked in the same oil as Gluten Products)

If the Hash browns are fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Benni Bo Chicken

INGREDIENTS:

- & Toasted English Muffin
- & Crispy fried Buttermilk Chicken
- & Poached Eggs
- & Hollandaise Sauce
- & Chili Flakes

ALLERGEN ADVICE:

- & Toasted English Muffin- **Gluten**
- & Crispy fried Buttermilk Chicken- **Gluten, Milk**
- & Poached Eggs- **Egg**
- & Hollandaise Sauce- **Milk, Egg**

If the chicken is fried in the same fryer as fish products this will

Include the allergens- FISH, CRUSTACEAN, EGG, GLUTEN

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: H&L Combi

INGREDIENTS:

- & Scrambled Eggs
- & Sourdough Toast
- & Tiger Vienna Toast
- & BACON
- & Pancakes Or French Toast
- & MAPLE SRYUP
- & Hash Brown Add-on

ALLERGEN ADVICE:

- & Scrambled Eggs- **Egg**
- & Sourdough – **Gluten**
- & Tiger Vienna Toast- **Gluten / Wheat, Nuts, Sesame Seeds**
- & BACON- **Sulphites**
- & Pancakes- **Gluten, Milk, Egg**
- & French Toast- **Gluten, Milk, Egg**
- & Hash Brown- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH** products)

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Avocado Beet Hummus

INGREDIENTS:

- & Toasted English Muffin
- & Smashed Avocado
- & Beetroot Hummus
- & Hollandaise Sauce
- & Sriracha Hot Sauce

ALLERGEN ADVICE:

- & Toasted English Muffin- **GLUTEN**
- & Beetroot Hummus- **SESAME SEEDS**
- & Hollandaise Sauce- **EGG, MILK, GLUTEN**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



Junior Menu- Breakfast

DISH: French Toast

- & Brioche Loaf- **GLUTEN, MILK, EGGS** (may contain traces of **SOYA,NUTS,SULPHITES**)
- & Maple Syrup-

DISH: Buttermilk Pancakes

- & Buttermilk Pancakes- **GLUTEN, MILK, EGGS**
- & Nutella- **NUTS,MILK,SOYA**

DISH: M&M Belgian Waffle

- & Buttermilk Pancakes- **GLUTEN, MILK, EGGS,SOYA**
- & Nutella- **NUTS,MILK,SOYA**
- & M&M's- **PEANUTS, MILK, SOYA**. (MAY CONTAIN **TREE NUTS**).

DISH: H&L Breakfast Muffin

- & Toasted English Muffin- **GLUTEN**
- & Farm Reared Sausage- **Gluten, SULPHITES**
- & Fried Egg- **EGGS**
- & American Cheese- **MILK**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



Junior Menu: Lunch

DISH: Chicken Strips:

- & Panko Irish Chicken Strips- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH products**)
- & Hand Cut Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH products**)

Dish: Pasta Bowl:

- & Penne Pasta- **GLUTEN**
- & Tomato Sauce-

DISH: Cheese Burger

- & 6oz Beef Burger- **GLUTEN**
- & Cheese- **MILK**
- & Hand Cut Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH products**)

DISH: Sausage & Fries

- & Farm Reared Sausages- **GLUTEN**
- & Hand Cut Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH products**)

DISH: Bacon Blaa

- & Waterford Bla- **GLUTEN**
- & Irish Bacon- **SULPHITES**

DISH: Toastie

- & Vienna Bread- **GLUTEN**
- & Limerick Ham-
- & Cheddar Cheese- **MILK**
- & French Fries- **GLUTEN, FISH, CRUSTACEAN, EGG** (if cooked in the same oil as other **GLUTEN & FISH products**)

DISH: Soup Of The Day

- & Celery- **CELERY**
- & Cream- **MILK**
- & Prepped Vegetables- **SULPHITES**
- & Onions- **SULPHITES**
- & Honey & Pumpkin Seed Wheaten Loaf- **GLUTEN, MILK**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Spiced Carrot & Walnut Cake with Cream Cheese Frosting

INGREDIENTS:

- & Sunflower Oil
- & Grated Carrot
- & Whole Eggs
- & Bread Soda
- & Mixed Spice
- & Icing Sugar
- & Butter
- & Vanilla Extract, Brown Sugar
- & Chopped Walnuts, Self Raising Flour
- & Cinnamon
- & Salt
- & Cream Cheese

ALLERGEN ADVICE:

- & **GLUTEN**
- & **EGGS**
- & **MILK**
- & **NUTS**
- & May Contain Traces of **SESAME SEEDS**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Salted Caramel Chocolate Cake

INGREDIENTS:

- & Flour
- & Baking powder
- & Cocoa powder
- & Caster sugar
- & Butter
- & Milk
- & Eggs
- & 54% chocolate drops
- & Cream cheese
- & Caramel
- & salt

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **EGGS**
- & May contain traces of **NUTS & SESAME**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Cappuccino Coffee Cake

INGREDIENTS:

- & Butter
- & Eggs
- & Baking Powder
- & Plain Flour
- & Cream Cheese
- & Caster Sugar
- & Vanilla Extract
- & Coffee Color/flavoring
- & Buttermilk
- & Icing Sugar
- & Walnuts

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **EGGS**
- & **Nuts**
- & May Contain Traces of **SESAME SEEDS**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Freshly Baked Cinnamon Swirls with Custard

INGREDIENTS:

- & Brioche Cinnamon Swirl
- & Icing Sugar
- & Custard

ALLERGEN ADVICE:

- & **MILK**
- & **EGGS**
- & **GLUTEN**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Strawberry Cloud Cake

INGREDIENTS:

- & Sweet Pastry
- & Strawberry Jelly
- & Seasonal Berries
- & Cream
- & Egg Whites
- & Lemon Juice
- & Cream Cheese
- & Vanilla Extract
- & Corn flour
- & Icing Sugar
- & Toasted Flaked almonds

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **EGGS**
- & **NUTS**
- & May Contain Traces of **SESAME SEEDS**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Lemon Drizzle Cake with Zest Icing

INGREDIENTS:

- & Butter
- & Flour
- & Eggs
- & Lemon Juice & Zest
- & Sugar
- & Baking Powder
- & Milk

ALLERGEN ADVICE:

- & **MILK**
- & **GLUTEN**
- & **EGGS**
- & May Contain Traces of **NUTS & SESAME SEEDS**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Traditional Apple Pie Served with Homemade Custard

INGREDIENTS:

- & FLOUR
- & BUTTER
- & CASTER SUGAR
- & EGGS
- & MILK
- & APPLES
- & CLOVES

ALLERGEN ADVICE:

- & GLUTEN
- & MILK
- & EGGS
- & SULPHITES
- & CUSTARD(SERVED WITH)- MILK
- & CREAM(SERVED WITH)- MILK

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Homemade mini Doughnut trio

Jam Doughnut:

- & **GLUTEN, MILK, EGGS**
- & May contain traces of **SESAME** and other **NUTS**

Cream Doughnut:

- & **GLUTEN, MILK, EGGS**
- & May contain traces of **SESAME** and other **NUTS**

Chocolate Doughnut:

- & **GLUTEN, MILK, EGGS**
- & **NUTS**
- & May contain traces of **SESAME**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Signature Chocolate Brownie (GLUTEN Friendly)

INGREDIENTS:

- & Butter
- & Cocoa Powder
- & Gluten Free Baking Powder
- & Eggs
- & Chocolate Drops
- & Gluteen Free Flour
- & Caster Sugar

ALLERGEN ADVICE:

- & **MILK**
- & **EGGS**
- & **SOYA**
- & **NUTS**
- & May contain traces of **SESAME**

Although our Brownie is made from Gluten free products we cannot guarantee that it is completely free from Gluten as it is made in a kitchen where other gluten products are produced. So we can only class this as Gluten Friendly.

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Rocky Road Square

INGREDIENTS:

- & Chocolate Drops
- & Golden Syrup
- & Marshmallows
- & Butter
- & Biscuit

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **SOYA**
- & **NUTS**
- & May contain traces of **SESAME**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Homemade Scone of the Day

INGREDIENTS:

- & Plain Flour
- & Baking Powder
- & Baking Soda
- & Sugar
- & Buttermilk
- & Butter
- & Fillings e.g. Strawberries, peaches, raspberries etc

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **SULPHITES**
- & May contain traces of **NUTS**
- & May contain traces of **SESAME**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Homemade Vegan Scone Served with Almond Butter

INGREDIENTS:

- & Plain Flour
- & Baking Powder
- & Salt
- & Bread Soda
- & Vegetable Margarine
- & Oat Milk

ALLERGEN ADVICE:

- & **GLUTEN**
- & **SULPHITES**
- & May contain traces of **NUTS**
- & May contain traces of **SESAME**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Gluten Friendly Scone (**GLUTEN Friendly**)

INGREDIENTS:

- & Butter
- & Gluten Free Flour
- & Eggs
- & Lemon Juice & Zest
- & Sugar
- & Baking Powder
- & Milk

ALLERGEN ADVICE:

- & EGGS
- & May contain traces of **SOYA, MILK, NUTS**

**Although our Gluten free scone is made from Gluten free products we cannot guarantee that it is completely free from Gluten as it is made in a kitchen where other gluten products are produced.
So we can only class this as Gluten Friendly.**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Muffin of the Day

INGREDIENTS:

- & Muffin Mix
- & Sunflower Oil
- & Water
- & Flavouring- (daily choice)

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **EGGS**
- & **NUTS**
- & **SESAME SEEDS**
- & **SOYA**(IF CHOCOLATE IS PRESENT)

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Oatmeal & Raisin Cookie

INGREDIENTS:

- & Butter, Eggs,
- & Plain Flour
- & Cinnamon
- & Raisins
- & Brown Sugar
- & Vanilla Extract
- & Bread Soda
- & Porridge Oats
- & Hazelnuts

ALLERGEN ADVICE:

- & **MILK**
- & **EGGS**
- & **GLUTEN**
- & May contain traces of **NUTS**
- & May contain traces of **SESAME**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Nutella Cookie

INGREDIENTS:

- & Butter
- & Eggs
- & Plain Flour
- & Brown Sugar
- & Cornflour
- & Baking Powder
- & Milk Chocolate Chips

ALLERGEN ADVICE:

- & **MILK**
- & **SOYA**
- & **GLUTEN**
- & **EGG**
- & May contain traces of **NUTS**
- & May contain traces of **SESAME**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Kiddies Smartie Cookie

INGREDIENTS:

- & BUTTER
- & FLOUR
- & BAKING POWDER
- & BAKING SODA
- & SMARTIES
- & EGGS

ALLERGEN ADVICE:

- & MILK
- & GLUTEN
- & SOYA
- & EGGS
- & May contain traces of **NUTS**
- & May contain traces of **SESAME**

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: *Raw Vegan Flapjack Powerball*

INGREDIENTS:

- & Pecans
- & Hazelnuts
- & Dried Berries
- & Walnut Oil
- & Mixed Seeds
- & Dates
- & GF Porridge
- & Maple Syrup

ALLERGEN ADVICE:

- & **NUTS**
- & **SESAME SEEDS**
- & **GLUTEN**
- & **OTHER NUTS**

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Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22



DISH: Pastry of the Day

INGREDIENTS:

- & FLOUR
- & BUTTER
- & EGGS
- & WATER
- & SUGAR
- & YEAST
- & SALT

ALLERGEN ADVICE:

- & **GLUTEN**
- & **MILK**
- & **EGGS**
- & **SOYA** (IF THERE IS CHOCOLATE PRESENT IN THE PASTRY OF THE DAY)
- & **NUTS** (IF THE PASTRY OF THE DAY CONTAINS NUTS E.G. MAPLE AND PEACAN DANISH)
- & May contain traces of **NUTS** (IN ALL PASTRIES DUE TO THE KITCHEN THEY ARE PRODUCED IN)
- & May contain traces of **SESAME**

Allergens are Highlighted in **BOLD**

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22

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DISH:

INGREDIENTS:

& Toasted Sourdough

ALLERGEN ADVICE:

& Toasted Sourdough

****Allergens are Highlighted in **BOLD******

Prepared By: Sean Mullins

Date: 11-06-22

Approved By: Andrew Moloney

Date: 11-06-22