NO.5 SOUTH QUAY CAFE allergen information

SUPERFOOD SALADS	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Crispy Tempeh & Coconut Brown Rice Salad			X									X		
Soy & Sesame Glazed Tofu & Rice Noodle Salad						X			X		X	X		
Feta Cheese, Lemon Quinoa & Avocado Salad						X			X		X	X		
Spice Chickpea & Lemon Cous Cous Salad	X Wheat						X	X						
Wicklow Blue Cheese Salad							X	X		X		X		
Wicklow Wok Caesar Salad	X Wheat		X				X			X		X		
Irish Heritage Tomato & Red Onion Salad							X	X				X		

SAVORY GALETTE	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Jardinere	X Buckwheat		X				X							
Provencale	X Buckwheat		X				X							
Forestiere	X Buckwheat		X				X							
La Rebiochone	X Buckwheat		X				X	X Wallnuts						
La Chievre	X Buckwheat		X				X							
La Royale	X Buckwheat		X	X			X							
La Printaniere	X Buckwheat		X				X							
Montagnarde	X Buckwheat		X				X			X				
Le' South Quay Special	X Buckwheat		X											

SWEET CREPES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Lemon, Butter and Sugar	X Wheat		X				X							
Delicious French Jam from Alain Milat	X Wheat		X				X							
Nutella	X Wheat		X				X	X Hazelnut						
Premium Maple Syrup, Butter and Lemon	X Wheat		X		X		X	X Almonds						
Premium Maple Syrup Or Honey, Butter and toasted Almond Flakes	X Wheat		X		X		X	X Almonds						
Chestnut French Honey, Butter and Lemon	X Wheat		X				X							
Marshmallow & Nutella	X Wheat		X				X	X Hazelnut						
Chef Special Homemade Caramel butter and Fleur de sel sauce	X Wheat		X				X							
Chef Special Homemade Hot Chocolate fudge sauce	X Wheat		X				X							

TOASTIES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Ham & Cheese & No.5 Relish	X Sourdough		X				X							
Cheese & No.5 Relish	X Sourdough		X				X							

PASTRIES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Crossaint	X Wheat		X				X							
Pain Au Chocolate	X Wheat		X				X							

BEVERAGES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Black Coffee	Oat OPTION					OPTION	OPTION	Almonds OPTION						
Cappucino	Oat OPTION					OPTION	X	Almonds OPTION						
Mocha	Oat OPTION					OPTION	X	Almonds OPTION						
Machiato							OPTION							
Chai Tea Latte	Oat OPTION					OPTION	X	Almonds OPTION						
Flat White	Oat OPTION					OPTION	X	Almonds OPTION						
Latte							X							
Double Espresso	Oat OPTION					OPTION	X	Almonds OPTION						
Cortado	Oat OPTION					OPTION	X	Almonds OPTION						
Hot Chocolate														

FRESH JUICES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Immune System Boost									X					
Liver Cleanse														
Detox & Cleansing									X					

PLAIN SMOOTHIES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Strawberry						X								
Strawberry & Raspberry						X								
Banana & Strawberry						X								

COLLAGEN SMOOTHIES	Gluten 1	Crustaceans 2	Egg 3	Fish 4	Peanut 5	Soya 6	Milk 7	Nuts 8	Celery 9	Mustard 10	Sesame 11	Sulphur 12	Lupin 13	Molluscs 14
Strawberry & Natural Collagen						X								
Banana & Chocolate Collagen						X								
Banana & Vanilla Collagen						X								