



Allergen Information

Coffee Cove, Cobh · the 14 allergens (EU Reg. 1169/2011)

Updated October 2026

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We've made every effort to check the ingredients of our food for allergens, and you're welcome to see the product labels. Please tell staff about any allergy before you order.

Y = contains ? = not yet confirmed, ask staff

Menu item

	Cereals containing gluten (cereal named)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts (nut named)	Celery	Mustard	Sesame seeds	Sulphur dioxide / sulphites	Lupin	Molluscs
BREAKFAST (UNTIL 12:30) Toast: Irish Pride or Pat the Baker (may contain sesame, rye, barley).														
Full Irish breakfast (with toast)	Wheat, Oats		Y			Y	Y					Y		
Mini Irish breakfast (with toast)	Wheat, Oats		Y			Y	Y					Y		
Eggs on toast (scrambled or poached)	Wheat		Y			Y	Y							
Eggs on toast with sausage and/or bacon	Wheat		Y			Y	Y					Y		
Breakfast omelette (with toast)	Wheat, Oats		Y			Y	Y					Y		
Breakfast bagel (bagel may contain sesame) or sandwich	Wheat, Rye, Barley		Y				Y					Y		
Homemade sausage roll (pastry may contain soya, other gluten cereals)	Wheat, Oats		Y				Y							
Toast with butter & marmalade / jam	Wheat					Y	Y							
Porridge with cream & honey	Oats						Y							
Pancakes with honey (breakfast & lunch)	Wheat		Y				Y							
Pancakes with Nutella (breakfast & lunch)	Wheat		Y			Y	Y	Hazelnut						
SANDWICHES Cuthberts Pezo bread shown (see Breads). Coleslaw side: egg, mustard.														
A. Bacon, tomato, mayonnaise & leaves	Wheat, Rye, Barley		Y				Y			Y				
B. Ham, tomato, onion & cheddar	Wheat, Rye, Barley						Y							
C. Ham, mustard, mayo, Emmental & leaves	Wheat, Rye, Barley		Y				Y			Y				
D. Chicken, bacon, sweet chilli, cheddar	Wheat, Rye, Barley						Y							
E. Chicken, peppers, sweet chilli & cheddar	Wheat, Rye, Barley						Y							
F. Chicken tikka, cheddar & onion (tikka sauce may contain traces of mustard)	Wheat, Rye, Barley		Y			Y	Y							
G. Pesto chicken, mozzarella & rocket	Wheat, Rye, Barley		Y				Y	Cashew						
H. Tuna, sweetcorn, Emmental & onion	Wheat, Rye, Barley		Y	Y			Y			Y				
I. Chicken, chilli pesto & cheddar (pesto may contain peanuts, other nuts, soya)	Wheat, Rye, Barley		Y				Y	Cashew						
BREADS														
Cuthberts Pezo bread (may contain egg, milk, nuts, sesame, soya, lupin)	Wheat, Rye, Barley													
Regular toast: Irish Pride or Pat the Baker (may contain sesame, rye, barley)	Wheat					Y								
Wrap, Simpli Baked (may contain milk)	Wheat													
Bagel, La Boulangerie (may contain sesame)	Wheat, Rye, Barley													
Gluten-free bread (Promise)														
Gluten-free bread, toast & toasted sandwiches: Stored separately. If toasted, made in a shared toaster, so it may contain traces of gluten. Please ask staff.														
Soda bread (Irish Pride, may contain sesame), with soup	Wheat						Y							
McCambridge's wholewheat bread	Wheat						Y							
Cheese bread (cheese scone), with soup	Wheat		Y				Y							
LUNCH														
Soup of the day, gluten-free (carrot & parsnip or cauliflower & broccoli)									Y					
Omelette (ham, chicken, bacon or veggie)			Y				Y							
Omelette with tuna			Y	Y			Y			Y				
Sausage roll, salad & coleslaw (pastry may contain soya, other gluten cereals)	Wheat, Oats		Y				Y			Y				
Coleslaw			Y							Y				

Y = contains. **Wheat** = contains that cereal / nut.

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TOPPINGS, SPREADS & SAUCES

	Cereals containing gluten (cereal named)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts (nut named)	Celery	Mustard	Sesame seeds	Sulphur dioxide / sulphites	Lupin	Molluscs
Butter / cream							Y							
Nutella						Y	Y	Hazelnut						
Honey														
Jam / marmalade (Newforge portions)														
Mayonnaise sachets (Heinz)			Y							Y				
English mustard sachets (Heinz)	Wheat, Barley									Y				
Kitchen mayonnaise in sandwiches (Clóna 5kg tub)			Y							Y				
Tomato ketchup (Heinz)									Y					
Brown sauce sachets (HP)	Barley, Rye													
Butterscotch sauce for cakes (may contain nuts)							Y							

SCONES & CAKES Served with cream or butter: + milk (see Toppings).

Scones: plain, fruit, berry, cinnamon, cheese	Wheat		Y				Y							
Carrot & walnut cake slice (may also contain other nuts)	Wheat, Oats		Y			Y	Y	Walnut						
Lemon cake slice, Ryan's (may contain nuts)	Wheat		Y			Y	Y							
Chocolate or coffee cake slice, Ryan's (may contain nuts)	Wheat		Y			Y	Y							
Deep apple tart (may contain hazelnut, pecan, almond, walnut)	Wheat		Y									Y		
Rhubarb/strawberry crumble (may contain hazelnut, pecan, almond, walnut)	Wheat		Y											
Double choc fudge cake (may contain hazelnut, pecan, almond, walnut)	Wheat		Y			Y	Y							
White choc & raspberry cheesecake (has gelatine; may contain nuts, peanuts)	Wheat					Y	Y							
GF chocolate muffin, Goodness Grains (GF oats; may contain milk, sesame)	Oats (GF)		Y			Y								

HOT & COLD DRINKS Marks are with regular dairy milk. For oat drink see Milk.

Latte, cappuccino, flat white, cortado, iced latte, baby chino							Y							
Mocha, hot chocolate (marshmallows contain pork gelatine)							Y							
Spicy chai latte (hot or iced)							Y							
Americano, espresso, iced Americano (black)														
Barry's tea, herbal teas (black)														
Syrups: caramel, chocolate, vanilla, chai, peppermint, hazelnut (no nuts)														
Glass of milk							Y							
Soft drinks, orange juice, apple juice, water														

MILK FOR TEAS & COFFEES

Clóna full fat milk							Y							
Clóna light milk							Y							
Oatly Barista oat drink (not gluten-free; may contain milk)	Oats													

Please ask staff Oatly contains oats (gluten). Same jugs & steam wand as dairy milk, so may contain milk.

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