

We want all of our customers to feel relaxed eating at Zizzi so we take very seriously our responsibility towards looking after our guests with food allergies, dietary requirements and coeliac disease. We proactively ask customers about allergies and have allocated allergen managers to ensure a safe process, from order through to serving. We also provide allergen filtering through Speedy, our digital table ordering system.

This guide has been developed to help you make a safe and informed choice about our food but if you have any concerns, please talk to a member of staff or drop us a note on our website.

Please take some time to read the important information below and please tell us about your allergy before ordering.

Delivery

For Click & Collect and Delivery Orders, we can't currently cater for allergies or specific dietary requirements. Please come and visit one of our restaurants to order in person or dine in with us.

IMPORTANT INFORMATION

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations*. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets.

We do not currently carry across 'may contain' warnings from our suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that our dishes will be allergen free.

Unfortunately, allergen segregation is not possible in our fryers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order.

Please remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time.

Allergens contained within our condiments & extra toppings are not included in this information. So, the cheese offered at your table for example contains milk and will alter the suitability of your dish.

Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies.

Please bear in mind that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any menu items. If you are unable to find a dish suitable for your dietary requirements, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Drop us a note on our website.

We recognise that some people want to avoid many other food ingredients. We are committed to continually reviewing and improving our processes around allergies and dietary requirements and we are working on a solution that will enhance our ability to provide more detailed ingredient and allergen information in the near future.

* in accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the "nuts" column on our allergen guide therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.

Are your cheese products pasteurised?	
Please find the information below	
Diced Mozzarella	YES
Mascarpone	YES
Scamorza	YES
Buffalo Mozzarella	YES
Grated Riserva	YES
Riserva Block	YES
Goats Cheese	YES

Nibbles																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Complimentary Pasta crisp															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg. INGREDIENTS LIST: Yellow Pea Flour. Potato Starch. Rice Flour. Cornflour. Salt. Colours (Curcumin. Annatto Norbixin). Smoked Paprika. Muscovado Sugar. Rock Salt. Black Pepper. Garlic Powder. Cumin Powder. Ginger Powder.
Cheeky Olives															Yes	Yes	
Pasta Crisps	Yes														Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Little Soul Breads with oil and vinegar		Yes: Wheat											Yes		Yes	Yes	
Take Away Only: Little Soul Breads with dip	Yes	Yes: Wheat							Yes						Yes	Yes	
Little Soul breads with dips	Yes	Yes: Wheat							Yes						Yes	Yes	
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Starters																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Garlic Bread		Yes: Wheat													Yes	Yes	
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes								Yes		
Garlic Bread with just Cheese		Yes: Wheat					Yes								Yes		
Cheesy Chilli Garlic Bread		Yes: Wheat					Yes								Yes		
Bruschetta		Yes: Wheat													Yes	Yes	
Additional Bufala Mozzarella							Yes								Yes		
Calamari Small								Yes	Yes								Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Calamari Large								Yes	Yes								Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Pork & Garlic Meatballs							Yes										
Vegan Meatless Meatballs												Yes			Yes	Yes	
Roasted Mushroom Brindisi		Yes: Wheat					Yes								Yes		Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.

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King Prawn Spiedini			Yes														
Additional Soul Breads		Yes: Wheat													Yes	Yes	
Chicken Spiedini								Yes									
Fondutta Formaggi		Yes: Wheat					Yes								Yes		
Mozzarella Arancini							Yes								Yes		Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Caprese Salad							Yes								Yes		

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Sharers																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Favourites Board		Yes: Wheat					Yes	Yes	Yes								Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Fonduta Board		Yes: Wheat					Yes		Yes				Yes		Yes		Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Grazing Board		Yes: Wheat					Yes										
Add Chicken Skewers																	
Add Harissa King Prawn Skewers			Yes														
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Our Rustica Pizza																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Pepperoni Campagna		Yes: Wheat					Yes										
Piccante		Yes: Wheat					Yes										
Margherita		Yes: Wheat					Yes								Yes		
Vegan Margherita		Yes: Wheat													Yes	Yes	
Pure Pepperoni		Yes: Wheat					Yes										
Chicken And Fiery Roquito		Yes: Wheat					Yes										
Primavera		Yes: Wheat					Yes								Yes		
Meat Sofia		Yes: Wheat					Yes										
Black Truffle Salami & Mushroom		Yes: Wheat					Yes					Yes					Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
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Pinoli		Yes: Wheat					Yes								Yes		
Additional Chicken																	
Italian Garden		Yes: Wheat													Yes	Yes	
Sticky Pig		Yes: Wheat					Yes					Yes					
Duo Verde		Yes: Wheat					Yes					Yes	Yes		Yes		
* Crispy Prosciutto																	
Take Away Only: Chicken & Mushroom Pizza		Yes: Wheat					Yes										
Classic Pizza																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Classic Margherita Pizza		Yes: Wheat					Yes								Yes		
Classic Vegan Margherita Pizza		Yes: Wheat													Yes	Yes	
Classic Pepperoni Campagna		Yes: Wheat					Yes										
Classic Pinoli		Yes: Wheat					Yes								Yes		
Add Chicken																	
<p>This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets. We do not currently carry across may contain warnings from our raw material suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, unfortunately it is not possible for us to guarantee that our dishes will be allergen free</p>																	

Non-Gluten Pizza																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Non-Gluten Pepperoni Campagna Pizza							Yes										
Non-Gluten Piccante Pizza							Yes										
Non-Gluten Margherita Pizza							Yes								Yes		
Non-Gluten Vegan Margherita Pizza															Yes	Yes	
Non-Gluten Pure Pepperoni Pizza							Yes										
Non-Gluten Chicken And Fiery Roquito Pizza							Yes										
Non-Gluten Primavera Pizza							Yes								Yes		
Non-Gluten Meat Sofia Pizza							Yes										
Non-Gluten Black Truffle & Mushroom Pizza							Yes					Yes					Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Non-Gluten Pinoli Pizza							Yes								Yes		
Non-Gluten Italian Garden Pizza															Yes	Yes	
Non-Gluten Sticky Pig							Yes					Yes					
Non-Gluten Duo Verde Pizza							Yes					Yes	Yes		Yes		
Take away Only: Non-Gluten Chicken & Mushroom Pizza							Yes										

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Calzone																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Calzone Piccante	Yes	Yes: Wheat					Yes										
Calzone Pollo Spinaci	Yes	Yes: Wheat					Yes					Yes					
Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Spaghetti Chorizo Carbonara		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
King Prawn Linguine		Yes: Wheat	Yes		Yes												Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Casareccia Pollo Piccante		Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Spaghetti Pomodoro		Yes: Wheat					Yes								Yes		Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Vegan Spaghetti Pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Casareccia Pesto Rosso		Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
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Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Spaghetti Bolognese		Yes: Wheat															Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Casareccia Pork & Garlic Meatballs		Yes: Wheat				Yes											Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Casareccia Della Casa		Yes: Wheat				Yes											Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Six Layer Lasagne		Yes: Wheat		Yes		Yes					Yes						
GO ALL OUT - bolognese. mozzarella & bechamel upgrade only						Yes					Yes						
Take Away Only : Lasagne Go All Out		Yes: Wheat		Yes		Yes					Yes						
Vegan Rainbow Lasagne		Yes: Wheat													Yes	Yes	
Ravioli Di Capra		Yes: Wheat		Yes		Yes									Yes		Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
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Fresh Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Truffle & Pancetta Carbonara		Yes: Wheat		Yes			Yes		Yes								Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery. Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Signature Beef & Chianti Ragù	Yes	Yes: Wheat		Yes			Yes						Yes				Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery. Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Hot-Smoked Salmon Carbonara		Yes: Wheat	Yes	Yes	Yes		Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Campanelle Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
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Non-Gluten Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Non-Gluten Chorizo Carbonara				Yes			Yes										
Non-Gluten King Prawn Pasta			Yes		Yes												
Non-Gluten Pollo Piccante Pasta							Yes										
Non-Gluten Pomodoro Pasta							Yes								Yes		
Non-Gluten Vegan Pomodoro Pasta															Yes	Yes	
Non-Gluten Pesto Rosso							Yes										
Non-Gluten Bolognese																	
Non-Gluten Truffle & Pancetta Carbonara							Yes		Yes								Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Non-Gluten Signature Beef & Chianti Ragù	Yes						Yes						Yes				Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Non-Gluten Hot-Smoked Salmon Carbonara			Yes	Yes	Yes		Yes										
Non-Gluten Vegan Lentil Ragù															Yes	Yes	

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Wildfarmed Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Wildfarmed Chorizo Carbonara		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed King Prawn Pasta		Yes: Wheat	Yes		Yes												Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Pollo Piccante Pasta		Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Pomodoro Pasta		Yes: Wheat					Yes								Yes		Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Vegan Pomodoro Pasta		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Pesto rosso		Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Bolognese Pasta		Yes: Wheat															Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Wildfarmed Truffle & Pancetta Carbonara		Yes: Wheat					Yes		Yes								Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery. Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.

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Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Wildfarmed Signature Beef & Chianti Ragu	Yes	Yes: Wheat					Yes						Yes				Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery. Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Wildfarmed Hot-Smoked Salmon Carbonara		Yes: Wheat	Yes	Yes	Yes		Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.

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Creste Di Gallo Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Cresta Di Gallo Chorizo Carbonara		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Creste di Gallo King Prawn Pasta		Yes: Wheat	Yes	Yes	Yes												Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Creste Di Gallo Pollo Piccante pasta		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Creste Di Gallo Pomodoro pasta		Yes: Wheat		Yes			Yes								Yes		Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Creste Di Gallo Pesto rosso		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.

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Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Creste Di Gallo Bolognese		Yes: Wheat		Yes													Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Creste Di Gallo Lentil Ragu		Yes: Wheat		Yes											Yes		Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.

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Meat, Fish & Risotto																		
Menu Item Name	Does it contain?														Suitable For?		Comments	
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Chicken Calabrese	Yes	Yes: Wheat					Yes											Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Herb Rolled Pork Belly		Yes: Wheat																Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Roasted Mushroom Risotto							Yes								Yes			Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Add Chicken Skewers																		
Pan-Fried Seabass			Yes		Yes		Yes	Yes									Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Chicken Milanese		Yes: Wheat																Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Hot-Smoked Salmon & Pesto Risotto					Yes		Yes											
Add Harissa King Prawn Skewers			Yes															
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Salads																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Chicken & Prosciutto Salad				Yes			Yes										
Hot-Smoked Salmon Salad				Yes	Yes		Yes										
Super Zucca Salad							Yes						Yes		Yes		
Additional Chicken Skewers																	
Additional King Prawn Skewer			Yes														
<p>This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets. We do not currently carry across may contain warnings from our raw material suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, unfortunately it is not possible for us to guarantee that our dishes will be allergen free</p>																	

Side																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes								Yes		
Garlic Bread with just Cheese		Yes: Wheat					Yes								Yes		
Chips															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Take Away Only : Large chips															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Mixed Leaf Salad				Yes			Yes								Yes		
Loaded Bolognese Chips							Yes										Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
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Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Sweet Potato Fries															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Rainbow Heritage Carrots															Yes	Yes	
Fried Purple Gnocci		Yes: Wheat											Yes		Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
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Desserts & Sundaes																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Salted Caramel Chocolate Brownie				Yes			Yes					Yes			Yes		
Take Away Only: Salted Caramel Chocolate Brownie				Yes			Yes					Yes			Yes		
Dark Cherry & Amaretto Cheesecake		Yes: Wheat					Yes					Yes		Yes: Almonds	Yes		
Take Away Only: Dark Cherry & Amaretto Cheesecake		Yes: Wheat					Yes					Yes		Yes: Almonds	Yes		
Chocolate Melt				Yes			Yes					Yes			Yes		
Take Away Only: Chocolate Melt				Yes			Yes					Yes			Yes		
Zillionaire's Fudge Cake		Yes: Wheat										Yes			Yes	Yes	
Twisted Affogato - Coffee Liqueur		Yes: Wheat		Yes			Yes								Yes		
Twisted Affogato - Limoncello		Yes: Wheat		Yes			Yes								Yes		
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Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Honeycomb Cheesecake		Yes: Wheat					Yes					Yes			Yes		
Take Away Only: Honeycomb Cheesecake		Yes: Wheat					Yes					Yes			Yes		
Tiramisu		Yes: Wheat		Yes			Yes						Yes		Yes		
Lemon Swirl Cheesecake		Yes: Wheat		Yes			Yes					Yes	Yes		Yes		
Take Away Only: Lemon Swirl Cheesecake		Yes: Wheat		Yes			Yes					Yes	Yes		Yes		
Golden Caramel Calzone		Yes: Wheat					Yes					Yes			Yes		
Take Away Only : Golden Caramel Calzone		Yes: Wheat					Yes					Yes			Yes		
Triple Chocolate & Marshmallow Sundae							Yes					Yes			Yes		
Berry & Cherry Sundae				Yes			Yes								Yes		

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Gelatos & Sorbets																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Vanilla Gelato							Yes								Yes		
Chocolate Gelato							Yes								Yes		
Vegan Salted Caramel Gelato												Yes			Yes	Yes	
Sicilian Lemon & Ricotta Gelato							Yes								Yes		
Blackcurrant & Mascarpone Gelato							Yes								Yes		
Strawberry Sorbet															Yes	Yes	

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Extras																		
Menu Item Name	Does it contain?															Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Mozzarella							Yes								Yes			
Artichoke															Yes	Yes		
Balsamic Onion															Yes	Yes		
Garlic Dip															Yes	Yes		
Wild Garlic Aioli									Yes						Yes	Yes		
Smoky Tomato Dip	Yes														Yes	Yes		
Plum Baby Tomato															Yes	Yes		
Pomodoro Sauce															Yes	Yes		
Butternut															Yes	Yes		
Hot-Smoked Salmon					Yes													
Spinach															Yes	Yes		
Avocado															Yes	Yes		
Take Away Only: Trio of Dips	Yes								Yes						Yes	Yes		
Rocket															Yes	Yes		
Roquito Chilli Pearl															Yes	Yes		
Caesar Dressing				Yes			Yes								Yes			
Prosciutto																		
Basil															Yes	Yes		
Nduja																		
Torn Chicken Breast																		
Whipping Cream							Yes								Yes			
Goat Cheese							Yes								Yes			
Scamorza							Yes								Yes			
Roquito Peppers Sliced															Yes	Yes		
Mascarpone							Yes								Yes			
Pinenuts															Yes	Yes		

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Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Honeycomb															Yes	Yes	
Rosemary															Yes	Yes	
Pepperoni																	
Sage															Yes	Yes	Sage fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Riserva Cheese							Yes								Yes		
Mushrooms															Yes	Yes	
Pea Shoots															Yes	Yes	
Baby Romanesco Cauliflower															Yes	Yes	
Fire Roasted Peppers															Yes	Yes	
Calamari								Yes									Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Smoked Garlic Oil															Yes	Yes	
Cotto Ham																	
Green Pesto															Yes	Yes	
Courgette															Yes	Yes	
Roasted Garlic															Yes	Yes	
Roquito Hot Honey															Yes		
Red Chillies															Yes	Yes	
Meatless Meatballs												Yes			Yes	Yes	
Olive Oil															Yes	Yes	

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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Pizza Sauce															Yes	Yes	
Pulled Harissa Chicken Breast																	
Pizza Olives															Yes	Yes	
Olives															Yes	Yes	
Tomato Ketchup									Yes						Yes	Yes	
Spianata																	
Bufala Mozzarella							Yes								Yes		
Spring Onion															Yes	Yes	
Sunblush Baby Tomato															Yes	Yes	
Vegan Mozzarisella															Yes	Yes	
Prawns			Yes														

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Bambini																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Marshmallow															Yes	Yes	
Apple & Raspberry Chilly Billy															Yes	Yes	
Carrot, Cucumber & Soul Bread		Yes: Wheat													Yes	Yes	
Carrot, Cucumber & Pasta Crisps															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs, Wheat, Barley, Sulphites, Milk, Egg.
Kids Pizza Margherita		Yes: Wheat					Yes								Yes		
Kids Vegan Pizza Margherita		Yes: Wheat													Yes	Yes	
Kids Non-Gluten Margherita Pizza							Yes								Yes		
Kids Non-Gluten Vegan Margherita															Yes	Yes	
Kids Non-Gluten Pizza Base Only															Yes	Yes	
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Ham Topping																	
Kids Pepperoni Topping																	
Kids Olives Topping															Yes	Yes	
Kids Mozzarella Topping							Yes								Yes		
Kids Mushroom Topping															Yes	Yes	
Kids Roasted Peppers Topping															Yes	Yes	
Kids Wildfarmed Pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Spaghetti Pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Pomodoro Pasta Twists		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Non-Gluten Pomodoro Pasta															Yes	Yes	
Kids Wildfarmed Bolognese	Yes	Yes: Wheat															Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Spaghetti Bolognese	Yes	Yes: Wheat															Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Bolognese Pasta Twists	Yes	Yes: Wheat															Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Non-Gluten Bolognese Pasta	Yes																
Kids Wildfarmed Super Green Pesto		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Spaghetti Super Green Pesto		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Super Green Pesto Pasta Twists		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Non-Gluten Super Green Pesto Pasta															Yes	Yes	
Kids Wildfarmed Vegan Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Spaghetti Vegan Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Vegan Lentil Ragù Pasta Twist		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Kids Non-Gluten Vegan Lentil Ragù															Yes	Yes	
Kids Sweet Potato Fries															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Rainbow Heritage Carrots & Spinach															Yes	Yes	
Kids Chips															Yes	Yes	Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Kids Vanilla Gelato							Yes								Yes		
Kids Chocolate Gelato							Yes								Yes		
Kids Sugar Cones & Marshmallow (No Gelato)		Yes: Wheat													Yes	Yes	
Mini Cones Only		Yes: Wheat													Yes	Yes	
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Fruit Pot															Yes	Yes	
Kids Chocacino							Yes								Yes		
Kids Oat Chocacino		Yes: Oats													Yes	Yes	
Tiny Tummies Little Soul Bread		Yes: Wheat													Yes	Yes	
Tiny Spaghetti Pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Tiny Wildfarmed Pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Tiny Non-Gluten Pomodoro Pasta															Yes	Yes	
Kids Milk							Yes								Yes		
Kids Oat Milk		Yes: Oats													Yes	Yes	
Apple & Blackcurrant Orange Squash													Yes		Yes	Yes	

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Wines																	
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Malbec 250ml													Yes		Yes	Yes	
Nero D'Avola 250ml													Yes		Yes	Yes	
Nero D'Avola 125ml													Yes		Yes	Yes	
Pinot Noir 175ml													Yes		Yes	Yes	
Montepulciano 125ml													Yes		Yes		
Malbec 175ml													Yes		Yes	Yes	
Frascati Bottle													Yes		Yes	Yes	
Pinot Grigio Blush 250ml													Yes		Yes	Yes	
Merlot 250ml													Yes		Yes	Yes	
Sauvignon Blanc. St Clair Bottle													Yes		Yes	Yes	
Pinot Grigio Blush Bottle													Yes		Yes	Yes	

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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Cotes De Provence 175ml													Yes				
Pinot Noir Bottle													Yes		Yes	Yes	
Zinfandel Rose Bottle													Yes				
Trebbiano 250ml													Yes		Yes	Yes	
Cotes De Provence 125ml													Yes				
Sauvignon Blanc. Veneto Bottle													Yes		Yes	Yes	
Merlot Bottle													Yes		Yes	Yes	
Trebbiano 125ml													Yes		Yes	Yes	
Montepulciano 250ml													Yes		Yes		
Sauvignon Blanc. Veneto 125ml													Yes		Yes	Yes	
Cotes De Provence 250ml													Yes				
Merlot 125ml													Yes		Yes	Yes	
Merlot 175ml													Yes		Yes	Yes	
Zinfandel Rose 175ml													Yes				
Nero D'Avola Bottle													Yes		Yes	Yes	
Pinot Grigio Bottle													Yes		Yes	Yes	
Zinfandel Rose 250ml													Yes				
Montepulciano 175ml													Yes		Yes		
Zinfandel Rose 125ml													Yes				
Pinot Noir 250ml													Yes		Yes	Yes	
Malbec 125ml													Yes		Yes	Yes	

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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Montepulciano Bottle													Yes		Yes		
Sauvignon Blanc. St Clair 125ml													Yes		Yes	Yes	
Pinot Grigio Blush 125ml													Yes		Yes	Yes	
Frascati 175ml													Yes		Yes	Yes	
Pinot Grigio 250ml													Yes		Yes	Yes	
Frascati 125ml													Yes		Yes	Yes	
Sauvignon Blanc. St Clair 250ml													Yes		Yes	Yes	
Frascati 250ml													Yes		Yes	Yes	
Sauvignon Blanc. St Clair 175ml													Yes		Yes	Yes	
Pinot Grigio 125ml													Yes		Yes	Yes	
Malbec Bottle													Yes		Yes	Yes	
Sauvignon Blanc. Veneto 250ml													Yes		Yes	Yes	
Pinot Noir 125ml													Yes		Yes	Yes	
Pinot Grigio Blush 175ml													Yes		Yes	Yes	
Trebbiano 175ml													Yes		Yes	Yes	
Nero D'Avola 175ml													Yes		Yes	Yes	
Trebbiano Bottle													Yes		Yes	Yes	
Sauvignon Blanc. Veneto 175ml													Yes		Yes	Yes	
Pinot Grigio 175ml													Yes		Yes	Yes	
Cote De Provence Bottle													Yes				

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Fizz & Bubbles																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Sparkling Pinot Grigio Bottle													Yes		Yes	Yes	
Prosecco 125ml													Yes		Yes	Yes	
Pink Prosecco 125ml													Yes		Yes	Yes	
Prosecco Bottle													Yes		Yes	Yes	
Sparkling Pinot Grigio 125ml													Yes		Yes	Yes	
Pink Prosecco Bottle													Yes		Yes	Yes	
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Beer & Ciders																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Cornish Orchards Blush Cider													Yes		Yes	Yes	
Peroni Gran Riserva		Yes: Barley													Yes	Yes	
Cornish Orchards Raspberry & Elderflower Cider													Yes		Yes	Yes	
Meantime Anytime Ipa		Yes: Barley													Yes	Yes	
Peroni 330ml		Yes: Barley													Yes	Yes	
Cornish Orchards Gold Cider													Yes		Yes	Yes	
Hophead		Yes: Barley													Yes	Yes	
Peroni 660ml		Yes: Barley													Yes	Yes	
Peroni Zero		Yes: Barley													Yes	Yes	
Peroni Gluten Free		Yes: Barley													Yes	Yes	GF Barley

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Spirits & Tonic																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Belu Light Tonic															Yes	Yes	
Sipsmith G&T															Yes	Yes	
London Essence Roast Pineapple Soda															Yes	Yes	
Garden Tonic															Yes	Yes	
Belu Classic Tonic															Yes	Yes	
Vodka & Tonic															Yes		Vegan? Ask for no lemon slice.
Zizzi G&T															Yes	Yes	
Seedlip with Classic Tonic															Yes	Yes	
Seedlip with Light Tonic															Yes	Yes	
Seedlip with Garden Tonic															Yes	Yes	
Seedlip with London Essence Roasted Pineapple Soda															Yes	Yes	
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Cocktails & Spritz																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Grey Goose L Original Limoncello fizz															Yes		Vegan? Ask for no lemon slice.
Amalfi Sundown															Yes		
White Peach & Pineapple Spritz															Yes	Yes	
Strawberry Smash Spritz													Yes		Yes		
Grey Goose L Original Berry Lemonade															Yes		
Passion Fruitini															Yes	Yes	
Raspberry Mojito															Yes	Yes	
Strawberry Daiquiri															Yes	Yes	
Pineapple Zombie															Yes	Yes	
Negroni Sbagliato													Yes				
Aperol Spritz													Yes		Yes	Yes	
Pineapple Spritz															Yes	Yes	
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Mocktails																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Raspberry & Mint Cooler															Yes	Yes	
Strawberry Sparkler															Yes	Yes	
Citrus & Pineapple Cooler															Yes	Yes	
Passion Fruit Sparkler															Yes	Yes	
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Soft Drink																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
San Pellegrino Lemon															Yes		
Coke Bottle															Yes		Vegan? Ask for no lemon slice.
Belu 500ml Still Water															Yes		Vegan? Ask for no lemon slice.
Diet Coke Bottle															Yes		Vegan? Ask for no lemon slice.
Flawsome Apple & Sour Cherry															Yes	Yes	
Flawsome Rhubarb & Apple															Yes	Yes	
Sicilian Still Lemonade															Yes		
Coke Zero Bottle															Yes		Vegan? Ask for no lemon slice.
Belu 1L Still Water															Yes		Vegan? Ask for no lemon slice.
Apple Juice															Yes	Yes	
Sprite Zero															Yes		Vegan? Ask for no lemon slice.
San Pellegrino Blood Orange															Yes		
Fresh Orange Juice															Yes		
Belu 500ml Sparkling Water															Yes		Vegan? Ask for no lemon slice.
Appletiser															Yes	Yes	
Belu 1L Sparkling Water															Yes		Vegan? Ask for no lemon slice.

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Spirits																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Aluna Coffee 25ml															Yes	Yes	
Malfy Con Aranciata 25ml															Yes	Yes	
Baileys 25ML							Yes								Yes		
Vodka - Red Griffin 25ML															Yes	Yes	
Jack Daniels 50ML															Yes	Yes	
Aluna Peach 25ml															Yes	Yes	
Archers 25ML															Yes	Yes	
Baileys 50ML							Yes								Yes		
Archers 50ML															Yes	Yes	
Vodka - Red Griffin 50ML															Yes	Yes	
Amaretto 50ML															Yes	Yes	
Dead Mans Fingers Spiced Rum 50ml															Yes	Yes	
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	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
White Rum – Calados 50ML															Yes	Yes	
Spiced Rum 50ML															Yes	Yes	
Aperol 25ML															Yes	Yes	
Dead Mans Fingers Spiced Rum 25ml															Yes	Yes	
Sipsmith London Dry Gin 50ml															Yes	Yes	
Frangelico 50ML																	
Amaretto 25ML															Yes	Yes	
Aluna Coffee 50ml															Yes	Yes	
Jamesons Irish Whiskey 50ml															Yes	Yes	
Spiced rum 25ml															Yes	Yes	
Sipsmith London Dry Gin 25ml															Yes	Yes	
Aluna Peach 50ml															Yes	Yes	
Sipsmith Strawberry Gin 25ml															Yes	Yes	
Limoncello 25ML															Yes	Yes	
White Rum – Calados 25ML															Yes	Yes	
Jack Daniels 25ML															Yes	Yes	
Frangelico 25ML																	
Grey Goose Vodka 25ml															Yes	Yes	

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Spirits																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Gin Half Crown 25ML															Yes	Yes	
Sipsmith Strawberry Gin 50ml															Yes	Yes	
Aperol 50ML															Yes	Yes	
Gin Half Crown 50ML															Yes	Yes	
Grey Goose Vodka 50ml															Yes	Yes	
Malfy Con Aranciata 50ml															Yes	Yes	
Jamesons Irish Whiskey 25ml															Yes	Yes	
Limoncello 50ML															Yes	Yes	
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Coffee																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Oat Flat White		Yes: Oats													Yes	Yes	
Decaf Single Espresso															Yes	Yes	
Oat Latte		Yes: Oats													Yes	Yes	
Single Espresso															Yes	Yes	
Americano							Yes								Yes		
Sugar Stick															Yes	Yes	
Decaf Americano							Yes								Yes		
Cappuccino							Yes								Yes		
Hot Chocolate							Yes								Yes		
Oat Decaf Cappuccino		Yes: Oats													Yes	Yes	
Decaf Double Espresso															Yes	Yes	
Oat Hot Chocolate		Yes: Oats													Yes	Yes	
Oat Decaf Macchiato		Yes: Oats													Yes	Yes	
Oat Cappuccino		Yes: Oats													Yes	Yes	
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Coffee																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Oat Decaf Mocha		Yes: Oats													Yes	Yes	
Oat Mocha		Yes: Oats													Yes	Yes	
Oat Americano		Yes: Oats													Yes	Yes	
Decaf Macchiato							Yes								Yes		
Oat Macchiato		Yes: Oats													Yes	Yes	
Oat Decaf Flat White		Yes: Oats													Yes	Yes	
Decaf Black Americano															Yes	Yes	
Latte							Yes								Yes		
Black Americano															Yes	Yes	
Mocha							Yes								Yes		
Decaf Latte							Yes								Yes		
Decaf Mocha							Yes								Yes		
Oat Decaf Americano		Yes: Oats													Yes	Yes	

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Coffee																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Double Espresso															Yes	Yes	
Macchiato							Yes								Yes		
Sub Oatly Milk		Yes: Oats													Yes	Yes	
Decaf Cappuccino							Yes								Yes		
Decaf Flat White							Yes								Yes		
Oat Decaf Latte		Yes: Oats													Yes	Yes	
Flat White							Yes								Yes		
Tea																	
Menu Item Name	Does it contain?														Suitable		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
English Breakfast Tea							Yes								Yes		
Earl Grey Tea							Yes								Yes		
Fresh Mint Tea															Yes	Yes	
Peppermint Tea							Yes								Yes		
Green Tea							Yes								Yes		
Chamomile Tea							Yes								Yes		
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Summer Specials																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Take Away Only : Apple Calzone		Yes: Wheat					Yes								Yes		
Pomegranate Aperol Spritz													Yes		Yes	Yes	
Passion Fruit Martini Sundaes				Yes			Yes								Yes		
Non-Gluten Triple Vesuvio							Yes										
Aubergine Parmigiana Croquettes	Yes						Yes								Yes		Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Non-Gluten Misto Mare							Yes										
Rustica Triple Vesuvio		Yes: Wheat					Yes										
Tagliatelle Misto Mare		Yes: Wheat		Yes				Yes									Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.
Chicky Fritti		Yes: Barley. Wheat		Yes			Yes		Yes				Yes				Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Apple Calzone		Yes: Wheat					Yes								Yes		
Asparagus. Pancetta and Mascarpone Girasoli	Yes	Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens: Wheat. Egg. Milk. Celery.

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Specials																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Parmigiana		Yes: Wheat					Yes								Yes		
Vegan Aubergine & Pesto		Yes: Wheat													Yes	Yes	
Sticky Toffee cheesecake		Yes: Barley, Wheat		Yes			Yes						Yes		Yes		
Non-Gluten Sausage Ragù							Yes		Yes				Yes				
Non-Gluten Parmigiana Pizza							Yes								Yes		
Non-Gluten Vegan Aubergine & Pesto Pizza															Yes	Yes	
Caramelised Banana & Salted Caramel Waffle		Yes: Wheat		Yes			Yes					Yes		Yes			
Creste Di Gallo Sausage Ragù		Yes: Wheat		Yes			Yes		Yes				Yes				Boiled in boilers with ingredients containing the following allergens: Wheat, Egg, Milk, Celery.
Passion Fruit Cheesecake		Yes: Wheat		Yes			Yes							Yes			
Limoncello tart		Yes: Wheat		Yes			Yes							Yes			

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Take Away																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Served - Raspberry Hard Seltzer															Yes	Yes	
Served - Peach Hard Seltzer															Yes	Yes	
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Take Away Trial																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
BBQ Pulled Pork Rustica		Yes: Wheat					Yes					Yes					
BBQ Pulled Pork Fries							Yes					Yes					Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Zillionaire s Cookie Dough		Yes: Wheat		Yes			Yes					Yes			Yes		
Chilli Chicken Wings	Yes																
Sweet Dippers (with trio of dips): Biscoff. Salted Caramel & Chocolate		Yes: Wheat					Yes					Yes			Yes		
Spicy Vegetariana Rustica		Yes: Wheat					Yes								Yes		
Meat Lover's Feast Rustica		Yes: Wheat					Yes										
Non-Gluten BBQ Pulled Pork Pizza							Yes					Yes					
Non-Gluten Meat Lover's Feast							Yes										
Non-Gluten Spicy Vegetariana Pizza							Yes								Yes		

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Take Away Trial																	
Menu Item Name	Does it contain?														Suitable		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Double Arancini							Yes								Yes		Fried in a fryer with ingredients containing the following allergens: Molluscs. Wheat. Barley. Sulphites. Milk. Egg.
Trio of Dips: Biscoff. Salted Caramel & Chocolate		Yes: Wheat					Yes					Yes			Yes		
Rustica Triple Chilli Vesuvio		Yes: Wheat					Yes										
Non-Gluten Triple Chilli Vesuvio							Yes										
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