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**BREADS \* Butter adds Milk as an Allergen**

	WHEAT GLUTEN	OATS GLUTEN	BARLEY GLUTEN	SPLETT GLUTEN	RYE GLUTEN	CRUSTACEANS	EGG	FISH	PEANUT	SOYA BEAN	MILK	CASHEW NUT	PISTACHIO NUT	HAZELNUT	ALMOND NUT	WALNUT	PECAN NUT	PINE NUT	CELERY	MUSTARD	SESAME SEEDS	SULPHITES	LUPIN	MOLLUSCS
Bfree Gluten Free Bread	no allergens																							
Brown Baguette		●			●						●													
Brown Bread - in house receipe		●			●				●		●													
Ciabatta	●			●	●																			
Plain Wrap	●																							
Sliced Granary Bread	●																							
Sliced White Bread	●																							
Sourdough Bread	●																							
Tomato Wrap	●																							
White Baguette	●																							

**BREAKFAST**

Bacon & Cream Cheese Bagel	●										●													
Breakfast Toastie - after 12 noon	●																		●		●			
Ham & Cheese Croissant	●						●					●												
Porridge	●											●												
Scrambled Eggs with Toast	●						●				●													

**SIGNATURE SANDWICHES \*Please add your bread choice above to the Allergen below**

Cajun Chicken on Sourdough	●					●				●	●									●				
Chicken Caesar Wrap	●			●			●		●	●	●								●		●			
Club - Full Irish	●						●												●			●		
Club - Park Club							●					●							●			●		
Club - Wholly Trinity							●					●							●			●		
Ham & Cheese Toasted Special												●												
Pulled Ham Ciabatta	●			●								●								●				
Smokey Bird							●					●							●			●		
Tuna Melt	●						●		●	●		●							●			●		
Tuna Wrap	●						●		●	●									●			●		
Wild One Wrap	●											●							●		●			

**SOUPS**

Broccoli & Spinach												●								●				
Chicken												●	●						●		●			
Chicken & Vegetable												●							●		●			
Creamy Vegetable												●							●		●			
Mинestrone	●																		●		●			
Mushroom												●							●		●			
Potato & Leek												●							●		●			
Spiced Butternut Squash												●							●		●			
Tomato & Basil												●							●		●			



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## SALADS

## **BAGELS**

**BAGEL RANGE** \*Please add your bagel choice above to the Allergen below

Build Your Own Bagel \* Allergen's based on

## CAKE & TRAYBAKES

Bakewell Square Traybake - Coolhull Farm	●					●			●			●							
Carrot Cake Traybake - Coolhull Farm	●					●			●			●			●				
Chocolate Brownie - Coolhull Farm	●					●			●			●							
Mint Aero Traybake - Coolhull Farm	●								●			●							

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**CHEESE & DAIRY**

Brie  
Cream Cheese  
Emmental Cheese  
Feta Cheese  
Free Range Egg  
Goats Cheese  
Liquid Egg  
Mozzarella  
Natural Yoghurt  
Parmesan  
Sliced Red Cheddar  
Swiss Cheese  
White Cheddar Grated

	WHEAT GLUTEN	OATS GLUTEN	BARLEY GLUTEN	SPELT GLUTEN	RYE GLUTEN	CRUSTACEANS	EGG	FISH	PEANUT	SOYA BEAN	MILK	CASHEW NUT	PISTACHIO NUT	HAZELNUT	ALMOND NUT	WALNUT	PECAN NUT	PINE NUT	CELERY	MUSTARD	SESAME SEEDS	SULPHITES	LUPIN	MOLLUSCS
Brie											●													
Cream Cheese											●													
Emmental Cheese											●													
Feta Cheese											●													
Free Range Egg							●																	
Goats Cheese											●													
Liquid Egg							●																	
Mozzarella												●												
Natural Yoghurt											●													
Parmesan											●													
Sliced Red Cheddar											●													
Swiss Cheese											●													
White Cheddar Grated											●													

**MEAT & FISH**

Chorizo										●	●													
Roast Chicken										●	●													
Salmon								●																
Sausage Cooked	●																							●
Tuna								●																
Turkey											●													

**HOUSE RECIPE**

Cajun Chicken							●			●	●													
Coleslaw - House Recipe							●																	
Spicy Yogurt Sauce							●					●												
Tuna Mix Recipe							●	●											●	●		●		

**SALAD & MISC.**

Cashew Nuts												●												
Celery																			●					
Croutons	●											●												
Hazelnuts																			●					
Herb Stuffing	●											●												
Perri Catering Crisps												●												

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<b>CONDIMENTS</b>		WHEAT GLUTEN	OATS GLUTEN	BARLEY GLUTEN	SPELT GLUTEN	RYE GLUTEN	CRUSTACEANS	Egg	FISH	PEANUT	SOYA BEAN	MILK	CASHEW NUT	PISTACHIO NUT	HAZELNUT	ALMOND NUT	WALNUT	PECAN NUT	PINE NUT	CELERY	MUSTARD	SESAME SEEDS	SULPHITES	LUPIN	MOLLUSCS
Butter Spread												●													
Garlic Spread												●													
Kerrymaid												●													
Low Low Mini												●													
Nutella Chocolate											●	●				●									
Peanut Butter										●															
<b>DRESSING &amp; SAUCE</b>																									
Ballymaloe Relish	no allergens												●												
Basil Pesto - Newforce													●		●										
BBQ Sauce - Alfee's																									
Brown Sauce - Lion							●																		
Caesar Dressing - Rich Sauce		●																							
Cajun Mayo - In house receipe								●																	
Honey Dijon - O'Briens								●																	
House Dressing - O'Briens																									
Mayonnaise - Blenders											●														
Mexican Fajita Sauce - Rich Sauce						●																			
Mustard																					●				
Spicy Yogurt Sauce - In house receipe								●					●								●				
Sweet Chilli - Rich Sauces		●				●															●				
Tomato Ketchup - Chef's Selection	no allergens																					●			
<b>BEVERAGES</b>																									
Americano													●												
Cappuccino													●												
Chai Latte													●												
Flat White													●												
Flavoured Latte													●												
Hot Chocolate													●												
Latte													●												
Mocha													●												
Amaretto Syrup													●												
Hazel Nut Syrup													●			●									
Low Fat Milk													●			●									
Oat Milk																									
Soya Milk		●											●												

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**SNACKS & TREATS**

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Galaxy										●														
Jo's - Caffé Mocha Bliss Balls										●				●								●		
Jo's - Chia Energy Bomb										●				●										
Jo's - Chocolate Orange Bliss Balls										●				●										
Jo's - Ginger Spice Bliss Balls										●				●								●		
Jo's - Peanut Butter Bomb									●					●								●		
Jo's - Protein Balls									●		●			●							●			
Jo's - Rawlio's										●					●									
Kinder Bueno	●									●	●				●									
KitKat	●										●			●										
Snack - Purple	●					●				●			●											
Snack - Yellow	●												●											
Snickers									●		●		●											
The Foods of Atheny Bar - Belgian Choc Orange																								
The Foods of Atheny Bar - Caramel RR																								
The Foods of Atheny Bar - Gentle Ginger	GF																							
The Foods of Atheny Bar - Honeycomb RR																								
The Foods of Atheny Bar - Irish Oat Granola																								

**CRISPS**

Hunk Dory - Buffalo - no allergens																								
Hunk Dory - Cheddar Cheese & Spring Onion - no allergens																								
Hunk Dory - Prawn Cocktail - no allergens																								
Hunk Dory - Salt & Vinegar - no allergens																								
Hunk Dory - Sour Cream & Onion															●									
O'Donnells - Ballymaloe Relish & Cheese															●									
O'Donnells - Cider Vinegar & Sea Salt - no allergens															●									
O'Donnells - Mature Cheese & Red Onion															●									
Tayto - Cheese & Onion															●									
Tayto - Prawn Cocktail - no allergens	●														●									
Tayto - Smokey Bacon - no allergens															●									
Perri Catering Crisps															●									

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CATERING											
Granola and Yogurt Pots *Certified Gluten Free Oats	GF										
<b>Cupcakes</b>											
Chocolate Cupcakes	●				●		●				
Red Velvet Cupcakes	●				●		●				
Vanilla Cupcakes	●				●		●				
<b>Danish and Pastry Platter</b>											
Croissants	●				●		●				
Danish Pastry - Apple Crown	●				●		●		●		
Danish Pastry - Cinnamon	●				●		●		●		
Danish Pastry - Vanilla Crown	●				●		●		●		
<b>Muffins</b>											
Double Chocolate Muffin - Dawn	●				●		●				
<b>Scone Platter</b>											
Plain Scone	●				●		●				
Raspberry Scone	●				●		●				
<b>Cake Platter</b>											
Bakewell Square Traybake - Coolhull Farm	●				●		●		●		
Carrot Cake Traybake - Coolhull Farm	●				●		●			●	
Chocolate Brownie - Coolhull Farm	●				●		●				
Mint Aero Traybake - Coolhull Farm	●				●		●				

## Economy Sandwich Platter

Please advise us of your allergies and were possible we will provide individual sandwiches with the platters taking into account allergen requests

## Gourmet Sandwich Platter

Please advise us of your allergies and were possible we will provide individual sandwiches with the platters taking into account allergen requests

## Bread - Selection of fresh baked breads

Please refer to our bread section for details on individual items

## Soup - Catering

Please refer to our soup section for details on individual items

## Salads - Catering

Please refer to our salad section for details on individual items

## Cake Slices and M

Please refer to our baked goods section for details on individual items.

## Danish Pastries and Scones P

Please refer to our baked goods section for details on individual items

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**SEASONAL - ONCE OFF PURCHASES - PLEASE LIST ANY ITEMS THAT ARE PURCHASED FOR SEASONAL MENU'S OR ONE OFF REPLACEMENT ITEMS ON THE MENU**