

Menu Items Allergen Check List

Note - Please state the name of the cereal(s) containing **Elena O'Donovan**gluten* and the name of the nut(s)** in the appropriate column

 Type menu items below and indicate allergens using a tick MENU ITEM	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites* **	 Lupins	 Molluscs
Johno's Breakfast	✓		✓			✓	✓					✓		
Full Irish	✓		✓			✓	✓					✓		
Mini Irish	✓		✓			✓						✓		
Vegetarian	✓		✓				✓							
Build Your Own	✓		✓			✓	✓					✓		
Breakfast Burrito	✓		✓			✓	✓					✓		
Breakfast Bap	✓		✓			✓				✓		✓		
Eggs Benedict	✓		✓				✓			✓				
Avocado Deluxe	✓		✓				✓							
Fighting Fit Omelette			✓				✓					✓		
Breakfast Salad	✓		✓			✓	✓			✓		✓		
Granola	✓				✓			✓			✓			
Scones	✓		✓				✓							
Porridge Oats	✓						✓							
Pancakes	✓		✓				✓							
Fruit compote, Almond & cream							✓	✓						
Bacon & Maple														

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

** 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