



Breakfast

Allergen Information

At Trim Castle Hotel your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about.

Please note that our menu descriptors do not include all ingredients or allergens. Even if you have chosen the item previously, please make sure that you check the allergen information each time you visit and always inform your waiter of your allergy, intolerance, or dietary requirements when ordering. Our Team cannot recommend or tell you what is suitable for you to eat or drink.

How to use this Guide

Our Items are listed in rows on the left-hand side. If a menu item contains an allergen in its ingredients, a “√” is displayed on the menu row in the corresponding allergen column. The “√” indicates that allergen is contained in the menu item. If a “*” is displayed on the menu item row, it refers to ingredients which are produced in a factory with this allergen present and we have deemed that this is a significant risk of contamination.

As our suppliers handle numerous ingredients and allergens, and our dishes are handmade in our busy kitchens, unfortunately, we cannot guarantee that they are 100% free of allergens or contaminants.

In the “Ingredients” Section of this guide, we do not list any ingredients which are unadulterated, e.g. eggs, tomatoes, peppers, oregano, coffee beans, etc.

In accordance with the EU Food Information Regulation, we declare the main fourteen allergens.

We want all of our customers to feel comfortable requesting allergen and dietary information when dining with us and we do have a copy of Allergen Information available also. Alternatively, Scan the QR code at the bottom of our menu to see the information online.

Vegetarian and Vegan

We are very excited to offer a specific Vegetarian/ Vegan Menu which lists all our dishes and drinks that are suitable.

Your dietary requirements are of utmost importance to us. Items marked as (V) are made with Vegetarian ingredients, and items marked as (VE) are made with Vegan ingredients.

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Does It Contain?

Are These Suitable For?

	Milk/ Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide/ Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Nuts	Vegetarian	Vegan	Coeliacs
Full Irish Breakfast					✓		✓										
Vegetarian Breakfast							✓								✓		✓
Scrambled Eggs	✓						✓								✓		✓
Poached Eggs							✓								✓		✓
Pancakes – Lemon & Sugar	✓				✓		✓								✓		
Pancakes – Berry Compote & Maple Syrup	✓				✓		✓								✓		
Continental Breakfast	✓				✓	✓									✓		
Nutella & Strawberry Pancakes	✓				✓		✓								✓		
Sausage, Bacon, Egg					✓		✓										
Cereal	✓				✓										✓		