

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	Cholesterol (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBRE (g)	SUGAR (g)	PROTEIN (g)	CALCIUM (mg)	IRON (mg)	Potassium (mg)
START OR SHARE (NO SIDES)																
Blarney Chips	931	1830	68	91	31	0	155	115	9400	280	12	47	32	750	7	2600
Crispy Wagyu Gyoza Dumplings	355	540	33	44	8	0	40	15	1700	49	4	17	14	75	5	550
Crowd Pleaser Platter (No wing sauce No Dip)	1274	2920	175	233	51	1	260	1270	5500	155	5	15	177	700	13	2200
Crispy Calamari	372	600	25	33	4.5	0	23	515	1650	52	2	3	40	125	3.5	650
French Onion Soup	444	400	22	29	13	0.5	68	55	880	27	3	14	16	450	1	300
Lemon Pepper Shrimp	176	550	9	12	2.5	0	13	385	3760	71	2	3	49	200	6	250
Pub Nachos	701	1720	72	96	35	1	180	170	6490	202	3	31	56	1500	2	1050
Pretzel	135	570	40	53	9	0	45	15	1650	45	2	2	10	30	3.5	150
Cajun Chicken Add On	85	190	7	9	1.5	0	8	150	170	0	0	0	31	20	1.3	400
Taco Beef Add On	85	270	20	27	9	1	50	70	130	1	0	0	20	10	2	350
Guacamole Add On	85	110	11	15	1.5	0	8	0	330	6	6	1	3	0	0	400
Extra Cheese Add On	85	290	22	29	14	0.5	73	25	590	3	0	1	21	550	0.2	75
Hot & Honey Chicken Bites	464	940	39	52	7	0	35	235	2320	90	2	22	55	75	5	800
Spinach & Artichoke Dip	330	810	48	64	22	0	110	115	1350	65	2	3	23	500	2.3	225
Mini Yorkies	362	390	19	25	8	0	40	35	1330	45	4	4	12	200	1.3	800
The Classic Poutine	609	600	37	49	20	2	110	110	3140	37	2	1	30	6	25	550

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Wing Choice																
Cauliflower Wings (No Sauce No Dip)	398	550	31	41	2	0	10	0	1580	65	4	4	8	75	5.5	750
Chicken Wings Naked 1 Lb (No Sauce No Dip)	308	910	63	84	17	0	85	470	1020	5	1	2	77	75	2.3	900
Chicken Wings Dusted 1 Lb (No Sauce No Dip)	336	1000	64	85	18	0	19	470	1400	26	2	2	79	75	3	950
Chicken Wings Dusted 1.5 Lb (No Sauce No Dip)	421	1420	91	133	26	0.5	133	700	1880	26	2	2	117	100	4	1300
Chicken Wings Naked 1.5 Lb (No Sauce No Dip)	393	1320	91	121	26	0.5	133	700	1500	5	1	2	116	100	3.5	1300
Wing Dip Choice																
Blue Cheese Dip	46	220	23	31	4	0.5	23	15	290	15	0	2	1	20	0	40
Ranch Dip	43	180	19	25	3	0	15	10	290	3	0	2	1	10	0.1	30
Wing Sauces																
Buffalo Sauce	59	70	1	1	0	0	0	0	790	13	0	9	1	0	0.2	125
Jameson Honey Garlic Sauce	59	220	0	0	0	0	0	0	430	52	0	48	0.5	0	0.5	75
Hot Honey Sauce	59	180	0	0	0	0	0	0	1110	44	0	39	0	0	0.5	125
Jameson BBQ Sauce	59	130	0	0	0	0	10	0	750	30	1	24	1	20	0.5	175
Butter Chicken Sauce	46	80	6	8	4	0	20	15	290	3	0	2	1	20	0.3	10
Korean Bulgogi	44	70	5	7	0	0	0	0	780	5	0	3	0.2	10	0.1	75
Spiced Garlic Parmesan	44	140	14	19	3	0	15	10	480	1	0	0	2	50	0.1	30

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So Hot it Hurts	44	40	0	0	0	0	0	0	470	7	0	5	0.3	0	0.1	75
Salt & Pepper	4	0	0	0	0	0	0	0	1070	0	0	0	0.2	0	0.2	20
Cajun Spice	4	0	0	0	0	0	0	0	95	1	0	0	0.1	0	0.1	10
Butter Chicken Spice	7	25	0	0	0	0	0	0	450	5	1	3	0.1	10	0.8	50
Spice Bag Blend	7	5	0	0	0	0	0	0	880	1	0	0	0.5	0	0.3	30

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SALADS & BOWLS WITH DRESSINGS																
Cajun Salmon Bowl	479	740	41	55	7	0	55	70	1570	68	4	4	32	125	2.5	1200
Caesar Salad No protein	271	590	53	71	14	0	70	60	1370	13	4	2	15	350	2	450
Celtic Harvest Salad	322	390	27	36	9	0.5	48	40	430	24	9	14	18	150	3	900
Cobb Salad	565	890	63	84	20	0	100	370	2080	29	5	19	50	200	3	1150
Wagyu Citrus Salad	647	1130	69	92	13	0	65	25	3960	104	11	28	28	200	10	1400
Protein Add On's																
Add On Chicken Breast	127	160	6	8	1	0	5	150	110	0	0	0	26	10	0.8	400
Add on 4 oz Sirloin	38	180	7	9	2.5	0	13	60	1630	0	0	0	26	10	4	500
Add on 4 oz Salmon	123	210	13	17	2.5	0	13	65	1120	0	0	0	23	10	0.5	700
Add Veggie Cutlet	120	180	5	7	0.5	0	3	0	540	4	0	1	28	40	9.5	500

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Dressings																
Caesar Dressing 2 FL OZ	59	310	33	44	5	0	25	20	560	1	0	0	1	10	0.2	30
Balsamic Vinagrette 2 FL OZ	64	230	23	31	1.5	0	8	0	370	6	0	4	0.2	20	0.8	10
Raspberry Vinagrette 2 FL OZ	59	160	15	20	2	0	10	5	240	8	2	5	1	10	0.2	75
Honey Mustard Dressing 2 FL OZ	59	280	24	32	4	0	20	15	350	14	0	14	1	1	2	30
Cilantro Pepita Dressing 2 FL OZ	60	140	13	17	2	0	10	10	600	7	0	7	0.3	1	1	50
Dressing Asian Sesame Soy Vinagrette 2 FL OZ	60	270	27	36	3.5	0	18	0	600	5	1	5	2	1	2	100

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MAINS																
Crispy Chicken Tenders No Side No Dip	479	620	25	33	3.5	0	18	230	830	29	1	5	12	100	2.3	1250
Buffalo Ranch Chicken Tenders No Side	587	940	52	69	9	0	56	255	1950	41	1	14	15	125	2.5	1400
Spice Bag (With fries)	860	740	25	33	3.5	0	18	235	2550	56	4	9	15	150	3.5	1700
Guinness Steak & Mushroom Stew No side	503	510	15	20	4	0	20	40	2380	71	7	10	23	100	3	1500
Guinness Steak & Mushroom Pie No Side	149	1210	77	103	45	2.5	238	265	2350	107	7	9	33	100	7	1100
Shepherds Pie No Side	527	720	36	48	13	1.5	73	85	1900	66	7	8	31	100	4	1350
Chicken Shnitzel No Side	629	1500	78	104	22	0.5	113	460	3070	104	9	14	94	600	7	2050
Chicken Florentine Pasta	707	1360	55	73	24	1	125	345	4270	114	7	8	87	400	8	1600
Butter Chicken Bowl	807	1250	44	59	19	0.5	98	310	3340	132	4	14	74	300	8.5	1050

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Lemon Dill Salmon No Side	447	650	44	59	12	0	60	125	1020	14	2	6	49	100	1.8	1650
Grilled Sirloin No Side	287	350	16	21	5	0	25	90	2570	9	1	3	40	75	5.5	850
Grilled Sirloin with shrimp topper (no side)	451	570	29	39	10	0	50	210	3010	12	2	6	60	150	7	1050
Grilled Sirloin with mushroom topper (no side)	415	480	28	37	10	0	37	90	2710	13	2	7	44	75	5.5	1200
Fish and Chips 1PC No Side	527	680	42	56	6	0	30	65	1720	55	5	7	22	75	3	600
Fish and Chips 2pc No Side	760	980	48	64	6	0	30	110	2600	94	6	7	41	100	5	950
Fish and Chips 1PC No Side (Soy Cutlet)	559	780	46	61	6	0	30	20	1960	59	5	8	34	125	12	850
Fish and Chips 2pc No Side (Soy Cutlet)	765	1130	54	72	7	0	35	20	2970	94	6	9	65	175	23	1400
Pork Schnitzel	317	1120	37	49	11	0	55	205	2060	147	7	15	52	175	9.5	1000
Shrimp Creole Pasta	588	1000	26	35	10	0.5	53	285	4380	126	6	5	61	300	9	650

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HANDHELDS (All handheld nutritionals are shown without side choice)																
Pubs Bacon Cheeseburger	332	740	55	73	20	2	110	10	2400	41	3	10	24	300	2.5	550
Fionns Garden Burger	396	690	43	57	10	1.5	57	45	3050	53	7	10	33	600	6.5	700
California Burger	460	830	42	56	14	2.5	83	195	2290	195	5	10	15	300	7.5	1150
Steak Sandwich	251	690	37	49	13	0	65	120	2060	37	3	9	50	225	6.5	850
Southern Chicken Sandwich	323	1240	59	79	11	0	55	265	3640	112	6	21	63	225	7	1100
Jalapeno Popper Grilled Cheese	256	730	53	71	25	1	130	105	1480	39	3	5	21	450	2.5	350
Montreal Smoked Meat Grilled Cheese	386	910	64	85	25	1.5	133	130	2160	41	3	6	39	600	3.5	600
Street Corn Chicken Tacos	448	780	32	43	13	0	65	120	1810	83	8	12	20	250	5.5	850
Chicken Bacon Club	311	750	50	75	15	0	75	140	1090	30	3	2	42	225	2.5	750
Fish Tacos	404	660	25	33	6	0	30	45	1760	83	7	10	26	150	5	600

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SIDES																
Side: Beef Gravy	177	60	0.5	1	0	0	/	0	970	11	0	0	1	10	0.3	150
Side: Seasonal Vegetables	203	100	4	5	0.5	0	3	0	700	14	4	9	3	50	1.5	500
Side: Sweet Potatoe Fries	386	790	48	64	7	0	35	10	2450	84	9	34	4	125	1.5	900
Side: Garlic Parmesan Fries	346	440	22	29	2	0	10	0	1190	59	4	2	5	50	1.8	750
Side: Celtic Salad	169	170	12	16	3	0	15	15	200	13	4	8	7	75	1.8	500
Side : Caesar Salad	121	220	20	27	4.5	0	23	15	490	6	2	1	4	100	1	200
Side: Poutine	541	420	28	37	11	60	1	55	1550	29	1	1	16	400	0.5	400
Side: French Onion Soup	239	220	12	16	7	0	35	25	530	16	2	7	8	225	0.8	150
Side: Fries	342	170	11	15	0.5	0	3	0	2480	6	1	1	1	10	0.2	225
Side: House Salad	131	140	12	16	1	0	5	0	210	7	2	3	2	50	1.3	300
Side: Jasmine Rice	198	240	1	1	0	0	0	0	920	52	1	0	5	20	0.5	75
Side: Mashed Potatoes	226	270	11	15	3	0	15	5	1100	41	4	3	4	50	0.8	650
Side: Mini Blarney	420	870	31	41	14	0	70	45	4580	137	6	21	15	350	3.5	1200
Side: Mashed Potatoes & Gravy	315	300	11	15	3	0	15	5	1580	47	4	3	5	50	0.8	750

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SAUCES																
Beer Mustard Aioli	44	280	30	40	5	0	25	15	400	1	0	0	1	20	0.2	30
Dungloe	4	190	20	27	3.5	0	18	15	680	1	0	1	1	10	0.1	20
Burger Sauce	51	130	11	15	1.5	1.5	16	10	330	8	0	5	0.3	0	0.1	20
Chimi Churri	44	35	3	4	0	0	0	0	390	3	1	0	1	20	0.5	75
Jameson BBQ Sauce	55	90	0	0	0	0	0	0	560	22	1	18	0.5	20	0.3	125
Sriracha Aioli	44	260	22	29	3	0	15	10	2210	15	2	12	1	30	0.3	125

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KIDS																
Kid: Burgers	189	360	12	16	4.5	0	23	95	1430	27	2	2	33	75	4.5	500
Kid: Chicken Fingers*	254	420	6	8	1	0	5	80	1310	63	1	20	7	40	2.3	500
Kid: Fish & Chips	322	500	31	41	4.5	0	23	50	1490	37	3	5	16	75	2	450
Kid: Pasta	317	700	22	29	10	0	50	25	3610	103	4	6	25	300	4.5	350
Side: Plum Sauce	57	80	0	0	0	0	0	0	440	20	0	19	0	0	0.2	20
Kid: Fries*	141	60	1.5	2	0	0	0	0	190	10	1	0	1	10	0.1	125
Kid: Rice	198	240	1	1	0	0	0	0	920	52	1	0	5	20	0.5	75

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DESSERTS																
Sticky Toffe Pudding	151	1220	67	89	41	2	215	305	550	141	5	101	12	150	3.5	600
White Chocolate Cheesecake	127	410	23	31	15	0	75	35	210	46	2	37	4	100	1	200
Strudle & Cream	329	1150	46	61	21	0	105	20	1110	174	3	96	11	125	5	450
Ice-Cream: French Vanilla NO Sauce	74	180	12	16	8	0	40	70	45	16	0	15	3	75	0.3	125
Side Sauce:Chocolate Sauce	75	160	0	0	0	0	0	0	170	38	0	24	1	0	1	150
Side Sauce: Caramel	81	280	4	5	1.5	0	8	0	250	61	0	35	1	30	0.1	125
Side Sauce: English Toffee	88	450	34	45	22	1	115	115	230	33	0	32	1	40	0	75
Side Sauce: Berry Coulis	59	80	0	0	0	0	0	0	1	20	2	17	1	10	0.1	100
Side Sauce: Baileys Icing	59	190	7	9	4.5	0	23	20	105	29	0	28	2	30	0.1	40

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ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
STARTER OR SHARE											
Blarney Chips					✓				✓	✓	
Crispy Wagyu Gyoza Dumplings			✓						✓	✓	✓
Crowd Pleaser Platter			✓	✓	✓	✓		✓	✓	✓	✓
Crispy Calamari				✓	✓	✓		✓		✓	
French Onion Soup					✓				✓	✓	✓
Pub Nachos				✓	✓	✓					
Pretzel				✓	✓	✓			✓	✓	✓
Hot & Honey Chicken Bites			✓	✓	✓	✓			✓	✓	✓
Spinach & Artichoke Dip				✓	✓				✓	✓	✓
Mini Yorkies				✓	✓	✓			✓	✓	✓
Lemon Pepper Shrimp					✓	✓		✓	✓	✓	✓
The Classic Poutine				✓	✓				✓	✓	✓
Cauliflower Wings				✓	✓	✓			✓	✓	✓
Chicken Wings				✓	✓	✓			✓	✓	✓
Wing Dips											
Blue Cheese Dip				✓	✓	✓				✓	
Ranch Dip					✓	✓			✓		
SALADS & BOWLS WITH DRESSINGS											
Cajun Salmon Bowl			✓	✓	✓	✓	✓		✓	✓	✓
Caesar Salad No protein				✓	✓		✓	✓	✓	✓	✓
Celtic Harvest Salad				✓	✓	✓			✓		✓
Cobb Salad			✓	✓	✓	✓			✓		✓
Wagyu Citrus Salad			✓	✓		✓			✓	✓	✓
Add on: Vegetarian Cutlet									✓	✓	
Add on: Grilled Chicken Breast					✓				✓		
Add on: Grilled Salmon - (4 oz)					✓		✓		✓		
Add on: Grilled Sirloin - (4oz)					✓				✓		✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
MAINS											
Crispy Chicken Tenders				✓	✓	✓			✓	✓	✓
Buffalo Ranch Chicken Tenders				✓	✓	✓			✓	✓	✓
Spice Bag					✓				✓	✓	✓
Guinness Steak & Mushroom Stew No side				✓	✓	✓			✓	✓	✓
Guinness Steak & Mushroom Pie No Side				✓	✓	✓			✓	✓	✓
Shepherds Pie No Side				✓	✓	✓			✓	✓	✓
Chicken Shcnitzel No Side				✓	✓	✓			✓	✓	✓
Chicken Florentine Pasta				✓		✓			✓	✓	✓
Butter Chicken Bowl					✓				✓	✓	
Lemon Dill Salmon					✓		✓		✓	✓	✓
Grilled Sirloin					✓	✓			✓	✓	✓
Grilled Sirloin with shrimp topper					✓	✓		✓	✓	✓	✓
Grilled Sirloin with mushroom topper					✓	✓			✓	✓	✓
Fish and Chips				✓	✓	✓			✓	✓	✓
Fish and Chips Vegetarian (Soy Cutlet)				✓	✓	✓			✓	✓	✓
Pork Schnitzel				✓	✓	✓			✓	✓	✓
Shrimp Creole Pasta					✓			✓	✓	✓	✓
BURGERS & HAND HELDS											
Pubs Bacon Cheeseburger		✓		✓	✓	✓			✓	✓	✓
Fionns Garden Burger		✓		✓	✓	✓			✓	✓	✓
California Burger		✓		✓	✓	✓			✓	✓	✓
Steak Sandwich				✓	✓	✓			✓	✓	✓
Jalapeno Popper Grilled Cheese				✓	✓	✓			✓	✓	✓
Montreal Smoked Meat Grilled Cheese				✓	✓	✓			✓	✓	✓
Street Corn Chicken Tacos				✓	✓	✓			✓	✓	✓
Southern Chicken Sandwich		✓		✓	✓	✓			✓	✓	✓
Chicken Bacon Club				✓	✓	✓			✓	✓	✓
Fish Tacos				✓	✓	✓	✓		✓	✓	✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
Sides											
Side: Beef Gravy				✓	✓				✓	✓	✓
Side: Seasonal Vegetables					✓				✓		
Side: Sweet Potatoe Fries			✓	✓	✓	✓			✓	✓	✓
Side: Garlic Parmesan Fries			✓	✓	✓	✓			✓	✓	✓
Side: Side Caesar				✓	✓		✓	✓	✓	✓	✓
Side: Celtic Salad				✓	✓	✓			✓		✓
Side: Poutine				✓	✓				✓	✓	✓
Side: French Onion Soup					✓				✓	✓	✓
Side: Fries									✓	✓	
Side: House Salad				✓					✓		✓
Side: Jasmine Rice											
Side: Mashed Potatoes					✓				✓		✓
Side: Mini Blarney					✓				✓	✓	
Side: Mashed Potatoes & Gravy				✓	✓				✓	✓	✓
SAUCES											
Beer Mustard Aioli				✓		✓			✓	✓	✓
Dungloe				✓	✓	✓			✓	✓	✓
Burger Sauce					✓	✓					
Chimi Churri											✓
Jameson BBQ Sauce						✓			✓		✓
Sriracha Aioli			✓	✓		✓			✓	✓	✓

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
DRESSINGS											
Caesar Dressing 2 FL OZ				✓		✓		✓	✓	✓	✓
Balsamic Vinagrette 2 FL OZ				✓					✓		✓
Raspberry Vinagrette 2 FL OZ				✓		✓			✓		✓
Honey Mustard Dressing 2 FL OZ				✓		✓			✓		✓
Cilantro Pepita Dressing 2 FL OZ				✓		✓					
Dressing Asian Sesame Soy Vinagrette 2 FL OZ			✓						✓	✓	
KIDS											
Kid: Burgers + Fries		✓		✓	✓	✓			✓	✓	✓
Kid: Chicken Fingers*				✓	✓	✓			✓	✓	✓
Kid: Fish & Chips				✓	✓	✓			✓	✓	✓
Kid: Pasta					✓				✓	✓	
Side: Plum Sauce											✓
Side: Ketchup											✓
Kid: Fries*									✓	✓	
Kid: Rice											
DESSERTS											
Sticky Toffe Pudding					✓	✓				✓	✓
White Chocolate Cheesecake					✓	✓			✓		✓
Strudel & Cream					✓	✓			✓	✓	
Ice-Cream: French Vanilla					✓	✓					
Side Sauce:Chocolate Sauce					✓				✓		✓
Side Sauce; English Toffee					✓						✓
Side Sauce: Caramel					✓				✓		✓
Side Sauce: Berry Coulis											
Side Sauce: Baileys Icing					✓						
<p>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.</p>											