



O'Brien's[®]

ALLERGEN GUIDE



Please be aware that our restaurant is a mixed food environment. If you have an allergy or food intolerance please inform a member of staff and we will use best practice when preparing your food.

AIL
GROUP
WE'RE ALL ABOUT FOOD.



FOOD ITEM CONTAINS ALLERGENS: ●

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HANDCRAFTED SANDWICHES* *Please add your bread choice above to the Allergen below.

Scrambled Egg on Toast

● EGG ● MILK

Chicken & Bacon Shambo®

● EGG ● PEANUT ● MILK

Tuna Melt Shambo®

● EGG ● FISH ● MILK

Pesto Mozzarella Shambo®

● CASHEW NUT

● WALNUT

● MUSTARD

● SESAME SEEDS

SIGNATURE SANDWICHES

Pulled Ham Ciabatta

● WHEAT GLUTEN

● OATS GLUTEN

● MILK

● MUSTARD

Hot Chicken Ciabatta

● WHEAT GLUTEN

● EGG

● MILK

● MUSTARD

Tuna Melt Ciabatta

● WHEAT GLUTEN

● EGG

● FISH

● MILK

● MUSTARD

● SESAME SEEDS

Goats Cheese Ciabatta

● WHEAT GLUTEN

● MILK

● SESAME SEEDS

Goats Cheese on Sourdough

● WHEAT GLUTEN

● EGG

● MILK

● CASHEW NUT

● PISTACHIO NUT

● WALNUT

● MUSTARD

Cajun Chicken on Sourdough

● WHEAT GLUTEN

● EGG

● MILK

● MUSTARD

Mexican Quesadilla

● WHEAT GLUTEN

● MILK

Chicken Caesar Wrap

● WHEAT GLUTEN

● OATS GLUTEN

● EGG

● FISH

● MILK

● MUSTARD

Powerhouse Wrap

● WHEAT GLUTEN

● MILK

● MUSTARD

● SESAME SEEDS

Mediterranean Tuna Wrap

● WHEAT GLUTEN

● EGG

● FISH

● MUSTARD

● SESAME SEEDS

Ham & Cheese Croissant

● WHEAT GLUTEN

● EGG

● MILK

Crispy Bacon & Cream Cheese on a Plain Bagel

● WHEAT GLUTEN

● MILK

Cajun Chicken & Corn Quesadilla

● WHEAT GLUTEN

● MILK

● MUSTARD



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DRESSING & SAUCE

O'Brien's Honey Dijon



Colmans Dijon Mustard



Colmans Wholegrain Mustard



Caesar Dressing Cardini



BBQ Sauce



Bagel Factory Caesar



Bagel Factory Sweet Chilli



Rich Sauces Italian Sauce



Rich Sauces Mexican Sauce



Rich Sauces Tikka Sauce (424105)



Cajun Sauce Rich Sauce



Balsamic Vinegar



Cashew Butter



Classic Vinaigrette



French Dressing



Thousand Island



O'Brien's House Dressing



O'Brien's Mayonnaise



Ballymaloe Relish



Bagel FACTORY

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BAGELS	WHEAT GLUTEN	OATS GLUTEN	BARLEY GLUTEN	SPELT GLUTEN	RYE GLUTEN	CRUSTACEANS	EGG	FISH	PEANUT	SOYA BEAN	MILK	CASHEW NUT	PISTACHIO NUT	HAZEL NUT	ALMOND NUT	WALNUT	PECAN NUT	PINE NUT	CELERY	MUSTARD	SESAME SEEDS	SULPHITES	LUPIN	MOLLUSCS	
Plain	●																								
Sesame	●																					●			
Poppy	●																								
Multi Seed	●																					●			
Healthy Seed	●																								
Cheese	●										●														
Cinnamon	●																								
Wholemeal	●																								
Pizza Bagel	●										●														
BAGEL RANGE																									
Italian Chicken	●						●			●	●										●				
Chicken Caesar	●		●				●	●		●	●								●		●	●			
Turkey Club	●						●			●	●										●				
Stars 'N' Stripes	●										●														
Chilli Tuna Melt	●		●					●		●	●								●						
Italian Pesto	●						●				●	●						●			●				
Salt Beef	●		●				●				●								●		●				
Mushroom Melt	●										●														
Pesto Bella Melt	●						●				●	●						●			●				

