

Zizzi

ALLERGEN GUIDE PADDINGTON 2025



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

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.

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 kitchen handles 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.

Our kitchen handles loose wheat flour (gluten) during the preparation, storage and cooking of our fresh pasta and we do not have separate areas to prevent cross-contact. Therefore, none of our dishes are gluten free or 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 kitchen, 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, additional species 'may contain' are not covered.

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 kitchen is a busy place where we handle numerous ingredients and allergens, including loose wheat flour (gluten), 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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. When 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 kitchen, 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 contain' warnings for gluten, we do handle loose wheat flour (gluten) in our kitchen and do not have separate areas to prevent cross-contact. For these reasons, none of our dishes are gluten free or suitable for coeliacs.

I am Coeliac, what can I eat?

None of our dishes are gluten free but our 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. We do handle loose wheat flour (gluten) in our kitchen and we are unable to guarantee there is no cross-contact.

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.

* We fry a range of items in our fryers and are unfortunately unable to fry items separately for customers with allergies and intolerances. We do have separate vegetarian and non-vegetarian fryers. However, these are in close proximity to each other, and we are 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), Egg.**

**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.

In order to make our delicious fresh pasta in our restaurant, we do handle loose wheat flour (gluten) in the kitchen and are unable to guarantee there is no cross-contact during the preparation of dishes.

COMPLIMENTARY																	
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	
Hot Cioccolata							Yes					Yes			Yes		INGREDIENTS : Semi-Skimmed Milk, Skimmed Milk, Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Milkfat, Cocoa Butter, Emulsifier (Soya Lecithin)), Sugar, Dextrose, Fat-Reduced Cocoa Powder, Emulsifier (Mono- and Diglycerides of Fatty Acids), Thickeners (Guar Gum, Xanthan Gum, Carrageenan), Flavouring.
Complimentary Pasta Crisp															Yes	Yes	INGREDIENTS: Potato Starch, 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, Colour (Paprika Extract), Rapeseed Oil, Palm Oil. Fried with other allergens - for cross-contact info, see page 3
APERITIVO																	
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	
Cheeky Olives															Yes	Yes	
Tuscan G&T															Yes	Yes	
Scarpetta		Yes: Rye, Wheat					Yes					*			Yes		
Aperol Spritz													Yes		Yes	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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.</p>																	

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
Garlic & Mozzarella Bombe		Yes: Rye, Wheat					Yes					*			Yes		
Take Away Only: Pollo Fritti x 8		Yes: Barley, Wheat					Yes		Yes								Fried with other allergens - for cross-contact info, see page 3
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Rye, Wheat					Yes					*			Yes		
Bruschetta Classica		Yes: Rye, Wheat										*			Yes	Yes	
Mozzarella, Basil & tomato Arancini	Yes						Yes								Yes		Fried with other allergens - for cross-contact info, see page 3
Burrata Caprese							Yes								Yes		
Fonduta Formaggi		Yes: Rye, Wheat		Yes			Yes					*			Yes		
King Prawn Spiedini	Yes		Yes														
Aubergine Fritti	Yes														Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
La Bomba Meatballs	*						Yes										
Calamari Small								Yes	Yes								Fried with other allergens - for cross-contact info, see page 3
Garlic Bread		Yes: Rye, Wheat										*			Yes	Yes	
Pollo Fritti		Yes: Barley, Wheat					Yes		Yes								Fried with other allergens - for cross-contact info, see page 3
Take Away Only: Chilli Chicken Wings 12																	
Take Away Only: Chilli Chicken Wings 6																	
Chorizo & Mozzarella Bombe		Yes: Rye, Wheat					Yes					*					

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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	
Take Away Only: Double Mozzarella, Basil & Tomato Arancini	Yes						Yes								Yes		Fried with other allergens - for cross-contact info, see page 3
Cheesy Chilli Garlic Bread		Yes: Rye, Wheat					Yes					*			Yes		
Mushroom Brindisi		Yes: Rye, Wheat					Yes					*			Yes		Sage fried with other allergens - for cross-contact info, see page 3
Garlic Bread with Mozzarella		Yes: Rye, Wheat					Yes					*			Yes		

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	
Grande Antipasti		Yes: Rye, Wheat					Yes					*	Yes				
Fonduta Board	Yes	Yes: Rye, Wheat		Yes			Yes		Yes			*			Yes		Fried with other allergens - for cross-contact info, see page 3

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contains are not covered.

SIGNATURE DISHES																	
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	
Seabass Padella					Yes												
Hot Honey Porchetta							Yes										
Zucca Salad													Yes	*	Yes	Yes	
Pollo Prosciutto Salad				Yes			Yes										
Add Chicken																	
Add Goat's Cheese							Yes								Yes		
Pollo Calabrese	Yes						Yes										
Funghi Risotto							Yes								Yes		Sage fried with other allergens - for cross-contact info, see page 3
Salmon & Pesto Risotto					Yes		Yes										
Pollo Milanese		Yes: Wheat		Yes			Yes							Yes			
Butter Bean Stufato		Yes: Rye, Wheat												*		Yes	Yes

THE RUSTICA																	
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 Premio		Yes: Rye, Wheat					Yes					*					
Pollo Fiery Roquito		Yes: Rye, Wheat					Yes					*					
Sticky Pig		Yes: Rye, Wheat					Yes					Yes					
Venison Pepperoni		Yes: Rye, Wheat		Yes			Yes					*	Yes				Sage fried with other allergens - for cross-contact info, see page 3
Take Away Only: Rustica Meat Feast		Yes: Rye, Wheat					Yes					*					
Aubergine Parmigiana		Yes: Rye, Wheat										*	Yes		Yes	Yes	
Carne Sofia		Yes: Rye, Wheat					Yes					*					

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

THE RUSTICA																	
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	
Piccante		Yes: Rye, Wheat					Yes					*					
Truffle Salami		Yes: Rye, Wheat					Yes					Yes					Sage fried with other allergens - for cross-contact info, see page 3
Primavera		Yes: Rye, Wheat					Yes					*			Yes		
Take Away only: Double Cheese Rustica Margherita		Yes: Rye, Wheat					Yes					*			Yes		
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	
Take Away Only: Non-Gluten Meat Feast							Yes										
Non-Gluten Venison Pepperoni				Yes			Yes						Yes				Sage fried with other allergens - for cross-contact info, see page 3
Non-Gluten Pollo Fieri Roquito							Yes										
Non-Gluten Pepperoni Premio							Yes										
Non-Gluten Vegan Margherita Pizza															Yes	Yes	
Non-Gluten Aubergine Parmigiana													Yes		Yes	Yes	
Non-Gluten Roast Pollo & Pesto Fresca							Yes										
Non-Gluten Sticky Pig							Yes					Yes					
Non-Gluten Truffle Salami							Yes					Yes					Sage fried with other allergens - for cross-contact info, see page 3
Non-Gluten Carne Sofia							Yes										
Non-Gluten Margherita Pizza							Yes								Yes		
Non-Gluten Primavera							Yes								Yes		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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							Yes										
Non-Gluten Pinoli							Yes								Yes		
Non-Gluten Piccante							Yes										
Take Away only: Double Cheese Non-Gluten Margherita							Yes								Yes		
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 Carne Piccante	Yes	Yes: Rye, Wheat		Yes			Yes			*	*	*		*			
Calzone Pollo Spinaci	Yes	Yes: Rye, Wheat					Yes					Yes					
CLASSICO 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	
Margherita		Yes: Rye, Wheat					Yes					*			Yes		
Add Mozzarella							Yes								Yes		
Roast Pollo Pesto Fresca		Yes: Rye, Wheat					Yes					*					
Pepperoni Campagna		Yes: Rye, Wheat					Yes					*					
Pinoli		Yes: Rye, Wheat					Yes					*			Yes		
Classic Vegan Margherita Pizza		Yes: Rye, Wheat										*			Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

SIDES																	
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: Mac & Cheese bites x10	Yes	Yes: Wheat					Yes		*			*			Yes		Fried with other allergens - for cross-contact info, see page 3
Take Away Only : Large Rustic Fries															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Toscana fries	Yes			Yes			Yes		*	*				*			Fried 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
Rustic Fries															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Courgette Fritti		Yes: Wheat							*			*			Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Viva Greens															Yes	Yes	
Sweet Potato Fries															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Caesar Insalata				Yes			Yes								Yes		
Take Away only: Mac & Cheese bites x5	Yes	Yes: Wheat					Yes		*			*			Yes		Fried with other allergens - for cross-contact info, see page 3
Take Away only: Double Courgetti Fritti		Yes: Wheat							*			*			Yes	Yes	Fried with other allergens - for cross-contact info, see page 3

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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	
King Prawn Vongole		Yes: Wheat	Yes	Yes			Yes	Yes	*			*	Yes				Boiled with other allergens - for cross-contact info, see page 3
Truffle Cacio E Pepe		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
Truffle Cacio E Pepe (Sharer for 2)		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
Chianti Beef Ragù	*	Yes: Wheat		Yes			Yes		*			*	Yes				Boiled with other allergens. Sage fried with other allergens - for cross-contact info, see page 3
Chorizo Carbonara		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
Pollo Piccante		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
Bolognese Classico	Yes	Yes: Wheat		Yes			Yes		*	*	*	*		*			Boiled with other allergens - for cross-contact info, see page 3
Meatballs Alla Vodka		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
Pomodoro	*	Yes: Wheat		Yes			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
The Prawn Star	Yes	Yes: Wheat	Yes	Yes	Yes		Yes		*			*	Yes				Boiled with other allergens - for cross-contact info, see page 3
Pesto Verde Burrata		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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 pasta cooked separately to order.
Non-Gluten The Prawn Star	Yes		Yes	*	Yes		Yes					*	Yes				Non-Gluten pasta cooked separately to order.
Non-Gluten Pollo Piccante				*			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten Pomodoro	*			*			Yes					*			Yes		Non-Gluten pasta cooked separately to order.
Non-Gluten Vegan Pomodoro	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Non-Gluten Truffle Cacio E Pepe				Yes			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten Truffle Cacio E Pepe (Sharer for 2)				Yes			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten Chianti Beef Ragu	*			*			Yes					*	Yes				Non-Gluten pasta cooked separately to order. Sage fried with other allergens - for cross-contact info, see page 3.
Non-Gluten Bolognese Classico	Yes			Yes			Yes		*	*	*			*			Non-Gluten pasta cooked separately to order.
Non-Gluten Meatballs Alla Vodka				*			Yes					*					Non-Gluten pasta cooked separately to order.
Non-Gluten King Prawn Vongole			Yes	*			Yes	Yes				*	Yes				Non-Gluten pasta cooked separately to order.
Non-Gluten Pesto Verde Burrata				*			Yes					*			Yes		Non-Gluten pasta cooked separately to order.
Non-Gluten Lentil Ragu				*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

AL FORNO																	
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	
Lasagne Grandezza Upgrade	Yes	Yes: Wheat		Yes			Yes		*	*	*	Yes		*			
Cannelloni	*	Yes: Wheat		Yes			Yes		*			*		*	Yes		
Lasagne Grandezza	Yes	Yes: Wheat		Yes			Yes		*	*	*	Yes		*			Boiled with other allergens - for cross-contact info, see page 3
Pollo Della Casa		Yes: Wheat		Yes			Yes		*			*					Boiled with other allergens - for cross-contact info, see page 3
DESSERTS																	
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	
Cioccolato Mousse							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		
Take Away Only: Limoncello Basque				Yes			Yes							*	Yes		
Limoncello Basque				Yes			Yes		*					*	Yes		
Nemesis				Yes			Yes					Yes		*	Yes		
Honeycomb Cheesecake		Yes: Wheat		*			Yes					Yes	*	*	Yes		
Fudge Cake		Yes: Wheat					*					Yes	*	*	Yes	Yes	
Take Away Only: Nemesis				Yes			Yes					Yes		*	Yes		
Candy Floss Dolce				Yes			Yes					*	Yes		Yes		
Tiramisu		Yes: Wheat		Yes			Yes					Yes	Yes	*	Yes		
Take Away Only: Mini Biscoff Doughnuts x3		Yes: Wheat		Yes			Yes					Yes		*	Yes		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

GELATO & SORBET																	
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	
Strawberry Sorbet							*							*	Yes	Yes	
Dragon Fruit Sorbet													Yes		Yes	Yes	
Chocolate Gelato							Yes					*		*	Yes		
Vegan Coconut & Lime Gelato							*			*				*	Yes	Yes	
Sicilian Lemon & Ricotta Gelato							Yes			*				*	Yes		
Vanilla Gelato							Yes							*	Yes		
Vegan Salted Caramel Gelato												Yes			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	
Roquito Chilli Pearl															Yes	Yes	
Vegan Mozzarisella															Yes	Yes	
Pizza Olives															Yes	Yes	
Tomato Ketchup									Yes						Yes	Yes	
Pinenuts															Yes	Yes	
Cotto Ham																	
Spicy Roquito Chillies															Yes	Yes	
Fire Roasted Peppers															Yes	Yes	
Mushrooms															Yes	Yes	
Amarena Cherries															Yes		
Candied Green Jalapenos													Yes		Yes	Yes	
Lime Cordial 50ml															Yes	Yes	
Blackcurrant & Apple Squash 50ml													Yes		Yes	Yes	
Guanciale																	
Meatballs							Yes										
Butter							Yes								Yes		
Orange Squash 50ml													Yes		Yes	Yes	
Bolognese	Yes			Yes			Yes			*	*			*			
Diced Chorizo							Yes										
Pulled Pork																	
Roquito Hot Honey Honeycomb															Yes		
															Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

EXTRAS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Calery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Mascarpone							Yes								Yes		
Calamari								Yes									Fried with other allergens - for cross-contact info, see page 3
Courgette															Yes	Yes	
Pesto															Yes	Yes	
Red Chillies															Yes	Yes	
Scamorza							Yes								Yes	Yes	
Smoked Garlic Oil															Yes	Yes	
Prawns			Yes														
Spianata																	
Pea Shoots															Yes	Yes	
Pizza Sauce															Yes	Yes	
Isle of Wight Tomato															Yes	Yes	
Sunblush Baby Tomato															Yes	Yes	
Olive Oil															Yes	Yes	
Olives															Yes	Yes	
Rosemary															Yes	Yes	
Parsley															Yes	Yes	
Customer use only: Black Pepper															Yes	Yes	
Customer use only: Salt															Yes	Yes	
Fior di Latte							Yes								Yes		
Burrata							Yes								Yes		
Customer use only: Chilli Oil															Yes	Yes	
Fiery La Bomba															Yes	Yes	
Customer use only: Extra Virgin Olive Oil															Yes	Yes	
Home Made Pasta		Yes: Wheat		Yes			*		*						Yes		Boiled with other allergens - for cross-contact info, see page 3
Wild Garlic Aioli									Yes						Yes	Yes	
Garlic Dip															Yes	Yes	
Pomodoro Sauce	*														Yes	Yes	
Truffle Paste															Yes	Yes	
Butternut															Yes	Yes	
Artichoke															Yes	Yes	
Balsamic Onion															Yes	Yes	
Mozzarella							Yes								Yes		
Customer use only: Balsamic Vinegar													Yes		Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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	
Torn Chicken Breast																	
Caesar Dressing				Yes			Yes								Yes		
Prosciutto																	
Nduja																	
Pepperoni																	
Basil															Yes	Yes	
Whipping Cream							Yes								Yes		
Avocado															Yes	Yes	
Rocket															Yes	Yes	
Spinach															Yes	Yes	
Riserva Cheese							Yes								Yes		
Goat Cheese							Yes								Yes		
Calabrese Dip	Yes														Yes	Yes	
Pulled Harissa Chicken Breast																	
Sage															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
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 Non-Gluten Cheese Pasta				Yes			Yes					*			Yes		Non-Gluten pasta cooked separately to order.
Kids Gigli Cheese Pasta		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Kids Spinach Topping															Yes	Yes	
Kids Chitarra Cheese Sauce		Yes: Wheat		Yes			Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Chilly Billy Ice Lolly							*								Yes	Yes	
Kids Non-Gluten Margherita Pizza							Yes								Yes		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contains are not covered.

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		
Tiny Non-Gluten Vegan Pomodoro Pasta	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.	
Tiny Tummies Scarpetta		Yes: Rye, Wheat										*			Yes	Yes		
Kids Non-Gluten Bolognese Pasta	Yes			Yes			Yes			*	*	*		*			Non-Gluten pasta cooked separately to order.	
Kids Chips															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3	
Kids Sugar Cones & Salted Caramel Sauce (No Gelato)		Yes: Wheat					Yes					Yes			Yes			
Kids Roasted Peppers Topping															Yes	Yes		
Kids Mushroom Topping															Yes	Yes		
Kids Pepperoni Topping																		
Kids Olives Topping															Yes	Yes		
Kids Chitarra Pomodoro	*	Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3	
Kids Gigli Pomodoro	*	Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3	
Kids Pizza Margherita		Yes: Rye, Wheat					Yes					*			Yes			
Kids Vegan Pizza Margherita		Yes: Rye, Wheat										*			Yes	Yes		
Mini Cones Only		Yes: Wheat										Yes			Yes	Yes		
Kids Non-Gluten Vegan Margherita															Yes	Yes		
Kids Flawsome Sweet Apple															Yes	Yes		
Kids Oat Drink		Yes: Oats													Yes	Yes		
Kids Non-Gluten Pizza Base Only															Yes	Yes		
Kids Non-Gluten Vegan Lentil Ragu				*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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 Chitarra Lentil Ragu		Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Kids Gigli Lentil Ragu		Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Kids Sweet Potato Fries															Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Tiny Gigli Pomodoro	*	Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Tiny Chitarra Pomodoro	*	Yes: Wheat		Yes			*		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 3
Kids Ham Topping																	
Kids Chitarra Bolognese	Yes	Yes: Wheat		Yes			Yes		*	*	*	*		*			Boiled with other allergens - for cross-contact info, see page 3
Kids Gigli Bolognese	Yes	Yes: Wheat		Yes			Yes		*	*	*	*		*			Boiled with other allergens - for cross-contact info, see page 3
Kids Fruit Pot															Yes	Yes	
Kids Non-Gluten Pomodoro Pasta	*			*								*			Yes	Yes	Non-Gluten pasta cooked separately to order.
Kids Vanilla Gelato							Yes							*	Yes		
Kids Milk							Yes								Yes		
Kids Chocacino							Yes								Yes		
Apple & Blackcurrant Squash													Yes		Yes	Yes	
Orange Squash													Yes		Yes	Yes	
Kids Oat Chocacino		Yes: Oats					*								Yes	Yes	
Kids Mozzarella Topping							Yes								Yes		
Carrot, Cucumber & Scarpetta	*	Yes: Rye, Wheat										*			Yes	Yes	
Kids Chocolate Gelato							Yes					*		*	Yes		
Carrot, Cucumber & Pasta Crisps	*														Yes	Yes	Fried with other allergens - for cross-contact info, see page 3
Kids Chicken Topping																	
Kids Baby Tomato Topping															Yes	Yes	
Kids Green Beans															Yes	Yes	
Kids Flawsome Apple and Cherry															Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

WINES																		
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 175ml													Yes		Yes	Yes		
Nero D'Avola 250ml													Yes		Yes	Yes		
Merlot 250ml													Yes		Yes	Yes		
Malbec 250ml													Yes		Yes	Yes		
Primitivo 250ml													Yes		Yes	Yes		
Malbec Bottle													Yes		Yes	Yes		
Nero D'Avola 125ml													Yes		Yes	Yes		
Montepulciano 125ml													Yes		Yes	Yes		
Primitivo 125ml													Yes		Yes	Yes		
Merlot 125ml													Yes		Yes	Yes		
Primitivo Bottle													Yes		Yes	Yes		
Montepulciano 250ml													Yes		Yes	Yes		
Chianti Flask 175ml													Yes		Yes	Yes		
Chianti Flask 250ml													Yes		Yes	Yes		
Chianti Flask Bottle													Yes		Yes	Yes		
Chianti Flask Magnum bottle													Yes		Yes	Yes		
Merlot Bottle													Yes		Yes	Yes		
Malbec 125ml													Yes		Yes	Yes		
Nero D'Avola Bottle													Yes		Yes	Yes		
Montepulciano Bottle													Yes		Yes	Yes		
Nero D'Avola 175ml													Yes		Yes	Yes		
Montepulciano 175ml													Yes		Yes	Yes		
Primitivo 175ml													Yes		Yes	Yes		
Merlot 175ml													Yes		Yes	Yes		
Chianti Flask 125ml													Yes		Yes	Yes		
Zinfandel Blush 175ml													Yes		Yes	Yes		
Zinfandel Blush 125ml													Yes		Yes	Yes		
Pinot Grigio Blush 175ml													Yes		Yes	Yes		
Zinfandel Blush 250ml													Yes		Yes	Yes		
Zinfandel Blush Bottle													Yes		Yes	Yes		
Pinot Grigio Blush Bottle													Yes		Yes	Yes		
Pinot Grigio Blush 250ml													Yes		Yes	Yes		
Pinot Grigio Blush 125ml													Yes		Yes	Yes		
Pinot Grigio 250ml													Yes		Yes	Yes		
Sauvignon Blanc, St Clair 250ml													Yes		Yes	Yes		
Catarratto Chardonnay 250ml													Yes		Yes	Yes		
Sauvignon Blanc, St Clair 175ml													Yes		Yes	Yes		
Sauvignon Blanc, St Clair Bottle													Yes		Yes	Yes		
Catarratto Chardonnay 125ml													Yes		Yes	Yes		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. *** a black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

WINES																	
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	
Sauvignon Blanc, St Clair 125ml													Yes		Yes	Yes	
Sauvignon Blanc 125ml													Yes		Yes	Yes	
Sauvignon Blanc Bottle													Yes		Yes	Yes	
Trebbiano 125ml													Yes		Yes	Yes	
Trebbiano 250ml													Yes		Yes	Yes	
Sauvignon Blanc 250ml													Yes		Yes	Yes	
Trebbiano 175ml													Yes		Yes	Yes	
Pinot Grigio Bottle													Yes		Yes	Yes	
Catarratto Chardonnay Bottle													Yes		Yes	Yes	
Pinot Grigio 125ml													Yes		Yes	Yes	
Pinot Grigio 175ml													Yes		Yes	Yes	
Sauvignon Blanc 175ml													Yes		Yes	Yes	
Catarratto Chardonnay 175ml													Yes		Yes	Yes	
Trebbiano Bottle													Yes		Yes	Yes	
FIZZ																	
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	
Pink Prosecco 125ml													Yes		Yes	Yes	
Prosecco Bottle													Yes		Yes	Yes	
Pink Prosecco Bottle													Yes		Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a **black asterisk means that the dish 'may contain' the specified allergen.** (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

BEER & CIDER																	
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 Gran Riserva		Yes: Barley													Yes	Yes	
Cornish Orchards Raspberry & Elderflower Cider													Yes		Yes	Yes	
Baladin Italian Craft L Ippa IPA		Yes: Barley													Yes	Yes	
Baladin Italian Craft Issac Pale Ale		Yes: Barley, Wheat													Yes	Yes	
Baladin Italian Craft Cider													Yes		Yes	Yes	
Beyond Brewing Pasta Beer IPA		Yes: Barley, Wheat		*											Yes		
Peroni Gluten Free		Yes: Barley													Yes	Yes	Gluten Free Barley
Peroni Zero		Yes: Barley													Yes	Yes	
Peroni 660ml		Yes: Barley													Yes	Yes	
Cornish Orchards Gold Cider													Yes		Yes	Yes	
Peroni 330ml		Yes: Barley													Yes	Yes	
Beyond Brewing Pasta Beer Pale Ale		Yes: Barley, Wheat		*											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		
Dragon Fruit Margarita													Yes		Yes	Yes	
Passion Fruitini													Yes		Yes	Yes	
Raspberry Mojito															Yes	Yes	
Pineapple Colada							*		*					*	Yes	Yes	
Fiorentina Mocha		Yes: Wheat		Yes			Yes					Yes			Yes		
Wild Strawberry Daiquiri															Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contains are not covered.

SPRITZ 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	
Peachello													Yes		Yes	Yes	
Limoncello															Yes		
Hugo													Yes		Yes	Yes	
Sarti													Yes		Yes		Vegan? Ask for no lime slice.
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: Coke															Yes	Yes	
Roasted Pineapple Soda															Yes	Yes	
Take Away Only: Belu Sparkling Water Small															Yes	Yes	
Diet Coke															Yes		Vegan? Ask for no lemon slice.
Hip Pop Kombucha Blueberry & Ginger															Yes	Yes	
Raspberry & Rose Flavoured Soda Drink															Yes	Yes	
Belu Sparkling Water Large															Yes		Vegan? Ask for no lemon slice.
Belu Sparkling Water 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 Water Still Small															Yes		Vegan? Ask for no lemon slice.
Appletiser															Yes	Yes	
Apple Juice															Yes	Yes	
Orange Juice															Yes		
Take Away Only: Sprite Zero															Yes	Yes	
Sicilian Still Lemonade															Yes		
Sprite Zero															Yes		Vegan? Ask for no lemon slice.

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a **black asterisk** means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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	
Pink Grapefruit Soda															Yes	Yes	
Original Tonic															Yes	Yes	
Coke															Yes		Vegan? Ask for no lemon slice.
Take Away Only: Diet Coke															Yes	Yes	
Take Away Only: Coke Zero															Yes	Yes	
San Pellegrino Lemon															Yes		
Ginger Ale															Yes	Yes	
Blood Orange & Elderflower Tonic															Yes	Yes	
Coke Zero															Yes		Vegan? Ask for no lemon slice.
White Peach and Jasmine Crafted Soda															Yes	Yes	
Trip CBD Blend Raspberry & Orange Blossom												Yes			Yes	Yes	
White Peach Refresher															Yes	Yes	
Raspberry & Mint Cooler															Yes	Yes	
Raspberry & Rose Lemonade													Yes		Yes	Yes	
Hip Pop Strawberry & Pineapple															Yes	Yes	
Hip Pop Kombucha Apple & Elderflower															Yes	Yes	
San Pellegrino Blood Orange															Yes		
Trip Mindful Blend Blood Orange & Rosemary															Yes	Yes	
Wild Strawberry Sparkler															Yes	Yes	
Morello Cherry Refresher															Yes		
Passion Fruit Sparkler															Yes	Yes	

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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		
Dead Mans Fingers Spiced Rum 50ml															Yes	Yes		
Aluna Coffee 50ml															Yes	Yes		
Aluna Peach 25ml															Yes	Yes		
Sipsmith London Dry Gin 25ml															Yes	Yes		
Vodka - Red Griffin 50ML															Yes	Yes		
Vodka - Red Griffin 25ML															Yes	Yes		
Spiced rum 25ml															Yes	Yes		
Amaretto 50ML															Yes	Yes		
Amaretto 25ML															Yes	Yes		
Archers 25ML															Yes	Yes		
Archers 50ML															Yes	Yes		
Baileys 50ML							Yes								Yes			
Jack Daniels 50ML															Yes	Yes		
Baileys 100ML							Yes								Yes			
Frangelico 50ML																		
Malfy Con Aranciata 25ml															Yes	Yes		
Jamesons Irish Whiskey 50ml															Yes	Yes		
Sipsmith London Dry Gin 50ml															Yes	Yes		
Malfy Con Aranciata 50ml															Yes	Yes		
Aluna Peach 50ml															Yes	Yes		
Limoncello 25ML															Yes	Yes		
Limoncello 50ML															Yes	Yes		
White Rum - Calados 25ML															Yes	Yes		
Respirited Vodka 50ml															Yes	Yes		
Kahlua 50ml																		
Gin Half Crown 50ML															Yes	Yes		
Frangelico 25ML																		
Gin Half Crown 25ML															Yes	Yes		
Jack Daniels 25ML															Yes	Yes		
Grey Goose Vodka 50ml															Yes	Yes		
Aluna Coffee 25ml															Yes	Yes		
Jamesons Irish Whiskey 25ml															Yes	Yes		
Aperol 50ML															Yes	Yes		
Respirited Vodka 25ml															Yes	Yes		
Spiced Rum 50ML															Yes	Yes		
White Rum - Calados 50ML															Yes	Yes		
Kahlua 25ml																		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

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	
Mr Black Coffee Liquor 25ml															Yes	Yes	
Mr Black Coffee Liquor 50ml															Yes	Yes	
St Germain Bacardi 25ml															Yes	Yes	
St Germain Bacardi 50ml															Yes	Yes	
Aperol 25ML															Yes	Yes	
Dead Mans Fingers Spiced Rum 25ml															Yes	Yes	
Grey Goose Vodka 25ml															Yes	Yes	
Tequila 50 ml															Yes	Yes	
Tequila 25 ml															Yes	Yes	

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

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

TEA & 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	
Decaf Mocha							Yes								Yes		
Decaf Latte							Yes								Yes		
Mocha							Yes								Yes		
Macchiato							Yes								Yes		
Double Espresso															Yes	Yes	
Latte							Yes								Yes		
Flat White							Yes								Yes		
Oat Macchiato		Yes: Oats													Yes	Yes	
Oat Decaf Cappuccino		Yes: Oats					*								Yes	Yes	
Oat Latte		Yes: Oats													Yes	Yes	
Sugar Stick															Yes	Yes	
Oat Flat White		Yes: Oats													Yes	Yes	
Oat Decaf Latte		Yes: Oats													Yes	Yes	
Oat Hot Chocolate		Yes: Oats					*								Yes	Yes	
Hot Chocolate							Yes					Yes			Yes		

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 shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (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, please bear in mind that our busy kitchen handles numerous ingredients and allergens, including loose wheat flour (gluten). 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. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.