

## Metro Cafe Allergens Menu

At Metro Cafe we are committed to being compliant with the Food Safety Authority of Ireland to ensure maximum care for our customers. Some ingredients and items are not made on the premises and are not featured on this menu. Please ask your server or contact us for further details. We cannot be 100% certain that there are no traces of these allergens as they are on the premises.

<i>Menu Item</i>	<i>Cereals</i>	<i>Crustaceans</i>	<i>Eggs</i>	<i>Fish</i>	<i>Nuts</i>	<i>Soybeans</i>	<i>Milk</i>	<i>Celery</i>	<i>Mustard</i>	<i>Sesame Seeds</i>	<i>Sulphur dioxide &amp; sulphites</i>	<i>Lupins</i>	<i>Molluscs</i>
<b>Breakfast Buttie</b>	✓ Wheat		✓								✓		
<b>Pancakes</b>	✓ Wheat		✓				✓				✓		
<b>Ham and Egg Bap</b>	✓ Wheat		✓										
<b>Yoghurt Bowl</b>	✓ Oats						✓						
<b>Black Pudding (side)</b>	✓ Oats										✓		
<b>Metro Special</b>	✓ Wheat		✓				✓				✓		
<b>Eggs and Toast</b>	✓ Wheat		✓										
<b>Soup</b>	✓ Wheat Unless GF Bread							✓					
<b>Ham and Cheese</b>	✓ Wheat						✓		✓		✓		
<b>Vegan Delight</b>	✓ Wheat									✓			
<b>Chicken Sub</b>	✓ Wheat		✓				✓						
<b>Tuna Melt</b>	✓ Wheat		✓	✓			✓						
<b>Chori Cheeba</b>	✓ Wheat		✓				✓						
<b>BLT</b>	✓ Wheat		✓								✓		

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<b>Buffalo Mozzarella</b>	✓ Wheat				✓ Peanuts ✓ Almonds ✓ Walnuts								
<b>Rice and Beans</b>								✓	✓				
<b>Cheese and Tomato Omelette</b>			✓				✓						
<b>Roast Vegetable Penne</b>	✓ Wheat		✓		✓ Peanuts ✓ Almonds ✓ Walnuts		✓						
<b>Thai Chicken Curry</b>								✓	✓				
<b>Spaghetti Carbonara</b>	✓ Wheat		✓				✓				✓		
<b>Warm Pita Breads</b>	✓ Wheat							✓		✓			
<b>Halloumi</b>	✓ Wheat				✓ Peanuts ✓ Almonds ✓ Walnuts		✓						
<b>Bangers and Mash</b>	✓ Wheat						✓				✓		
<b>Nachos</b>	✓ Maize					✓	✓						
<b>Caesar Salad</b>	✓ Wheat						✓						
<b>Black Eyed Bean Salad</b>													
<b>Baby Potato Ranch Salad</b>			✓				✓				✓		

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<b>Goats Cheese Chorizo Omelette</b>			✓				✓				✓		
<b>Grilled Black Pudding (Dinner Menu)</b>	✓ Wheat ✓ Oats		✓				✓						
<b>Buffalo Mozzarella Bruschetta</b>	✓ Wheat				✓ Peanuts ✓ Almonds ✓ Walnuts		✓						
<b>Quesadilla</b>	✓ Wheat						✓						
<b>Mash</b>							✓						
<b>Wedges</b>													
<b>Side Salad</b>										✓			
<b>Garlic Bread</b>	✓ Wheat						✓						
<b>Prawn Curry</b>		✓		✓				✓	✓				
<b>Bread Selection</b>	✓ Wheat												
<b>Lemon Thyme Chicken Fillet</b>			✓				✓						
<b>Caesar Sub</b>	✓ Wheat		✓								✓		
<b>Prawn &amp; Chicken Jambalaya</b>				✓				✓					
<b>Bagel</b>	✓ Wheat						✓						
<b>Croissant</b>	✓ Wheat		✓				✓						
<b>Cake</b>	✓ Wheat		✓		✓ Peanuts ✓ Almonds ✓ Walnuts		✓	✓					
<b>Muffin</b>	✓ Wheat		✓				✓						

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<b>House White Wine</b>											✓		
<b>Chardonnay</b>											✓		
<b>Sauvignon Blanc</b>											✓		
<b>Pinot Grigio</b>											✓		
<b>Rose</b>											✓		
<b>Prosecco</b>											✓		
<b>Merlot</b>											✓		
<b>Cabernet Sauvignon</b>											✓		
<b>Malbec</b>											✓		
<b>Rioja</b>											✓		
<b>Guinness</b>	✓ Barley ✓ Hops ✓ Yeast												
<b>Hop House</b>	✓ Malt ✓ Hops ✓ Yeast												

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<b>Hot Beverages with Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate</b>							✓						
<b>Hot Beverages with Soy Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate</b>						✓ Soy Milk							