

Allergen Information **M&E 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				
Jalapeño 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			Yes																	
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											
Buffallo 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											
Total	No	No	Yes				Yes	Yes	Yes				Yes			Yes			Yes	

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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	Yes										
Total	No	No	Yes				Yes	Yes	Yes		Yes		Yes			Yes		Yes	

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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' Cheese	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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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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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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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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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									
Rocket	No	No	Yes					Yes	Yes										
Sour Cream Bagel	No	No	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	No																	
Natural Yogurt	Yes	No						Yes											
Total	Yes	No	Yes					Yes						Yes					Yes

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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		Yes

