

Allergens

ASIAN SALAD:	CODE	
ING SLICED SPRING ONION	405453	n/a
INGS Teriyaki Blenders Sauce	930485	soya, sesame
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
INGS SWEETCORN	272374	n/a
INGS SPINACH WASHED	758215	n/a
INGS DICED MIXED PEPPERS	117453	n/a
INGS Ginger & chilli Santamaria seasoning	756665	n/a

MEXICAN SALAD:		
INGS CHIPOTLE BLENDERS SAUCE	490357	eggs, mustard
INGS CAJUN CHICKEN BREAST	934241	n/a
INGS SPINACH WASHED	758215	n/a
INGS DICED RED ONION	117417	n/a
INGS DICED MIXED PEPPERS	117453	n/a
INGS CHIPOTLE S POTATO & BEAN	929666	n/a

TACO TUNA:		
INGS SPINACH WASHED	758215	n/a
INGS HARD BOILED EGGS 3KG	232369	eggs
INGS DICED RED ONION	117417	n/a
INGS DICED MIXED PEPPERS	117453	n/a
INGS TUNA MAYONNAISE	766672	eggs, fish, mustard
INGS Taco Blenders Sauce	532193	egg, mustard

PRE-MADE SANDWICHES (only in could counter)

Ham & Cheese croissant:		
CK BUTTER CROISSANT	446232	Wheat, gluten, eggs, milk
INGS M/E RED CHEDDAR SLICES	469426	milk
SLICED COOKED HAM	928906	n/a

Tuna Piadina Melt:		
INGS SANTA MARIA WRAPS	798827	Wheat, gluten, oats,
INGS M/E RED CHEDDAR SLICES	469426	milk
INGS SEMI SUNDRIED TOMATOES	925066	n/a
INGS SPINACH WASHED	758215	n/a
INGS DICED RED ONION	117417	n/a
INGS TUNA MAYONNAIS	766672	eggs, fish, mustard

Italian Chicken Focaccia:		
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
ING BLENDERS REAL MAYONNAISE	164110	eggs, mustard
INGS IQF MAESTR MOZZARELL SLIC	929385	milk
INGS SPINACH WASHED	758215	n/a
INGS BEEF TOMATO SLICED	117433	n/a
ING GOMO GREEN PESTO SAUCE	931190	milk, cashew
INGS FLAT BREAD WHITE PRE-SLIC	925369	Wheat, gluten

Irish Stout:		
INGS SCOTTS CRISPY ONIONS	933144	Wheat, gluten
INGS M/E RED CHEDDAR SLICES	469426	milk
INGS COS LETTUCE	180868	n/a
SLICED COOKED HAM	928906	n/a
INGS BEEF TOMATO SLICED	117433	n/a
BALLYMALOE IRISH STOUT SAUCE DELI	929234	gluten, barley, mustard
INGS SPELT & BEETROOT BREAD	682059	WHEAT, SPELT, RYE, BARLEY, gluten,

Chicken & Bacon Melt:		
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
ING BLENDERS CHIPOTLE MAYO	490357	eggs, mustard
INGS M/E RED CHEDDAR SLICES	469426	milk
COOKED CRISPY STEAKY BACON / DAWN FARM		
CKD STREAKY BACON RASHERS	757964 / 768120	n/a
Chipotle & Black sesame Burger Bun	690273	wheat, gluten, egg, milk, sesame
INGS SPINACH WASHED	758215	n/a

Bacon, Cream & Cheese Bagel		
INGS Plain BAGEL	931883	Wheat, gluten, soya
INGS PHILADELPHIA PORTION CONT	695460	milk
COOKED CRISPY STEAKY BACON / DAWN FARM		
CKD STREAKY BACON RASHERS	757964 / 768120	n/a

Ham & Cheese Bretzel		
INGS BRETZEL MULTISEED BREAD	762129	WHEAT, RYE, BARLEY, gluten, sesame
INGS M/E RED CHEDDAR SLICES	469426	milk
SLICED COOKED HAM	928906	n/a

BLT on Bretzel		
INGS BRETZEL MULTISEED BREAD	762129	WHEAT, RYE, BARLEY, gluten, sesame
COOKED CRISPY STEAKY BACON / DAWN FARM		
CKD STREAKY BACON RASHERS	757964 / 768120	n/a
INGS COS LETTUCE	180868	n/a
INGS BEEF TOMATO SLICED	117433	n/a

Chicken & Stuffing		
MCKEOWN PULLED COOKED CHICK BREAST	934177	
INGS BRETZEL MULTISEED BREAD	762129	WHEAT, RYE, BARLEY, gluten, sesame
INGS SAGE & ONION STUFFING	925357	wheat, celery
INGS Mayonnaise Blenders Sauce	164110	eggs, mustard

Falafel Wrap:		
INGS SANTA MARIA WRAPS	798827	Wheat, gluten, oats,
INGS TRAD COOKED FALAFEL	684536	n/a
INGS SPINACH WASHED	758215	n/a
INGS IQF COW CHEESE CUBES	768086	milk
INGS Houmous	442044	sesame
INGS ME SEMIDRIED TOMATOES	925066	n/a

Ballymaloe Beetroot Wrap		
INGS SANTA MARIA WRAPS	798827	Wheat, gluten, oats,
INGS GOATS CHEESE DISCS FROZEN	685220	milk
INGS SPINACH WASHED	758215	n/a
INGS BALLYMAL DICED BEETROOT	495468	n/a
INGS Pesto Sauce	931190	milk, cashew
INGS WASTE B/MALOE BEET WRAP	683220	Wheat, gluten

Chicken Caesar Wrap:		
INGS SANTA MARIA WRAPS	798827	Wheat, gluten, oats,
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
COOKED CRISPY STEAKY BACON / DAWN FARM		
CKD STREAKY BACON RASHERS	757964 / 768120	n/a
ITALIAN HARD CHEESE FLAKES	251252	milk
INGS COS LETTUCE	180868	n/a
INGS CROUTONS GARLIC & HERB	924792	wheat, gluten
Caesar Dressing Blenders Sauce	318132	eggs, milk, mustard

Chicken & Jalapeno Wrap		
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
INGS SANTA MARIA JALAPENOS	661879	n/a
INGS M/E GRATED RED CHEDDAR	369851	milk
INGS COS LETTUCE	180868	n/a
ING SIRACHA BLENDERS SAUCE	488226	n/a
ING CHIPOTLE SAUCE	490357	eggs, mustard
INGS TOMATO WRAP	545336	wheat, gluten

Cajun Chicken Baguette:		
INGS PLAIN HALF BAGUETTE	765048	gluten, wheat
INGS ROAST CAJUN CHICKENBREAST	934241	n/a
ING BLENDERS GARLIC MAYO	709882	eggs, mustard
INGS SEMI SUNDRIED TOMATOES	925066	n/a
INGS SPINACH WASHED	758215	n/a
ING Chipotle Sauce	490357	eggs, mustard

Goat Cheese Baguette		
INGS PLAIN HALF BAGUETTE	765048	gluten, wheat
INGS Pesto Sauce	931190	milk, cashew
INGS SEMI SUNDRIED TOMATOES	925066	n/a
INGS GOATS CHEESE DISCS FROZEN	685220	milk
MCKEOWN PULLED COOKED CHICK BREAST	934177	n/a
INGS SPINACH WASHED	758215	n/a

CK TUNA MELT		
INGS BANDON VALE GRATED MOZZAR	172946	milk
INGS APPLEWOOD SMKD CHEDDAR SL	424327	milk
INGS SOURDOUGH SLICE WHITE BRD	775095	wheat
INGS SWEETCORN	272374	n/a
INGS TUNA MAYONNAISE	766672	eggs, fish, mustard

NEW YORK DELI REUBEN		
INGS NEWFORGE GHERKINS SLICED	798285	n/a
INGS BANDON VALE GRATED MOZZAR	172946	milk
INGS APPLEWOOD SMKD CHEDDAR SL	424327	milk
INGS SOURDOUGH SLICE WHITE BRD	775095	wheat, gluten
INGS SLICED PASTRAMI	769444	n/a

CK HAM & CHEESE CARACTERE BAGUETTE		
INGS APPLEWOOD SMKD CHEDDAR SL	424327	milk
INGS M/E TRAD SLICED HAM	928906	n/a
INGS BRIDOR CARACTERE BAGUETTE	929962	wheat, gluten

CK SPICY CHORIZO & BACON TOAST		
INGS SOURDOUGH SLICE WHITE BRD	775095	wheat, gluten
INGS SANTA MARIA JALAPENOS	661879	n/a
INGS SPANISH DICED CHORIZO	425960	milk
INGS CRISPY STREAKY BACON	757964 / 768120	n/a
INGS IQF MAESTR MOZZARELL SLIC	929385	milk

CK SPICE BAG WRAP		
INGS SANTA MARIA WRAPS	798827	Wheat, gluten, oats,
INGS LUTOSA FAMILY CHIPS	420122	n/a
INGS DICED MIXED PEPPERS	117453	n/a
INGS SALTED CHILLI CHICKEN FIL	929288	Wheat, gluten, eggs,

NEW GFME LINES

CK GFME CHEESE BURGER

INGS AL FLAME CKD Q/POUND 90G	105068	Wheat, eggs, soya
INGS BRIOCHE STYLE BUN	937612	Wheat, gluten, eggs, milk
INGS EASI SINGLES 20S 400G	688857	milk

CK CHICKEN BURGER

INGS BRIOCHE STYLE BUN	937612	Wheat, gluten, eggs, milk
INGS M/E RED CHEDDAR SLICES	469426	milk
INGS BEEF TOMATO SLICED	117433	n/a
INGS BREADED CHICKEN FILLET	752941	wheat, gluten

AN SAUSAGE BAP

Sausage	wheat
Vegetable Spread	milk
IQF Bap Waterford BLAA Large	wheat

AN BACON BAP

IQF Bap Waterford BLAA Large	wheat
Butter Spread	milk
Smoked Cooked Back Bacon (Irish)	