

A top-down view of a white ceramic bowl with a wide rim, filled with a seafood pasta dish. The pasta is a short, curly, ridged variety, coated in a light-colored sauce. It is topped with several large, cooked shrimp, several mussels in their shells, and a half of a grilled orange, showing charred segments. The bowl sits on a dark wooden surface, and a woven placemat is visible underneath. A small green plant is in the bottom right corner.

# Zizzi

**ALLERGEN GUIDE**  
**UK 2025**  
**V4**



# IMPORTANT ALLERGEN INFORMATION

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 and dietary requirements. 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 order, 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, click on Talk To Us on our website, or email [feedback@zizzi.co.uk](mailto:feedback@zizzi.co.uk)

**Please take some time to read the important information at the front of the guide and please tell us about your allergy before ordering. Please also 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.**

## 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.

## Which allergens are covered within this guide?

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

**We also include 'may contain' warnings from our suppliers\*\*. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, 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 any of our dishes will be allergen free.**

**Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen tables so please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order. None of our dishes are gluten free so they may not be suitable for coeliacs.**

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.

\*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.

\*\*where a dish contains cereals containing gluten or tree nuts, please note additional species 'may contain' are not covered.

## What if I have an allergy outside the 14?

We recognise that some people want to avoid many other food ingredients and we now provide the full ingredient declarations for a select number of our dishes. Please head to the Allergen Information tab at [www.zizzi.co.uk/allergens-info](http://www.zizzi.co.uk/allergens-info) and select the Full Ingredients button. If you are unable to find a dish suitable for your dietary requirements here, 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.

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 other menu items. 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. Click on Talk To Us on our website or email [feedback@zizzi.co.uk](mailto:feedback@zizzi.co.uk)

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 even more detailed ingredient and allergen information in the near future.

## FAQs

### Which are the 14 allergens covered within your allergen guide?

Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites and Tree Nuts.

### Can you guarantee my food will be allergen free?

No, we can't guarantee that any of the dishes on our menu will be allergen free as our kitchens are busy places where we handle numerous ingredients and allergens, therefore cross-contact is always possible. We cook a range of items in our fryers and boilers and are unable to cook these items separately for customers with allergies and intolerances. In addition, some of our ingredients come from suppliers who put 'may contain' warnings on their products. This is where the manufacturer believes that traces of allergens may be present.

### Do you pass on supplier 'May Contain' warnings?

Yes, we do. Supplier 'may contain' warnings are highlighted with an asterisk\*. However, 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 any of our dishes will be allergen free. Please note, where a dish contains cereals containing gluten or tree nuts, additional species 'may contain' are not covered.

### How can a dish be labelled vegan if it may contain milk, eggs, crustaceans, fish or molluscs?

Vegan food can be prepared in factories and areas where products of animal origin may be present. This could mean that some vegan food products could unintentionally contain allergens. You can read more about this on the Food Standards Agency website <https://www.food.gov.uk/safety-hygiene/vegan-food-and-allergens>.

### I'm allergic to dairy/milk, can I use the vegan menu?

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 refer to the allergen tables.

### How can a dish be labelled Non-Gluten if it 'may contain' cereals containing gluten?

Our Non-Gluten dishes are recipes that do not intentionally contain gluten. Some of these recipes therefore have manufacturer's may contains warnings for gluten and there is also the risk of cross-contact in our busy kitchens. For these reasons, we do not label these dishes as gluten free so they may not be suitable for coeliacs.

### I am Coeliac, what can I eat?

None of our dishes are gluten free but our classic pasta dishes can be made with our non-gluten containing fusilli. Our classic and rustica pizzas can also be made with our circular non-gluten containing base.

### Is your non-gluten pasta cooked separately?

Yes, our non-gluten containing fusilli is cooked separately to order.

### Are you able to alter dishes to make it safe for my allergy?

As part of our allergen policy, we are unable to make modifications to dishes to remove allergens. Sometimes the allergen is hidden in ingredients such as stocks and sauces. Please use the allergen table to choose a dish that is suitable for you. However, you are welcome to remove ingredients or add suitable ingredients to dishes that don't contain the allergen you are trying to avoid.

### How will I know that the dish served to me is suitable for my allergy?

Provided you make us aware of your allergy, we will take extra care preparing your dish and it will be brought to you by an Allergen Manager who will confirm your order. Dishes for customers with allergies, vegans and those requiring non-gluten dishes will be marked with a sticker.

### I have a nut allergy. Which nuts are covered in the allergen guide?

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.

### Which cheeses are pasteurised?

All of our cheeses are pasteurised.

### Why are your lemons not suitable for vegans?

Some lemons are waxed to maintain their appearance. Waxes may be made from shellac or beeswax, which is not strictly vegan.

### Is the cheese served at the table vegetarian?

Yes, the cheese served at your table is suitable for vegetarians.

## CROSS-CONTACT INFORMATION

**Items fried in our fryers\* may come into contact with: Gluten (Wheat, Barley), Milk, Molluscs, Crustaceans, Soya..**

\* We fry a range of items in our fryers and are unfortunately unable to fry items separately for customers with allergies and intolerances. Please note that we do have separate vegetarian and non-vegetarian fryers. However, these are in close proximity to each other, and we are therefore unable to guarantee full oil segregation. In order to protect those with allergies, we have combined the cross-contact information from both the vegetarian and non-vegetarian fryers.

**Items that are cooked in our pasta boilers\*\* may come into contact with: Gluten (Wheat), Eggs, Milk..**

\*\*Due to the way we cook our pasta in our small, busy kitchens, we are unfortunately unable to guarantee that there will be no cross-contact with other allergens. Our vegan dishes are made to care to a vegan recipe, however, may not be suitable for those with allergies. Our non-gluten pasta dishes are cooked separately to order and this is detailed beside relevant dishes in the allergen tables.

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	INGREDIENTS: Yellow Pea Flour, Potato Starch, Rice Flour, Cornflour, Potato Granules, Pregelatinised Potato Starch, Lo-Salt (Sodium Chloride, Potassium Chloride), Emulsifier (Calcium Chloride), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Brown Sugar (Sugar, Cane Molasses), Smoked Paprika, Sea Salt, Black Pepper, Garlic Powder, Cumin, Ginger, Colours (Paprika Extract, Curcumin, Annatto Norbixin), Rapeseed Oil, Palm Oil.  Fried with other allergens - for cross-contact info, see page 3
Pasta Crisps	Yes														Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Cheeky Olives															Yes	Yes	
Little Soul breads		Yes: Wheat										*			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	
Calamari Large							Yes	Yes									Fried with other allergens. For cross-contact info see page 3.
Add Freshly Baked Bread		Yes: Wheat										*			Yes	Yes	
Fonduta Formaggi		Yes: Wheat		Yes			Yes					*			Yes		
Garlic Bread with Mozzarella		Yes: Wheat					Yes					*			Yes		
Mushroom Brindisi	*	Yes: Wheat					Yes		*			*			Yes		Sage fried with other allergens. For cross-contact info see page 3.
Chicken Spiedini									Yes								
Garlic Bread		Yes: Wheat										*			Yes	Yes	
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes					*			Yes		
Bruschetta	*	Yes: Wheat							*			*	Yes		Yes	Yes	
Calamari Small								Yes	Yes								Fried with other allergens. For cross-contact info see page 3.
Pollo Fritti	*	Yes: Barley, Wheat	*	*	*		Yes		Yes		*	*	*				Fried with other allergens. For cross-contact info see page 3.

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STARTERS																	
Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Treenuts	Vegetarian	Vegan	Comments
Add Fior di latte mozzarella							Yes								Yes		
Pork & Garlic Meatballs	*						Yes										
Roasted Aubergine 'Meatballs'	*								*			Yes			Yes	Yes	
Mozzarella, Basil & tomato Arancini	Yes						Yes								Yes		Fried with other allergens. For crosscontact info see page 3.
King Prawn Spiedini with Smoky Tomato Sauce	Yes		Yes														
Burrata Caprese							Yes						Yes		Yes		
Take Away Only: Double Mozzarella, Basil & Tomato Arancini	Yes						Yes								Yes		Fried with other allergens. For crosscontact info see page 3.
King Prawn Spiedini with Garlic Sauce			Yes														
Take Away Only: Chilli Chicken Wings 6	*	*		*			*		*			*					
Take Away Only: Chilli Chicken Wings 12	*	*		*			*		*			*					
Cheesy Chilli Garlic Bread		Yes: Wheat					Yes					*			Yes		
Garlic & Mozzarella Bombe		Yes: Wheat					Yes					*			Yes		
Chorizo & Mozzarella Bombe		Yes: Wheat					Yes					*					

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SHARING BOARDS																	
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	
Grande Antipasti	*	Yes: Wheat					Yes		*			*	Yes				
Favourites Board	Yes	Yes: Wheat					Yes	Yes	Yes			*	Yes				Fried with other allergens. For cross-contact info see page 3.
Fonduta Board	Yes	Yes: Wheat		Yes			Yes		Yes			*			Yes		Fried with other allergens. For cross-contact info see page 3.
Add Harissa King Prawn Skewers			Yes														
Add Chicken Skewers																	
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	
Add Burrata							Yes								Yes		
Add Goat Cheese							Yes								Yes		
Chicken & Prosciutto Salad				Yes			Yes										
Salmon & Avo Salad				Yes	Yes		Yes										
Super Zucca Salad	*	Yes: Barley, Wheat							*				Yes		Yes	Yes	
Add Chicken Skewers																	
Add King Prawn Skewer			Yes														

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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	
Pan-Fried Sea bass	*				Yes			*									
Beef Brisket & Vension Stufato		Yes: Wheat					Yes					*	Yes				Sage fried with other allergens. For cross-contact info see page 3.
Chicken Calabrese	Yes						Yes										Sage fried with other allergens. For cross-contact info see page 3.
Chicken Milanese with Crispy Riserva Potatoes		Yes: Wheat					Yes					Yes					Fried with other allergens. For cross-contact info see page 3.
Chicken Milanese with Chips		Yes: Wheat										Yes					Fried with other allergens. For cross-contact info see page 3.
Roasted Mushroom Risotto							Yes								Yes		Sage fried with other allergens. For cross-contact info see page 3.
Pan-Fried Salmon & Pesto Risotto	*				Yes		Yes		*								
Add Chicken Skewers																	
Add Harissa King Prawn Skewers			Yes														

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RUSTICAS																	
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	
Add torn chicken breast																	
Black Truffle Salami & Mushroom		Yes: Wheat					Yes					Yes					Sage fried with other allergens. For cross-contact info see page 3.
Chicken And Fiery Roquito		Yes: Wheat					Yes					*					
Aubergine 'Meatball'	*	Yes: Wheat						*				Yes	Yes		Yes	Yes	
Take Away Only: Rustica Meat Feast		Yes: Wheat					Yes					*					
Sticky Pig	*	Yes: Wheat					Yes	*				Yes					
Wagyu Royale With Burrata		Yes: Wheat					Yes					*	Yes				
Piccante		Yes: Wheat					Yes					*					
Margherita		Yes: Wheat					Yes					*			Yes		
Pepperoni Campagna		Yes: Wheat					Yes					*					
Primavera		Yes: Wheat					Yes					*			Yes		
Meat Sofia		Yes: Wheat					Yes					*					
Pinoli		Yes: Wheat					Yes					*			Yes		
Vegan Margherita		Yes: Wheat										*			Yes	Yes	
Pure Pepperoni		Yes: Wheat					Yes					*					
Take Away only: Double Cheese Rustica Margherita		Yes: Wheat					Yes					*			Yes		
PIZZA FRESCA																	
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	
Add Prosciutto																	
Verdura	*	Yes: Wheat					Yes	*				*	Yes		Yes		
Roast Pollo & Pesto	*	Yes: Wheat					Yes	*				*					
Harissa Gamberetto	*	Yes: Wheat	Yes					*				*					

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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 Verdura Fresca Pizza	*						Yes		*				Yes		Yes		
Non-Gluten Roast Pollo & Pesto Fresca Pizza	*						Yes		*								
Non-Gluten Harissa Gamberetto Fresca Pizza	*		Yes						*								
Non-Gluten Aubergine 'Meatball'	*								*			Yes	Yes		Yes	Yes	
Take Away Only: Non-Gluten Meat Feast Pizza							Yes										
Non-Gluten Wagyu Royale with Burrata Pizza							Yes						Yes				
Non-Gluten Chicken And Fiery Roquito Pizza							Yes										
Non-Gluten Margherita Pizza							Yes								Yes		
Non-Gluten Pepperoni Campagna Pizza							Yes										
Non-Gluten Piccante Pizza							Yes										
Non-Gluten Pinoli Pizza							Yes								Yes		
Non-Gluten Primavera Pizza							Yes								Yes		
Non-Gluten Pure Pepperoni Pizza							Yes										
Non-Gluten Vegan Margherita Pizza															Yes	Yes	
Non-Gluten Black Truffle Salami & Mushroom Pizza							Yes					Yes					Sage fried with other allergens. For cross-contact info see page 3.
Non-Gluten Meat Sofia Pizza							Yes										
Non-Gluten Sticky Pig Pizza	*						Yes		*			Yes					
Take Away only: Double Cheese Non-Gluten Margherita Pizza							Yes								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 Pollo Spinaci	Yes	Yes: Wheat					Yes					Yes					
Calzone Carne Piccante	Yes	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	
Double Mozzarella							Yes								Yes		
Classic Margherita Pizza		Yes: Wheat					Yes					*			Yes		
Classic Pepperoni Campagna		Yes: Wheat					Yes					*					
Classic Pinoli		Yes: Wheat					Yes					*			Yes		
Classic Vegan Margherita Pizza		Yes: Wheat										*			Yes	Yes	
Add Chicken																	
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SIDES																	
Menu Item Name	Calery	Does it contain?													Suitable For?		Comments
		Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Chips															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Sweet Potato Fries															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Mixed Leaf Salad				Yes			Yes								Yes		
Take Away Only : Large chips															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Crispy Riserva Potatoes							Yes								Yes		Fried with other allergens. For cross-contact info see page 3.
Green Beans															Yes	Yes	
Courgette Fritti		Yes: Wheat							*			*			Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Loaded Bolognese Chips							Yes			*	*			*			Fried with other allergens. For cross-contact info see page 3.
Take Away only: Mac & Cheese bites x10	Yes	Yes: Wheat					Yes		*			*			Yes		Fried with other allergens. For cross-contact info see page 3.
Mac & Cheese		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens. For cross-contact info see page 3.
Take Away Only: Pulled Pork La Bomba Chips							Yes										Fried with other allergens. For cross-contact info see page 3.
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes					*			Yes		
Cheesy Chilli Garlic Bread		Yes: Wheat					Yes					*			Yes		
Garlic Bread with Mozzarella		Yes: Wheat					Yes					*			Yes		
Take Away only: Double Courgetti Fritti		Yes: Wheat							*			*			Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Take Away only: Mac & Cheese bites x5	Yes	Yes: Wheat					Yes		*			*			Yes		Fried with other allergens. For cross-contact info see page 3.

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Fresh Pasta																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Mushroom, Truffle & Burrata	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*		Yes		Boiled with other allergens.Sage fried with other allergens. For cross-contact info see page 3
Siciliana Salmon	*	Yes: Wheat	*	Yes	Yes		Yes	*	*			*	Yes				Boiled with other allergens. Kale fried with other allergens. For cross-contact info see page 3.
Crispy Prosciutto Carbonara	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.
Piccante King Prawn Pasta	*	Yes: Wheat	Yes	Yes	*		Yes	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.
Wagyu Meatballs Arrabbiata	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens.Sage fried with other allergens. For cross-contact info see page 3
Slow-cooked Beef & Chianti Ragu	Yes	Yes: Wheat	*	Yes	*		Yes	*	*			*	Yes				Boiled with other allergens.Sage fried with other allergens. For cross-contact info see page 3

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Classic 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	
Six Layer Lasagne		Yes: Wheat		Yes		*	Yes					Yes					
Vegan Rainbow Lasagne	*	Yes: Wheat		*	*		*		*			*		*	Yes	Yes	Kale fried with other allergens. For cross-contact info see page 3.
GO ALL OUT - bolognese, mozzarella & bechamel upgrade only		Yes: Wheat		Yes			Yes					Yes					
Casareccia Pork & Garlic Meatballs	*	Yes: Wheat					Yes		*			*					Boiled with other allergens. For cross-contact info see page 3.
Spaghetti Pomodoro	*	Yes: Wheat					Yes		*			*			Yes		Boiled with other allergens. For cross-contact info see page 3.
Casareccia Pesto Rosso	*	Yes: Wheat					Yes		*			*					Boiled with other allergens. For cross-contact info see page 3.
Casareccia Della Casa		Yes: Wheat					Yes		*			*					Boiled with other allergens. For cross-contact info see page 3.
Vegan Spaghetti Pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Lentil Ragù	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Ravioli Di Capra	*	Yes: Wheat	*	Yes	*		Yes		*			*		*	Yes		Boiled with other allergens. For cross-contact info see page 3.
King Prawn Linguine	Yes	Yes: Wheat	Yes		Yes		Yes		*			*	Yes				Boiled with other allergens. For cross-contact info see page 3.
Casareccia Pollo Piccante		Yes: Wheat					Yes		*			*					Boiled with other allergens. For cross-contact info see page 3.
Spaghetti Chorizo Carbonara		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens. For cross-contact info see page 3.
Spaghetti Bolognese	*	Yes: Wheat							*	*	*	*		*			Boiled with other allergens. For cross-contact info see page 3.
Take Away Only : Lasagne Go All Out		Yes: Wheat		Yes		*	Yes			*	*	Yes		*			

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Non-Gluten Premium 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 Siciliana Salmon Pasta	*			*	Yes		Yes		*			*	Yes				Non-Gluten pasta cooked separately to order. Kale fried with other allergens. For cross-contact info see page 3.
Non-Gluten Wagyu Meatball Arrabbiata Pasta	*			*			Yes					*					Non-Gluten pasta cooked separately to order. Sage fried with other allergens. For cross-contact info see page 3.
Non-Gluten Crispy Prosciutto Carbonara	*			Yes			Yes		*			*					Non-Gluten pasta cooked separately to order.
Non-Gluten Piccante King Prawn Pasta			Yes	*			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten Slow-cooked Beef & Chianti Ragu	Yes			*			Yes		*			*	Yes				Non-Gluten pasta cooked separately to order. Sage fried with other allergens. For cross-contact info see page 3.
Non-Gluten Mushroom, Truffle & Burrata Pasta	*			Yes			Yes		*			*			Yes		Non-Gluten pasta cooked separately to order. Sage fried with other allergens. For cross-contact info see page 3.
Non-Gluten Classic 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 Bolognese	*			*						*	*	*		*			Non-Gluten pasta cooked separately to order.
Non-Gluten Chorizo Carbonara				Yes			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten King Prawn Pasta	Yes		Yes	*	Yes		Yes					*	Yes				Non-Gluten pasta cooked separately to order.
Non-Gluten Pesto Rosso	*			*			Yes		*			*					Non-Gluten pasta cooked separately to order.
Non-Gluten Pollo Piccante Pasta				*			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten Pomodoro Pasta	*			*			Yes					*			Yes		Non-Gluten pasta cooked separately to order.
Non-Gluten Vegan Lentil Ragu	*			*					*			*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Non-Gluten Vegan Pomodoro Pasta	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.

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Mafalde 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		
Mafalde Chorizo Carbonara Pasta	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.	
Mafalde King Prawn Pasta	Yes	Yes: Wheat	Yes	Yes	Yes		Yes	*	*			*	Yes				Boiled with other allergens. For cross-contact info see page 3.	
Mafalde Pollo Piccante Pasta	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.	
Mafalde Lentil Ragu	*	Yes: Wheat	*	Yes	*		*	*	*			*	*		Yes		Boiled with other allergens. For cross-contact info see page 3.	
Mafalde Pomodoro Pasta	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*		Yes		Boiled with other allergens. For cross-contact info see page 3.	
Mafalde Pesto Rosso Pasta	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.	
Mafalde Bolognese Pasta	*	Yes: Wheat	*	Yes	*		*	*	*			*	*				Boiled with other allergens. For cross-contact info see page 3.	

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DESSERTS																	
Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Does it contain?								Suitable For?		Comments
							Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Twisted Affogato - Coffee Liqueur		Yes: Wheat		Yes			Yes		*	*		*		*			
Raspberry Collins Cheesecake				*			*							*	Yes	Yes	
Take Away Only: Raspberry Collins Cheesecake				*			*							*	Yes	Yes	
Zillionaire's Fudge Cake		Yes: Wheat					*					Yes	*	*	Yes	Yes	
Baked Lemon & Blackcurrant Cheesecake		*		Yes			Yes			*				*	Yes		
Honeycomb Cheesecake		Yes: Wheat		*			Yes					Yes	*	*	Yes		
Take Away Only: Baked Lemon & Blackcurrant Cheesecake		*		Yes			Yes							*	Yes		
Take Away Only: Honeycomb Cheesecake		Yes: Wheat		*			Yes					Yes	*	*	Yes		
Take Away Only: Mini Biscoff Doughnuts x9		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Warm Lemon Meringue Cookie		Yes: Wheat		Yes			Yes					Yes	*	*	Yes		
Chocolate Brownie Sundae		Yes: Wheat		Yes			Yes					Yes	*	*	Yes		
Salted Caramel Chocolate Brownie		*		Yes			Yes					*		*	Yes		
Chocolate Melt				Yes	*		Yes					Yes	*	*	Yes		
Tiramisu		Yes: Wheat		Yes			Yes					*	Yes	*	Yes		
Take Away Only: Salted Caramel Chocolate Brownie				Yes			Yes								Yes		
Take Away Only: Chocolate Melt				Yes	*		*					Yes	*	*	Yes		
Take Away Only: Mini Biscoff Doughnuts x3		Yes: Wheat		Yes			Yes					Yes		*	Yes		

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GELATOS																	
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	
Sicilian Lemon & Ricotta Gelato							Yes			*				*	Yes		
Vegan Salted Caramel Gelato												Yes			Yes	Yes	
Wild Strawberry & Panna Cotta Gelato							Yes			*				*	Yes		
Vanilla Gelato							Yes							*	Yes		
Strawberry Sorbet							*							*	Yes	Yes	
Chocolate Gelato							Yes					*		*	Yes		
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	
Wild Garlic Aioli								Yes							Yes	Yes	
Roquito Hot Honey															Yes		
Roquito Chilli Pearl															Yes	Yes	
Candied Green Jalapenos													Yes		Yes	Yes	
Garlic Dip															Yes	Yes	
Vegan Mozzarisella															Yes	Yes	
Torn Chicken Breast										*	*			*			
Bolognese																	
Diced Chorizo							Yes										
Fiery La Bomba															Yes	Yes	
Aubergine 'Meatballs'												Yes			Yes	Yes	
Oregano															Yes	Yes	
Amarena Cherries															Yes		
Micro Red Basil	*							*							Yes	Yes	
Parsley															Yes	Yes	
Meringue		*		Yes			*					*		*	Yes		
Customer use only: Black Pepper															Yes	Yes	
Customer use only: Salt															Yes	Yes	
Customer use only: Chilli Oil															Yes	Yes	
Customer use only: Balsamic Vinegar													Yes		Yes	Yes	
Fior di Latte							Yes								Yes		
Burrata							Yes								Yes		
Chilli & Red Pepper Hummus															Yes	Yes	
Wagyu Beef Meatballs							Yes										
Mushrooms															Yes	Yes	
Mozzarella							Yes								Yes		
Fire Roasted Peppers															Yes	Yes	
Spicy Roquito Chillies															Yes	Yes	
Cotto Ham																	
Nduja																	
Pepperoni																	

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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	
Pinenuts															Yes	Yes	
Balsamic Onion															Yes	Yes	
Pizza Olives															Yes	Yes	
Prosciutto																	
Tomato Ketchup									Yes						Yes	Yes	
Artichoke															Yes	Yes	
Caesar Dressing				Yes			Yes								Yes		
Avocado															Yes	Yes	
Rocket															Yes	Yes	
Rosemary															Yes	Yes	
Basil															Yes	Yes	
Butternut															Yes	Yes	
Calamari								Yes									Fried with other allergens. For cross-contact info see page 3.
Courgette															Yes	Yes	
Whipping Cream							Yes								Yes		
Goat Cheese							Yes								Yes		
Pesto															Yes	Yes	
Honeycomb															Yes	Yes	
Mascarpone							Yes								Yes		
Olives															Yes	Yes	
Olive Oil															Yes	Yes	
Pea Shoots															Yes	Yes	
Sunblush Baby Tomato															Yes	Yes	
Pizza Sauce															Yes	Yes	
Spring Onion															Yes	Yes	
Plum Baby Tomato															Yes	Yes	
Spinach															Yes	Yes	
Spianata																	
Pomodoro Sauce	*														Yes	Yes	
Smoked Garlic Oil															Yes	Yes	
Prawns			Yes														
Scamorza							Yes								Yes		
Red Chillies															Yes	Yes	
Riserva Cheese							Yes								Yes		
Customer use only: Extra Virgin Olive Oil															Yes	Yes	
Lime Cordial 50ml															Yes	Yes	
Blackcurrant & Apple Squash 50ml													Yes		Yes	Yes	
Orange Squash 50ml													Yes		Yes	Yes	
Pulled Pork																	
Take Away Only: Duo of Dips															Yes	Yes	
Sage															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Smoky Tomato Dip	Yes														Yes	Yes	
Pulled Harissa Chicken Breast																	

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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 Spaghetti Cheese Pasta		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens. For cross-contact info see page 3.
Kids Cheese Pasta Twist		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens. For cross-contact info see page 3.
Kids Non-Gluten Cheese Pasta				Yes			Yes					*			Yes		Non-Gluten pasta cooked separately to order.
Kids Spinach Topping															Yes	Yes	
Kids Chicken Topping																	
Kids Baby Tomato Topping															Yes	Yes	
Kids Bolognese Pasta Twists		Yes: Wheat							*	*	*	*		*			Boiled with other allergens. For cross-contact info see page 3.
Kids Pomodoro Pasta Twists	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Milk							Yes								Yes		
Kids Fruit Pot															Yes	Yes	
Kids Chocacino							Yes								Yes		
Kids Penne Cheese Sauce		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens. For cross-contact info see page 3.
Kids Non-Gluten Pizza Base Only															Yes	Yes	
Kids Vegan Lentil Ragu Pasta Twist		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Non-Gluten Vegan Lentil Ragu				*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Kids Penne Vegan Lentil Ragu		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Spaghetti Vegan Lentil Ragu		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Mozzarella Topping							Yes								Yes		
Carrot, Cucumber & Soul Bread	*	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 Penne Pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Spaghetti Pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Kids Penne Bolognese		Yes: Wheat							*	*	*	*		*			Boiled with other allergens. For cross-contact info see page 3.
Kids Spaghetti Bolognese		Yes: Wheat							*	*	*	*		*			Boiled with other allergens. For cross-contact info see page 3.
Kids Pizza Margherita		Yes: Wheat					Yes					*			Yes		
Kids Vegan Pizza Margherita		Yes: Wheat										*			Yes	Yes	
Kids Ham Topping																	
Kids Mushroom Topping															Yes	Yes	
Kids Pepperoni Topping																	
Kids Olives Topping															Yes	Yes	
Kids Roasted Peppers Topping															Yes	Yes	
Kids Sweet Potato Fries															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Kids Chips															Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Kids Sugar Cones, Chocolate & Salted Caramel Sauce (No Gelato)		Yes: Wheat					Yes					Yes			Yes		
Tiny Non-Gluten Pomodoro Pasta	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Tiny Penne Pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Tiny Spaghetti Pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens. For cross-contact info see page 3.
Tiny Tummies Little Soul Bread		Yes: Wheat										*			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	
Kids Non-Gluten Bolognese Pasta				*						*	*	*		*			Non-Gluten pasta cooked separately to order.
Kids Non-Gluten Margherita Pizza							Yes								Yes		
Kids Non-Gluten Pomodoro Pasta	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Kids Non-Gluten Vegan Margherita													Yes		Yes	Yes	
Apple & Blackcurrant Squash													Yes		Yes	Yes	
Orange Squash													Yes		Yes	Yes	
Carrot, Cucumber & Pasta Crisps	*														Yes	Yes	Fried with other allergens. For cross-contact info see page 3.
Kids Vanilla Gelato							Yes							*	Yes		
Kids Chocolate Gelato							Yes					*		*	Yes		
Kids Oat Chocacino		Yes: Oats					*								Yes	Yes	
Kids Oat Drink		Yes: Oats													Yes	Yes	
Chilly Billy Ice Lolly							*								Yes	Yes	
Mini Cones Only		Yes: Wheat										Yes			Yes	Yes	
Kids Green Beans															Yes	Yes	
Kids Flawsome Apple and Cherry															Yes	Yes	
Kids Flawsome Sweet Apple															Yes	Yes	
WINE																	
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	
Organic Craft Primitivo 125ml													Yes		Yes	Yes	
Malbec 125ml													Yes		Yes	Yes	
Merlot 125ml													Yes		Yes	Yes	
Montepulciano 125ml													Yes		Yes	Yes	
Nero D'Avola 125ml													Yes		Yes	Yes	
Organic Craft Primitivo Bottle													Yes		Yes	Yes	
Malbec Bottle													Yes		Yes	Yes	
Merlot Bottle													Yes		Yes	Yes	
Montepulciano Bottle													Yes		Yes	Yes	
Nero D'Avola Bottle													Yes		Yes	Yes	
Malbec 175ml													Yes		Yes	Yes	
Merlot 175ml													Yes		Yes	Yes	
Montepulciano 175ml													Yes		Yes	Yes	
Nero D'Avola 175ml													Yes		Yes	Yes	
Organic Craft Primitivo 175ml													Yes		Yes	Yes	
Organic Craft Primitivo 250ml													Yes		Yes	Yes	

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WINE																	
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	
Malbec 250ml													Yes		Yes	Yes	
Merlot 250ml													Yes		Yes	Yes	
Montepulciano 250ml													Yes		Yes	Yes	
Nero D'Avola 250ml													Yes		Yes	Yes	
Zinfandel Blush 175ml													Yes		Yes	Yes	
Pinot Grigio Blush 250ml													Yes		Yes	Yes	
Zinfandel Blush 250ml													Yes		Yes	Yes	
Pinot Grigio Blush 175ml													Yes		Yes	Yes	
Zinfandel Blush 125ml													Yes		Yes	Yes	
Zinfandel Blush Bottle													Yes		Yes	Yes	
Pinot Grigio Blush Bottle													Yes		Yes	Yes	
Pinot Grigio Blush 125ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 125ml													Yes		Yes	Yes	
Organic Craft Chardonnay 125ml													Yes		Yes	Yes	
Pinot Grigio Bottle													Yes		Yes	Yes	
Sauvignon Blanc, Veneto Bottle													Yes		Yes	Yes	
Trebbiano Bottle													Yes		Yes	Yes	
Pinot Grigio 175ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 175ml													Yes		Yes	Yes	
Trebbiano 175ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 175ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair Bottle													Yes		Yes	Yes	
Organic Craft Chardonnay Bottle													Yes		Yes	Yes	
Pinot Grigio 125ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 125ml													Yes		Yes	Yes	
Trebbiano 125ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 250ml													Yes		Yes	Yes	
Trebbiano 250ml													Yes		Yes	Yes	
Pinot Grigio 250ml													Yes		Yes	Yes	
Organic Craft Chardonnay 250ml													Yes		Yes	Yes	
Organic Craft Chardonnay 175ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 250ml													Yes		Yes	Yes	
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	
Prosecco 125ml													Yes		Yes	Yes	
Prosecco Bottle													Yes		Yes	Yes	
Pink Prosecco Bottle													Yes		Yes	Yes	
Pink Prosecco 125ml													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	
Peroni Gluten Free		Yes: Barley													Yes	Yes	Gluten Free Barley
Cornish Orchards Raspberry & Elderflower Cider													Yes		Yes	Yes	
Peroni 330ml		Yes: Barley													Yes	Yes	
Hophead		Yes: Barley													Yes	Yes	
Peroni 660ml		Yes: Barley													Yes	Yes	
Peroni Gran Riserva		Yes: Barley													Yes	Yes	
Peroni Zero		Yes: Barley													Yes	Yes	
Cornish Orchards Gold Cider													Yes		Yes	Yes	
Meantime Anytime Ipa		Yes: Barley													Yes	Yes	
Signature Cocktails																	
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	
Morello Cherry Sour															Yes		
Rum Forest Rum															Yes	Yes	
Amalfi Sundown															Yes		
Pineapple Spritz															Yes	Yes	
Limoncello Spritz															Yes		
Tiramisu Espresso Martini		Yes: Wheat		Yes			Yes		*			*		*	Yes		
Lemon Drizzle Martini				Yes			Yes					*		*	Yes		

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Classic Cocktails																	
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	
Garden G&T															Yes	Yes	
Pineapple & Citrus Rum Punch															Yes	Yes	
Passion Fruitini															Yes	Yes	
Raspberry Mojito															Yes	Yes	
Strawberry Daiquiri															Yes	Yes	
Aperol Spritz													Yes		Yes	Yes	
Mocktails & Soft Drinks																	
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: Sprite Zero															Yes	Yes	
Sicilian Still Lemonade															Yes		
Appletiser															Yes	Yes	
Apple Juice															Yes	Yes	
Orange Juice															Yes		
Flawsome Apple & Ruhbarb															Yes	Yes	
Flawsome Apple & Sour Cherry															Yes	Yes	
Belu Water Still Small															Yes		Vegan? Ask for no lemon slice.
Take Away Only: Belu Water Still Small															Yes	Yes	
Belu Still Water Large															Yes		Vegan? Ask for no lemon slice.
Belu Sparkling Water Small															Yes		Vegan? Ask for no lemon slice.
Take Away Only: Belu Sparkling Water Small															Yes	Yes	
Belu Sparkling Water Large															Yes		Vegan? Ask for no lemon slice.
Original Tonic															Yes	Yes	
Blood Orange & Elderflower Tonic															Yes	Yes	
Roasted Pineapple Soda															Yes	Yes	
Pink Grapefruit Soda															Yes	Yes	
Ginger Ale															Yes	Yes	
San Pellegrino Lemon															Yes		
Coke															Yes		Vegan? Ask for no lemon slice.
Take away Only: Coke															Yes	Yes	
Diet Coke															Yes		Vegan? Ask for no lemon slice.

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Mocktails & Soft Drinks																	
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: Diet Coke															Yes	Yes	
Coke Zero															Yes		Vegan? Ask for no lemon slice.
Take Away Only: Coke Zero															Yes	Yes	
Sprite Zero															Yes		Vegan? Ask for no lemon slice.
San Pellegrino Blood Orange															Yes		
Trip Mindful Blend Blood Orange & Rosemary															Yes	Yes	
Pineapple & Citrus Refresher															Yes	Yes	
Hip Pop Strawberry & Pineapple															Yes	Yes	
Hip Pop Kombucha Apple & Elderflower															Yes	Yes	
Morello Cherry Refresher															Yes		
White Peach & Raspberry Refresher															Yes	Yes	
Strawberry Sparkler															Yes	Yes	
Raspberry & Mint Cooler															Yes	Yes	
Passion Fruit Sparkler															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	
Respirited Vodka 25ml															Yes	Yes	
Respirited Vodka 50ml															Yes	Yes	
Kahlua 25ml																	
Kahlua 50ml																	
Sipsmith London Dry Gin 25ml															Yes	Yes	
Sipsmith London Dry Gin 50ml															Yes	Yes	
Aluna Peach 25ml															Yes	Yes	
Aluna Peach 50ml															Yes	Yes	
Malfy Con Aranciata 25ml															Yes	Yes	
Malfy Con Aranciata 50ml															Yes	Yes	
Grey Goose Vodka 50ml															Yes	Yes	
Dead Mans Fingers Spiced Rum 25ml															Yes	Yes	
Dead Mans Fingers Spiced Rum 50ml															Yes	Yes	
Aluna Coffee 25ml															Yes	Yes	
Aluna Coffee 50ml															Yes	Yes	
Jack Daniels 50ML															Yes	Yes	
Jack Daniels 25ML															Yes	Yes	
Gin Half Crown 50ML															Yes	Yes	
Gin Half Crown 25ML															Yes	Yes	
Frangelico 50ML																	
Frangelico 25ML																	
Baileys 100ML							Yes								Yes		
Baileys 50ML							Yes								Yes		
Archers 50ML															Yes	Yes	
Archers 25ML															Yes	Yes	
Aperol 50ML															Yes	Yes	
Aperol 25ML															Yes	Yes	
Amaretto 50ML															Yes	Yes	
Amaretto 25ML															Yes	Yes	
Jamesons Irish Whiskey 25ml															Yes	Yes	
Jamesons Irish Whiskey 50ml															Yes	Yes	
Spiced rum 25ml															Yes	Yes	
Spiced Rum 50ML															Yes	Yes	
White Rum - Calados 50ML															Yes	Yes	
White Rum - Calados 25ML															Yes	Yes	
Vodka - Red Griffin 50ML															Yes	Yes	
Vodka - Red Griffin 25ML															Yes	Yes	
Limoncello 50ML															Yes	Yes	
Limoncello 25ML															Yes	Yes	
Tequila 25 ml															Yes	Yes	
Tequila 50 ml															Yes	Yes	
Sipsmith Freeglider 25 ml															Yes	Yes	
Sipsmith Freeglider 50 ml															Yes	Yes	
Grey Goose Vodka 25ml															Yes	Yes	

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Tea																	
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	
Earl Grey							Yes								Yes		
English Breakfast							Yes								Yes		
Fresh Mint Tea															Yes	Yes	
Pure Green							Yes								Yes		
Peppermint							Yes								Yes		
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	
Black Americano															Yes	Yes	
Decaf Black Americano															Yes	Yes	
Oat Americano		Yes: Oats													Yes	Yes	
Oat Cappuccino		Yes: Oats					*								Yes	Yes	
Oat Decaf Americano		Yes: Oats													Yes	Yes	
Oat Decaf Cappuccino		Yes: Oats					*								Yes	Yes	
Oat Decaf Flat White		Yes: Oats													Yes	Yes	
Oat Decaf Latte		Yes: Oats													Yes	Yes	
Oat Decaf Macchiato		Yes: Oats													Yes	Yes	
Oat Decaf Mocha		Yes: Oats					*								Yes	Yes	
Oat Flat White		Yes: Oats													Yes	Yes	
Oat Macchiato		Yes: Oats													Yes	Yes	
Oat Mocha		Yes: Oats					*								Yes	Yes	
Oat Latte		Yes: Oats													Yes	Yes	
Sugar Stick															Yes	Yes	
Decaf Double Espresso															Yes	Yes	
Decaf Americano							Yes								Yes		
Decaf Latte							Yes								Yes		
Decaf Cappuccino							Yes								Yes		
Decaf Flat White							Yes								Yes		
Decaf Macchiato							Yes								Yes		
Decaf Mocha							Yes								Yes		
Sub Oat Drink		Yes: Oats													Yes	Yes	
Hot Chocolate							Yes								Yes		
Oat Hot Chocolate		Yes: Oats					*								Yes	Yes	
Single Espresso															Yes	Yes	
Double Espresso															Yes	Yes	
Americano							Yes								Yes		
Latte							Yes								Yes		
Cappuccino							Yes								Yes		
Flat White							Yes								Yes		
Macchiato							Yes								Yes		
Mocha							Yes								Yes		
Decaf Single Espresso															Yes	Yes	

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Specials																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Sipsmith Strawberry Gin 25ml															Yes	Yes	
Sipsmith Strawberry Gin 50ml															Yes	Yes	
Sparkling Pinot Grigio 125ml													Yes		Yes	Yes	
Sparkling Pinot Grigio Bottle													Yes		Yes	Yes	
Pinot Noir 125ml													Yes		Yes	Yes	
Pinot Noir 175ml													Yes		Yes	Yes	
Pinot Noir 250ml													Yes		Yes	Yes	
Pinot Noir Bottle													Yes		Yes	Yes	
Cote De Provence Bottle													Yes				
Cotes De Provence 125ml													Yes				
Cotes De Provence 175ml													Yes				
Cotes De Provence 250ml													Yes				
Blackcurrant & Mascarpone Gelato							Yes								Yes		
Frascati 125ml													Yes		Yes	Yes	
Frascati 175ml													Yes		Yes	Yes	
Frascati 250ml													Yes		Yes	Yes	
Frascati Bottle													Yes		Yes	Yes	

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January Specials + Valentines 2025																	
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	
Pink Bombolini x9		Yes: Wheat		Yes			Yes				*	Yes		*		Yes	
Calzone La Bomba	Yes	Yes: Wheat					Yes					*					
Three Indulgent Treats (Valentine's Dessert Sharer)		Yes: Wheat		Yes			Yes				*	Yes	*	*		Yes	
Black Forest Fondant		Yes: Oats		Yes	*		Yes			*	*	Yes	*	*		Yes	
Pink Bombolini x3		Yes: Wheat		Yes			Yes				*	Yes		*		Yes	
Bold Bean Butter Bean Bake		Yes: Wheat										*			Yes	Yes	
A Taste of Italy (Valentine's Sharing Starter)	*	Yes: Wheat					Yes		*			*	Yes				Fried with other allergens. For cross-contact info see page 3.
Goat's Cheese & Hot Honey Bombe		Yes: Wheat					Yes					*				Yes	Fried with other allergens. For cross-contact info see page 3.
Spring Specials 2025																	
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	
Peachello Spritz													Yes		Yes	Yes	
Out of Restaurant Only: Lemon Cookie x3		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Lemon Cookie Sundae		Yes: Wheat		Yes			Yes			*		Yes		*	Yes		
Harissa Lamb Arrabbiata	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	Yes				
Non-Gluten Harissa Lamb Arrabbiata				*			Yes					*	Yes				
Sarti Spritz													Yes		Yes		
Cromer Crab Arancini		*	Yes	*	*		Yes	*									Fried with other allergens. For cross-contact info see page 3.

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SUMMER SPECIALS																	
Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Treenuts	Vegetarian	Vegan	Comments
Diavoletta Bombe		Yes: Wheat					Yes					*			Yes		
Tre Formaggi Croquettes							Yes								Yes		Fried with other allergens. For cross-contact info see page 3
Aubergine Fritti															Yes	Yes	Fried with other allergens. For cross-contact info see page 3
King Prawn Vongole	*	Yes: Wheat	Yes	Yes	*		Yes	Yes	*			*	Yes				Boiled with other allergens. For cross-contact info see page 3
Non-Gluten King Prawn Vongole			Yes	*			Yes	Yes				*	Yes				Non-Gluten pasta cooked separately to order
Dragon Fruit & Wild Strawberry Sundae				Yes			Yes			*		*	Yes	*	Yes		
Caramello Sundae		Yes: Wheat		Yes			Yes					Yes	*	*	Yes		
La Dolce Vita Sharer		Yes: Wheat		Yes			Yes					Yes	Yes	Yes: Pistachio Nuts	Yes		
* Stroop Waffle		Yes: Wheat		Yes			Yes					Yes	Yes				
Peachello 25ml															Yes	Yes	
Peachello 50ml															Yes	Yes	
Sarti Spritz													Yes		Yes		
Take Away Only: Pistachio Bombolini x3		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
Take Away Only: Pistachio Bombolini x9		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
Take Away Only: Mixed Bombolini x9		Yes: Wheat		Yes			Yes					Yes		Yes: Pistachio Nuts	Yes		
Take Away Only: Stroop Waffle x3		Yes: Wheat		Yes			Yes					Yes			Yes		

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