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Il Mio Mosaic
PIZZERIA GARDEN

Allergen Information

Updated 3 November 2026

ALLERGEN CHECK

We want all of our customers to feel comfortable asking for allergen and dietary information when dining with us.

IMPORTANT: THIS MAY NOT BE THE LATEST COPY

The restaurant's own copy is updated more regularly than this online copy. Please check with the restaurant directly for the latest copy.

Your lifestyle choices and dietary requirements are just as important to us as they are to you

Please always tell your server and the manager on duty about any allergy, every time you visit, even if you have had the dish before. Our menu descriptions do not list all ingredients or allergens.

Our team cannot recommend or tell you what is suitable for you to eat or drink.

Cross-contamination

Our dishes are handmade in a busy kitchen full of ingredients, so we cannot absolutely guarantee that any dish is free from allergens or cross-contamination.

We will always try to ensure that knives, ladles, bowls, chopping blocks, work surfaces, staff clothing and hands are cleaned to reduce the risk of traces of an allergen reaching your food.

Foods here are prepared in a kitchen that handles milk, wheat, soya, fish, shellfish, molluscs, tree nuts, eggs, celery, mustard and sulphur dioxide. Our bread and pizza flour may also contain traces of peanuts, sesame and lupin.

Vegetarian and vegan

On Margherita, Vegetariana, Seafood, Quattro Stagioni, Neptune, Hawaii, Carne Mista, Americano Hot and our mozzarella garlic pizza breads, mozzarella can be swapped for coconut-based dairy-free cheese at no extra charge. It contains oat (gluten-free oat fibre). On Rucola e Parma, Firenze and Vesuvio the parmesan must also be left off. Carne Mista meatballs contain milk, and our pizza flour may contain traces of milk.

We use separate cutting wheels for gluten-free pizzas and for guests who are vegan or eat halal, to reduce the risk of cross-contamination.

Gluten-free base

Pizzas and garlic pizza breads can be made on a gluten-free base, except Calzone and meatball pizzas. Yummy pizzas and garlic pizza breads use a 10" base that may contain traces of mustard and sesame. Regular pizzas use a 12" base. It is served on a marked plate or identified directly; if not, please check with a member of the team.

All our pizzas are baked in the same oven, so we cannot claim the finished pizza is gluten-free. Traces can become suspended in the air and settle on food, clothing and utensils. We do not recommend it for guests with coeliac disease.

X	Contains this allergen	**M**	May contain this allergen	**D**	Only in the mayo dip, which can be left off
P	May contain parmesan: ask for strictly no parmesan	**XXX**	Ice cream from a factory where nuts are handled	**Blank**	Not listed, but cross-contamination is still possible

We declare the main allergens in line with UK food information rules. Vinegar and balsamic on the table may contain sulphites.

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Starters

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Garlic Pizza Bread Tomato	M	M	M	M	M		M	X	M			M	
Garlic Pizza Bread Mozzarella	M	M	X	M	M		M	X	M			M	
Garlic Pizza Bread Mozzarella & Caramelised Onion	M	M	X	M	M		M	X	M			M	
Polpette Piccanti	M	M	X	X	M		M	X	M			M	
Bruschetta			M	M	M			X	M				
Arancini Balls	M	M	X	X	M		M	X	M	X	X	M	
Meat Board			X	M	M			X	M			X	
Seafood Catch	M	M	X	X	M	X	D M	X	M	X	X	X	
Gambas			M	M	M	X		X	M	X			
Crespelle	M	M	X	X	M		M	X	M			M	

- D = in the mayo dip, which contains egg, soya and mustard. Ask for your dish without it.
- Our bread may contain traces of milk, sesame, nuts and eggs. Fish marked M: may be fried in fish oil.

Sides

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Truffle Fries				D			D	X		M		D	X
Regular Fries				D			D	X		M		D	X
Fat Chips (Potato Wedges)				D			D	X		M		D	X
Tomato & Onion Salad													M
Mixed Salad													M
Zucchini Fries	M	M	X	D M	M		D M	X	M	M		D M	

- D = in the mayo dip, which contains egg, soya and mustard. Ask for your dish without it.
- Fish marked M: may be fried in fish oil. Salads marked M for sulphur dioxide: a precaution for wine, vinegar or balsamic.

Salads

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Chicken Caesar			X	X	M		X	X	M	X		X	M

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Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Gamberoni Caesar			X	X	M	X	X	X	M	X		X	M

- Croutons contain wheat and barley, and may contact milk, tree nuts, sesame and soya.

Mains

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Pollo alla Milanese	M	M	X	X	M		M	X	M			M	
Scallopine	M	M	X	M	M		M	X	M			X	M
Branzino										X			
Bistecca			X	D			D	X		M		D	X

- Bistecca: fat chips (potato wedges) contain gluten, and may be fried in fish oil.

Pasta

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Rigatoni Vegetariana			P	P			M	X				M	
Rigatoni Arrabbiata			P	P			M	X				M	
Spaghetti Gamberetti			P	P		X	M	X		X		M	M
Rigatoni alla Carne			X	P			M	X				M	
Spaghetti Carbonara			X	X			M	X				M	
Spaghetti Bolognese			P	P			M	X			X	M	M
Spaghetti Polpette	M	M	X	X	M		M	X	M			M	
Rigatoni Alfredo			X	X			M	X				M	
Ravioli e Tartufo			X	X				X					X
Risotto Verdure			X	P							X		
Risotto Pescatora			X	P		X				X	X		M
Lasagna			X	X			M	X			X	M	M
Vegetarian Lasagne			X	X			M	X			X	M	

- Any pasta dish may contain parmesan. If you have an allergy, you must say strictly no parmesan.
- Our pasta contains wheat and may contain soya and mustard. Lasagne sheets also contain egg.

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Pizza

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Margherita	M	M	X	M	M		M	X	M			M	
Vegetariana	M	M	X	M	M		M	X	M			M	
Seafood	M	M	X	M	M	X	M	X	M	X		M	
Quattro Stagioni	M	M	X	M	M		M	X	M			M	
Calzone	M	M	X	M	M		M	X	M			M	
Rucola e Parma	M	M	X	X	M		M	X	M			M	
4 Cheese	M	M	X	M	M		M	X	M			M	
La Mucca	M	M	X	M	M		M	X	M			M	
Firenze	M	M	X	X	M		M	X	M			M	
Neptune	M	M	X	M	M		M	X	M	X		M	
Hawaii	M	M	X	M	M		M	X	M			M	
Carne Mista	M	M	X	X	M		M	X	M			M	
Americano Hot	M	M	X	M	M		M	X	M			M	
Campana	M	M	X	M	M		M	X	M			M	
Heritage	M	M	X	M	M		M	X	M			M	
Vesuvio	M	M	X	X	M		M	X	M			M	

- Pizza flour is produced in a factory that also processes eggs, peanuts, soya, milk, nuts, sesame, lupin and mustard.
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Desserts

Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Crème Brûlée			X	X									
Sticky Toffee Pudding			X	X	XXX			X					

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Dish	Peanuts	Lupin	Milk	Eggs	Nuts	Shellfish & molluscs	Soya	Gluten	Sesame	Fish	Celery	Mustard	Sulphur dioxide
Mini Nutella Balls			X	M	X		X	X		M			X
Tiramisu			X	X	M		M	X				M	M
Souffle Cioccolato			X	X	XXX		X	X					
Crepe Nutella	M	M	X	X	X XXX		X	X	M			M	
Plain Pancake	M	M	X	X	M		M	X	M			M	
Dairy Ice Cream			X		XXX								
Sorbet					XXX								
Kids Ice Cream in Toy			X		XXX								
Basque Cheesecake			X	X				GF*					
Affogato			X		XXX								

- XXX = Ice cream is produced in a factory where nuts are handled.
- Tiramisu: savoiardi biscuits may contain traces of mustard, soya, nuts and milk.
- GF* = Basque Cheesecake is made with gluten-free flour. This is not a gluten-free claim.