



**Nutrition and Allergen Information**

**Allergen Information**

<b>STARTERS</b>	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
WARM SPINACH AND ARTICHOKE DIP			x				x	x			x	
SIGNATURE BLARNEY CHIPS			x					x				x
CHIP AND DIP DUO			x				x	x		x	x	
THICK CUT CALAMARI			x		x	x				x		
NACHOS			x									x
ADD CHIPTOLE BEEF			x				x	x		x	x	
ADD GRILLED CHICKEN								x				
ADD GUACAMOLE												
ADD EXTRA CHEESE			x									
MINI YORKIES			x				x	x		x		x
GARLIC CHEDDIES			x							x		
POUTINE			x					x		x		x
CRISPY CAULIFLOWER			x				x	x		x	x	
CROWD PLEASER with NAKED WINGS			x				x	x			x	x
CROWD PLEASER with DUSTED WINGS			x				x	x		x	x	x
CHICKEN WINGS- BUFF 1 LB												
CHICKEN WINGS- BUFF 1.5 LB												
CHICKEN WINGS- BUFF 2 LB												
CHICKEN WINGS- DUSTED 1 LB										x		
CHICKEN WINGS- DUSTED 1.5 LB										x		
CHICKEN WINGS- DUSTED 2 LB										x		
CHOICE OF: RANCH DRESSING			x				x				x	
CHOICE OF: BLUE CHEESE DRESSING			x				x					
-MILD								x			x	
-BUFFALO MEDIUM			x									
HOT												
-SALT & PEPPER												
-CHILI LIME SEASONING												
SRIRANCHA SAUCE			x				x	x				
GARLIC PARMESAN- COMBO'S			x					x				x
FOUR CHEESE DIP- COMBO'S			x					x		x		x
BUTTER CHICKEN FRIES- COMBO'S			x					x				
BBQ CHICKEN FLATBREAD- COMBO'S			x				x	x		x	x	x
MUSHROOM & PEPPERONI FLATBREAD- COMBO'S			x							x	x	x

Allergen Information												
SANDWICHES & WRAPS	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
All sandwiches & wraps are served with your choice of side, side is not included												
BBQ CHICKEN YORKIE WRAP			x				x	x		x	x	x
BRAISED BEEF WRAP			x				x	x		x		x
FISH TACOS				x			x	x		x	x	
SOY CUTLET TACOS							x	x		x	x	
CHICKEN BACON SANDWICH			x				x	x		x	x	
STACKED COD-WICH			x	x			x	x		x	x	x
D'ARCY'S REUBEN			x				x	x		x	x	x
STEAK SANDWICH			x					x		x		
GRILLED CAESAR WRAP WITH GRILLED CHICKEN- COMBO'S			x	x	x	x	x	x		x	x	
GRILLED CAESAR WRAP WITH CRISPY CHICKEN- COMBO'S			x	x	x	x	x	x		x	x	
ADD ONS:												
- PROVOLONE CHEESE			x									
- MUSHROOMS			x									
- RED WINE BRAISED ONIONS								x		x		x
Allergen Information												
SALADS & SOUPS	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
COBB SALAD			x				x				x	x
FIONN'S POWER BOWL	x	x						x	x			
CHICKEN CAESAR SALAD WITH CHICKEN			x	x			x	x		x	x	
FRENCH ONION SOUP BOWL			x					x		x		x
FRENCH ONION SOUP CUP			x					x		x		x
FISHERMAN'S CHOWDER			x	x	x	x		x		x		
ADD ONS:												
GRILLED CHICKEN BREAST								x				
ATLANTIC SALMON				x								
GRILLED VEGAN CUTLET								x		x		
6 OZ GRILLED STEAK												
Allergen Information												
IRISH FAVES	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
SHEPHERD'S PIE			x					x		x		x
SALMON LEEK PIE			x	x						x	x	x
CHICKEN POT PIE			x				x			x		
GUINNESS STEAK AND MUSHROOM BOWL			x				x	x		x		x
ALL DAY IRISH BREAKFAST SKILLET			x				x	x		x		x
LAMBSHANK ENTRÉE			x					x		x		x

Allergen Information												
<b>MAINS</b>	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
FISH & CHIPS (ONE PIECE)			X	x			x	x		x	x	x
FISH & CHIPS (TWO PIECE)			X	x			x	x		x	x	x
FISH & CHIPS (ONE PIECE)- ALBERTA			x	x			x	x		x	x	x
FISH & CHIPS (TWO PIECE)- ALBERTA			x	x			x	x		x	x	x
SOY CUTLET & CHIPS (ONE PIECE)			X				x	x		X	X	X
SOY CUTLET & CHIPS (TWO PIECE)			X				x	x		X	X	X
SOY CUTLET & CHIPS (ONE PIECE)- ALBERTA			x				x	x		x	x	x
SOY CUTLET & CHIPS (TWO PIECE)- ALBERTA			x				x	x		X	X	X
BUTTER CHICKEN CURRY			x					x		x		
SOY CUTLET CURRY			x					x		x		
STEAK AND FRIES			x					x			x	
STEAK AND FRIES- ALBERTA			x								x	
WAFFLE'D UP CHICKEN FINGERS			x					x		x		
WAFFLE'D UP SOY CUTLET FINGERS			x					x		x		
CHOICE OF:												
WARM WAFFLES WITH HONEY							x	x		x		
WAFFLE CUT FRIES WITH PLUM SAUCE								x				
MAPLE GLAZED SALMON			x	x							x	
FETTUCCHINE ALFREDO			x					x		x		
CHOICE OF:												
GRILLED CHICKEN								x				
SAUTEED SHRIMP					x	x						x
SOY CUTLET								x		x		
CHICKEN FINGERS- COMBO'S			x				x	x		x		
Allergen Information												
<b>BURGERS</b>	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
All burgers served with your choice of side												
THE FLAGSHIP BACON BURGER			x				x	x		x	x	x
AVOCADO BACON BURGER			x				x	x		x	x	
LAMB BURGER			x				x	x		x	x	
STRAIGHT UP BURGER			x				x	x		x	x	
HOLD THE MEAT BURGER			x				x	x		x	x	
ADD ONS:												
CHEDDAR CHEESE			x									
RED WINE BRAISED ONIONS								x		x		x
DOUBLE SMOKED BACON												
HALF AVOCADO												
GUACAMOLE												
Allergen Information												

SIDES												
	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites

FRIES									x			
FRIES- ALBERTA												
TORTILLA CHIPS WITH GUACAMOLE												
HOUSE SALAD											x	x
CAESAR SALAD			x	x				x	x		x	
MASHED POTATOES WITH GRAVY			x						x		x	
BROCCOLINI												
CHIPPERS WITH CHIPOTLE MAYO DIP			x					x	x		x	x
POUTINE			x						x		x	
FISHERMAN'S CHOWDER CUP			x	x	x	x			x		x	
SWEET POTATO FRIES			x					x	x		x	

**Allergen Information**

<b>KIDS</b>	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
<b>Includes Fries</b>												
KRAFT DINNER			x					x		x		
KRAFT DINNER- ALBERTA			x							x		
HAMBURGER			x				x	x		x		
HAMBURGER- ALBERTA			x				x			x		
CHICKEN FINGERS			x					x		x		
CHICKEN FINGERS- ALBERTA			x					x		x		
SHEPHERD'S PIE			x					x		x		x
SHEPHERD'S PIE- ALBERTA			x					x		x		x

**Allergen Information**

<b>DESSERTS</b>	Peanuts	Tree Nuts	Milk	Fish	Crustacean	Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
STICKY TOFFEE PUDDING			x				x	x		x		
BROWNIES AND ICE CREAM			x				x	x		x		
FRENCH VANILLA ICE CREAM			x									
WHITE CHOCOLATE CHEESECAKE WITH CHOCOLATE SAUCE			x				x	x		x		x
WHITE CHOCOLATE CHEESECAKE WITH BUTTERSCOTCH SAUCE			x				x	x		x		x

**ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.**

**GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.**