

MENU ALLERGEN INFORMATION
UPDATED 20.01.2025

WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS –
OUR ENVIRONMENT IS NOT GLUTEN FREE

BREAKFAST

Gaelic Porridge

Porridge: 1 Gluten (oat), 7 Dairy

Whiskey:

Fresh Cream & Brown Sugar: 7 Dairy

Irish Cream Porridge

Porridge: 1 Gluten (oat), 7 Dairy

Five Farms Irish Cream:

Fresh Cream & Brown Sugar: 7 Dairy

Flahavan's Finest porridge oats

Porridge: 1 Gluten (oat), 7 Dairy

Seasonal Berries, Cinnamon and Honey:

Homemade Nut and Maple Granola

Granola: 1 Gluten (wheat, oat), 5 Peanuts,
8 Nuts (walnuts, pecans)

Seasonal Berries:

Yogurt: Dairy 7

Full Irish

Bacon: 12 Sulphites

Sausages: 1 Gluten (wheat), 7 Dairy, 12 Sulphites

Fried Eggs: 3 Eggs

Sneem Black Pudding: 1 Gluten (oat)

Sautéed Baby Potatoes:

Ballymaloe Relish: 10 Mustard, 12 Sulphites

Sourdough: 1 Gluten (wheat)

Mini Irish

Bacon: 12 Sulphites

Sausages: 1 Gluten (wheat), 7 Dairy, 12 Sulphites

Fried Eggs: 3 Eggs

Sneem Black Pudding: 1 Gluten (oat)

Ballymaloe Relish: 10 Mustard, 12 Sulphites

Sourdough: 1 Gluten (wheat)

The Lansdowne Omelette

Omelette: 3 Eggs, 7 Dairy

Sourdough: 1 Gluten (wheat)

Beetroot Hummus

Beetroot Hummus: 5 Peanuts, 11 Sesame Seeds

Sourdough: 1 Gluten (wheat)

Rocket Leaves: 10 Mustard

Poached Eggs: 3 Eggs, 12 Sulphites

Homemade Basil Pesto: 7 Dairy, 8 Nuts (pinenuts)

Banana & Peanut Butter

Brioche: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Granola: 1 Gluten (wheat, oat), 5 Peanuts,
8 Nuts (walnuts, pecans)

Peanut Butter & Banana: 5 Peanuts, 6 Soyabeans, 7
Dairy, 12 Sulphites

Maple Syrup: 12 Sulphites

Goatsbridge Smoked Trout

Smoked Trout: 4 Fish, 12 Sulphites

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Baby Leaves: 10 Mustard

Feta Cheese: 7 Dairy

Poached Eggs: 3 Eggs, 12 Sulphites

Baked Eggs

Bean, Lentil and Pepper Skillet: 6 Soyabeans, 9

Celery, 12 Sulphites, 13 Lupin

Poached Eggs: Eggs 3, 12 Sulphites

Sourdough: 1 Gluten (wheat)

Glenilen Yogurt: 7 Dairy

Breadbasket

Sourdough: 1 Gluten (wheat)

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Jam:

Marmalade:

Butter: Dairy 7

Toast Board

Sourdough: 1 Gluten (wheat)

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Jam:

Marmalade:

Butter: Dairy 7

Scone

Scone: 1 Gluten (wheat), 3 Eggs, 7 Dairy, 12
Sulphites

Jam:

Marmalade:

Butter: Dairy 7

Vegan Soya Yogurt

6 Soyabeans

Gluten Free Bread

6 Soyabeans

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STARTERS

Homemade Soup of the Day **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Soup: Milk 7, Celery 9, Sulphites 12
Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Seafood Chowder

Chowder: 2 Crustacean, 4 Fish, 6 Soybean, 7 Dairy, 9 Celery, 12 Sulphites
Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

West Cork Prawn Pil Pil **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Chilli, Garlic and Ginger Prawns: 2 Crustaceans, 12 Sulphites
Sourdough: 1 Gluten (wheat)
Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Potted Goatsbridge Smoked Trout **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Goatsbridge Smoked Trout with Soft Cheese: 4 Fish, 7 Milk, 12 Sulphites
Caper Berries: 12 Sulphites
Garden Salad: 10 Mustard
Sourdough: 1 Gluten (wheat)
Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Glenbeigh Mussels **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Mussels: 14 Molluscs
Cider and Nduja Cream: 7 Milk, 10 Mustard, 12 Sulphites
Sourdough: 1 Gluten (wheat)

Crispy Ring of Kerry Lamb Belly **GLUTEN FREE**

Lamb Belly:
Cabbage:
Mint and Anchovy Yoghurt: 4 Fish, 7 Dairy, 10 Mustard

Irish Chicken Liver Parfait **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Chicken Liver Parfait: 3 Eggs, 10 Mustard, 12 Sulphites, 13 Lupin
Cornichons: 10 Mustard, 12 Sulphites
Sourdough: 1 Gluten (wheat)

Dingle Goats Cheese Salad **GLUTEN FREE**

Goats Cheese: 7 Dairy
Salad Leaves: 9 Celery, 10 Mustard
Glazed Beetroot:

Balsamic Vinaigrette: 12 Sulphites
Candied Walnuts: 8 Nuts (walnuts), 12 Sulphites

Sticky Hoisin Silverhill Duck Wings ^(6,9,10,11) **GLUTEN FREE**

Wings:
Hoisin Sauce: 6 Soya Bean, 13 Lupins
Lime and Garlic Aioli: 3 Eggs
Shichimi Togorashi: 9 Celery, 10 Mustard, 11 Sesame Seeds

MAINS

Traditional Venison Stew **GLUTEN FREE**

Stew: 6 Soyabeans, 7 Dairy, 9 Celery, 10 Mustard, 12 Sulphites

Shelburne Street Burger **CAN BE MADE GLUTEN FREE - WITH GF BREAD**

Burger Patties:
Bacon Jam: 10 Mustard, 12 Sulphites
Gubbeen Cheese: 7 Dairy
Salad Leaves: 10 Mustard, 12 Sulphites
Burger Bun: 1 Gluten (wheat, rye), 7 Dairy, 10 Mustard, 12 Sulphites

Smoked Irish Bacon Chop **GLUTEN FREE**

Bacon: 12 Sulphites
Cabbage: 7 Dairy
Mash: 7 Dairy
Sauce Soubise: 7 Dairy

Tom Crean's Beer Battered Cod & Chips

Beer Battered Cod: 1 Gluten (wheat), 4 Fish, 12 Sulphites
Pea & Mint Puree: 7 Dairy
House Fries:

Feather Blade of Cronin's Beef **GLUTEN FREE**

Beef: 12 Sulphites
Vegetables: 7 Dairy
Yorkshire Pudding: 3 Eggs, 7 Dairy
Mash: 7 Dairy
Merlot Jus: 12 Sulphites

Market Fish of the Day Please ask your server

Ardfert Beetroot Wellington

Wellington and Pastry: 1 Gluten (wheat), 10 Mustard, 12 Sulphites, 13 Lupins
Vegetable Jus: 9 Celery, 10 Mustard, 12 Sulphites
Salad Leaves: 10 Mustard, 12 Sulphites

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DESSERTS

Almond Chocolate Brownie **GLUTEN FREE**
Brownie: 3 Eggs, 7 Dairy, 8 Nuts (almonds)
Chocolate Sauce: 7 Dairy
Vanilla Bean Ice-cream: 3 Eggs, 7 Dairy

Traditional Sherry Trifle

Trifle: 1 Gluten (wheat), 12 Sulphites
Vanilla Bean Custard: 3 Eggs, 7 Dairy
Cream: 7 Dairy

Eton Mess **GLUTEN FREE**

Mixed Berry Fruit Meringue: 3 Eggs
Berry Compote:
Fresh Cream: 7 Dairy

Spiced Orange & Cointreau Cheesecake
Trifle: 1 Gluten (wheat), 3 Eggs, 7 Dairy, 12 Sulphites
Cream: Dairy 7

Apple & Cinnamon Crumble
Crumble: 1 Gluten (wheat), 3 Eggs, 7 Dairy, 8 Nuts
(walnuts)
Vanilla Bean Ice-cream: 3 Eggs, 7 Dairy

Selection of Ice Creams **GLUTEN FREE**
3 Eggs, 7 Dairy

POET'S BAR

Charcuterie Board
1 Gluten (wheat, oats, rye), 3 Eggs, 7 Dairy, 9 Celery,
10 Mustard, 12 Sulphites

Irish Market Farmhouse Cheese Board
1 Gluten (wheat, oats, rye), 3 Eggs, 7 Dairy, 9 Celery,
10 Mustard, 12 Sulphites

Miniature Cheese & Charcuterie Snack Board on a
Glass of Wine
1 Gluten (wheat, oats, rye), 3 Eggs, 7 Dairy, 9 Celery,
10 Mustard, 12 Sulphites

SANDWICH MENU

West Cork Prawns in Marie-Rose
1 Gluten (wheat), 2 Crustacean, 3 Eggs, 7 Dairy, 10
Mustard, 12 Sulphites

Potted Goatsbridge Smoked Trout
1 Gluten (wheat), 3 Eggs, 4 Fish, 7 Dairy, 10
Mustard, 12 Sulphites

Egg & Chive
1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12
Sulphites

Toasted Special
1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12
Sulphites

Chicken Sandwich
1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12
Sulphites

SWEETS AND CAKES

GF Almond Bakewell
3 Eggs, 8 Nuts (almonds)

GF Lemon Drizzle
3 Eggs

GF Walnut Coffee Cake
3 Eggs, 8 Nuts (walnuts)

GF Caramel Slice
3 Eggs, 7 Dairy

Chocolate Fudge Slice
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy

Croissant
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy

Almond Croissant
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy, 8
Nuts (almonds)

Caramel Donuts
1 Gluten (wheat), 3 Eggs, 7 Dairy

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Coffees

Americano, Cappuccino, Latte, Mocha, Flat White,
Macchiato

7 Dairy

Comp Lemon Shortbread

1 Gluten (wheat), 7 Dairy

Comp Almond Bite

8 Nuts (almonds)

Milk

7 Dairy

Oat Milk

1 Gluten (oat)

Coconut Milk

6 Soyabeans

Almond Milk

8 Nuts (almonds)