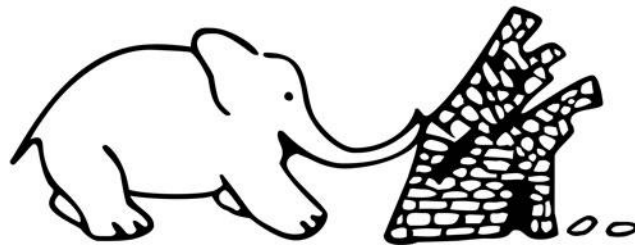


Allergen List

ELEPHANT & CASTLE



Customers,

All products/ dishes are stored, prepared and handled in an environment where food allergens are used. We have implemented controls to reduce the risk of cross contamination but, cannot guarantee the absence of allergen transfer.

Please refer to this booklet for the direct allergens used in each dish.

Please ask our staff should you have any additional queries
Our Beef is of Irish origin

Beverages:

All of our wines by the glass contains sulphites
Our Pink Elly and Orange Bay Spritz also contain sulphites in the Prosecco

Breakfast

Granola 'Sundae' Contains:

Gluten (Oats) / Nuts (Hazelnuts) / Dairy

Buttermilk Pancakes Contain:

Gluten (Wheat) / Nuts (Pecans)/ Dairy/ Egg

French Toast Contains:

Gluten (Wheat) / Dairy / Eggs

Avocado Toast Contains:

Gluten (Wheat) / Eggs/ Sulphites

Cinnamon Oats 'Brulee' Contains:

Gluten (Oats) / Dairy (Milk)

Eggs Any Style Contains:

Eggs

Bread Contains: Gluten (Wheat)

Sausage Contains: Gluten(wheat) / Sulphites

Fried & Scrambled Contains: Dairy

California Sunrise Breakfast Contains:

Eggs

French Toast Contains: Gluten (Wheat) / Dairy/

Egg

Temple Bar Omelette Contains:

Dairy/ Eggs

Sausage Contains: Gluten/ Sulphites

Full Irish Breakfast Contains:

Gluten (Wheat) / Dairy / Eggs / sulphites

Eggs Idaho Contains:

Sausages Contains: Gluten (Wheat)/ Sulphites

Potato Cakes Contain: Gluten, (Wheat) / Dairy

Eggs Benedict/ Florentine Contains:

Eggs/ Gluten (Wheat)/ Dairy / Egg / Sulphites

Eggs Royale Contains:

Fish/ Eggs/ Gluten (Wheat)/Dairy / Sulphites

Eggs Chiapas Contains:

Eggs / Dairy

Refried Beans Contain: Celery

Eggs Any Style Contains:

Eggs/ Gluten (Wheat)

Fried & Scrambled Contains: Dairy

Maryland Crabcakes Contains:

Crustaceans (Crab) / Celery / Soy / Mustard

Sulphites / Eggs / Gluten (Wheat)

Hollandaise sauce Contains: Dairy/ Egg/ Sulphites

Steak & Eggs Contains:

Eggs

Hash Browns Contains: Dairy

Smashed Avocado & Toast Contains:

Sourdough Contains: Gluten (Wheat)

Avocado Cream Contains: Dairy

Dutch Baby Pancake Contains:

Gluten (Wheat) / Dairy / Egg/ Nuts (Pecans)

Smoked Salmon Bagel Contains:

Fish / Dairy / Gluten (Wheat)

Brunch additions Saturday & Sundays

10:30am – 4:30pm

Lunch

Three Leaf / House Salad:

Sulphites

Caesar Salad Contains:

Dairy/ Gluten (Wheat) / Fish (Anchovy) / Mustard / Sulphites

Smashed Avocado & Toast Contains:

Gluten (Wheat)/ Dairy

Baby Back Spare Contains:

Gluten (Wheat) / Soy / Sulphites

Hummus Contains:

Sulphites /Gluten (Wheat)/ Sesame/dairy

Spicy Chicken Wings Contains:

Celery

Sauce Contains: Dairy / Sulphites

Dipping Sauce Contains: Dairy/ Egg

Charcuterie Board Contains:

Dairy/ Eggs / Sulphites / Mustard

Gluten (Wheat)

Risotto of the Day Contains:

Sulphites / Celery/ SEE SERVER

Prawn Chowder Contains:

Dairy / Crustaceans (Prawns) / Fish / Celery /

Sulphites

Crisp Calamari Salad Contains:

Gluten (Wheat) / Egg/ Dairy / Soy / Sesame Seeds / Sulphites

Mexican Salad Contains:

Dairy / Sulphites

Burgers:

Chargrilled/ Chilli/ Mushroom Burgers Contains:

Bun Contains: Gluten (Wheat) / Sesame Seeds/Butter

Pickle Contains: Sulphites, mustard

Mozzarella/ Stilton/ Ely/ Horseradish/ Cheddar Burgers Contain:

Dairy

Bun Contains: Gluten (Wheat) / Sesame Seeds

Pickle Contains: Sulphites/ mustard

Pesto Contains: Dairy

Veggie Burger: Gluten, Dairy

Chicken Burger: Sulphite, Dairy, Egg, Gluten

Roasted Garlic Burger Contains:

Garlic Butter Contains: Dairy

Aioli Contains: Eggs

Bun Contains: Gluten (Wheat) / Sesame Seeds

Pickle Contains: Sulphites/ mustard

Sandwiches:

Tuna Sandwich Contains:

Mix Contains: Eggs / Fish / Celery

Brown Bread Contains: Gluten (Wheat)

Chicken Sandwich Contains:

Mayonnaise Contains: Eggs / Sulphites

Bread Contains: Gluten (Wheat)

Smoked Salmon Sandwich Contains:

Fish/ Eggs / Sulphites /Gluten (Wheat)

Zucchini Sandwich Contains:

Milk/ Egg/ Sulphites/ Gluten (Wheat)

Grilled Steak Sandwich

Dairy/ Eggs / Sulphites /Gluten (Wheat)

Shrimp Sandwich Contains:

Crustaceans (Shrimp)/ Dairy / Egg/ Sulphites/Gluten (Wheat)

Winter veg: Celery, Dairy

Mexican chicken sandwich: Gluten, Egg, Dairy,

Dirty Fries: Sulphites, Dairy

Dirty Chicken: Sulphites, Dairy, Egg, Gluten

Omelettes

Omelette Mix Contains:

Egg / Dairy

GnG Contains: Dairy

Temple Bar Contains: Dairy/ Gluten (Wheat)

Goats Cheese Contains: Dairy

Salmon Contains: Dairy / Fish

Dinner

Pan Roasted Olive Chicken Contains:

Gluten (Wheat) / Sulphites / Dairy

Seafood Tagliatelle Contains:

Crustaceans (Shrimp, Mussels) / Fish / Mollusc (Scallop) / Gluten (Wheat) / Eggs / Dairy/ Sulphites

Spaghetti with Goat's Cheese Contains:

Dairy /Gluten (Wheat) /Sulphites

Chargrilled Sirloin Steak Contains:

Gluten (Wheat)/ Dairy

Grilled Lime Chicken Contains:

Dairy/ Egg / Gluten (Wheat)

Sauteed Shrimp CousCous:

Crustaceans (Shrimp)/ Gluten (Wheat)
Egg / Sulphites /Dairy / Sulphites

Pan fried Irish Salmon Contains:

Fish/ Dairy/ Sulphites

Fillet Steak with Peppercorn Sauce Contains:

Potato Gratin Contains: Dairy
Sauce Contains: Dairy / Sulphites / Nuts (Pink peppercorns are cashew berries) / Celery

Irish Rump of Lamb with Asparagus Contains:

Dairy /Sulphites/ Celery

Sides

Scallion Mashed Potatoes Contains: Dairy

Garlic Greens Contains: Dairy

Broccoli & Cauliflower Sauce Contains: Dairy/ Mustard / Sulphites

Desserts

Affgato Contains:

Dairy

Murder by Chocolate Contains:

Dairy / Soya/ Egg

Carrot Cake Contains:

Gluten (Wheat) / Dairy / Nuts (Walnut) / Egg

Vanilla New York Cheesecake Contains:

Gluten (Wheat) / Dairy/ Egg

Lemon Tart Contains:

Gluten (Wheat) / Dairy / Egg

Crème Brulee Contains:

Egg / Dairy

Normandy Crêpes Contains:

Gluten (Wheat) / Dairy / Egg
Dulce de Leche Contains Dairy (Milk)

Coffee Cantata Contains:

Dairy / Soya
Wafer Contains: Gluten (Wheat)

Heart of Darkness Contains:

Dairy / Nuts (Hazelnuts)/ soya
Wafer Contains: Gluten (Wheat)

Garden of the Gods Contains:

Dairy
Wafer Contains: Gluten (Wheat)

Hot Fudge Sundae Contains:

Dairy / Nuts (Hazelnuts)/ Soya
Wafer Contains: Gluten (Wheat)

Scup Gelato Ice Cream Contains:

Dairy
Wafer Contains: Gluten (Wheat)

Banana Split Contains:

Dairy / Nuts (Hazelnuts)/ Soya
Wafer Contains: Gluten (Wheat)

Chocolate Delise contains:

Wheat/ dairy/ egg/ soya/ nuts (hazelnut)

Latte: Dairy

Cappuccino: Dairy

Flat white: Dairy

Mocha: Dairy

Hot Chocolate: Dairy

Draught Beer:

Peroni: Barley

Heineken: Barley