

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

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

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

Delivery

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

IMPORTANT INFORMATION

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

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

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

Please remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time. Allergens contained within our condiments & extra toppings are not included in this information. So, the cheese offered at your table for example contains milk and will alter the suitability of your dish.

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

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

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

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

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, Salt, Colours (Curcumin, Annatto Norbixin), Brown Sugar (Sugar, Cane Molasses), Smoked Paprika, Sea Salt, Black Pepper, Garlic Powder, Cumin, Ginger, Paprika Extract. Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Pasta Crisps	Yes														Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Little Soul breads		Yes: Wheat													Yes	Yes	
Cheeky Olives															Yes	Yes	

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STARTERS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Garlic Bread		Yes: Wheat													Yes	Yes	
Garlic Bread with Mozzarella		Yes: Wheat					Yes								Yes		
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes								Yes		
Cheesy Chilli Garlic Bread		Yes: Wheat					Yes								Yes		
Garlic & Mozzarella Bombe		Yes: Wheat					Yes								Yes		
Garlic & Nduja Bombe		Yes: Wheat					Yes										
Pollo Fritti		Yes: Barley, Wheat					Yes		Yes								Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Bruschetta		Yes: Wheat													Yes	Yes	
Add Fior di latte mozzarella							Yes								Yes		
Calamari Small								Yes	Yes								Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Calamari Large								Yes	Yes								Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Pork & Garlic Meatballs							Yes										
Vegan Meatless Meatballs	Yes											Yes			Yes	Yes	
Mushroom Brindisi		Yes: Wheat					Yes								Yes		Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
King Prawn Spiedini with Seafood Sauce			Yes		Yes												

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King Prawn Spiedini with Garlic Sauce			Yes														
Add Freshly Baked Bread		Yes: Wheat													Yes	Yes	
Chicken Spiedini								Yes									
Fonduta Formaggi		Yes: Wheat		Yes			Yes								Yes		
Mozzarella, Basil & tomato Arancini	Yes						Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Take Away Only: Double Mozzarella, Basil & Tomato Arancini	Yes						Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Burrata Caprese							Yes								Yes		
Take Away Only: Chilli Chicken Wings 6	Yes																
Take Away Only: Chilli Chicken Wings 12	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	
Favourites Board	Yes	Yes: Wheat					Yes	Yes	Yes								Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Fonduta Board	Yes	Yes: Wheat		Yes			Yes		Yes						Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Grande Antipasti		Yes: Wheat					Yes										
Add Chicken Skewers																	
Add Harissa King Prawn Skewers			Yes														
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OUR RUSTICA PIZZA																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Wagyu Royale With Burrata		Yes: Wheat					Yes						Yes				
Pepperoni Campagna		Yes: Wheat					Yes										
Sticky Pig		Yes: Wheat					Yes				Yes						
Piccante		Yes: Wheat					Yes										
Margherita		Yes: Wheat					Yes								Yes		
Vegan Margherita		Yes: Wheat													Yes	Yes	
Pure Pepperoni		Yes: Wheat					Yes										
Chicken And Fiery Roquito		Yes: Wheat					Yes										
Primavera		Yes: Wheat					Yes								Yes		
Meat Sofia		Yes: Wheat					Yes										
Black Truffle Salami & Mushroom		Yes: Wheat					Yes				Yes						Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Pinoli		Yes: Wheat					Yes								Yes		
Add torn chicken breast																	
Vegan Harissa Meatballs		Yes: Wheat									Yes	Yes			Yes	Yes	
Take Away Only: Rustica Meat Feast		Yes: Wheat					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		
Roast Pollo & Pesto		Yes: Wheat					Yes										
Harissa Gamberetto		Yes: Wheat	Yes														

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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 Vegan Margherita Pizza		Yes: Wheat													Yes	Yes	
Classic Pepperoni Campagna		Yes: Wheat					Yes										
Classic Pinoli		Yes: Wheat					Yes								Yes		
Add Chicken																	
NON-GLUTEN PIZZA																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Non-Gluten Pepperoni Campagna Pizza							Yes										
Non-Gluten Piccante Pizza							Yes										
Non-Gluten Margherita Pizza							Yes								Yes		
Non-Gluten Vegan Margherita Pizza															Yes	Yes	
Non-Gluten Pure Pepperoni Pizza							Yes										
Non-Gluten Chicken And Fiery Roquito Pizza							Yes										
Non-Gluten Primavera Pizza							Yes								Yes		
Non-Gluten Meat Sofia Pizza							Yes										
Non-Gluten Black Truffle Salami & Mushroom Pizza							Yes					Yes					Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Non-Gluten Pinoli Pizza							Yes								Yes		
Non-Gluten Vegan Harissa Meatball Pizza												Yes	Yes		Yes	Yes	
Non-Gluten Sticky Pig Pizza							Yes					Yes					
Non-Gluten Wagyu Royale with Burrata Pizza							Yes						Yes				
Non-Gluten Verdura Fresca Pizza							Yes								Yes		
Non-Gluten Roast Pollo & Pesto Fresca Pizza							Yes										
Non-Gluten Harissa Gamberetto Fresca Pizza			Yes														
Take Away Only: Non-Gluten Meat Feast Pizza							Yes										

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

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NON-GLUTEN PASTA																		
Menu Item Name	Does it contain?														Suitable For?		Comments	
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Non-Gluten Piccante King Prawn Pasta			Yes				Yes											
Non-Gluten Signature Beef & Chianti Ragù	Yes						Yes						Yes					Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Non-Gluten Crispy Prosciutto Carbonara				Yes			Yes											
Non-Gluten Wagyu Meatball Arrabbiata Pasta	Yes						Yes											Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Non-Gluten Chorizo Carbonara				Yes			Yes											
Non-Gluten King Prawn Pasta			Yes		Yes													
Non-Gluten Pollo Piccante Pasta							Yes											
Non-Gluten Pomodoro Pasta							Yes								Yes			
Non-Gluten Vegan Pomodoro Pasta															Yes	Yes		
Non-Gluten Pesto Rosso							Yes											
Non-Gluten Bolognese																		
Non-Gluten Vegan Lentil Ragù															Yes	Yes		

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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 in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde King Prawn Pasta		Yes: Wheat	Yes	Yes	Yes												Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde Pollo Piccante Pasta		Yes: Wheat		Yes			Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde Lentil Ragù		Yes: Wheat		Yes										Yes			Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde Pomodoro Pasta		Yes: Wheat		Yes			Yes							Yes			Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde Pesto Rosso Pasta		Yes: Wheat		Yes			Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Mafalde Bolognese pasta		Yes: Wheat		Yes													Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.

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MEAT, FISH & RISOTTO																		
Menu Item Name	Does it contain?														Suitable For?		Comments	
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Chicken Calabrese	Yes						Yes											
Herb Rolled Pork Belly																		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Roasted Mushroom Risotto							Yes								Yes			Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Add Chicken Skewers																		
Pan-Fried Sea bass					Yes													
Chicken Milanese with Tuscan Style Potato		Yes: Wheat																Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Chicken Milanese with Chips		Yes: Wheat																Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Pan-Fried Salmon & Pesto Risotto					Yes		Yes											
Add Harissa King Prawn Skewers			Yes															

SALADS																		
Menu Item Name	Does it contain?														Suitable For?		Comments	
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Chicken & Prosciutto Salad				Yes			Yes											
Salmon & Avo Salad				Yes	Yes		Yes											
Super Zucca Salad		Yes: Barley, Wheat													Yes	Yes		
Add Chicken Skewers																		
Add King Prawn Skewer			Yes															
Add Goat Cheese							Yes								Yes			
Add Burrata							Yes								Yes			

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SIDE																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Garlic Bread with Mozzarella		Yes: Wheat					Yes								Yes		
Garlic Bread with Mozzarella & Caramelised Onions		Yes: Wheat					Yes								Yes		
Cheesy Chilli Garlic Bread		Yes: Wheat					Yes								Yes		
Chips															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Take Away Only : Large chips															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Mixed Leaf Salad				Yes			Yes								Yes		
Loaded Bolognese Chips							Yes										Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Take Away Only: Pulled Pork Calabrese Chips	Yes						Yes										Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Sweet Potato Fries															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Courgette Fritti		Yes: Wheat													Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Tuscan Style Potatoes															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Green Beans															Yes	Yes	

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DESSERT																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Salted Caramel Chocolate Brownie				Yes			Yes					Yes			Yes		
Take Away Only: Salted Caramel Chocolate Brownie				Yes			Yes					Yes			Yes		
Raspberry Collins Cheesecake															Yes	Yes	
Take Away Only: Raspberry Collins Cheesecake															Yes	Yes	
Chocolate Melt				Yes			Yes					Yes			Yes		
Take Away Only: Chocolate Melt				Yes								Yes			Yes		
Zillionaire's Fudge Cake		Yes: Wheat										Yes			Yes	Yes	
Triple Chocolate Bomba		Yes: Wheat		Yes			Yes					Yes			Yes		
Take Away Only: Triple Chocolate Bomba		Yes: Wheat		Yes			Yes					Yes			Yes		
Twisted Affogato - Coffee Liqueur		Yes: Wheat		Yes			Yes								Yes		
Lemon Meringue Sundae		Yes: Wheat		Yes			Yes								Yes		
Honeycomb Cheesecake		Yes: Wheat					Yes					Yes			Yes		
Take Away Only: Honeycomb Cheesecake		Yes: Wheat					Yes					Yes			Yes		
Tiramisu		Yes: Wheat		Yes			Yes						Yes		Yes		
Baked Lemon & Blackcurrant Cheesecake				Yes			Yes								Yes		
Take Away Only: Baked Lemon & Blackcurrant Cheesecake				Yes			Yes								Yes		
Chocolate Brownie Sundae		Yes: Wheat		Yes			Yes					Yes			Yes		
Take Away Only: Zillionaire Cookie Dough		Yes: Wheat		Yes			Yes					Yes			Yes		
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	
Vanilla Gelato							Yes								Yes		
Chocolate Gelato							Yes								Yes		
Vegan Salted Caramel Gelato												Yes			Yes	Yes	
Sicilian Lemon & Ricotta Gelato							Yes								Yes		
Wild Strawberry & Panna Cotta Gelato							Yes								Yes		
Strawberry Sorbet															Yes	Yes	

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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	
Rum Forest Rum															Yes	Yes	
Tiramisu Espresso Martini		Yes: Wheat		Yes			Yes								Yes		
Lemon Drizzle Martini				Yes			Yes								Yes		
Italian Paloma															Yes	Yes	
Amalfi Sundown															Yes		
Strawberry Aperol Spritz													Yes		Yes	Yes	
Grey Goose Limoncello fizz															Yes		Vegan? Ask for no lemon slice.
Pineapple Spritz															Yes	Yes	
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	
Campari Elderflower Tonic															Yes	Yes	
Grey Goose Vodka & Tonic															Yes		Vegan? Ask for no lemon slice.
Sipsmith 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	
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 Gluten Free		Yes: Barley													Yes	Yes	Gluten-Free Barley
Peroni Zero		Yes: Barley													Yes	Yes	
Peroni 330ml		Yes: Barley													Yes	Yes	
Peroni 660ml		Yes: Barley													Yes	Yes	
Meantime Anytime Ipa		Yes: Barley													Yes	Yes	
Hophead		Yes: Barley													Yes	Yes	
Cornish Orchards Raspberry & Elderflower Cider													Yes		Yes	Yes	
Peroni Gran Riserva		Yes: Barley													Yes	Yes	
Cornish Orchards Gold Cider													Yes		Yes	Yes	

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FIZZ & BUBBLES																		
Menu Item Name	Does it contain?														Suitable For?		Comments	
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan		
Sparkling Pinot Grigio Bottle																Yes	Yes	
Sparkling Pinot Grigio 125ml																Yes	Yes	
Prosecco Bottle																Yes	Yes	
Pink Prosecco 125ml																Yes	Yes	
Pink Prosecco Bottle																Yes	Yes	
Prosecco 125ml																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		
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.
Take Away Only: Sprite Zero																Yes	Yes	
Sicilian Still Lemonade																Yes		
Appletiser																Yes	Yes	
Apple Juice																Yes	Yes	
Orange Juice																Yes		
Flawsome Apple & Rhubarb																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.

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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	
Raspberry & Mint Cooler															Yes	Yes	
Strawberry Sparkler															Yes	Yes	
Pineapple & Citrus Refresher															Yes	Yes	
Passion Fruit Sparkler															Yes	Yes	
Goodrays Raspberry & Guava												Yes			Yes	Yes	
Goodrays Passion Fruit & Pomelo												Yes			Yes	Yes	
Humble Warrior Mango Turmeric															Yes	Yes	
Humble Warrior Pineapple Ginger															Yes	Yes	
Sipsmith Freeglider															Yes	Yes	
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		
San Pellegrino Blood Orange															Yes		
Coke															Yes		Vegan? Ask for no lemon slice.
Take away Only: Coke															Yes	Yes	
Diet Coke															Yes		Vegan? Ask for no lemon slice.
Take Away Only: Diet Coke															Yes	Yes	
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	
Frangelico 25ML																	
Gin Half Crown 25ML															Yes	Yes	
Tequila 25 ml															Yes	Yes	
Dead Mans Fingers Spiced Rum 25ml															Yes	Yes	
Malfy Con Aranciata 25ml															Yes	Yes	
Baileys 50ML							Yes								Yes		
Baileys 100ML							Yes								Yes		
Aperol 25ML															Yes	Yes	
Sipsmith Freeglider 25 ml															Yes	Yes	
Frangelico 50ML																	
Jack Daniels 50ML															Yes	Yes	
White Rum - Calados 25ML															Yes	Yes	
Aluna Coffee 25ml															Yes	Yes	
White Rum - Calados 50ML															Yes	Yes	
Aluna Peach 50ml															Yes	Yes	
Amaretto 50ML															Yes	Yes	
Sipsmith London Dry Gin 50ml															Yes	Yes	
Vodka - Red Griffin 50ML															Yes	Yes	
Grey Goose Vodka 25ml															Yes	Yes	
Jack Daniels 25ML															Yes	Yes	
Sipsmith London Dry Gin 25ml															Yes	Yes	

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SPIRITS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Sipsmith Freerlider 50 ml															Yes	Yes	
Archers 25ML															Yes	Yes	
Aperol 50ML															Yes	Yes	
Malfy Con Aranciata 50ml															Yes	Yes	
Amaretto 25ML															Yes	Yes	
Gin Half Crown 50ML															Yes	Yes	
Jamesons Irish Whiskey 25ml															Yes	Yes	
Tequila 50 ml															Yes	Yes	
Limoncello 50ML															Yes	Yes	
Spiced Rum 50ML															Yes	Yes	
Spiced rum 25ml															Yes	Yes	
Aluna Peach 25ml															Yes	Yes	
Archers 50ML															Yes	Yes	
Vodka - Red Griffin 25ML															Yes	Yes	
Limoncello 25ML															Yes	Yes	
Dead Mans Fingers Spiced Rum 50ml															Yes	Yes	
Jamesons Irish Whiskey 50ml															Yes	Yes	
Grey Goose Vodka 50ml															Yes	Yes	
Aluna Coffee 50ml															Yes	Yes	

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EXTRAS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Caesar Dressing				Yes			Yes								Yes		
Pea Shoots															Yes	Yes	
Calamari							Yes										Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Candied Green Jalapenos													Yes		Yes	Yes	
Olive Oil															Yes	Yes	
Burrata							Yes								Yes		
Red Chillies															Yes	Yes	
Pizza Olives															Yes	Yes	
Pinenuts															Yes	Yes	
Pizza Sauce															Yes	Yes	
Avocado															Yes	Yes	
Bolognese															Yes	Yes	
Mushrooms															Yes	Yes	
Wagyu Beef Meatballs							Yes										
Mozzarella							Yes								Yes		
Scamorza							Yes								Yes		
Roquito Chilli Pearl															Yes	Yes	
Prawns			Yes														
Basil															Yes	Yes	
Honeycomb															Yes	Yes	
Balsamic Onion															Yes	Yes	
Sunblush Baby Tomato															Yes	Yes	
Cotto Ham																	
Olives															Yes	Yes	
Sage															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Green Pesto															Yes	Yes	

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EXTRAS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Smoky Tomato Dip	Yes														Yes	Yes	
Fior di Latte							Yes								Yes		
Butternut															Yes	Yes	
Wild Garlic Aioli									Yes						Yes	Yes	
Torn Chicken Breast																	
Spring Onion															Yes	Yes	
Vegan Mozzarisella															Yes	Yes	
Spicy Roquito Chillies															Yes	Yes	
Pomodoro Sauce															Yes	Yes	
Chilli & Red Pepper Hummus															Yes	Yes	
Mascarpone							Yes								Yes		
Roquito Hot Honey															Yes		
Meatless Meatballs												Yes			Yes	Yes	
Goat Cheese							Yes								Yes		
Plum Baby Tomato															Yes	Yes	
Rocket															Yes	Yes	
Pulled Harissa Chicken Breast																	
Riserva Cheese							Yes								Yes		
Spinach															Yes	Yes	
Garlic Dip															Yes	Yes	
Whipping Cream							Yes								Yes		
Spianata																	
Nduja																	
Tomato Ketchup									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	
Prosciutto																	
Fire Roasted Peppers															Yes	Yes	
Pepperoni																	
Take Away Only: Duo of Dips															Yes	Yes	
Courgette															Yes	Yes	
Smoked Garlic Oil															Yes	Yes	
Artichoke															Yes	Yes	
Rosemary															Yes	Yes	

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BAMBINI																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Kids Green Beans															Yes	Yes	
Chilly Billy Ice Lolly															Yes	Yes	
Kids Flawsome Sweet Apple															Yes	Yes	
Kids Flawsome Apple and Cherry															Yes	Yes	
Kids Pollo Fritti		Yes: Barley, Wheat					Yes										Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Carrot, Cucumber & Soul Bread		Yes: Wheat													Yes	Yes	
Carrot, Cucumber & Pasta Crisps															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Kids Pizza Margherita		Yes: Wheat					Yes								Yes		
Kids Vegan Pizza Margherita		Yes: Wheat													Yes	Yes	
Kids Non-Gluten Margherita Pizza							Yes								Yes		
Kids Non-Gluten Vegan Margherita															Yes	Yes	
Kids Non-Gluten Pizza Base Only															Yes	Yes	
Kids Ham Topping																	
Kids Pepperoni Topping																	

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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 Olives Topping															Yes	Yes	
Kids Mozzarella Topping							Yes								Yes		
Kids Mushroom Topping															Yes	Yes	
Kids Roasted Peppers Topping															Yes	Yes	
Kids Penne Pomodoro		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Spaghetti Pomodoro		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Pomodoro Pasta Twists		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Non-Gluten Pomodoro Pasta															Yes	Yes	
Kids Penne Bolognese	Yes	Yes: Wheat															Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Spaghetti Bolognese	Yes	Yes: Wheat															Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Bolognese Pasta Twists	Yes	Yes: Wheat															Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Pesto Rosso Pasta Twist		Yes: Wheat					Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Spaghetti Pesto Rosso		Yes: Wheat					Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Penne Pesto Rosso		Yes: Wheat					Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Non-Gluten Bolognese Pasta	Yes																
Kids Penne Super Green Pesto		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Spaghetti Super Green Pesto		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.

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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 Super Green Pesto Pasta Twists		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Non-Gluten Super Green Pesto Pasta															Yes	Yes	
Kids Penne Vegan Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Spaghetti Vegan Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Vegan Lentil Ragù Pasta Twist		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Kids Non-Gluten Vegan Lentil Ragù															Yes	Yes	
Kids Sweet Potato Fries															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Kids Chips															Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.

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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 Vanilla Gelato							Yes								Yes		
Kids Chocolate Gelato							Yes								Yes		
Kids Sugar Cones, Chocolate & Salted Caramel Sauce (No Gelato)		Yes: Wheat					Yes					Yes			Yes		
Mini Cones Only		Yes: Wheat										Yes			Yes	Yes	
Kids Fruit Pot															Yes	Yes	
Kids Chocacino							Yes								Yes		
Kids Oat Chocacino		Yes: Oats													Yes	Yes	
Tiny Tummies Little Soul Bread		Yes: Wheat													Yes	Yes	
Tiny Spaghetti Pomodoro		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Tiny Penne Pomodoro		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Tiny Non-Gluten Pomodoro Pasta															Yes	Yes	
Kids Milk							Yes								Yes		
Kids Oat Milk		Yes: Oats													Yes	Yes	
Apple & Blackcurrant Squash													Yes		Yes	Yes	
Orange Squash													Yes		Yes	Yes	
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	
Trebbiano 250ml													Yes		Yes	Yes	
Merlot 175ml													Yes		Yes	Yes	
Organic Craft Primitivo 250ml													Yes		Yes	Yes	
Malbec 250ml													Yes		Yes	Yes	
Pinot Grigio 125ml													Yes		Yes	Yes	
Pinot Grigio Blush Bottle													Yes		Yes	Yes	
Montepulciano 175ml													Yes		Yes	Yes	
Organic Craft Chardonnay 250ml													Yes		Yes	Yes	
Zinfandel Blush 175ml													Yes		Yes	Yes	
Zinfandel Blush 125ml													Yes		Yes	Yes	

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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	
Pinot Grigio Bottle													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 175ml													Yes		Yes	Yes	
Pinot Grigio 250ml													Yes		Yes	Yes	
Nero D'Avola Bottle													Yes		Yes	Yes	
Trebbiano 125ml													Yes		Yes	Yes	
Merlot 125ml													Yes		Yes	Yes	
Malbec 175ml													Yes		Yes	Yes	
Pinot Grigio Blush 250ml													Yes		Yes	Yes	
Zinfandel Blush Bottle													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 175ml													Yes		Yes	Yes	
Trebbiano 175ml													Yes		Yes	Yes	
Malbec Bottle													Yes		Yes	Yes	
Organic Craft Chardonnay 125ml													Yes		Yes	Yes	
Organic Craft Chardonnay Bottle													Yes		Yes	Yes	
Organic Craft Primitivo 125ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 250ml													Yes		Yes	Yes	
Pinot Grigio Blush 125ml													Yes		Yes	Yes	
Montepulciano 125ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 250ml													Yes		Yes	Yes	
Malbec 125ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto 125ml													Yes		Yes	Yes	
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	
Trebbiano Bottle													Yes		Yes	Yes	
Merlot 250ml													Yes		Yes	Yes	
Merlot Bottle													Yes		Yes	Yes	
Montepulciano Bottle													Yes		Yes	Yes	
Organic Craft Chardonnay 175ml													Yes		Yes	Yes	
Sauvignon Blanc, St Clair 125ml													Yes		Yes	Yes	
Montepulciano 250ml													Yes		Yes	Yes	
Organic Craft Primitivo Bottle													Yes		Yes	Yes	
Pinot Grigio 175ml													Yes		Yes	Yes	
Nero D'Avola 175ml													Yes		Yes	Yes	
Nero D'Avola 125ml													Yes		Yes	Yes	
Nero D'Avola 250ml													Yes		Yes	Yes	
Zinfandel Blush 250ml													Yes		Yes	Yes	
Pinot Grigio Blush 175ml													Yes		Yes	Yes	
Organic Craft Primitivo 175ml													Yes		Yes	Yes	
Sauvignon Blanc, Veneto Bottle													Yes		Yes	Yes	
Sauvignon Blanc, St Clair Bottle													Yes		Yes	Yes	

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COFFEE																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Hot Chocolate							Yes								Yes		
Latte							Yes								Yes		
Decaf Black Americano															Yes	Yes	
Oat Mocha		Yes: Oats													Yes	Yes	
Oat Decaf Flat White		Yes: Oats													Yes	Yes	
Oat Decaf Latte		Yes: Oats													Yes	Yes	
Macchiato							Yes								Yes		
Double Espresso															Yes	Yes	
Single Espresso															Yes	Yes	
Black Americano															Yes	Yes	
Oat Americano		Yes: Oats													Yes	Yes	
Oat Latte		Yes: Oats													Yes	Yes	
Oat Decaf Macchiato		Yes: Oats													Yes	Yes	
Cappuccino							Yes								Yes		
Decaf Macchiato							Yes								Yes		
Flat White							Yes								Yes		
Decaf Cappuccino							Yes								Yes		
Oat Macchiato		Yes: Oats													Yes	Yes	
Oat Cappuccino		Yes: Oats													Yes	Yes	
Oat Flat White		Yes: Oats													Yes	Yes	
Sugar Stick															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	
Decaf Mocha							Yes								Yes		
Decaf Double Espresso															Yes	Yes	
Decaf Single Espresso															Yes	Yes	
Oat Decaf Mocha		Yes: Oats													Yes	Yes	
Decaf Latte							Yes								Yes		
Sub Oat Milk		Yes: Oats													Yes	Yes	
Oat Hot Chocolate		Yes: Oats													Yes	Yes	
Oat Decaf Cappuccino		Yes: Oats													Yes	Yes	
Mocha							Yes								Yes		
Americano							Yes								Yes		
Decaf Flat White							Yes								Yes		
Decaf Americano							Yes								Yes		
Oat Decaf Americano		Yes: Oats													Yes	Yes	
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	
Pure Green							Yes								Yes		
Peppermint							Yes								Yes		
Earl Grey							Yes								Yes		
English Breakfast							Yes								Yes		
Fresh Mint Tea															Yes	Yes	

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SPRING SPECIAL																	
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	
Spicy Croquette	Yes						Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Pea & Mint Bruschetta		Yes: Wheat					Yes								Yes		
Espresso Brownie		Yes: Wheat		Yes			Yes					Yes			Yes		
Take Away Only: Espresso Brownie		Yes: Wheat		Yes			Yes					Yes			Yes		
Black Forest Fondant		Yes: Oats		Yes			Yes					Yes			Yes		
Passion Fruit Martini Sundae?				Yes			Yes								Yes		
Peach Bellini													Yes		Yes	Yes	
Peach Mocktail															Yes	Yes	
SPECIALS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Frascati 250ml													Yes		Yes	Yes	
Pinot Noir 175ml													Yes		Yes	Yes	
Black Forest Martini							Yes					Yes			Yes		
Sipsmith Strawberry Gin 25ml															Yes	Yes	
Pinot Noir 125ml													Yes		Yes	Yes	
Passion Fruit sorbet															Yes	Yes	
Sipsmith Strawberry Gin 50ml															Yes	Yes	
Cotes De Provence 125ml													Yes				
Frascati 175ml													Yes		Yes	Yes	
Frascati Bottle													Yes		Yes	Yes	
Cotes De Provence 250ml													Yes				
Cotes De Provence 175ml													Yes				
Strawberry Smash Spritz													Yes		Yes		
Truffle Mayo				Yes											Yes		
Pinot Noir 250ml													Yes		Yes	Yes	
Gin Bramble															Yes	Yes	
Frascati 125ml													Yes		Yes	Yes	
Pinot Noir Bottle													Yes		Yes	Yes	
Brownie & Honeycomb Pizzette		Yes: Wheat		Yes			Yes					Yes			Yes		
Chicken Wings	Yes																
Truffle & Pancetta Carbonara		Yes: Wheat		Yes			Yes		Yes								Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Vegan Antipasti garlic bread		Yes: Wheat													Yes	Yes	
Triple Cheese Diavola		Yes: Wheat					Yes					Yes	Yes		Yes		
Blackberry Refresher															Yes	Yes	
Mezzo Manzo		Yes: Wheat					Yes					Yes	Yes				Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Hot-Smoked Salmon Carbonara		Yes: Wheat	Yes	Yes	Yes		Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Sausage & Nduja Lasagne		Yes: Wheat		Yes			Yes										

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SPECIALS																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Campanelle Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in a boiler with other ingredients containing the following allergens: Wheat, Eggs, Milk.
Beef and red pepper calzone	Yes	Yes: Wheat					Yes										
Blackcurrant & Mascarpone Gelato							Yes								Yes		
Sticky Toffee Pudding		Yes: Wheat		Yes			Yes				Yes				Yes		
Take Away Only: Sticky Toffee Pudding		Yes: Wheat		Yes			Yes				Yes				Yes		
Valentines sharer dessert with tartufo		Yes: Wheat		Yes			Yes				Yes	Yes			Yes		
Twisted Affogato - Limoncello		Yes: Wheat		Yes			Yes								Yes		
Raspberry Freerlider Fizz															Yes	Yes	
Non-Gluten Truffle & Pancetta Carbonara							Yes		Yes								
Non-Gluten Hot-Smoked Salmon Carbonara			Yes	Yes	Yes		Yes										
Lemon Swirl Cheesecake	Yes: Wheat			Yes			Yes				Yes	Yes			Yes		
Non-Gluten Fable Shiitake 'Shroom											Yes	Yes			Yes	Yes	
Fable Shiitake `Shroom		Yes: Wheat									Yes	Yes			Yes	Yes	
Non-Gluten Triple Cheese Diavola Pizza							Yes				Yes	Yes			Yes		
Non-Gluten Mezzo Manzo Pizza							Yes				Yes	Yes					Sage is fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Mozzarella Arancini	Yes						Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat, Barley, Milk, Molluscs.
Winter Caprese		Yes: Spelt, Wheat					Yes								Yes		
Cote De Provence Bottle													Yes				

TAKE AWAY DRINK

TAKE AWAY DRINK																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Served - Peach Hard Seltzer															Yes	Yes	
Served - Raspberry Hard Seltzer															Yes	Yes	

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

Summer Special Guest																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
Wild Garlic & Pesto Bombe		Yes: Wheat					Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat. Barley. Milk. Molluscs.
Rustica Harissa Lamb		Yes: Wheat					Yes					Yes					
Non-Gluten Harissa Lamb Pizza							Yes					Yes					
Siciliana Salmon		Yes: Wheat		Yes	Yes		Yes					Yes					Fried in a fryer with other ingredients containing the following allergens: Wheat. Barley. Milk. Molluscs. Boiled in a boiler with other ingredients containing the following allergens: Wheat. Eggs. Milk.
Non-Gluten Siciliana Salmon Pasta					Yes		Yes					Yes					Fried in a fryer with other ingredients containing the following allergens: Wheat. Barley. Milk. Molluscs.
White Chocolate & Raspberry Tiramisu		Yes: Wheat		Yes			Yes				Yes				Yes		
Out of restaurant only: White Chocolate & Raspberry Tiramisu		Yes: Wheat		Yes			Yes				Yes				Yes		
Mac & Cheese side		Yes: Wheat		Yes			Yes										Boiled in a boiler with other ingredients containing the following allergens: Wheat. Eggs. Milk.

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Summer Special Guest																	
Menu Item Name	Does it contain?														Suitable For?		Comments
	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Mollusc	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	
White Peach & Raspberry Refresher															Yes	Yes	
Out of restaurant only: Double Cheese Rustica Margherita		Yes: Wheat					Yes								Yes		
Out of restaurant only: Double Cheese Non-Gluten Margherita Pizza							Yes								Yes		
Out of restaurant only: Double Courgetti Fritti		Yes: Wheat													Yes	Yes	Fried in a fryer with other ingredients containing the following allergens: Wheat. Barley. Milk. Molluscs.
Out of restaurant only: Mac & Cheese bites	Yes	Yes: Wheat					Yes								Yes		Fried in a fryer with other ingredients containing the following allergens: Wheat. Barley. Milk. Molluscs.
Mini Biscoff Doughnuts x3		Yes: Wheat		Yes			Yes					Yes		Yes			
'+ diced chorizo							Yes										
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