

PLEASE NOTE: We cannot guarantee that any items are 100% free from allergens as our café is a mixed food environment, we use shared equipment to store, prepare and serve them.  
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## MENU ITEMS ALLERGEN GUIDE



BREADS * Butter adds Milk as an Allergen																									
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											•								•						
Minestrone	•																		•						
Mushroom											•								•						
Potato & Leek											•								•						
Spiced Butternut Squash											•								•	•					
Tomato & Basil											•								•			•			

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SALADS																									
Chicken Caesar Salad	•		•				•	•		•										•					
Park Club Salad							•												•						
Spiced Chicken Salad							•			•	•							•	•						
Tuna Nicoise Salad							•	•											•	•					
Wild One Salad										•									•	•					
BAGELS																									
Cheese Bagel	•																								
Healthy Bagel	•																								
Multi Seed Bagel	•																			•					
Plain Bagel	•																								
Poppy Bagel	•																								
Sesame Bagel	•																			•					
Wholemeal Bagel	•																								
BAGEL RANGE *Please add your bagel choice above to the Allergen below																									
All American Bagel	•										•														
Bacon and Cream Cheese Bagel	•										•														
Breakfast Bagel	•						•			•	•								•		•				
Classic Caesar Bagel	•		•				•	•		•	•							•	•	•					
Cream Cheese Bagel	•									•															
Mexican Chicken Bagel	•		•							•	•														
Mushroom Supreme	•									•															
The Italian Bagel	•						•			•	•								•	•					
Tuna Swiss Bagel	•		•					•		•								•							
Turkey Club Bagel	•						•			•								•							
Build Your Own Bagel * Allergen's based on individual ingredients																			•						
DANISH PASTRIES, MUFFINS & SCONES																									
Croissants	•						•				•														
Danish Pastry - Apple Crown	•						•				•					•									
Danish Pastry - Cinnamon	•						•				•							•							
Danish Pastry - Vanilla Crown	•						•				•			•		•									
Double Chocolate Muffin - Dawn	•						•				•														
Plain Scone	•						•				•														
Raspberry Scone	•						•				•														
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																									
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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CONDIMENTS																									
Butter Spread																									
Garlic Spread																									
Kerrymaid																									
Low Low Mini																									
Nutella Chocolate																									
Peanut Butter																									
DRESSING & SAUCE																									
Ballymaloe Relish																									
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																									
BEVERAGES																									
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																									
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 - Rawlo's																									
Kinder Bueno																									
KitKat																									
Snack - Purple																									
Snack - Yellow																									
Snickers																									
The Foods of Athenry Bar - Belgian Choc Orange																									
The Foods of Athenry Bar - Caramel RR																									
The Foods of Athenry Bar - Gentle Ginger																									
The Foods of Athenry Bar - Honeycomb RR																									
The Foods of Athenry Bar - Irish Oat Granola																									
CRISPS																									
Hunky Dory - Buffalo - no allergens																									
Hunky Dory - Cheedar Cheese & Spring Onion - no allergens																									
Hunky Dory - Prawn Cocktail - no allergens																									
Hunky Dory - Salt & Vinegar - no allergens																									
Hunky 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

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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 Muffin Platter

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

Danish Pastries and Scones Platter

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

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**MENU  
ITEMS  
ALLERGEN  
GUIDE**

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

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

[illegible]