

ALLERGEN INFORMATION

UPDATED JUNE 2020



Your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about.

Please note that our menu descriptions do not include all ingredients or allergens. Even if you have chosen the item previously, please make sure that you check the allergen information each time you visit and always inform your server of your allergy, intolerance or dietary requirements when ordering. Our team cannot recommend or tell you what is suitable for you to eat or drink.

HOW TO USE THIS GUIDE

Our menu items are listed in rows on the left-hand side, if a menu item contains an allergen in its ingredients, a 'x' is displayed on the menu row in the corresponding allergen column. The ' ' indicates that allergen is contained in the menu item. If a '* ' is displayed on the menu row, it refers to ingredients which are produced in a factory with this allergen present and, we have deemed that there is a significant risk of crosscontamination.

In accordance with the EU Food Information Regulation, we declare the main allergens on our list.

We want all of our customers to feel comfortable requesting allergen and dietary information when dining with us, our restaurant has a copy of the allergen information on hand, just ask!

GLUTEN-FREE PIZZA:

All of our pizza toppings are gluten-free, therefore all of our recipes can be ordered on our unique, classic-sized, gluten-free base, WE PURCHASE THESE BASES DIRECTLY THROUGH A gluten-free bakery. If your gluten-free pizza is not served on a MARKED PLATE please check this with a member of the team.

We offer a wider selection of gluten-free dishes as accredited by Coeliac UK. Gluten-free describes foods that contain gluten at a level of no more than 20 parts per million (ppm).

VEGETARIAN AND VEGAN:

YOUR PIZZA CHESE CAN BE ORDERED AS COCUNUT BASED DAIRY FREE AT NO EXTRA CHARGE

CROSS-CONTAMINATION:

As our dishes are handmade in our busy kitchens, unfortunately, we cannot guarantee that they are 100% free of allergens or contaminants.

Please note we use nuts in the kitchen, please inform staff of any allergies so we are careful not to cross contaminate agaisnst any mentioned allergies

ALLERGENS

What allergens our food may contain. Please note we use nuts in the kitchen, please inform staff of any allergies so we are careful not to cross contaminate against any mentioned allergies

	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE
STARTERS													
Garlic Bread Plain								X					
G.B Tomato								X					
G.B Cheese			X					X					
G.B Cheese + Carm Onions			X					X					
Bruschetta	X		X		X			X bread					
Gambas Al Ajilo			X			X		X bread					
Antipasti Ravioli			x	x				x					
BURRATA			x										
Calamari Fritti			X	X		X		X					
Polpette Piccanti			X	X				X bread+ in meatballs			X		
Insalata Tricolore			X										
Chicken Wings								X					
Grilled Goat Cheese			x					X bread					
Cozze alla Marinara						X		X bread					
Soup of the day	PLEASE CHECK DIRECTLY		WITH CHEFS										

	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE
INSALATA													
Halloumi Salad			X					X					
Ortolana			x		WALNUTS			x					
Chicken Caesar Salad			X	X				X		X			
Gamberoni Caesar			X	X		X		X		X			
Goat Cheese Salad			x					x					
Pear Salad													
MiXed Salad													
Greek Salad			X										
Rocket Salad			X parmesan										
Caprese Salad			X										

	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE
PIZZA			X					X					
Margherita			X					X					
Quattro Formaggi			X					X					
Hawaii			X					X					
Vegetariana			X					X					
Calzone			X					X					
America Hot			X					X					
Rucola e Parma			X	x parmesan				X					
Quattro Stagioni			X					X					
Capricciosa			X	X				X					
Campana			X					X					
Firenze			X	X				X					
Carne Mista			X					X					
Pizza NEPTUNE			X					X		X			
Diavola			X					X					
Dolce			X					X					
Fantasia			X	X				X					
Capricciosa			X	X				X					
Regina			X					X					
SEAFOOD Pizza			X			x		X		X			
	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE

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DESSERTS													
Crepe Classic			X	X									
Crepe Mela			X	X	X								
Crepe NUTELLA			X	X	X Hazelnuts								
Ice Creams			X										
MANGO SORBET ICE CREAM													
Tiramisu			X	X			X on saviardi biscuit						
Soufle Ciocolatto			X	X			X	X					
Sticky Toffe Pudding			X	X			X	X					
Funky Pie			X	X	X			X					
Banoffee Pot			X	X	X								
Cheesecake			X	X			X	X					
Pear Dessert													
Tarta Fantastica			X		X		X						
Kids Ice Creams			X	X	X		X KUAKY						
	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE

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MONSTER SHAKES													
SALTED CARAMEL & DOUGHNUT			X		X			X					
FREAKY OREO			X		X			X					
FRUITY FOREST			X										
KINDER SUPRISEY			X		X			X					

	PEANUTS	LUPIN	MILK	EGGS	NUTS	SHELLFISH	SOYA	GLUTEN	SESAME SEEDS	FISH	CELERY	MUSTARD	SULPHUR DIOXIDE
SANDWICHES													
Ham & Mozzarella			X MAYO	X MAYO				X					
Mosaic			X MAYO	X MAYO				X					
Italia			X MAYO	X MAYO	X PINE NUTS			X					
Il Giardi			X MAYO	X MAYO	X PINE NUTS			X					
Mighty Meatball			X MAYO	X MAYO				X					
Green Chick			X MAYO	X MAYO	X PINE NUTS			X					
Goats Cheese			X MAYO	X MAYO				X					
the Halloumi			X MAYO	X MAYO				X					
The Hot Chick			X MAYO	X MAYO				X					
The Bacon			X MAYO	X MAYO				X					
The TeXan			X MAYO	X MAYO				X					