

ALLERGEN Menu

For any additional allergy information on our specials or unlisted items, please ask the team! Our recipes may change from time to time, therefore we recommend that you check this allergen menu each time you visit.

OUR BUNS

SESAME VEGAN BUNS



GLUTEN FREE BUNS



BEEF

CLASSIC BEEF



CLASSIC CHEESE



THE MIGHTY



GBK CHEESE & BACON



BLUE CHEESE



THE TAXI DRIVER



AVO BACON



ROCKET MAN



CHICKEN

BUTTERMILK & FRIED

CLASSIC CHICKEN



HEY PESTO



SATAY



SPICY KOREAN



USA CLUCK & BACON



CHICK CHICK BOOM



GRILLED

CLASSIC CHICKEN



HEY PESTO



SATAY



SPICY KOREAN



USA CLUCK & BACON



VEGGIE OR VEGAN

CALIFORNIAN



CLASSIC VEGAN



FALAFEL



GO... SMALLER

CLASSIC BEEF



CLASSIC CHEESE



CLASSIC CHICKEN



GRILLED

CLASSIC CHICKEN



BUTTERMILK & FRIED

CLASSIC VEGAN



The Key

contains dairy/milk

contains soya

contains egg

contains gluten/cereal

contains fish

contains sulphites

Wheat

Barley

Barley & Wheat

Cashew

contains mustard

contains lupins

contains sesame

contains celery

contains nuts

contains peanuts

contains crustaceans/molluscs

suitable for coeliacs

suitable for vegetarians

suitable for vegans

shared frying

Indicates shared frying facilities that may result in contamination from milk, eggs, gluten* (wheat), mustard & soya

FIRST BITES

CHILLI FRIED CHICKEN BITES



FALAFEL BITES



HALLOUMI BITES



WINGS OF FIRE



FRIES

CRUNCHY SKIN-ON FRIES



CRUNCHY SKIN-ON FRIES WITH HEI-HEI SALT



CRUNCHY SKIN-ON FRIES WITH ROSEMARY



SKINNY FRIES



SKINNY FRIES WITH HEI HEI



SKINNY FRIES WITH ROSEMARY



SWEET POTATO FRIES WITH BACONNAISE



SWEET POTATO FRIES WITH GARLIC MAYO



SIDES

HOMEMADE ONION RINGS



GBK HOMESLAW



SIMPLE GREEN SALAD



CAESAR SALAD



CAESAR SALAD WITH CHICKEN



BLUE CHEESE SLAW



ASIAN SLAW



SAUCES

BACONNAISE



RELISH



BBQ



BBQ MUSTARD



GARLIC MAYO



HARISSA MAYO



HOT HABANERO JAM



CAJUN RELISH



CHIPOLTE MAYO



HOUSE MAYO



BLUE CHEESE MAYO



BASIL MAYO



SRIRACHA MAYO



VEGAN HARISSA MAYO



Whilst every effort is made within our restaurants to reduce allergen presence, in the case of these foods, they will be cooked in fryers that are used for other products. Therefore all foods marked are likely to contain the following allergens - Milk, Eggs, Gluten*, Mustard and Soya. We encourage you to tell us your allergies. Our Beef Burgers are cooked well done in accordance with legislation.

Wheat

BEER & CIDER

LONGWAYS TIPPERARY CIDER	 
EIGHT DEGREES SUNBURNT RED ALE	
BOHEMIAN PILSNER LAGER	
FOXES BLACK STOUT	
SIERRA NEVADA PALE ALE	
MAISELS NON ALCOHOLIC	

DRAUGHT BEER

HEINEKEN	
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WINE

FOGGY RIVER SAUVIGNON BLANC	 
BELLA LUNA PINOT GRIGIO	 
REANNE VALLEY ROSE	 
NAVARRO CORREAS LOS ARBOLES MALBEC	 
LOUIS ESCHENAUER MERLOT	 
BELAFONTAINE CABERNET SAUVIGNON	 

PROSECCO

MASCHIO PROSECCO FRIZZANTE	 
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CAWSTON PRESS JUICES

APPLE & PEAR	 
APPLE & SUMMER BERRIES	 
















HOT DRINKS

ESPRESSO	 
AMERICANO	 
FLAT WHITE	  
HOT CHOCOLATE	  
LATTE	  
CAPPUCCINO	  
TEAS	  

LEMONADES

CLOUDY LEMON	 
COTTON CANDY LEMONADE	 

LAST BITES

MADAGASCAN VANILLA	  
STRAWBERRY	  
SEA-SALTED CARAMEL	  
BELGIAN DOUBLE CHOCOLATE	   
CHOCOLATE VEGAN	 

CONDIMENTS

MAYONNAISE (HELLMANS)	  
FRENCHS AMERICAN MUSTARD	  
MALT VINEGAR	 
GBK HOT RED SAUCE	 
GBK KIWIFRUIT & HABANERO HOT SAUCE	 
KETCHUP (HEINZ)	  

CHEESE

AMERICAN	  
AGED IRISH CHEDDAR	  
GORGONZOLA	 
VEGAN CHEDDAR	 
PARMESAN	  
HALLOUMI BITES	  

ICE CREAM

VANILLA	  
STRAWBERRY	  
SEA-SALTED CARAMEL	  
DOUBLE CHOCOLATE	   
CHOCOLATE VEGAN	

SHAKES

OREO®	   
PEANUT BUTTER	   
MADAGASCAN VANILLA	  
STRAWBERRY	  
SEA-SALTED CARAMEL	  
BELGIAN DOUBLE CHOCOLATE	   
ADD OREO®	 
ADD PEANUT BUTTER	
CHOCOLATE VEGAN	 

SOFT DRINKS

COCA COLA	 
DIET COKE	 
COKE ZERO	 
FANTA	 
SPRITE ZERO	 

BOTTLED WATER

RIVERROCK STILL	 
RIVERROCK SPARKLING	 

It's not always possible to list every ingredient used on our menu so please refer to this guide. We use lots of different ingredients in our kitchens so cannot guarantee that our food is completely free of any allergens. Every care is taken to avoid any cross contamination from allergens during preparation. We do however, work in a kitchen that processes allergenic ingredients and do not have a specific allergen free zone or dedicated fryers. GBK is not a nut free establishment. If you require further allergy information, please ask one of our team. © Gourmet Burger Kitchen Ireland Limited, 2021. MainAllergyJune2021.