

ALLERGEN INFORMATION 2009/2010

	DAIRY / LACTOSE CORN	FATS & OILS EGGS	FISH OR SEAFOOD (ANIMAL)	SULPHITES	MSG	PEANUTS SOYA BEANS	NUTS & SEEDS OILS & EXTRACTS	WHEAT GLUTEN	
SOUPS/SALADS									
BAKED ONION SOUP	*	*		*		*		*	*
BLACKENED FLAT IRON AND BEET SALAD		*		*	*			*	*
CAESAR SALAD	*	*	*	*	*			*	*
CAESAR SALAD WITH CHICKEN	*	*	*	*	*			*	*
CHICKEN SALAD		*		*	*			*	*
FISHERMAN'S CHOWDER	*	*	*		*			*	*
EMERALD GREEN SALAD		*			*			*	*
SALMON NIÇOISE			*	*	*			*	*
WARM GOAT CHEESE SALAD		*	*		*			*	*
STARTERS									
BACON AND MUSHROOM GRILLBREAD*		*		*				*	*
BAKED BRIE		*			*			*	*
BASKET OF CHIPS								*	*
BASKET OF SWEET FRIES	*							*	*
BLARNEY CHIPS	*	*						*	*
CRISP CALAMAR AND SHRIMP	*		*		*			*	*
CHICKEN WINGS — WITH SAUCE AND MAPLE DIP	*	*		*				*	*
MELTED STILTON CHEESE DIP*	*	*	*		*			*	*
YUKON GOLD POTATO SKINS	*	*		*				*	*
POUTINE	*	*		*	*			*	*
SHORT RIB GRILLBREAD*	*	*		*	*			*	*
SMOKED CHICKEN GRILLBREAD		*		*				*	*
VEGETARIAN GRILLBREAD		*						*	*
YORKSHIRE PUDDING*	*	*	*	*	*			*	*
BURGERS & SANDWICHES									
CLUB SANDWICH — A LA CARTE		*	*	*				*	*
GRILLED CHICKEN SANDWICH — A LA CARTE		*	*	*				*	*
MARKET SANDWICH — A LA CARTE	*	*	*	*	*			*	*
PRIME RIB BURGER — A LA CARTE		*	*	*	*			*	*
TANDOORI SALMON SANDWICH — A LA CARTE*	*	*	*		*			*	*
STEAK SANDWICH — A LA CARTE		*		*	*			*	*
VEGETABLE BURGER — A LA CARTE	*	*	*		*			*	*
ENTRÉES									
HERB CRUSTED ATLANTIC SALMON		*		*	*			*	*
CHICKEN TIKKA BOXTY — A LA CARTE	*	*	*	*				*	*
GUINNESS® STEAK & MUSHROOM BOXTY — A LA CARTE	*	*	*	*	*			*	*
CHICKEN PIE — A LA CARTE	*	*	*	*	*			*	*
CHICKEN TIKKA MASALA	*	*		*				*	*
COCONUT CURRY BEEF*	*	*		*	*			*	*
FISH AND CHIPS	*	*	*		*			*	*
GUINNESS® STEAK AND MUSHROOM CROCK	*	*		*	*			*	*
LAMB PIE — A LA CARTE*	*	*	*	*	*			*	*
LEEK AND SALMON PIE — A LA CARTE	*	*	*		*			*	*
NEW YORK STEAK WITH FRIES	*			*				*	*
ROSSLARE LAMBSHANK	*	*		*	*			*	*
SEAFOOD PIE — A LA CARTE*	*	*		*	*			*	*
SHEPHERD'S PIE	*	*		*	*			*	*
SHORT RIBS*	*	*		*	*			*	*
SHRIMP LINGUINI*		*		*	*			*	*
SMOKED CHICKEN FUSILLI	*	*		*	*			*	*

* Not available in all locations

**ALLERGEN
INFORMATION**
2009/2010

BREAKFAST

	DAIRY / LACTOSE CORN	FATS & OILS (ANIMAL) EGGS	FISH OR SEAFOOD	SULPHITES	MSG	PEANUTS SOYA BEANS	NUTS & SEEDS	OILS & EXTRACTS	WHEAT GLUTEN		
CORNED BEEF HASH		*	*	*				*	*	*	*
OMELETTE OF THE DAY — BASIC		*	*					*	*	*	*
ALL IRISH BREAKFAST	*	*	*	*				*	*	*	*
WEEKEND BREAKFAST		*	*	*				*	*	*	*
MARKET SANDWICH — A LA CARTE	*	*	*	*		*		*		*	*

KID'S MEALS

KID'S MACARONI AND CHEESE		*			*			*	*	*	*
KID'S CHICKEN NUGGETS	*	*	*	*				*	*	*	*
KID'S FISH AND CHIPS	*	*	*	*	*			*	*	*	*
KID'S BURGER AND FRIES		*	*	*	*			*	*	*	*
KID'S VANILLA ICE CREAM		*					*	*	*		

DESSERTS

VANILLA ICE CREAM		*					*	*	*		
CHOCOLATE VOLCANO CAKE	*	*	*		*		*	*	*	*	*
CHOCOLATE BREAD PUDDING	*	*	*		*		*	*	*	*	*
LEMON CURD TART WITH BLUEBERRY CONFITURE	*	*	*		*						*

SIDES

DUNGLOE	*	*	*		*				*	*	
GARLIC BREAD		*			*			*	*		*
GRAVY	*			*	*			*		*	*
GRILLED VEGETABLES										*	
MAPLE RANCH DRESSING	*	*						*		*	
REBEL ROCK SAUCE	*		*		*					*	
SALMON NICOISE DRESSING				*	*				*	*	
SCONE	*	*	*					*	*	*	*
STRONGBOW DRESSING					*				*	*	
WING SAUCE-HOT											
WING SAUCE-MEDIUM		*									
WING SAUCE-MILD	*										

* Not available in all locations

NOTE:

- (A) Our nutritional and allergen information is based upon data received from suppliers.
- (B) Serving sizes can vary, and ingredient substitution is possible.
- (C) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (D) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (E) Limited time specials may not be included in the table.

ALSO NOTE:

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts – a food item that can cause severe reactions for some people.