

## Nutritional Information

Nutrition Information																				
STARTERS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
WARM SPINACH AND ARTICHOKE DIP	347 g	950	67	103	26	1.5	138	120	2140	89	73	24	7	28	6	20	60	20	40	20
SIGNATURE BLARNEY CHIPS	748 g	1100	59	91	15	0.3	77	30	2960	123	143	48	14	56	8	17	15	35	6	30
ONION RINGS	397 g	1190	61	94	7	0.2	36	15	3190	133	140	47	7	28	13	16	0	0	8	60
THICK CUT CALAMARI	390 g	690	8	12	1	0	5	380	2600	108	89	30	4	16	25	65	15	30	8	50
NACHOS	655 g	2030	123	189	53	3	280	210	4380	183	165	55	16	64	9	77	80	100	180	25
- ADD CHIPTOLE BEEF	170 g	390	28	43	8	1	45	80	700	29	10	3	1	4	2	22	6	2	4	20
- ADD GRILLED CHICKEN	155 g	240	15	23	1.5	0.1	8	80	800	33	0	0	0	0	0	27	2	2	0	6
- ADD GUACAMOLE	44 mL	60	5	8	1	0	5	0	170	7	4	1	3	12	1	1	2	8	0	0
- ADD EXTRA CHEESE	57 g	230	19	29	11	0.5	58	45	450	19	0	0	0	0	0	13	20	0	40	0
- ADD BLARNEY CHEESE SAUCE	44 mL	45	3	5	1	0	5	5	260	11	4	1	0	0	1	1	0	0	0	0
MINI YORKIES	270 g	380	16	25	6	0.4	32	95	950	40	39	13	3	12	9	14	20	6	10	15
GARLIC CHEDDIES	326 g	1110	81	125	48	2.5	253	185	2270	95	61	20	2	8	11	40	60	15	80	25
POUTINE	479 g	900	55	85	25	1	130	115	3220	134	67	22	5	20	1	32	40	0	80	10
CRISPY CAULIFLOWER	563 g	880	50	77	2.5	0.3	14	65	2370	99	101	34	6	24	6	10	2	180	6	25
CROWD PLEASER	413 G	1010	62	95	14	0.5	73	135	1880	78	83	28	8	32	5	34	60	10	20	30
CHOICE OF: RANCH DRESSING	44 mL	180	19	29	0	0	0	35	380	16	3	1	0	0	0	1	0	0	0	2
CHOICE OF: BLUE CHEESE DRESSING	44 mL	220	23	35	0	0	0	20	440	18	2	1	0	0	0	2	0	0	4	0
CHICKEN WINGS- BUFF 1LB	416 g	1160	67	103	14	0.4	72	580	1120	47	11	4	4	16	0	130	6	0	4	20
CHICKEN WINGS- BUFF 1.5 LB	624 g	1730	100	154	21	0.5	108	865	1680	70	16	5	6	24	0	195	10	0	8	30
CHICKEN WINGS- BUFF 2 LB	832 g	2310	134	206	28	0.5	143	1155	2250	94	22	7	7	28	0	260	10	0	10	40
CHICKEN WINGS- DUSTED 1LB	390 g	1300	80	123	14	0.5	73	380	700	29	55	18	4	16	0	90	4	0	4	45
CHICKEN WINGS- DUSTED 1.5 LB	586 g	1940	121	186	22	1	115	575	1050	44	83	28	6	24	0	136	8	0	6	70
CHICKEN WINGS- DUSTED 2 LB	780 g	2590	161	248	29	1	150	765	1400	58	111	37	9	36	0	181	10	0	8	90
- RANCH DRESSING	44 mL	180	19	29	0	0	0	35	380	16	3	1	0	0	0	1	0	0	0	2
- BLUE CHEESE DRESSING	44 mL	220	23	35	0	0	0	20	440	18	2	1	0	0	0	2	0	0	4	0
-MILD	60 mL	120	2.5	4	0.2	0	1	0	670	28	25	8	1	4	23	1	0	0	0	2
-BUFFALO MEDIUM	60 mL	170	18	28	11	1	60	45	1480	62	1	1	1	4	0	1	15	0	0	0
-HOT	60 mL	15	0.3	1	0.1	0	1	0	2420	101	2	1	1	4	0	1	2	0	0	0
-SALT & PEPPER	5 g	3	0	0	0	0	0	0	1540	64	1	1	1	1	1	0.1	0	0	0	0
-CHILI LIME SEASONING	5 g	20	1	2	0.5	0	3	0	360	15	3	1	0	0	1	0.3	2	2	0	2
-SRI-RANCHA	60 mL	180	14	22	1	0.2	6	20	780	33	12	4	0	0	8	1	0	0	0	6
Nutrition Information																				
SANDWICHES & WRAPS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
<b>All sandwiches &amp; wraps are served with your choice of side, side is not included</b>																				
BBQ CHICKEN YORKIE WRAP	466 g	1240	78	120	12	1	65	130	3340	139	82	27	6	24	27	39	25	35	15	20
BRAISED BEEF WRAP	747 g	960	54	83	14	0.5	73	105	2680	112	76	25	7	28	15	23	180	20	20	20
FISH TACOS	374 g	700	36	55	3	0.2	16	70	1190	50	71	24	6	24	8	27	20	35	15	30
CHICKEN BACON SANDWICH	417 g	820	41	63	14	0.1	71	110	2850	119	64	21	4	16	6	51	35	20	35	35
STACKED COD-WICH	451 g	470	24	37	7	0.5	38	85	1560	65	33	11	4	16	15	29	40	35	15	25
D'ARCY'S REUBEN	454 g	900	63	97	22	1.5	118	130	3070	128	44	15	3	12	5	38	10	10	25	35
STEAK SANDWICH	291 g	760	29	45	9	0.5	48	90	1850	77	86	29	4	16	4	38	8	2	4	50
ADD ONS:																				
- PROVOLONE CHEESE	28 g	100	8	12	5	0	25	20	250	10	1	1	0	0	0	7	6	0	20	2
- MUSHROOMS	69 g	90	9	14	4	0.2	21	15	620	26	2	1	1	4	1	2	4	2	0	2
- RED WINE BRAISED ONIONS	28.3 g	25	1.5	2	0.1	0	1	0	160	7	2	1	0	0	1	0.4	0	2	0	0
Nutrition Information																				
SALADS & SOUPS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
COBB SALAD	434 g	530	37	57	14	0.1	71	275	1290	54	18	6	3	12	13	34	100	25	30	15
FIONN'S POWER BOWL	557 g	800	35	54	5	0.1	26	80	2740	114	85	28	5	20	12	39	120	100	15	50

CHICKEN CAESAR SALAD WITH CHICKEN	393 g	720	53	82	13	0.5	68	165	1700	71	12	4	3	12	3	49	150	15	40	25
SPINACH & ARUGULA SALAD	285 g	440	37	57	7	0.2	36	15	570	24	20	7	5	20	11	10	80	120	20	30
FRENCH ONION SOUP	596 g	600	26	40	11	0	55	60	2430	101	60	20	4	16	8	26	15	20	50	25
FISHERMAN'S CHOWDER	329 g	370	21	32	11	0.5	58	65	1420	59	31	10	1	4	9	15	20	2	25	15
ADD ONS:																				
- GRILLED CHICKEN BREAST	155 g	240	15	23	1.5	0.1	8	80	800	33	0	0	0	0	0	27	2	2	0	6
- ATLANTIC SALMON	121 g	270	16	25	2	0	10	80	370	15	0	0	0	0	0	29	2	0	2	8
- GARLIC SHRIMP TOPPER	109 g	310	28	43	2	0.1	11	155	680	28	5	2	0	0	0	9	2	10	6	4
- 6 OZ GRILLED STEAK	151 g	340	17	26	7	1	40	120	400	17	0	0	0	0	0	43	2	0	2	35
<b>Nutrition Information</b>																				
<b>IRISH FAVES</b>	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
SHEPHERD'S PIE	482 g	490	26	40	12	1	65	110	1890	79	18	6	2	8	4	22	40	8	8	15
GUINNESS STEAK AND MUSHROOM BOWL	375 g	580	18	28	8	0.5	43	85	1320	55	42	14	3	12	3	25	6	4	6	15
SALMON LEEK PIE	397 g	900	64	98	31	2.5	168	205	1360	57	40	13	1	4	5	36	50	6	15	10
LAMB SHANK	1288 g	1020	46	71	17	1	90	245	5800	242	48	16	9	36	14	64	180	80	25	50
CHICKEN POT PIE	377 g	840	62	95	37	3	200	195	1820	76	59	20	3	12	3	13	70	15	6	6
ALL DAY IRISH BREAKFAST SKILLET	744 g	1250	99	152	42	2	220	520	3410	142	30	10	3	12	9	37	50	15	15	25
<b>Nutrition Information</b>																				
<b>MAINS</b>	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
FISH & CHIPS (ONE PIECE)	566 g	950	45	69	5	0.5	28	80	3850	160	104	35	9	36	14	29	35	45	10	35
FISH & CHIPS (TWO PIECE)	772 g	1380	61	94	7	0.5	38	150	4960	195	149	50	12	48	15	52	40	45	15	60
BUTTER CHICKEN CURRY	603 g	600	15	23	3.5	0	18	50	2070	86	90	30	6	24	8	21	25	15	10	45
STEAK AND FRIES (8 OZ)	674 g	1220	76	117	28	2.5	153	275	3800	158	58	19	7	28	2	78	60	45	10	70
STEAK AND FRIES (10 OZ)	730 g	1320	79	122	29	2.5	158	320	3840	160	58	19	7	28	2	96	60	45	10	80
WAFFLE'D UP CHICKEN FINGERS	464 g	730	13	20	2.5	0	13	165	3030	126	89	30	5	20	6	65	6	10	10	70
CHOICE OF:																				
- WARM WAFFLES WITH HONEY	183 g	770	34	52	18	0.2	91	20	620	26	113	38	4	16	69	8	30	0	4	30
- WAFFLE CUT FRIES WITH PLUM SAUCE	328 g	780	41	63	7	0.4	37	20	1530	64	92	31	8	32	20	11	8	4	20	10
MAPLE GLAZED SALMON	660 g	1190	74	114	20	1	105	195	1840	77	70	23	3	12	13	59	30	35	8	50
FETTUCCHINE ALFREDO	555 g	820	33	51	11	0.5	58	55	1160	48	105	35	6	24	6	23	15	70	20	30
CHOICE OF:																				
- GRILLED CHICKEN	150 g	180	9	14	1	0	5	80	1110	46	0	0	0	0	0	27	2	2	2	8
- SAUTEED SHRIMP	73 g	100	7	11	0.5	0	3	155	980	41	0	0	0	0	0	8	0	0	4	2
GLUTEN- FRIENDLY PASTA- ALONE	283 g	510	3	5	0.4	0	2	0	10	1	108	36	4	16	0	9	2	0	0	4
<b>Nutrition Information</b>																				
<b>BURGERS</b>	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>All burgers served with your choice of side</b>	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
THE FLAGSHIP BACON BURGER	595 g	1330	98	151	32	0.5	163	250	3900	163	32	11	3	12	9	72	25	20	8	15
PUBLICAN TOP HAT BURGER	594 g	1340	98	151	38	1	195	240	3640	152	39	13	3	12	4	73	25	15	45	20
STRAIGHT UPBURGER	415 g	600	44	68	18	0.2	91	150	1760	73	11	4	2	8	8	39	25	15	6	4
VEGGIE BURGER	352 g	380	22	34	5	0.2	26	15	1160	48	30	10	9	36	8	18	25	15	15	25
ADD ONS:																				
- CHEDDAR CHEESE	28.3 g	100	8	12	6	0.3	32	25	230	10	0	0	0	0	0	8	8	0	20	0
- RED WINE BRAISED ONIONS	28.3 g	25	1.5	2	0.1	0	1	0	160	7	2	1	0	0	1	0.4	0	2	0	0
- DOUBLE SMOKED BACON	45 g	210	16	25	5	0.1	26	45	760	32	1	1	0	0	0	15	0	0	0	4
- GUACAMOLE	44 mL	60	5	8	1	0	5	0	170	7	4	1	3	12	1	1	2	8	0	0
GLUTEN-FRIENDLY BURGER BUN- ALONE	85 g	250	9	14	5	0.1	26	0	570	24	40	13	2	8	5	5	0	8	2	2
<b>Nutrition Information</b>																				
<b>SIDES</b>	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
FRIES	177 g	310	15	23	1	0.2	6	0	1520	63	39	13	3	12	0	3	0	0	0	6
TORTILLA CHIPS WITH GUACAMOLE	102 g	340	18	28	2	0.1	11	0	260	11	43	14	6	24	2	4	2	8	6	6
HOUSE SALAD	153 g	130	11	17	1	0.1	6	0	260	11	7	2	2	8	4	2	45	15	4	8
CAESAR SALAD	121 g	320	28	43	6	0.3	32	50	550	23	7	2	1	4	1	11	60	8	20	8
MASHED POTATOES WITH GRAVY	302 g	260	13	20	8	0.5	43	60	1370	57	9	3	0	0	2	6	10	0	4	2
BROCCOLINI	71 g	25	0.4	1	0	0	0	0	40	2	2	1	2	8	0	3	30	45	8	6
CHIPPERS WITH CHIPOTLE MAYO DIP	327 g	1010	51	78	5	0.5	28	0	3490	145	127	42	11	44	3	10	15	20	6	35
CRISPY ONION RINGS	207 g	630	30	46	4	0	20	0	1590	66	80	27	5	20	5	9	0	0	4	35

SWEET POTATO FRIES WITH CHIPOTLE MAYO DIP	219 g	420	21	32	3.5	0.1	18	0	2140	89	55	18	10	40	17	3	15	0	8	6
POUTINE	479 g	900	55	85	25	1	130	115	3220	134	67	22	5	20	1	32	40	0	80	10
CUP OF CHOWDER	177 g	160	8	12	4	0.2	21	30	720	30	14	5	1	4	5	7	8	0	10	6
CUP OF FRENCH ONION SOUP	311 g	330	13	20	6	0	30	30	1290	54	37	12	2	8	4	14	8	8	25	15

**Nutrition Information**

BRUNCH	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholestrol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
ALL DAY IRISH BREAKFAST SKILLET	744 g	1250	99	152	42	2	220	520	3410	142	30	10	3	12	9	37	50	15	15	25
THE MORNING BURGER WITH HOMEFRIES	599 g	1070	74	114	30	1	155	365	2250	94	43	14	3	12	3	57	30	25	25	25
PUBS BREAKFAST without butter & jam	540 g	1050	49	75	15	0.3	77	445	1860	78	96	32	11	44	12	54	25	20	20	50

**Nutrition Information**

KIDS <b>Not including drink or dessert</b>	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholestrol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
CHICKEN FINGERS	380 g	630	19	29	2	0.1	11	80	2070	86	82	27	4	16	21	34	2	6	6	35
MAC N CHEESE	316 g	460	19	29	3.5	0.3	19	15	1070	45	62	21	4	16	8	12	0	2	15	15
MINI PIZZA	342 g	770	43	66	19	1	100	70	1830	76	64	21	4	16	5	32	30	10	60	25
HALF-PINT SHEPHERD'S PIE	260 g	330	18	28	5	0.4	27	35	1130	47	24	8	2	8	2	7	10	2	4	6
HAMBURGER	350 g	520	37	57	13	0.3	67	90	950	40	22	7	3	12	1	24	20	8	4	6
-ADD CHEDDAR CHEESE	28.3 g	100	8	12	6	0.3	32	25	230	10	0	0	0	0	0	8	8	0	20	0

**Nutrition Information**

DESSERTS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholestrol	Sodium	Sodium	Carbohydrates	Carbohydrates	Fibre	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g/ml	Cals	g	% DV	g	g	% DV	mg	g	% DV	g	% DV	g	% DV	g	g	% DV	% DV	% DV	% DV
STICKY TOFFEE PUDDING	161 g	440	23	35	14	0.2	71	80	220	9	57	19	1	4	36	5	2	0	10	25
BROWNIES AND ICE CREAM	342 g	1030	43	66	13	0.5	68	105	510	21	151	50	4	16	92	11	6	0	15	30
FRENCH VANILLA ICE CREAM	70 g	170	11	17	6	0.1	31	30	45	2	18	6	0	0	11	1	2	0	4	0
SAUCE	229 g	850	49	75	30	1	155	150	450	19	92	31	2	8	72	11	10	0	15	70
BUTTERSCOTCH SAUCE	240 g	870	49	75	30	1	155	150	510	21	98	33	1	4	75	10	10	0	20	15

**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.**