DISHES AND THEIR ALLERGEN CONTENT - MARY DALY ASSOCIATES FOOD SAFETY

KILDARE - DEC 2020														
ANTIPASTI - Starters	Cereals **(gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide (wine)	Lupin	Molluscs
Antipasto Misto - Tuscan charcuterie and cheeses, marinated olives, marinated veg, warm Altamura sourdough.	✓ *contains Wheat					✓						✓		
Tomato Bruschetta - toasted Altamura sourdough, garlic, vine ripened tomatoes, fresh basil	✓ *contains Wheat													
Arancini- Wild mushroom + tarragon arancini with truffle and lemon aioli	✓ *contains Wheat		✓			✓				✓		✓		
Minestrone Toscano (v) (vg) Hearty vegetable and Tuscan bean soup									✓			✓		
Crab Crostini- Anagasan Crab, Toasted Altamura sourdough, apple and mint.	✓ *contains Wheat	✓												
ADD: Fresh Buffalo Mozzarella from Campania						✓								
SALADS	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
St. Tola Goats Cheese, heirloom tomato, endives, candied walnuts, calamansi dressing	✓ *contains Wheat					✓		✓ *contains walnuts	✓			✓		
Chicken Salad - Mixed leaves, marinated roasted McLoughlin's chicken, pumpkin seeds. Served with Altamura sourdough / brown bread	✓ * Bread Contains Wheat		✓			✓						✓ *balsamic vinegar contains sulphites		

SALADS	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Tune salad - Mixed leaves, Sicilian line caught yellow fin tuna, green goddess dressing, marinated olives, cherry tomatoes (Served with bread)	✓ *Bread Contains Wheat		✓	✓		✓				✓		✓ *balsamic vinegar contains sulphites		
Side Salad - Mixed greens, fresh tomato, basil, pumpkin seeds (Served with bread)			✓			✓						✓ *balsamic vinegar contains sulphites		
PASTA	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Ravioli Alfredo - mushroom filled pasta with parmesan cheese fonduta, roasted cherry tomato	✓ *Contains Wheat		✓			✓			✓			✓		
Spaghetti Bolognese - Spaghetti with slow cooked traditional bolognese, Mcloughlin's butcher Irish beef, parmesan cheese	✓ *Contains Wheat		✓ cooked in same water as egg pasta			✓			✓			✓		
Amatriciana Rigatoni - Rigatoni Tuscan pancetta bacon, tomato, hint of chilli, pecorino cheese	✓ *Contains Wheat		✓ cooked in same water as egg pasta			✓			✓			✓		
PASTA	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Purple Broccoli Pasta - Linguine pasta, purple broccoil, olives, roast garlic & chilli cashew ricotta	✓ *Contains Wheat		✓ cooked in same water as egg pasta					✓ *Contains cashew nuts	✓			✓		
Penne with Prawns - Penne pasta with Atlantic prawns , garlic + nduja butter, fresh herbs	✓ *Contains Wheat	✓	✓ cooked in same water as egg pasta	✓		✓			✓			✓		✓

PASTA	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
ADD ON: Garlic Bread: Brushed garlic and olive oil on sourdough	✓ *Contains Wheat													
GRILL	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Burger Italiano - 1/2 lb McLoughlin's beef, provolone cheese, lettuce, tomato. Served with skin on french fries or salad	✓ *Contains Wheat		✓		✓	✓						✓ *in the salad dressing		
Chicken Burger- chicken fillet, tomato, lettuce, Provolone cheese, basil aioli. Served with skin on fresn fries or salad	✓ *Contains Wheat		✓			✓				✓		✓ *in the salad dressing		
Fish n Chips - Fresh North Atlantic Hake, crispy beer batter, hand cut fries, chilli & lime aioli	✓ *Contains Wheat		✓	✓						✓		✓		
ADD: Bacon														
ADD: Avocado														
COFFEE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Americano														
Cappuccino						✓								
COFFEE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Latte						✓								

COFFEE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Macchiato						✓								
Mocha						✓								
Italian Hot Chocolate topped with cream and hazelnuts						✓		✓ *Contains Hazelnuts						
Hot Chocolate with Baileys, Chocolate Liquer						✓		✓ *Contains Hazelnuts				✓		
Hot Chocolate with Frangelico						✓		✓ *Contains Hazelnuts				✓		
Espresso / Double Espresso														
DESSERTS	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Chocolate Fondant - chocolate pud with a warm chocolate centre, served with pistachio gelato	✓ *Contains Wheat		✓			✓		✓ * contains pistacchio nuts						
DESSERTS	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Apple Crumble - Served with Italian vanilla pod ice cream	✓ *Contains Wheat		✓			✓		✓ *Contains Hazelnuts, pistachio, almonds						
DESSERTS	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Amalfi Lemon Tart with wild berry jus	✓ *Contains Wheat		✓			✓						✓		
Tiramisu' al Vinsanto	✓ *Contains Wheat		✓		✓	✓						✓		
GELATO	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Italian gelato - strawberry, chocolate, vanilla, pistacchio			✓			✓		✓ *Contains Hazelnuts, pistachio, almonds						
Kinder Bueno - Vanilla + Kinder Bueno squares, chocolate sauce	✓ *Contains Wheat		✓		✓	✓		✓ *Contains Hazelnuts, pistachio, almonds						
HOUSE LEMONADE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Sicilian Lemon - Freshly squeezed Sicilian lemons, sugar, sparkling water														
Orange + Rosemary - Freshly squeezed oranges, rosemary, sugar, sparkling water														

HOUSE LEMONADE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Lime + Mint - freshly squeezed limes, mint, sugar, sparkling water														
HOUSE LEMONADE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Freshly Squeezed Orange Juice														
WINE	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
All of our wines by the Bottle contain sulphites												✓		
All of our wines by the Glass contain sulphites												✓		
BEER	Cereals **Wheat (gluten)**	Crustaceans	Eggs	Fish	Soya	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
Loudons Lager	✓ *Contains Wheat, barley											✓		
Peroni (non alcoholic)	✓ *Contains Wheat, barley													
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