

## MENU ALLERGEN INFORMATION UPDATED 13.07.2025

WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS –  
OUR ENVIRONMENT IS NOT GLUTEN FREE

### BREAKFAST

#### Gaelic Porridge

Porridge: 1 Gluten (oat), 7 Dairy

Whiskey:

Fresh Cream & Brown Sugar: 7 Dairy

#### Flahavan's Finest Porridge oats

Porridge: 1 Gluten (oat), 7 Dairy

Cinnamon and Honey:

Stewed Rhubarb:

Prunes in Syrup: 12 Sulphites

#### Homemade Nut and Maple Granola

Granola: 1 Gluten (wheat, oat), 5 Peanuts,  
8 Nuts (walnuts, pecans)

Stewed Rhubarb:

Prunes in Syrup: 12 Sulphites

Yogurt: Dairy 7

#### Full Irish

Bacon: 12 Sulphites

Sausages: 1 Gluten (wheat), 7 Dairy, 12 Sulphites

Fried Eggs: 3 Eggs

Sneem Black Pudding: 1 Gluten (oat)

Sautéed Baby Potatoes:

Sourdough: 1 Gluten (wheat)

#### Mini Irish

Bacon: 12 Sulphites

Sausages: 1 Gluten (wheat), 7 Dairy, 12 Sulphites

Fried Eggs: 3 Eggs

Sneem Black Pudding: 1 Gluten (oat)

Sourdough: 1 Gluten (wheat)

#### Banana & Peanut Butter

Brioche: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Granola: 1 Gluten (wheat, oat), 5 Peanuts,  
8 Nuts (walnuts, pecans)

Peanut Butter & Banana: 5 Peanuts, 6 Soyabeans, 7  
Dairy, 12 Sulphites

Maple Syrup: 12 Sulphites

#### Buttermilk Pancakes

Buttermilk Pancakes: 1 Gluten (wheat), 3 Eggs, 7  
Dairy

Served with Chocolate Sauce: 7 Dairy, 12 Sulphites

Seasonal Fruit:

#### The Lansdowne Omelette

Omelette: 3 Eggs, 7 Dairy

Sourdough: 1 Gluten (wheat)

#### Goatsbridge Smoked Trout

Smoked Trout: 4 Fish, 12 Sulphites

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Baby Leaves: 10 Mustard

Feta Cheese: 7 Dairy

Poached Eggs: 3 Eggs, 12 Sulphites

#### Baked Eggs

Bean, Lentil and Pepper Skillet: 6 Soyabeans, 9

Celery, 12 Sulphites, 13 Lupin

Poached Eggs: Eggs 3, 12 Sulphites

Sourdough: 1 Gluten (wheat)

#### Beetroot Hummus

Beetroot Hummus: 8 Nuts (pinenuts), 11 Sesame  
Seeds

Sourdough: 1 Gluten (wheat)

Rocket Leaves: 10 Mustard

Poached Eggs: 3 Eggs, 12 Sulphites

Homemade Basil Pesto: 7 Dairy, 8 Nuts (pinenuts)

#### Breadbasket

Sourdough: 1 Gluten (wheat)

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Jam:

Marmalade:

Butter: Dairy 7

#### Toast Board

Sourdough: 1 Gluten (wheat)

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Jam:

Marmalade:

Butter: Dairy 7

#### Scone

Scone: 1 Gluten (wheat), 3 Eggs, 7 Dairy, 12  
Sulphites

Jam:

Marmalade:

Butter: Dairy 7

#### Vegan Soya Yogurt

6 Soyabeans

#### Gluten Free Bread

6 Soyabeans

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**LUNCH – 12pm – 4pm**

Homemade Soup of the Day

Soup: Milk 7, Celery 9, Sulphites 12

Brown Bread: 1 Gluten (wheat), 7 Dairy

Seafood Chowder

Chowder: 2 Crustacean, 4 Fish, 6 Soybean, 7 Dairy, 9

Celery, 12 Sulphites, 14 Molluscs

Brown Bread: 1 Gluten (wheat), 7 Dairy

Fisherman's Salad

1 Gluten (wheat), 2 Crustacean, 4 Fish, 6 Soyabean,  
7 Dairy, 10 Mustard, 12 Sulphites, 14 Molluscs

Dingle Goats Cheese Salad

Goats Cheese: 7 Dairy

Salad Leaves: 9 Celery, 10 Mustard

Glazed Beetroot:

Balsamic Vinaigrette: 12 Sulphites

Candied Walnuts: 8 Nuts (walnuts), 12 Sulphites

Chicken:

Duck:

Traditional Venison Stew

Stew: 6 Soyabeans, 7 Dairy, 9 Celery, 10 Mustard,  
12 Sulphites

The Lansdowne Omelette

Omelette: 3 Eggs, 7 Dairy

Sourdough: 1 Gluten (wheat)

Fries:

**SANDWICHES**

Salad: 10 Mustard

House Fries:

Cajun Chicken

1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12  
Sulphites

Pulled Beef Cheek

1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12  
Sulphites

Lansdowne Special

1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12  
Sulphites

Roast Chicken

1 Gluten (wheat), 3 Eggs, 7 Dairy, 10 Mustard, 12  
Sulphites

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**A La Carte**

**STARTERS**

**Kalamata Black Olive Tapenade & Cultured Irish Butter Basket**

Tapenade: 4 Fish, 10 Mustard, 12 Sulphites, 13 Lupins

Cultured Butter: 7 Dairy

Brown Bread: 1 Gluten (wheat), 7 Dairy

Sourdough: 1 Gluten (wheat)

**Irish Chicken Liver Parfait**

Chicken Liver Parfait: 3 Eggs, 10 Mustard, 12 Sulphites, 13 Lupin

Cornichons: 10 Mustard, 12 Sulphites

Sourdough: 1 Gluten (wheat)

**West Cork Prawn Pil Pil**

Chilli, Garlic and Ginger Prawns: 2 Crustaceans, 12 Sulphites

Sourdough: 1 Gluten (wheat)

Brown Bread: 1 Gluten (wheat), 3 Eggs, 7 Dairy

**Glenbeigh Mussels**

Mussels: 14 Molluscs

Cider and Nduja Cream: 7 Milk, 10 Mustard, 12 Sulphites

Sourdough: 1 Gluten (wheat)

**Crispy Ring of Kerry Lamb Belly**

Lamb Belly:

Ardfert Cabbage:

Mint & Anchovy Yogurt: 4 Fish, 7 Dairy, 10 Mustard, 12 Sulphites

**Whipped Goats Cheese**

Goats Cheese: 7 Dairy, 10 Mustard, 12 Sulphites

Hot Honey:

Seeds and Nuts: 8 Nuts (walnuts, hazelnuts)

Chargrilled Sourdough: 1 Gluten (wheat)

**Sticky Hoisin Silverhill Duck Wings**

Wings:

Hoisin Sauce: 6 Soya Bean, 13 Lupins

Lime and Garlic Aioli: 3 Eggs, 12 Sulphites

Shichimi Togorashi: 9 Celery, 10 Mustard, 11

Sesame Seeds

**Homemade Soup of the Day**

Soup: Milk 7, 9 Celery, 12 Sulphites

Brown Bread: 1 Gluten (wheat), 7 Dairy

**MAINS**

**Smoked Irish Bacon Chop**

Bacon: 12 Sulphites

Cabbage: 7 Dairy

Mash: 7 Dairy

Sauce Soubise: 7 Dairy, 9 Celery, 10 Mustard, 12 Sulphites

**Aubergine Schnitzel**

Aubergine Schnitzel: 1 Gluten (wheat), 3 Eggs, 7 Dairy

Wild Garlic Butter: 7 Dairy

Capers & Herb Salad: 10 Mustard, 12 Sulphites

**Feather Blade of Cronin's Beef**

Beef: 12 Sulphites

Vegetables: 7 Dairy

Yorkshire Pudding: 3 Eggs, 7 Dairy

Mash: 7 Dairy

Merlot Jus: 12 Sulphites

**Shelburne Street Burger**

Burger Patties:

Bacon Jam: 10 Mustard, 12 Sulphites

Gubbeen Cheese: 7 Dairy

Salad Leaves: 10 Mustard, 12 Sulphites

Burger Bun: 1 Gluten (wheat, rye), 7 Dairy, 10

Mustard, 12 Sulphites

**Ardfert Beetroot Wellington**

Wellington and Pastry: 1 Gluten (wheat), 10

Mustard, 12 Sulphites, 13 Lupins

Vegetable Jus: 9 Celery, 10 Mustard, 12 Sulphites

Salad Leaves: 10 Mustard, 12 Sulphites

**DESSERTS**

**Brownie Sundae**

1 Gluten (wheat), 3 Eggs, 7 Dairy, 8 Nuts (almonds, hazelnuts)

**Buttermilk Panna Cotta**

Panna Cotta: 7 Dairy

Compote:

**Sticky Toffee Pudding**

Sticky Toffee Pudding: 1 Gluten (wheat), 3 Eggs, 7 Dairy, 12 Sulphites

Dark Toffee Sauce: 7 Dairy, 12 Sulphites

Vanilla Bean Ice-cream: 3 Eggs, 7 Dairy

**Eton Mess**

Mixed Berry Fruit Meringue: 3 Eggs

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Berry Compote:  
Fresh Cream: 7 Dairy

**POET'S BAR**

Charcuterie Board  
1 Gluten (wheat, oats, rye), 3 Eggs, 7 Dairy, 9 Celery,  
10 Mustard, 12 Sulphites

Irish Market Farmhouse Cheese Board  
1 Gluten (wheat, oats, rye), 3 Eggs, 7 Dairy, 9 Celery,  
10 Mustard, 12 Sulphites

Kalamata Black Olive Tapenade & Cultured Irish  
Butter Basket  
Tapenade: 4 Fish, 10 Mustard, 12 Sulphites, 13  
Lupins  
Cultured Butter: 7 Dairy  
Brown Bread: 1 Gluten (wheat), 7 Dairy  
Sourdough: 1 Gluten (wheat)

Irish Chicken Liver Parfait  
Chicken Liver Parfait: 3 Eggs, 10 Mustard, 12  
Sulphites, 13 Lupin  
Cornichons: 10 Mustard, 12 Sulphites  
Sourdough: 1 Gluten (wheat)

Whipped Goats Cheese  
Goats Cheese: 7 Dairy, 10 Mustard, 12 Sulphites  
Hot Honey:  
Seeds and Nuts: 8 Nuts (walnuts, hazelnuts)  
Chargrilled Sourdough: 1 Gluten (wheat)

**SWEETS AND CAKES**

GF Almond Bakewell  
3 Eggs, 8 Nuts (almonds)

GF Lemon Drizzle  
3 Eggs

GF Walnut Coffee Cake  
3 Eggs, 8 Nuts (walnuts)

GF Caramel Slice  
3 Eggs, 7 Dairy

Chocolate Fudge Slice  
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy

Croissant  
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy

Almond Croissant  
1 Gluten (wheat), 3 Eggs, 6 Soyabeans, 7 Dairy, 8  
Nuts (almonds)

Caramel Donuts  
1 Gluten (wheat), 3 Eggs, 7 Dairy

Coffees  
Americano, Cappuccino, Latte, Mocha, Flat White,  
Macchiato  
7 Dairy

Comp Lemon Shortbread  
1 Gluten (wheat), 7 Dairy

Comp Almond Bite  
8 Nuts (almonds)

Milk  
7 Dairy

Oat Milk  
1 Gluten (oat)

Coconut Milk  
6 Soyabeans

Almond Milk  
8 Nuts (almonds)