



'Food Allergies and Intolerances'

***Before you order your food and drinks, please speak to a member of our team,
All of whom are fully trained in allergy awareness.***

If you have a food allergy or food intolerance please refer to the last page of the menu, where the allergens are listed numerically and presented in that format under each menu item.

Our Popular Range €6.50

- **Irish strip:** Ciabatta, Roast Striploin of Beef, Red Onion, Baby Spinach & Dijon Mayo
(Contains Allergen 6 wheat, 11, 13)
- **Mexicana:** Focaccia, Cajun Chicken, Crispy Bacon & Chili Creme Fraiche
(Contains Allergen 6 wheat, 7, 12)
- **Dubliner:** Ciabatta, Baked ham, Dubliner Cheddar, Tomato, Our Own Maldron Relish
(Contains Allergen 6 wheat, 7)
- **Cork in the Med:** focaccia, Roast Pepper, Roast Courgette, Smoked Cork Carigaline Cheese & Our Own Homemade Hummus
(Contains Allergen 6 wheat, 7)
- **V-Deli Club:** Ciabatta, Chicken Breast, Tomato, Bacon, Wexford Brie, Wild Rocket & Lemon Mayo
(Contains Allergen 6 wheat, 7, 11, 12)
- **Connemara:** focaccia, Connemara Oak Smoked Salmon, Spring Onion Crème Fraiche, Mizuna Leaves, Glenisk Yoghurt Dressing
(Contains Allergen 3 fish, 6 wheat, 7)

Breads

- **Ciabatta**
(Contains Allergen 6 wheat)
- **Organic White Baguette**
(Contains Allergen 6 wheat)
- **Sour Dough Baguette**
(Contains Allergen 6 wheat)
- **Multi Seed Baton**
(Contains Allergen 6 barley, wheat & rye, 8)
- **Focaccia**
(Contains Allergen 6 wheat)
- **Our Own Healthy Seeded Brown**
(Contains Allergen 6 barley & wheat, 7, 9, 10)
- **Wraps**
(Contains Allergen 6 wheat, 11)

Fillings

- **Dubliner Cheddar**
(Contains Allergen 7)
- **Wexford Brie**
(Contains Allergen 7)
- **Smoked Cork Carigaline Cheese**
(Contains Allergen 7)
- **West Cork Smoked Gubeen**
(Contains Allergen 7)
- **Roast Ham**
(Contains no Allergen)

- **Breast of Chicken**
(Contains Allergen 12)
- **Irish Beef Striploin**
(Contains no Allergen)
- **Crispy Bacon**
(Contains no Allergen)
- **Connemara Oak Smoked Salmon**
(Contains Allergen 3 fish)
- **Baby Spinach or Rocket or Mixed Leaves**
(Contains no Allergen)
- **Our Own Homemade Hummus**
(Contains no Allergen)
- **V-Deli Relish**
(Contains no Allergen)
- **Our Own Chili Jam**
(Contains Allergen 6 barley, 9)

V-Deli Signature Range

€6.75

Served Hot

● **Rustic Baguette, Pooled Pork, Spiced Apple Relish, Melted West Cork Smoked Gubeen Cheese**

(Contains Allergen 6 wheat, 7)

● **Organic White Baguette, Roast Chicken Breast, Creamy Garlic Mushroom, Sun Kissed Tomatoes**

(Contains Allergen 6 wheat, 7, 12)

● **Focaccia, Roasted Mediterranean Vegetables, Feta Cheese, Chilli Jam**

(Contains Allergen 6 barley & wheat, 7, 9)

Salads €6.50

● **Crispy Broccoli, Baby Spinach, Candied Walnuts, Pear, Cashel Blue Cheese Dressing**

(Contains Allergen 5 walnut, 7)

● **Super Food Salad, Carrot Courgette, Moroccan Flavored Couscous, Toasted Sunflower & Pumpkin Seeds, Cherry Tomatoes, Spring onion, Orange & Lemon Dressing**

(Contains Allergen 6 wheat, 10)

● **Asian Spiced Noodle Salad, Mango Chili Salsa, Sesame Soy Dressing**

(Contains Allergen 5 walnut, 6 wheat, 8, 9, 10)

Homemade Soup of the Day €4.00

(Contains Allergen 7, 8, 9, 12)

Desserts €3.90

● **Chocolate Brownie**

(Contains Allergen 5 walnut, 6 wheat, 7, 11)

● **Plain Scone**

(Contains Allergen 6 wheat, 7, 8, 11)

● **Chocolate Croissant**

(Contains Allergen 6 wheat, 7, 11)

● **Chocolate Muffin**

(Contains Allergen 6 wheat, 7, 8, 11)

● **Blueberry Muffin**

(Contains Allergen 6 wheat, 7, 11)

● **Oatmeal Cookie**

(Contains Allergen 6 wheat, 8, 11)

Allergen Index

No1 &2 Shellfish (type e.g. prawns or mussels)

No3 Fish

No4 Peanuts

No5 Nuts (specify nut)

No6 Cereal containing

gluten (need to state what type e.g. gluten)

No7 Milk/milk products

No8 Soya

No9 Sulphur Dioxide

No10 Sesame seeds

No11 Egg

No12 Celery and Celeriac

No13 Mustard

No14 Lupin