

RECIPE

EST. 1883

Nutrition and Allergen Information



Nutrition Information																				
STARTERS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
SIGNATURE BLARNEY CHIPS	748 g	1100	59	91	15	0.3	77	30	2960	123	143	48	14	56	8	17	15	35	6	30
IRISH ALE & CHEDDAR DIP	440 g	1020	49	75	21	0.5	108	100	2320	97	96	32	5	20	9	37	30	10	50	50
Nutrition Information																				
SANDWICHES & WRAPS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<small>All sandwiches & wraps are served with your choice of side, which is not included.</small>	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
BRAISED BEEF SANDWICH	658	820	43	66	13	0.5	68	60	2570	107	81	27	5	20	8	22	60	20	10	30
Nutrition Information																				
MAINS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
FISH & CHIPS (ONE PIECE)	566 g	950	45	69	5	0.5	28	80	3850	160	104	35	9	36	14	29	35	45	10	35
FISH & CHIPS (TWO PIECE)	772 g	1380	61	94	7	0.5	38	150	4960	195	149	50	12	48	15	52	40	45	15	60
CORNED BEEF & CABBAGE	1135	630	39	60	18	1.5	98	145	8880	370	16	5	5	20	6	36	10	70	15	30
LAMB SHANK	1288 g	1020	46	71	17	1	90	245	5800	242	48	16	9	36	14	64	180	80	25	50
Nutrition Information																				
BURGERS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<small>All burgers served with your choice of side</small>	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
LAMB BURGER	408	930	63	97	25	1.5	133	170	2570	107	7	2	2	8	3	36	25	20	8	20
Nutrition Information																				
DESSERTS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
SHAMROCK STACK	199	680	26	40	13	0.3	67	10	700	29	101	34	6	24	40	11	0	0	10	25