

Food Allergies and Intolerances

**Before you order your food and drinks, please speak to a member of our staff,
Who are fully trained in allergy awareness, if you have food allergy or food intolerance.
Please refer to the end of the menu, where the allergens are listed numerically
And presented in that format under each menu item**

Starters

Soup of the day with Our home made brown bread

Contains Allergens 6(wheat), 8, 12 **€4.95**

West coast seafood creamy chowder with our homemade brown bread

Contains Allergens 1, 2, 3, 6, 7, 8, 12 **€6.95**

Creamy chicken & mushroom Vol au Vent with fresh rocket

Contains Allergens 6(wheat), 7, 8, 11, 12 **€7.95**

Home made seafood fish cake dressed baby leaves, mango & pineapple salsa

Contains Allergen 3(salmon, cod, smoked coley) 6, 7,8,11 **€8.95**

Bluebell falls goats cheese, black pudding croutons, red onion marmalade, cherry tomatoes, basil
dressed rocket, balsamic reduction

Contain Allergens 5, 6, 7, 8, 12 **€8.95**

Mains

Traditional roast of Irish beef housekeepers Cut, Yorkshire pudding, house gravy

Contain Allergens 7, 8, 9, 12 **€14.95**

Roast honey glazed loin of bacon with savoy cabbage, parsley cream sauce

Contains Allergens 7, 8, 9 **€12.95**

Roast Stuffed Turkey Crown & Honey Baked Ham, Savory Sage Stuffing, Red Wine Jus

Contain Allergens 6, 7, 8, 9, 12 **€14.95**

Chicken parmigiano grilled breast of chicken finished in tomato Sauce, melted mozzarella cheese,
pesto dressed rocket

Contains allergens 7, 8, 9, 12 **€13.95**

Grilled fillet of fresh silver hake with almond & herb crust, lemongrass cream

Contains Allergens 3, 7,8,12 **€14.95**

Penne pasta, stir fry vegetable, with chefs tomato & basil sauce, parmesan cheese

Contain Allergens 6, 7, 8, 11, 12 **€10.50**

Desserts

Traditional homemade tiramisu with tia maria, chocolate ice-cream

Contain Allergens 5, 6(wheat) 7, 11 **€5.50**

Apple flan, cinnamon, raisins, crème Anglia's, vanilla ice cream

Contain Allergens 6, 7, 11 **€4.95**

Baileys cheesecake, fruit Coulis, strawberry ice-cream

Contain Allergens 5, 6(wheat) 7, 11 **€4.95**

Selection of ice cream

Contain Allergens 7, 11 **€4.95**

Maldron Hotel Galway proudly uses local suppliers.
Tá bród ar an Maldron Hotel Gaillimh úsáid a bhaint as soláthraithe áitiúla

We try to source local product where it is possible and support local business.
Déanaimid gach iarracht táirge áitiúil a fháil nuair is féidir agus tacú le gnólachtaí áitiúla

Heaney meats Galway – Fresh meats
Maldron Hotel proudly serves only 100% prime Irish beef
Glancy Seafood Tuam – Fresh fish & seafood
Galway Bay Seafood - Fresh fish & seafood
Total Produce - Fresh vegetables and potatoes
Glynns Carnmore – Fresh vegetables and potatoes

List of Allergens

1&2 Shellfish

Crustaceans----- *Shrimp (crevette), prawns, crab, crayfish and lobster*

Mollusks----*Clams, cockles, mussels, oysters, octopus, snails, squid (calamari)*
And scallops

3. Fish 4. Peanuts 5. Nuts

*Almonds/ Walnuts/ Pecan nuts/ Brazil nuts/Hazelnuts/ Cashews/Pistachio nuts/
Macadamia nuts also known as Queensland*

6. Cereals containing gluten

7. Milk

8. Soya

9. Sulphur Dioxide

10. Sesame Seeds

11. Egg

12. Celery and Celeriac

13. Mustard

14. Lupine