



At Metro Café we are committed to being compliant with the Food Safety Authority of Ireland to ensure maximum care for our customers. Some ingredients and items are not made on the premises and are not featured on this menu. Please ask your server or contact us for further details. We cannot be 100% certain that there are no traces of these allergens as they are on the premises.

## Menu Items Allergen Check List



Note – Please state the name of the cereal(s) containing gluten\* and the name of the nut(s)\*\* in the appropriate column

MENU ITEM	Cereals*	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts**	Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites***	Lupins	Molluscs
<input checked="" type="checkbox"/> Type menu items below and indicate allergens using a tick														
Pancakes	✓		✓				✓							
Buttie	✓		✓									✓		
Eggs and Toast	✓		✓											
Metro Special	✓		✓				✓							
Ham and Egg Bap	✓		✓											
Soup	✓								✓					
BLT	✓		✓						✓	✓				
Veggie Grilled Med	✓										✓			
Ham and Cheese	✓						✓			✓				
Grilled Chicken Sub	✓						✓							
Tuna Melt	✓		✓	✓			✓							
Guinness Beef Stew	✓		✓			✓	✓		✓	✓		✓		
Vegetable Fusilli Pesto	✓						✓	✓						
Chicken Penne	✓						✓							
Smoked Salmon	✓			✓			✓							

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

\*\* 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](http://www.fsai.ie/allergens) or contact us at [info@fsai.ie](mailto:info@fsai.ie)

Last Updated: April 2021