

Menu Items Allergen Check List - The Curragower

Note – Please state the **name of the cereal(s) containing gluten*** and the **name of the nut(s)**** in the appropriate column

 Type menu items below and indicate allergens using a tick	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites***	 Lupins	 Molluscs
Chowder	✓	✓	✓	✓			✓		✓			✓		✓
Chicken Wrap	✓		✓				✓			✓		✓		
Scampi Taco	✓	✓					✓			✓		✓		
Ham & Cheese Sand.	✓		✓				✓			✓		✓		
Chicken & Cheese Sand.	✓		✓				✓							
Falafel Wrap	✓		✓			✓	✓			✓		✓	✓	
Bangers & Mash	✓		✓				✓					✓		
Chicken Ceasar Salad	✓			✓			✓			✓		✓		
Chicken Chorizo Pasta	✓		✓				✓					✓		
Steak Box	✓						✓					✓		
Fish Box	✓	✓	✓	✓			✓			✓	✓	✓		
Chicken Box	✓		✓				✓			✓		✓		
Veggie Box	✓									✓		✓		
Turbot	✓		✓	✓			✓							
Calamari	✓									✓	✓			✓
Cauliflower Wings	✓						✓		✓	✓		✓	✓	
Goats Cheese	✓		✓				✓		✓					

* Containing gluten (wheat, rye, barley & oats)

** Almonds, hazelnuts, walnuts, cashews, pecan, Brazil nuts, pistachio, macadamia

*** e.g. found in sausages, burgers, wine

✓ Means the menu item contains this allergenic ingredient

For more information on how your food business can comply with these legal requirements, please visit www.fsai.ie/allergens or contact us at info@fsai.ie

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Fish Taco	✓		✓	✓			✓							
Scotch Egg	✓		✓				✓			✓				
Prawn Pil Pil	✓	✓					✓					✓		
Mussels	✓	✓					✓					✓		✓
Chicken Wings	✓		✓				✓		✓	✓		✓		
Chicken & Waffles	✓		✓				✓					✓		
Falls Burger	✓		✓			✓	✓			✓	✓			
Ribeye Steak	✓					✓	✓							
Lamb Rump	✓						✓					✓		
Wild Mushroom Risotto							✓	✓	✓			✓		
Pork Belly	✓						✓		✓			✓		
Scampi	✓	✓	✓				✓			✓				
Fish & Chips	✓		✓	✓			✓			✓		✓		
Roast Cod		✓		✓			✓		✓			✓		✓

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