

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.

Menu Item	Cereals	Crustaceans	Eggs	Fish	Nuts	Soybeans	Milk	Celery	Mustard	Sesame Seeds	Sulphur dioxide & sulphites	Lupins	Molluscs
Breakfast Buttie	✓ Wheat		✓								✓		
Pancakes	✓ Wheat		✓				✓				✓		
Ham & Egg Bap	✓ Wheat		✓										
Yoghurt Bowl	✓ Oats						✓						
Metro Special	✓ Wheat		✓				✓				✓		
Eggs and Toast	✓ Wheat		✓										
Soup	✓ Wheat Unless GF Bread							✓					
Ham and Cheese	✓ Wheat						✓				✓		
Vegan Delight	✓ Wheat									✓			
Chicken Sub	✓ Wheat		✓				✓						
Tuna Melt	✓ Wheat		✓	✓			✓						
Turkey Brie	✓ Wheat		✓				✓						
BLT	✓ Wheat		✓								✓		
Buffalo Mozzarella	✓ Wheat				✓ Peanuts ✓ Almonds ✓ Walnuts								

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Chickpea & Sweet Potato Tagine	✓ Wheat				✓ Peanuts	✓	✓	✓	✓	✓	✓		
Cheese and Tomato Omelette			✓				✓						
Roast Vegetable Penne	✓ Wheat		✓		✓ Peanuts ✓ Almonds ✓ Walnuts		✓	✓					
Yellow Chicken Curry								✓	✓				
Spaghetti Carbonara	✓ Wheat		✓				✓				✓		
Hummus and Pita	✓ Wheat							✓		✓			
Bangers and Mash	✓ Wheat						✓				✓		
Nachos	✓ Maize					✓	✓						
Caesar Salad	✓ Wheat		✓				✓						
Fusilli Pasta Salad							✓						
Baby Potato Ranch Salad			✓				✓				✓		
Butter Bean Salad	✓ Wheat												
Caramelised Goats Cheese Salad							✓		✓				
Baked Camembert	✓ Wheat		✓				✓			✓			
Buffalo Mozzarella Pitta	✓ Wheat				✓ Peanuts ✓ Almonds ✓ Walnuts		✓						
Quesadilla	✓ Wheat						✓						
Marinated Chicken Fillet									✓	✓			

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Grilled Sirloin							✓	✓					
Prawn & Mushroom Risotto							✓				✓		
Turkey Club BLT	✓ Wheat												
Mash							✓						
Wedges													
Side Salad										✓			
Garlic Bread	✓ Wheat						✓						
Bagel	✓ Wheat						✓						
Croissant	✓ Wheat		✓				✓						
Cake	✓ Wheat		✓		✓ Peanuts ✓ Almonds ✓ Walnuts		✓	✓					
Muffin	✓ Wheat		✓				✓						

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House White Wine											✓		
Chardonnay											✓		
Sauvingon Blanc											✓		
Pinot Grigio											✓		
Rose											✓		
Prosecco											✓		
Merlot											✓		
Cabernet Sauvignon											✓		
Malbec											✓		
Rioja											✓		
Guinness	✓ Barley ✓ Hops ✓ Yeast												
Hop House	✓ Malt ✓ Hops ✓ Yeast												
Heineken	✓ Barley ✓ Hops ✓ Yeast												
Peroni (and 0%)	✓ Barley ✓ Hops ✓ Yeast												
Aperol Spritz											✓		
Limoncello Spritz											✓		
Hugo Spritz											✓		

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Hot Beverages with Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate							✓						
Hot Beverages with Soy Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate						✓ Soy Milk							
Hot Beverages with Almond Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate					✓ Almonds								
Hot Beverages with Oat Milk: Cappuccino, Latte, Flat White, Macchiato, Chai, Latte, Mocha, Hot Chocolate	✓ Oats												