


# Menu Items Allergen Check List

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

MENU ITEM	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites* **	 Lupins	 Molluscs
<b>Johno's Breakfast</b>	✓		✓			✓	✓					✓		
<b>Full Irish</b>	✓		✓			✓	✓					✓		
<b>Mini Irish</b>	✓		✓			✓						✓		
<b>Vegetarian</b>	✓		✓				✓							
<b>Build Your Own</b>	✓		✓			✓	✓					✓		
<b>Breakfast Burrito</b>	✓		✓			✓	✓					✓		
<b>Breakfast Bap</b>	✓		✓			✓				✓		✓		
<b>Eggs Benedict</b>	✓		✓				✓			✓				
<b>Avocado Deluxe</b>	✓		✓				✓							
<b>Fighting Fit Omelette</b>			✓				✓					✓		
<b>Breakfast Salad</b>	✓		✓			✓	✓			✓		✓		
<b>Granola</b>	✓				✓			✓			✓			
<b>Scones</b>	✓		✓				✓							
<b>Porridge Oats</b>	✓						✓							
<b>Pancakes</b>	✓		✓											
<b>Fruit compote, Almond &amp; cream</b>							✓	✓						
<b>Bacon &amp; Maple</b>														

\* 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](http://www.fsai.ie/allergens) or contact us at [info@fsai.ie](mailto:info@fsai.ie)

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Nutella						✓	✓	✓						
Banana & Chocolate Sauce							✓							
Kids Pancakes	✓		✓				✓							
Sausage	✓											✓		
Bacon														
Hash Brown														
Fried Egg			✓											
Beans														
Black & White Pudding	✓					✓								
Tomatoes							✓							
Mushrooms							✓							
Soda Bread	✓		✓				✓							
Sourdough	✓													
White Bread	✓					✓								
Brown Bread	✓					✓								
Fries														

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