



Allergen Information

Northern Ireland
5th April 2022 VI.2

PIZZERIA

At PizzaExpress 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 descriptors 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 waiter of your allergy, intolerance or dietary requirements when ordering. Our teams cannot recommend or tell you what is suitable for you to eat or drink. Regional variations may apply.

DELIVERY

When placing orders via our delivery platforms, we are sorry but we are unable to cater for specific allergies or dietary requirements. However, we will happily cater for your requirements at our restaurants, so please come and dine in with us.

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 ‘✓’ 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 item 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 contamination.

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

NB. In the ‘Ingredients’ section of this guide, we do not list any ingredients which are unadulterated, e.g. eggs, tomatoes, peppers, oregano, coffee beans, etc.

In accordance with the EU Food Information Regulation, we declare the main fourteen allergens.

We want all of our customers to feel comfortable requesting allergen and dietary information when dining with us. Every restaurant has a copy of the Allergen Information on hand, just ask! Alternatively, scan the QR code at the bottom of our menu to see the information online.

Information on calories, carbohydrates and other nutritional values can also be found online on our website: www.pizzaexpress.com

If you don't have an internet connected device on you, ask a member of the team. We will be happy to provide you with the information.

If you have other questions regarding our ingredients or would like to see more information listed on this document, please do get in touch via our Help & Feedback page: www.pizzaexpress.com/help-and-contact



VEGETARIAN AND VEGAN

We are very excited to bring you a specific Vegan Menu which lists all our dishes and drinks that are suitable. You will notice that not all of our dishes are listed. We have chosen the selected dishes, since appropriate controls have been implemented to make them suitable.

Your dietary requirements are of the utmost importance to us. Items marked as (V) are made with vegetarian ingredients, and items marked as (Ve) are made with vegan ingredients. We hope you enjoy our Vegan Mozzarella Alternative which is made with sprouted Italian brown rice. It is free from gluten, soybeans, nuts, preservatives, palm oil and is suitable for those with a dairy-reduced diet.

We work regularly with our suppliers to reduce cross-contamination, however, it is not always possible to completely eliminate those risks.

We follow the Vegan Society and the Food Information Regulation guidance. Therefore, where a risk of cross-contamination with any products of animal origin has been identified, this is stated in our allergen information document with a ‘*’.

GLUTEN-FREE

All of our pizza toppings are gluten-free, therefore all of our Romana and Classic recipes can be ordered on our unique, classic-sized, gluten-free base, made in our gluten-free bakery. If your gluten-free pizza is not served to you on a black board, please check this with a member of the team.

Our Dough Balls ‘PizzaExpress’ are also available gluten-free. We also use gluten-free flour and penne pasta in our kitchens.

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 (20ppm).



DOES IT CONTAIN?													ARE THESE SUITABLE FOR?			PLEASE NOTE	
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	Coeliacs	

APPETISERS, DOUGH BALLS, STARTERS AND SIDES

Baked Garlic Mushroom (New)					✓				✓ In Smoky Tomato Harissa					✓	✓	✓	
Broccoli (New)														✓	✓	✓	
Bruschetta Originale 'PizzaExpress'	✓			✓ Wheat										✓			Suitable for vegans if Garlic Butter and Pesto are removed
Buffalo Mozzarella & Tomato Salad	✓													✓		✓	
Calamari	✓ In Dressing	✓ In Dressing	★	✓	✓ Wheat		✓ In Dressing	✓ In Dressing	★								★May contain
Dough Balls Al Forno	✓			✓ Wheat										✓			
Dough Balls Doppio	✓			✓ Wheat					✓ In Smoky Tomato Harissa					✓			
Dough Balls 'PizzaExpress'	✓			✓ Wheat										✓			Suitable for coeliacs if served with gluten-free Dough Balls
Dough Balls with Houmous				✓ Wheat			✓							✓	✓		
Dough Balls with Smoky Tomato Harissa				✓ Wheat					✓ In Smoky Tomato Harissa					✓	✓		
Garlic Bread with Mozzarella	✓			✓ Wheat										✓			
Garlic Bread with Vegan Mozzarella Alternative				✓ Wheat										✓	✓		
Gluten-Free Dough Balls	✓													✓		✓	Suitable for vegans if Garlic Butter is substituted with Houmous or Smoky Tomato Harissa
Halloumi Bites	✓													✓		✓	
Hot Jalapeño Dough Balls				✓ Wheat										✓	✓		Suitable for coeliacs if served with gluten-free Dough Balls



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APPETISERS, DOUGH BALLS, STARTERS AND SIDES

Lemon & Herb Chicken Wings (with House Dressing)								✓ In Dressing								✓	
Loaded Pesto Dough Balls	✓				✓ Wheat									✓			Suitable for coeliacs if served with gluten-free Dough Balls
Marinated Green Olives														✓	✓	✓	
Mixed Salad (New Recipe)								✓ In Dressing						✓	✓	✓	
Parmentier Potatoes (New)														✓	✓	✓	
Polenta Chips	✓ Gran Milano	*	*	*	✓ Wheat	*		✓ In Dressing						✓			*May contain
Pollo Milanese	✓				✓ Wheat			*									
Raw Slaw								✓						✓	✓	✓	
Slow-Roasted Tomatoes														✓	✓	✓	

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SALADS

Caprese & Prosciutto	✓ Buffalo Mozzarella and in Pesto				✓ In Balsamic Dressing											✓	
Grand Chicken Caesar	✓ In Dressing and Gran Milano	✓ Anchovies in dish and in Dressing			✓ Wheat in Croutons	✓ In Anchovies	✓ Fresh in dish and in Dressing	✓ In Dressing									Suitable for coeliacs if Croutons are removed
Niçoise		✓ Tuna and Anchovies				✓ In Anchovies	✓ Fresh in Dish	✓ In Dressing								✓	
Pollo & Grain					✓ Wheat, Barley & Spelt	✓		✓ In Dressing	*								*May contain
Vegan Nourish Bowl (New Recipe)					✓ Wheat, Barley & Spelt	✓	✓ In Houmous		*					✓	✓		

AL FORNO

Bolognese	✓					✓						✓				✓	
Cannelloni	✓	*	*	*	✓ Wheat		✓	*	*	✓	*		*	✓			*May contain
Lasagna Classica	✓	*	*	*	✓ Wheat		✓	*	*	*		✓	*				
Melanzane	✓													✓		✓	
Pollo Pesto	✓								✓							✓	
Vegan Melanzane														✓	✓	✓	



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PIZZA

American	✓			✓ Wheat													
American Hot	✓			✓ Wheat	✓ In Hot Green Peppers												Suitable for coeliacs on a gluten-free base
American Jack with Mozzarella	✓			✓ Wheat													
BBQ Burnt Ends	✓			✓ Wheat & Barley				✓	✓								
Calabrese	✓			✓ Wheat													
Calzone 'Nduja	✓			✓ Wheat	✓ In Hot Green Peppers			✓ In Dressing									
Calzone Verdure				✓ Wheat	✓			✓	✓					✓	✓		
Diavolo	✓			✓ Wheat	✓ In Hot Green Peppers												
Fiorentina	✓			✓ Wheat		✓								✓			
Garlic Prawn (New)	✓		✓	✓ Wheat													Suitable for coeliacs on a gluten-free base
La Reine	✓			✓ Wheat													
Margherita	✓			✓ Wheat										✓			



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PIZZA

Padana	✓			✓ Wheat										✓			Suitable for coeliacs on a gluten-free base
Pollo ad Astra	✓			✓ Wheat	*												Suitable for coeliacs on a gluten-free base *May contain in Cajun Spice
Pollo American (Deliveroo exclusive)	✓			✓ Wheat													Suitable for coeliacs on a gluten-free base
Pollo Forza	✓			✓ Wheat													
Potato & Pancetta (New)	✓			✓ Wheat					✓								
Sloppy Giuseppe	✓			✓ Wheat													
Smoky BBQ Chicken (Deliveroo exclusive)	✓			✓ Wheat				✓									
Veneziana	✓			✓ Wheat			*							✓			Suitable for coeliacs on a gluten-free base *May contain in Sultanas



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VEGAN PIZZA

American Jack with Vegan Mozzarella Alternative				✓ Wheat										✓	✓		Suitable for coeliacs on a gluten-free base
Sloppy Vegan				✓ Wheat										✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base
Vegan ad Astra				✓ Wheat	*									✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base *May contain in Cajun Spice
Vegan American Hot				✓ Wheat										✓	✓		Suitable for coeliacs on a gluten-free base
Vegan Diavolo				✓ Wheat										✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base
Vegan Forza				✓ Wheat										✓	✓		
Vegan Giardiniera				✓ Wheat										✓	✓		
Vegan Margherita				✓ Wheat										✓	✓		Suitable for coeliacs on a gluten-free base
Vegan Padana				✓ Wheat										✓	✓		
Vegan Veneziana				✓ Wheat			*							✓	✓		Suitable for coeliacs on a gluten-free base *May contain in Sultanas



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LEGGERA PIZZA

Leggera American Hot (New Recipe)	✓				✓ Wheat	✓ In Hot Green Peppers			✓ In Dressing										
Leggera King Prawn (New)			✓		✓ Wheat				✓ In Dressing										
Leggera Padana (New Recipe)	✓				✓ Wheat				✓ In Dressing						✓				
Leggera Pollo ad Astra (New Recipe)	✓				✓ Wheat	★			✓ In Dressing										★ May contain in Cajun Spice
Leggera Pomodoro (New)	✓				✓ Wheat				✓ In Dressing						✓				
Leggera Quattro Verdure (New)					✓ Wheat				✓ In Dressing						✓	✓			
Leggera Vegan Padana (New Recipe)					✓ Wheat				✓ In Dressing						✓	✓			



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HERITAGE PIZZA

American Hottest	✓			✓ Wheat	✓													Suitable for coeliacs on a gluten-free base	
Capricciosa	✓	✓		✓ Wheat		✓													
Caprina	✓			✓ Wheat										✓					
Carbonara	✓			✓ Wheat		✓			✓										
Etna (Deliveroo exclusive listing)	✓			✓ Wheat															
Formaggi	✓			✓ Wheat										✓					
Four Seasons	✓	✓		✓ Wheat															
Napoletana (Deliveroo exclusive listing)	✓	✓		✓ Wheat															
Neptune		✓		✓ Wheat															
Niçoise	✓	✓		✓ Wheat		✓													
Pianta				✓ Wheat										✓	✓				
Pollo con Funghi	✓			✓ Wheat					✓										
Pomodoro Pesto V2	✓			✓ Wheat										✓					
Rustichella	✓	✓ In Dressing		✓ Wheat		✓ In Dressing		✓ In Dressing											
Siciliana	✓	✓		✓ Wheat															
Soho	✓			✓ Wheat										✓					



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DESSERTS

Billionaire's Cheesecake (New) (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓			✓			*	*	✓			Pasteurised milk and eggs / *May contain
Chocolate Brownie with Vanilla Gelato	✓				*	✓			✓			*	*	✓		✓	
Chocolate Fudge Cake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓			*				* In Gelato	✓			Unpasteurised eggs in cake / Pasteurised milk / *May contain
Coconut Sorbet													*	✓	✓	✓	*May contain
Coppa Gelato Chocolate	✓					*			✓ In Chocolate Straw				*	✓		✓	
Coppa Gelato Salted Caramel	✓					✓			✓ In Chocolate Straw				*	✓		✓	Pasteurised milk / *May contain
Coppa Gelato Vanilla	✓					*			✓ In Chocolate Straw				*	✓		✓	
Raspberry Sorbet													*	✓	✓	✓	*May contain
Red Berry & White Chocolate Cheesecake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat					✓			*	*				Pasteurised milk / Contains beef gelatine *May contain
Sicilian Watermelon Sorbet (New)													*	✓	✓	✓	*May contain
Strawberries & Chocolate Dipping Sauce														✓	✓	✓	
Tiramisu	✓			✓ Wheat		✓			*				*	✓			Pasteurised milk and eggs / *May contain



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DOLCETTI (NOT INCLUDING DRINKS)

Caffe Reale	✓					✓ In Figs								✓		✓	
Chocolate Brownie	✓					*	✓		✓			*	*	✓		✓	
Orange & Carrot Cake	*						*						*	✓	✓	✓	*May contain
Sicilian Watermelon Sorbet (New)													*	✓	✓	✓	



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PICCOLO STARTERS

Dough Balls with Garlic Butter	✓				✓ Wheat										✓			
Dough Balls with Houmous					✓ Wheat		✓ In Houmous								✓	✓		
Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar					✓ Wheat	✓ In Vinegar									✓	✓		
GF Dough Balls with Garlic Butter	✓														✓		✓	
GF Dough Balls with Houmous							✓ In Houmous								✓	✓	✓	
GF Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar						✓ In Vinegar									✓	✓	✓	
Piccolo Salad															✓	✓	✓	

PICCOLO PIZZA

American	✓				✓ Wheat													
Pollo	✓				✓ Wheat													
La Reine	✓				✓ Wheat													
Margherita / Margherita with Light Mozzarella	✓				✓ Wheat									✓				
Quorn® (New)					✓ Wheat									✓	✓			Suitable for coeliacs on a gluten-free base / Quorn® is made with mycoprotein

PICCOLO AL FORNO

Bianca	✓								✓					✓		✓		
Bolognese											✓					✓		
Napoletana	✓								✓					✓		✓		



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PICCOLO SALAD																		
Pollo Milanese	✓				✓ Wheat			*										*May contain
PICCOLO DRINKS																		
Bambinoccino	✓													✓		✓		Suitable for vegans or a reduced-dairy diet if served with Soya Milk
Cawston Press Kids' Drink														✓	✓	✓		
PICCOLO DESSERTS																		
Chocolate Brownie (New Recipe)	✓					*	✓		✓			*	*	✓		✓		*May contain
Piccolo Sundae with Vanilla Gelato and Baby Cone	✓				✓ Wheat in Baby Cone		*	In Vanilla Gelato	✓ In Baby Cone				*	✓				Suitable for coeliacs without the Baby Cone
Piccolo Sundae with Raspberry Sorbet and Baby Cone					✓ Wheat in Baby Cone				✓ In Baby Cone				*	✓	✓			*May contain
Pip Organic Fruity Ice Lolly														✓	✓	✓		
Pip Organic Rainbow Ice Lolly														✓	✓	✓		

Dish

DISH	SUITABLE FOR A REDUCED-DAIRY DIET
Marinated Green Olives	No changes needed
Slow-Roasted Tomatoes	
Baked Garlic Mushroom (New)	No changes needed
Broccolini (New)	
Bruschetta Originale	Remove Garlic Butter and Basil & Pine Kernel Pesto
Calamari	Remove Caesar Dressing
Dough Balls	Remove Garlic Butter, add Garlic & Parsley Spread, Smoky Tomato Harissa, Houmous
Garlic Bread	Remove Garlic Butter, add Garlic Oil on the side
Garlic Bread with Vegan Mozzarella Alternative	No changes needed
Hot Jalapeño Dough Balls	
Lemon & Herb Chicken Wings	
Mixed Salad (New Recipe)	
Parmentier Potatoes (New)	
Polenta Chips	Remove Gran Milano
Raw Slaw	No changes needed
Rucola	Remove Gran Milano
Grand Chicken Caesar	Remove Caesar Dressing and Gran Milano
Niçoise	No changes needed
Pollo & Grain	
Vegan Nourish Bowl (new Recipe)	
American	
American Hot (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
American Jack (V)	Remove Mozzarella, add our Vegan Mozzarella Alternative
BBQ Burnt Ends	
Calzone Verdure	No changes needed
Diavolo	
Garlic Prawn (New)	Remove Mozzarella, add our Vegan Mozzarella Alternative
Fiorentina	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
La Reine	Remove Mozzarella, add our Vegan Mozzarella Alternative

DISH	SUITABLE FOR A REDUCED-DAIRY DIET
Leggera King Prawn (New)	No Changes needed
Leggera Pomodoro (New)	Remove Light Mozzarella, add our Vegan Mozzarella Alternative
Legger Quattro Verdure (Nre)	No Changes needed
Margherita	Remove Mozzarella, add our Vegan Mozzarella Alternative
Padana (including Leggera)	Remove Goat's Cheese and Mozzarella, add our Vegan Mozzarella Alternative
Pollo ad Astra (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Pollo Forza	Remove Gran Milano and (Light) Mozzarella, add our Vegan Mozzarella Alternative
Sloppy Giuseppe	Remove Mozzarella, add our Vegan Mozzarella Alternative
Veneziana	
HERITAGE: Capricciosa, Four Seasons, Napoletana, Niçoise Pizza and Siciliana	Remove Mozzarella, add our Vegan Mozzarella Alternative
HERITAGE: Neptune and Pianta	No changes needed
Melanzane	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
Orange & Carrot Cake	
Sorbets	No changes needed
Strawberries & Chocolate Dipping Sauce	
DISH	PICCOLO MENU
Piccolo Dough Balls (with Houmous)	
Piccolo Dough Balls (with Extra Virgin Olive Oil and Balsamic Vinegar)	No changes needed
Piccolo Bolognese	No changes needed
Piccolo Napoletana	Remove Béchamel
Piccolo American	
Piccolo La Reine	Remove Mozzarella, add our Vegan Mozzarella Alternative
Piccolo Margherita	
Piccolo Pollo	
Piccolo Quorn®	No changes needed



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INGREDIENTS

Anchovies (Brown)	✓															✓	
Anchovies (White)	✓				✓											✓	
Artichokes														✓	✓	✓	
Aubergine														✓	✓	✓	
Baby Cones				✓ Wheat					✓					✓	✓		
Baby Figs					✓									✓	✓	✓	Figs marinated in wine syrup
Balsamic Dressing					✓									✓	✓	✓	
Balsamic Vinegar					✓									✓	✓	✓	
Basil & Pine Kernel Pesto	✓													✓		✓	Pasteurised cheese
BBQ Chicken (Deliveroo Exclusive)								✓								✓	
BBQ Sauce/Dip - Sweet & Smoky								✓						✓		✓	
Béchamel	✓								✓					✓		✓	Pasteurised milk
Beef Barbacoa (New)				✓ Barley					✓							✓	Contains Malt Barley Vinegar
Billionaire's Cheesecake (ingredient) (New)	✓			✓ Wheat		✓			✓			*	*	✓			Pasteurised milk and eggs *May contain
Black Olives														✓	✓	✓	Pitted
Bolognese Mix											✓					✓	
Bolognese Sauce (Kids)											✓					✓	
Broccoli - Tenderstem® (New)														✓	✓	✓	
Bruschetta Mix														✓	✓	✓	Prepared in house
Buffalo Mozzarella	✓													✓		✓	Pasteurised cheese
Caesar Dressing	✓	✓		✓		✓		✓								✓	Unpasteurised Parmesan cheese / Pasteurised eggs



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INGREDIENTS

Cajun Spice						*									✓	✓	✓	*May contain
Calabrese Sausage																	✓	
Calamari (ingredient)	*	*	*	✓	✓ Wheat		*		*									*May contain
Cannelloni (ingredient)	✓	*	*	*	✓ Wheat		✓	*	*	*		*		*	✓			Pasteurised milk and eggs *May contain
Capers															✓	✓	✓	
Caramelised Onion															✓	✓	✓	
Carlo (Starspray)															✓	✓	✓	Emulsion based on vegetable oil
Cheddar Cheese	✓														✓		✓	Pasteurised milk
Chicken Breast																	✓	
Chicken Goujons	✓				✓ Wheat			*										*May contain
Chicken Wings - Lemon & Herb (ingredient)																	✓	
Chocolate Brownie (ingredient) (New)	✓					*	✓			✓			*	*	✓		✓	Pasteurised milk and eggs *May contain
Chocolate Fudge Cake (ingredient)	*				✓ Wheat		✓			*					✓			Unpasteurised eggs *May contain
Chocolate Icing for Chocolate Fudge Cake	*														✓		✓	*May contain
Chocolate Sauce															✓	✓	✓	
Chocolate Straws	*									✓					✓		✓	*May contain
Coconut Sorbet (ingredient)														*	✓	✓	✓	
Croutons					✓ Wheat										✓	✓		
Double Cream	✓														✓		✓	Pasteurised



DOES IT CONTAIN?														ARE THESE SUITABLE FOR?			PLEASE NOTE
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	Coeliacs	

INGREDIENTS

Dough / Dough Sticks				✓ Wheat										✓	✓		
Fruit Coulis														✓	✓	✓	
Garlic Butter	✓			*										✓			Prepared in house / Pasteurised butter Gluten-free option available *May contain
Garlic Oil														✓	✓	✓	Prepared in house
Gelato Chocolate	✓					*							*	✓		✓	
Gelato Salted Caramel	✓					✓							*	✓		✓	*May contain
Gelato Vanilla	✓					*							*	✓		✓	
Gluten-free Base (Classic)														✓	✓	✓	
Gluten-free Base (Piccolo)														✓	✓	✓	
Gluten-free Dough Balls (ingredient)														✓	✓	✓	
Gluten-free Flour														✓	✓	✓	White rice flour
Goat's Cheese	✓													✓		✓	Pasteurised goat's milk
Grain Mix - Lemon & Herb (New Recipe)				✓ Wheat, Barley & Spelt	✓				*					✓	✓		*May contain
Gran Milano	✓													✓		✓	Pasteurised milk
Halloumi Bites (ingredient)	✓													✓		✓	
Ham																✓	
Honey & Mustard Dip/Dressing								✓						✓		✓	
Hot Green Peppers					✓									✓	✓	✓	
Hot Jalapeño Salsa														✓	✓	✓	Prepared in house



Ingredient	DOES IT CONTAIN?													ARE THESE SUITABLE FOR?			PLEASE NOTE
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	

INGREDIENTS

Hot & Sweet Chilli Peppers															✓	✓	✓	
Houmous							✓								✓	✓	✓	
House Dressing								✓							✓	✓	✓	
Icing Sugar						*									✓	✓	✓	*May contain
Italian Tomato Dip/Sauce															✓	✓	✓	Prepared in house
Jackfruit Pepperoni															✓	✓	✓	
Jalapeño Peppers															✓	✓	✓	
King Prawns (ingredient)			✓														✓	
Lasagna (ingredient)	✓	*	*	*	✓ Wheat		✓	*	*	*		✓		*				Pasteurised milk and eggs *May contain
Light Mozzarella	✓														✓		✓	Pasteurised milk
Marinated Green Olives (ingredient)															✓	✓	✓	
Mascarpone	✓														✓		✓	Pasteurised cream
Mixed Roasted Peppers															✓	✓	✓	
Mozzarella	✓														✓		✓	Pasteurised milk
'Nduja Sausage																	✓	
Oil - Blended															✓	✓	✓	Blend of sunflower and extra virgin olive oils
Oil - Extra Virgin Olive															✓	✓	✓	
Orange & Carrot Cake	*					*							*		✓	✓	✓	*May contain
Pancetta																	✓	



Ingredient	DOES IT CONTAIN?													ARE THESE SUITABLE FOR?			PLEASE NOTE
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	

INGREDIENTS

Penne Pasta															✓	✓	✓	
Pepperoni																	✓	
Polenta Chips (ingredient)	*	*	*	*	✓ Wheat		*								✓	✓		*May contain
Potatoes Cubes (New)															✓	✓	✓	
Prosciutto																	✓	
Quorn® Pieces															✓	✓	✓	Quorn® is made with mycoprotein
Raspberry Sorbet													*		✓	✓	✓	*May contain
Raw Slaw Mix (ingredient)									✓						✓	✓	✓	Prepared in house
Salted Caramel Sauce	✓														✓		✓	
Sicilian Watermelon Sorbet (New)														*	✓	✓	✓	*May contain
Slow-Roasted Tomatoes (ingredient)															✓	✓	✓	
Smoked Chilli Powder															✓	✓	✓	
Smoky Tomato Harissa (Pestorissa)										✓					✓	✓	✓	
Spicy Beef (Sloppy Giuseppe & Diavolo Mix)																	✓	Spicy beef mixed with diced onions, green peppers and tomato sauce



DOES IT CONTAIN?													ARE THESE SUITABLE FOR?			PLEASE NOTE	
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	Celiacs	

INGREDIENTS

Sultanas							*							✓	✓	✓	* May contain
Sweet Red Peppers														✓	✓	✓	
Tabasco - Red														✓	✓	✓	
Tiramisu (ingredient)	✓				✓ Wheat	✓			*				*	✓			Pasteurised milk and eggs / Cake not baked / * May contain
Tomato Sauce														✓	✓	✓	
Tuna		✓														✓	
Vegan Mozzarella Alternative														✓	✓	✓	
White Chocolate Cheesecake (ingredient)	✓				✓ Wheat				✓			*	*				Pasteurised milk / Contains beef gelatine * May contain

Allergen Information Drinks

Our allergen and suitability menu below details information on our drinks and ingredients. Unfortunately, it is not possible for us to guarantee our busy restaurants are 100% allergen/contamination free.

	DOES IT CONTAIN?														PLEASE NOTE	
	Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs		Mustard
BEER & CIDER																
Cornish Orchards Blush Cider	✓	✓														Vegan
Cornish Orchards Gold Cider	✓	✓														
Fuller's Organic Honey Dew Golden Ale	✓			✓ Barley												Vegan
Gluten- Free Peroni Nastro Azzurro	✓															
Meantime Anytime IPA	✓			✓ Barley												
Peroni Gran Riserva	✓			✓ Barley												
Peroni Nastro Azzurro	✓			✓ Barley												
Peroni Nastro Azzurro o.o - alcohol free (New)				✓ Barley												
SPIRITS & LIQUEURS																
Amaretto	✓															Vegan
Aperol	✓	✓														
Bacardi	✓															
Baileys	✓		✓													

	DOES IT CONTAIN?													PLEASE NOTE		
	Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans		Molluscs	Mustard
SPIRITS & LIQUEURS																
Campari	✓															
Chambord	✓															
Elderflower Liqueur	✓															
Freeglider - Sipsmith (New)																
Glenfiddich	✓															
Hennessy	✓															
Jack Daniel's	✓															
Jameson	✓															
Ketel One Vodka	✓															
Limoncello	✓															
Pimm's	✓	✓														
Sipsmith Dry Gin	✓															
Tia Maria	✓															

Vegan

Vegan



DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

WHITE WINE

Grecanico Chardonnay	✓	✓													Vegan
Picpoul de Pinet	✓	✓													
Pinot Grigio	✓	✓													
Sauvignon Blanc	✓	✓													
Soave	✓	✓													

PROSECCO

Prosecco	✓	✓													Vegan
Prosecco D.O.C Rosé	✓	✓													

ROSÉ WINE

Pinot Grigio Blush	✓	✓													Vegan
Provence Rosé	✓	✓													

RED WINE

Chianti Riserva G.O.C.G	✓	✓													Vegan
Malbec	✓	✓													
Marche Rosso (New)	✓	✓													
Merlot	✓	✓													
Montepulciano d'Abruzzo	✓	✓													
Nero d'Avola Shiraz	✓	✓													
Primitivo	✓	✓													

DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

COCKTAILS & SPRITZERS

Aperol Spritz	✓	✓													Suitable for vegans if served without orange
Classic Spritzer (Red, Rosé or White Wine)	✓	✓													Suitable for vegans if served without lemon
Espresso Martini	✓														Vegan
Hugo	✓	✓													Suitable for vegans if served without lemon
Pornstar Martini (New)	✓	✓ In Prosecco													Vegan

GIN & FEVER-TREE

Classic G&T	✓														Suitable for vegans if served without lime
Garden G&T	✓														Vegan

MINDFUL REFRESHMENT

Classic FreeGlider															Suitable for vegans if served without lime
Elderflower & Mint Sparkle															Suitable for vegans if served without lemon
Peroni Nastro Azzurro o.o (New)				✓ Barley											Vegan
No. 1 Living GingerKombucha (New)															Vegan / Unpasteurised
No. 1 Living Lemon Water Kefir (New)															Vegan / Pasteurised
Raspberry Sparkle															Suitable for vegans if served without lime



DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

TEA & COFFEE

Americano		✓													Suitable for vegans if made with soya milk
Baileys Latte	✓	✓													
Bambinoccino		✓													Suitable for vegans if made with soya milk
Cappuccino		✓													
Espresso															Vegan
Hot Chocolate		✓													Suitable for vegans if made with soya milk
Irish Coffee	✓	✓													
Latte		✓													Suitable for vegans if made with soya milk
Macchiato		✓													
Mocha		✓													
Tea															Vegan

INGREDIENTS

Chocolate Dusting															Vegan
Chocolate Powder															
Pomegranate Syrup															
Soya Milk								✓							



DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

SOFT DRINKS

Acqua Panna Still Mineral Water															Suitable for vegans if served without lemon
Appletiser															Vegan
Bottlegreen Elderflower Pressé															
Bottlegreen Raspberry Lemonade															
Cawston Press Kids' Blend															
Coca-Cola Classic														Suitable for vegans if lemon is removed	
Coca-Cola Zero Sugar															
Diet Coke															
Elderflower Cordial														Vegan	
Fanta															
Fever-Tree Refreshingly Light Elderflower Tonic															
Fever-Tree Refreshingly Light Tonic Water Mediterranean															
Red Berry Sicilian Still Lemonade															
Robinsons Orange		✓													
Robinsons Apple & Blackcurrant		✓													

Drinks

DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

SOFT DRINKS

San Pellegrino Aranciata Rossa															Suitable for vegans if served without orange
San Pellegrino Limonata															Vegan
San Pellegrino Sparkling Mineral Water															Suitable for vegans if served without lemon
Schweppes Indian Tonic Water															
Schweppes Mixer - Lemonade															
Schweppes Mixer - Soda Water															
Schweppes Slimline Tonic Water															
Schweppes Soda PET														Vegan	
Sicilian Still Lemonade															
Sprite No Sugar														Suitable for vegans if served without lemon	

Allergen Information

Lunch Menu

Our allergen and suitability menu below details information for our 'Lunch Menu' dishes and dips only. Allergen information for ingredients and drinks can be found in the 'Ingredients' and 'Drinks' sections respectively, of this guide above.

Please note that in the 'Ingredients' section, we do not list any ingredients which are unadulterated, e.g. tomatoes, baby spinach, Cos lettuce, eggs, garlic, etc.

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



	DOES IT CONTAIN?														ARE THESE SUITABLE FOR?			PLEASE NOTE
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	Coeliacs	

PIZZA WRAPS

American Hot	✓				✓ Wheat	✓													
BBQ Burnt Ends	✓				✓ Wheat & Barley			✓	✓										
Padana	✓				✓ Wheat										✓				
Pollo ad Astra	✓				✓ Wheat	★													★May contain
Sloppy Vegan					✓ Wheat										✓	✓			Quorn® is made with mycoprotein

SALADS

Baby Caesar	✓ In Dressing and Gran Milano	✓ Anchovies in dish and in Dressing			✓ Wheat in Croutons	✓ In Anchovies	✓ In Dressing		✓ In Dressing										Suitable for coeliacs if Croutons are removed
Grains & Greens					✓ Wheat, Barley & Spelt in Grain Mix	✓ In Dressing and Grain Mix		✓ In Houmous	★ In Grain Mix						✓	✓			★May contain
Mixed Salad									✓ In Dressing						✓	✓	✓		
Raw Slaw									✓						✓	✓	✓		
Ruola	✓ Gran Milano					✓ In Dressing									✓		✓		



DOES IT CONTAIN?													ARE THESE SUITABLE FOR?			PLEASE NOTE	
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Vegetarian	Vegan	Coeliacs	

SIDES

Calamari	✓ In Dip	*	*	✓	✓ Wheat	✓ In Dip		✓ In Dip	✓ In Dip									*May contain
Dough Balls	✓				✓ Wheat									✓				Suitable for coeliacs if served with gluten-free Dough Balls
Garlic Bread with Mozzarella	✓				✓ Wheat									✓				
Halloumi Bites	✓													✓		✓		
Lemon & Herb Chicken Wings - (with House Dressing)								✓ In Dressing								✓		
Polenta Chips	✓ In Gran Milano	*	*	*	✓ Wheat	*		✓ In Dressing						✓				*May contain
Pollo Milanese	✓				✓ Wheat			*										

DIPS

Basil & Pine Kernel Pesto	✓													✓		✓		Pasteurised cheese
Hot Jalapeño Salsa														✓	✓	✓		Prepared in house
Houmous							✓							✓	✓	✓		
Italian Tomato														✓	✓	✓		Prepared in house
Sweet & Smoky BBQ								✓						✓		✓		