

Gluten Friendly

The following items on our menus are ready prepared gluten free. If you have any ideas about other items that you think we could use and you would like to see offered please fill put a comment card available on the website

Appetizers

Molly Malone's mussels
Killarney cabbage wraps
Lamb skewers

Soups and Salads

Potato Leek Soup
Tomato Whisky Soup
All Salads (without croutons)

Traditional Irish Fare

Beef and Lamb Stew
Shepard's and Cottage Pies
Corned Beef and Cabbage
Murphy's Pot Roast

Meats and Seafood

Salmon Killkee
Brian Boru Pepper Steak
Inistioge scallop Casserole
Magners Pork Loin

Dessert

Freedom Bakery's Pineapple Upside Down Cup Cake
Chocolate Cup Cake

We use corn starch or food starch as a thickening agent in our stews, no roux's.

Please email us should you have any concerns or questions. We take your food allergies very seriously and are happy to answer any questions with regard to any other related allergies or concerns that you may have. We pride ourselves on our in-depth knowledge of all the ingredients that are used in our many menu items.

Due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee all menu items are in fact gluten free. These choices from our menu do not contain gluten in the ingredients, we use corn starch or food starch as a thickening agent in our food neither of which contain gluten. Please ask your server for more information on other menu items or other concerns.