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## **14 MAIN ALLERGENS**

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**(PRODUCTS MAY CONTAIN TRACES OF GLUTEN, AS ITS MADE IN A NON-GLUTEN FREE ENVIRONMENT)**

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| <b>1. Celery</b>   | <b>9. Mustard</b>  |
| <b>2. Cereals Containing Gluten<br/>(such as barley and oats),</b> | <b>10. Peanut</b>  |
| <b>3. Crustaceans (such as prawns,<br/>crab and lobsters)</b>      | <b>11. Sesame</b>  |
| <b>4. Eggs</b>   | <b>12. Soy Beans</b>   |
| <b>5. Fish</b>   | <b>13. Sulphur Dioxide and Sulphites<br/>(if they are at a concentration<br/>of more than ten parts per<br/>million)</b> |
| <b>6. Lupin</b>  | <b>14. Tree Nuts *Allergen numbers<br/>will be stated underneath<br/>each meal</b>                                       |
| <b>7. Dairy</b>  |  |
| <b>8. Molluscs (such as mussels and<br/>oysters)</b>               |  |

ADDRESS: 1 MAIN STREET, TRAMORE, Co. WATERFORD. TELEPHONE: 051386144.

Opening Hours: Monday to Saturday 8:00 – 18:00.

Sunday: Closed

Please note if you haven't paid before your food was dropped to your table remain seated and we can bring the bill to you!  
We hope you enjoy your experience

- **Protein Pancakes served with fresh Berries & Vanilla yoghurt. €10.**

Allergens: (\*2,4,7,10)

- **Fluffy Pancakes served with your choice of:**

**Bacon & Maple Syrup | Berry Compote & Cream | Nutella & Strawberries)€10**

Allergens (\*2,4,7+14)

- **Kids Pancake with a choice of Bacon & Maple Syrup | Berry Compote & Cream | Nutella & Wexford Strawberries €6**

Allergens (\*2,4,7+14)

- **House Made Granola served with yoghurt, House Berry Compote and Fresh Irish Berries €7.**

Allergens (\*14,7)

- **Breakfast Burrito Packed with cheese, bacon, sausage, chorizo, sweet potato, beans & avocado €12.**

Allergens (\*2,4,7)

- **Eggs Blaanedict – yep that's served on a Blaa. Bacon or Smoked Salmon)€12.5**

Allergens (\*2,4+5 for salmon)

- **Avocado Toast on Sourdough with Bacon & Poached Egg, hollandaise €12.50**

Allergen(\*2,4)

- **Triple Decker Sambo jammed packed with Bacon, Sausage, Homemade Relish and topped off with an egg €12.5 (available till 12.30**

Allergens (\*2, 4,7)

- **Vee Irish Breakfast – 2 Sausages, Egg, 2 Bacon, 2 Pudding & Sourdough €10**

Allergens (\*4, 2) (available till 12.30 )

- **Vee Half Breakfast -1 Sausage, Egg, 1 Bacon, 1 Pudding & Sourdough €7**

Allergens (\*4, 2) (available till 12.30 )

- **Vee Breakie Blaa – Sausage, Bacon & Egg served with Homemade Relish €7**

Allergens (\*4, 2) (available till 12.30 )

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● **LUNCH MENU AVAILABLE ON THE DISPLAY.**

**CHOICE OF HOUSE SALADS & 1 PROTEIN**

**Chicken Supreme, Baked Salmon, Sausage Rolls, Wraps and Panini's,  
Grilled Goats Cheese, Butternut Squash & Goats Cheese Quiche €12.90**

**DEREK'S HOMEMADE PIES (Beef & Guinness/Chicken & Bacon/Cottage Pie (Fish  
Pie available on Friday)**

**Dine-in: Pie of your Choice with Salad €14 or Take Away: €8.95**

**TAKE AWAY & CATERING AVAILABLE.**

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