



INGREDIENT LIST
ENGLAND, WALES & SCOTLAND

21st June 2022 v1

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. We understand that people may want to avoid more than the 14 allergens required as part of the EU Food Information Regulation hence, since 2014, we have declared 22 allergenic ingredients within our Allergen Information Guide.

The guide below shows every single ingredient within our much-loved recipes in an effort to provide more clarity and better choices for everyone.

HOW TO USE THIS GUIDE:

Simply select the section of the menu you are interested in. All of our wonderful seasonal additions can be found at the end of this document.

Even if you have chosen an item previously, please make sure that you check this guide each time you visit us and always inform your waiter of your allergy, intolerance or dietary requirements when ordering.

This guide does not replace the allergen information which can be found on our website, app, and in restaurants by scanning the QR code on our menus or, by asking our team for the allergen folder.

There are times when some of our super popular ingredients may be out of stock and, it may be necessary to purchase additional stock locally. We have guidance in place for our team and all ingredients are purchased from reputable sources however, ingredients may vary. Just Ask and we will be able to advise.

SIMPLY CLICK ON THE REQUIRED MENU SECTION:

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APPETISERS & STARTERS

ALTERNATIVES	
Gluten Free Dough Balls	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fibre (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodeltalactone, sodium acids carbonate
MARINATED OLIVES	
Marinated Olives	Pitted Green Olives, Garlic, Sunflower Oil, Salt, Herbs, Peppercorns and Spices. Packed in: Water, Sunflower Oil
SLOW ROASTED TOMATOES	
Slow Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
DOUGH BALLS 'PIZZAEXPRESS'	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Parsley	Parsley

HOT JALAPEÑOS DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Hot Jalapeño Salsa	Sliced Jalapenos (Sliced Jalapeno Peppers, Water, Salt, Acetic Acid, Vinegar, Firming Agent (Calcium Chloride), Preservative (Potassium Sorbate)), Roquito Peppers (Roquito Peppers, Water, Sugar, Vinegar), Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Smoky Chilli Powder (Chilli Powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin Powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage)
Parsley	Parsley

DOUGH BALLS AL FORNO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Cheddar	MILK, rennet (microbial - vegetarian), Salt, Starter Culture
Oregano	Dried Oregano
Gran Milano	MILK, salt, vegetarian rennet, cultures

GARLIC BREAD WITH MOZZARELLA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil
Parsley	Parsley

BRUSCHETTA ORIGINALE 'PIZZAEXPRESS'	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Bruschetta Mix	Tomatoes, Red Onions, Black Pepper
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Basil	Basil

CALAMARI	
Breaded Calamari	Squid (MOLLUSCS), Breadcrumbs [WHEAT Flour, Canola Oil, Sugar, Salt], Batter[WHEAT Flour, Water, Thickeners (E1404, E1420), Sugar, Raising Agents (E450, E500), Salt].
Parsley	Parsley
Lemon Wedge	Lemon
Caesar Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Pasteurised Free Range EGG Yolk, Parmigiano Reggiano Cheese (MILK), Salt, Olive Oil, Yellow MUSTARD Flour, Concentrated Lemon Juice, Garlic Puree, Stabiliser (Xanthan Gum), Anchovy (FISH) Paste, Black Pepper

POLLO MILANESE	
Buttermilk Chicken Goujons	Chicken Breast, WHEAT Flour, Sunflower Oil, Modified Starch, Starch, Butter MILK Powder, Salt, Garlic Powder, WHEAT Gluten, Raising Agents (E450, E500), Stabiliser (E451), Onion Powder, Acidity Regulators (E330, E270, E327), Spices, Yeast Extract, Flavourings, Rice Flour, MILK Powder, Thickener (E415), Sugar, Herb (Thyme).
Rocket	Rocket
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Gran Milano	MILK, salt, vegetarian rennet, cultures
Lemon	Lemon
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Parsley	Parsley

LEMON & HERB CHICKEN WINGS	
Chicken wings	Chicken Primes, Onion, Rapeseed Oil, Garlic, Lemon Juice, Water, Lemon Zest, Salt, Fennel Seed, Caster Sugar, Rosemary, Cracked Black Pepper, Oregano, Xanthan Gum, Thyme, Turmeric, Parsley
Parsley	Parsley
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

BUFFALO & MOZZARELLA SALAD	
Tomatoes	Tomatoes
Buffalo Mozzarella	Buffalo MILK, salt, rennet (vegetarian)
Black Pepper	Black Pepper
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Basil & Pine kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Basil	Basil

SIDES & DIPS

MIXED SALAD	
Rocket	Rocket
Baby Spinach	Baby Spinach
House Dressing	White wine vinegar, rapeseed oil, water, sugar, spirit vinegar, herbs (garlic powder, tamarind powder, dried oregano, parsley), salt, modified potato starch, MUSTARD flour, thickener: xanthan gum, black pepper, molasses, onion powder, ginger puree
Cucumber	Cucumber
Baby Plum Tomatoes	Baby Plum Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

RUCOLA	
Rocket	Rocket
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures
Balsamic Dressing	Sunflower Oil, Extra Virgin Olive Oil, Balsamic vinegar (SULPHITES) of Modena (cooked grape must, wine vinegar), concentrated grape must, wine vinegar, modified maize starch. Antioxidant E224

POLENTA CHIPS	
Breaded Polenta Chips	Water, maize flour, breadcrumbs (WHEAT flour, brewer's yeast, salt, maize flour, rosemary), WHEAT flour, sunflower oil, acidity regulator (tartaric acid)
Gran Milano Cheese	MILK, salt, rennet (vegetarian), cultures
Honey & Mustard Dressing	Rapeseed oil, Honey, White wine vinegar, Water, MUSTARD (water MUSTARD seeds, spirit vinegar, salt, spices, flavouring), Concentrated lemon juice, Sugar, Salt and sea salt, MUSTARD seeds, Dijon MUSTARD (water, MUSTARD seeds, spirit vinegar, salt), Garlic purée, (contains citric acid), Black pepper, Thickener (Xanthan Gum)

HALLOUMI BITES	
Halloumi Bites	Halloumi Cheese (MILK), Batter (Water, Maize Starch, Maize Flour, Rice Flour, Salt, Xantam Gum E415), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose, Rapeseed Oil), Vegetable Oil (Sunflower Oil, Rapeseed Oil)
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Parsley	Parsley

RAW SLAW	
Slaw Veg Mix	Shredded Carrot, Shredded Red Cabbage
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Red Onion	Red Onion
Parsley	Parsley
Black Pepper	Black Pepper

BROCCOLINI	
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

DIPS	
Hot Jalapeño Salsa	Sliced Jalapenos (Sliced Jalapeno Peppers, Water, Salt, Acetic Acid, Vinegar, Firming Agent (Calcium Chloride), Preservative (Potassium Sorbate), Roquito Peppers (Roquito Peppers, Water, Sugar, Vinegar), Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Smoky Chilli Powder (Chilli Powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin Powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage)
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Basil & Pine Kernels Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Honey & Mustard Dressing	Rapeseed oil, Honey, White wine vinegar, Water, MUSTARD (water MUSTARD seeds, spirit vinegar, salt, spices, flavouring), Concentrated lemon juice, Sugar, Salt and sea salt, MUSTARD seeds, Dijon MUSTARD (water, MUSTARD seeds, spirit vinegar, salt), Garlic purée, (contains citric acid), Black pepper, Thickener (Xanthan Gum)
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Caesar Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Pasteurised Free Range EGG Yolk, Parmigiano Reggiano Cheese (MILK), Salt, Olive Oil, Yellow MUSTARD Flour, Concentrated, Lemon Juice, Garlic Puree, Stabiliser (Xanthan Gum), Anchovy Paste (FISH), Black Pepper
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley

CALZONE, ROMANA & CALABRESE PIZZAS

ALTERNATIVES	
Gluten Free Base	Water, Gluten free flour white rice, potato starch, tapioca starch, maize flour, buckwheat flour, mono calcium phosphate, sodium bicarbonate, xanthan gum, Salt, Rapeseed Oil, Treacle
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: (gum Arabic, xanthan gum, carob flour)

CALZONE 'NDUJA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Nduja	Pork fat, Pork, Red Spicy Chilli (Calabrian Red Chilli), Salt, Sweet Chilli, Dextrose, Sugar, Smoke Flavouring, Antioxidant (E300), Preservatives (E250, E252)
Hot & Sweet Chilli	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Hot Green Peppers	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Red Chillies	Fresh red chillies
Oregano	Dried oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Pancetta	Pork, salt, dextrose, spices, flavouring, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite
Gran Milano Cheese	MILK, salt, rennet (vegetarian), cultures
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Rocket	Rocket
Baby Spinach	Baby Spinach
Tomatoes	Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

BBQ BURNT ENDS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Red Onion	Red Onions
Burnt Ends Beef	Beef brisket, water, tomato puree, red wine vinegar, onions, sugar, gravy granules [beef stock (water, beef stock, beef dripping), modified tapioca starch, flavourings, salt, glucose syrup, sugar, rice flour, colour (caramel), corn flour, potato starch, rapeseed oil, maltodextrin, yeast extracts, herb], dark brown sugar, light brown sugar, salt, honey, tamari sauce [SOYA beans, water, sea salt, alcohol made from sugar cane, Koji spores], black treacle, smoked paprika, lemon juice [with preservative (E224)], chilli powder, caramel powder (E150a), cumin, garlic, cinnamon, cocoa powder, garlic powder, onion powder, black pepper, smoke flavour [maltodextrin, smoke flavour], rapeseed oil, xanthan gum, chilli flakes, cloves, nutmeg
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Parsley	Parsley

AMERICAN HOT	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni Sausage	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Hot Green Peppers (option)	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Jalapeno Peppers (option)	Jalapeno Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

DIABOLO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni Sausage	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Hot Spiced Beef	Beef, Water, Salt, Stabiliser: E451(i), Rusk (Pea Protein), Seasoning (Salt, Paprika, Cayenne Pepper, Black Pepper, Nutmeg, Garlic Powder, Cumin, Coriander, Dextrose, Onion Powder, Chilli Powder, Basil, Marjoram, Oregano, Sage, Thyme), Beef Stock (Salt, Sugar, Yeast Extracts, Flavouring, Beef Concentrate (Maltodextrin, Antioxidant: E306), Dehydrated Onion, Starch), Diced Green Peppers, Diced Red Onions, Passata, Black Pepper, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil)
Hot Green Peppers (option)	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Jalapeno Peppers (option)	Jalapeno Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Hot & Sweet Chilli (option)	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Tabasco	Vinegar, Red Pepper, Salt

PADANA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Goats Cheese	Pasteurised goat's MILK, salt, vegetarian rennet, sequestrant (calcium chloride, lactic acid culture), Penicilium
Red Onion Chutney	Re-hydrated Red Onions, Sugar, Re-hydrated Onions, Red Grape Vinegar, Colouring (Plain Caramel), Thickening Agent (Modified Maize Starch), Sea Salt, Ginger, Cinnamon, Nutmeg
Spinach	Spinach
Red Onions	Red Onion
Black Pepper	Black Pepper
Oregano	Dried Oregano
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil

POLLO AD ASTRA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Sweet Red Peppers	Sweet Red Peppers, Water, Sugar, Spirit Vinegar, Salt, Antioxidants: Citric Acid, Ascorbic Acid, Firming Agent: Calcium Chloride
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Red onions	Red Onion
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Black Pepper	Black Pepper
Oregano	Dried Oregano
Cajun Spice	Salt, paprika, black pepper, thyme, garlic, turmeric, onion, oregano, chilli, red peppers, fennel, ginger, pimento
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil

SMOKY BBQ CHICKEN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Red Onions	Red Onions
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Parsley	Parsley

CALABRESE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Gran Milano Cheese	MILK, salt, rennet (vegetarian), cultures
Roasted Mix Peppers	Red Pepper, Yellow Pepper
Red Chillies	Fresh red chillies
Hot & Sweet Chilli	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Nduja sausage	Pork fat, Pork, Red Spicy Chilli (Calabrian Red Chilli), Salt, Sweet Chilli, Dextrose, Sugar, Smoke Flavouring, Antioxidant: E300; Preservatives: E250, E252
Calabrese Sausage	Pork, spicy Calabrian chilli pepper, salt, dextrose, sugar, antioxidant: E300; Preservatives: E252, E250
Oregano	Dried Oregano
Buffalo Mozzarella	Buffalo MILK, salt, rennet (vegetarian)
Rocket	Rocket
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid

CLASSIC PIZZAS

ALTERNATIVES	
Gluten Free Base	Water, Gluten free flour white rice, potato starch, tapioca starch, maize flour, buckwheat flour, mono calcium phosphate, sodium bicarbonate, xanthan gum, Salt, Rapeseed Oil, Treacle
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour

SLOPPY GIUSEPPE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Hot Spiced Beef	Beef, Water, Salt, Stabiliser: E451(i)), Rusk (Pea Protein), Seasoning (Salt, Paprika, Cayenne Pepper, Black Pepper, Nutmeg, Garlic Powder, Cumin, Coriander, Dextrose, Onion Powder, Chilli Powder, Basil, Marjoram, Oregano, Sage, Thyme), Beef Stock (Salt, Sugar, Yeast Extracts, Flavouring, Beef Concentrate (Maltodextrin, Antioxidant: E306), Dehydrated Onion, Starch), Diced Green Peppers, Diced Red Onions, Passata, Black Pepper, Blended Oil (Sunflower Oil, Extra Virgin Olive Oil)
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

AMERICAN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni Sausage	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

FIorentina	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Spinach	Spinach
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Egg	EGG
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures

MARGHERITA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Basil	Basil

LA REINE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Ham	Pork, Water, Salt, Waxy Maize Starch, Pea Starch, Dried Glucose Syrup, Dextrose, Tapioca Starch, Stabilisers (E451, E450), Yeast Extract, Potato Fibre, Antioxidant (E301), Preservative (E250)
Mushrooms	Cup Mushrooms
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

VENEZIANA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Pine Kernels	Pine Kernels
Sultanas	Sultanas, oil (cotton seed / sunflower oil)
Capers	Capers, Water, Vinegar, Salt
Red Onions	Red Onions
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

AMERICAN JACK - VEGAN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Tomato	Tomato
Roasted Mixed Peppers	Yellow Pepper
Jackfruit Pepperoni	Water, Jackfruit, Thickener: Sodium Alginate, Firming Agent: Calcium Sulphate, Stabilisers: Pentasodium Triphosphate, Tetrasodium Diphosphate, Vegetable Oil Emulsion (Sunflower Refined Oil, Water, Pea Protein, Flavouring [flavour, hydrolysed vegetable protein, yeast extract, salt], Gelling Agent: Agar-Agar, Thickeners: Carob, Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Naturally Smoked High Oleic Sunflower Oil, Seasoning (Maltodextrin, Yeast Extract, Rice Flour, Onion Powder, Natural Flavouring, Spice), Smoked Paprika, Rice Protein, Salt, Concentrate (Beetroot, Carrot), Smoked Garlic Granules, Sugar, Fennel Seeds, Natural Colour: Liquid Paprika Extract, Black Pepper, Sunflower Lecithin, Five Spice
Extra Virgin Olive Oil	Extra Virgin Olive Oil

AMERICAN JACK - VEGETERIAN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Tomato	Tomato
Roasted Mixed Peppers	Yellow Pepper
Jackfruit Pepperoni	Water, Jackfruit, Thickener: Sodium Alginate, Firming Agent: Calcium Sulphate, Stabilisers: Pentasodium Triphosphate, Tetrasodium Diphosphate, Vegetable Oil Emulsion (Sunflower Refined Oil, Water, Pea Protein, Flavouring [flavour, hydrolysed vegetable protein, yeast extract, salt], Gelling Agent: Agar-Agar, Thickeners: Carob, Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Naturally Smoked High Oleic Sunflower Oil, Seasoning (Maltodextrin, Yeast Extract, Rice Flour, Onion Powder, Natural Flavouring, Spice), Smoked Paprika, Rice Protein, Salt, Concentrate (Beetroot, Carrot), Smoked Garlic Granules, Sugar, Fennel Seeds, Natural Colour: Liquid Paprika Extract, Black Pepper, Sunflower Lecithin, Five Spice
Extra Virgin Olive Oil	Extra Virgin Olive Oil

LEGGERA PIZZAS

ALTERNATIVES

Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
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LEGGERA POMODORO

Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Basil	Basil
Baby Plum Tomatoes	Baby Plum Tomatoes
Light Mozzarella	MILK, Sea salt, Microbial rennet (vegetarian), Acidity regulator: citric acid
Oregano	Dried Oregano
Black Pepper	Black Pepper
Rocket	Rocket
Baby Spinach	Baby Spinach
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

LEGGERA KING PRAWN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Red Onions	Red Onions
Baby Plum Tomatoes	Baby Plum Tomatoes
King Prawns	King Prawn (CRUSTACEANS), salt, stabiliser (E450, E451)
Oregano	Dried Oregano
Black Pepper	Black Pepper
Parsley	Parsley
Lemon Wedge	Lemon
Rocket	Rocket
Baby Spinach	Baby Spinach
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

LEGGERA QUATTRO VERDURE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Red Onions	Red Onion
Mushrooms	Cup Mushrooms
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Black Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Black Pepper	Black Pepper
Oregano	Dried Oregano
Parsley	Parsley
Rocket	Rocket
Baby Spinach	Baby Spinach
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

LEGGERA POLLO AD ASTRA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Sweet Red Peppers	Sweet Red Peppers, Water, Sugar, Spirit Vinegar, Salt, Antioxidants: Citric Acid, Ascorbic Acid, Firming Agent: Calcium Chloride
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Red Onion	Red Onion
Light Mozzarella	MILK, Sea salt, Microbial rennet (vegetarian), Acidity regulator: citric acid
Cajun Spice	Salt, paprika, black pepper, thyme, garlic, turmeric, onion, oregano, chilli, red peppers, fennel, ginger, pimento
Oregano	Dried oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Rocket	Rocket
Baby Spinach	Baby Spinach
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

LEGGERA AMERICAN HOT	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Hot Green Peppers (option)	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Jalapeno Peppers (option)	Jalapeno Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Light Mozzarella	MILK, Sea salt, Microbial rennet (vegetarian), Acidity regulator: citric acid
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Rocket	Rocket
Baby Spinach	Baby Spinach
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

LEGGERA PADANA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Red Onion Chutney	Re-hydrated Red Onions, Sugar, Re-hydrated Onions, Red Grape Vinegar, Colouring (Plain Caramel), Thickening Agent (Modified Maize Starch), Sea Salt, Ginger, Cinnamon, Nutmeg
Spinach	Spinach
Red Onion	Red Onion
Goat's Cheese	Pasteurised goat's MILK, salt, vegetarian rennet, sequestrant (calcium chloride, lactic acid culture), Penicilium
Oregano	Dried Oregano
Black Pepper	Black Pepper
Rocket	Rocket
Baby Spinach	Baby Spinach
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

SALADS

EXTRA	
Dough Sticks	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Black Pepper	Black Pepper

GRAND CHICKEN CAESAR	
Caesar Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Pasteurised Free Range EGG Yolk, Parmigiano Reggiano Cheese (MILK), Salt, Olive Oil, Yellow MUSTARD Flour, Concentrated, Lemon Juice, Garlic Puree, Stabiliser (Xanthan Gum), Anchovy Paste (FISH), Black Pepper
COS Lettuce	COS Lettuce
Rocket	Rocket
Croutons	WHEAT flour, Olive oil, Black Pepper, Yeast, Salt
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Gran Milano Cheese	MILK, salt, rennet (microbial - vegetarian)
Egg	EGG
White Anchovies	Anchovies (FISH), alcohol vinegar, water, salt, acidity regulator: citric acid E330, Sunflower Oil.
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper
Parsley	Parsley

CAPRESE & PROSCIUTTO	
Rocket	Rocket
Baby Spinach	Baby Spinach
Buffalo Mozzarella	Buffalo MILK, salt, vegetarian rennet
Tomatoes	Tomato
Olives	Pitted Green Olives, Garlic, Sunflower Oil, Salt, Herbs, Peppercorns and Spices. Packed in: Water, Sunflower Oil
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Prosciutto Ham	Pork, Salt, Potassium Nitrate (E252)
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Black Pepper	Black Pepper
Basil	Basil

VEGAN NOURISH BOWL	
Rocket	Rocket
Baby Spinach	Baby Spinach
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Grain Mix	Cooked Pearl BARLEY (Water, Pearl BARLEY), Cooked Wheat Berries (Water, WHEAT Berries), Cooked SPELT (SPELT [may contain SOYA], Water), Cooked Black Quinoa (Black Quinoa, Water), Cooked White Quinoa (Water, White Quinoa), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, Lemon Concentrate (SULPHITES), Salt, Oregano
Cucumber	Cucumber
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Artichoke	Artichokes, water, olive oil, sunflower seed oil, parsley, salt, garlic, pepper, acidity regulator: citric acid, antioxidant: L-ascorbic acid.
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

AL FORNO

POLLO PESTO	
Bechamel	Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK, Vegetable Oil (Palm), Modified Starch, Butter (MILK), Whey Protein Concentrate (MILK), Salt, Emulsifier (SOYA Lecithin).
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Mushrooms	Cup Mushrooms
Red Onions	Red Onions
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Penne Pasta	Corn flour, water, rice flour, emulsifier: E471
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Basil	Basil

LASAGNA CLASSICA	
Passata	Mashed tomatoes, salt, pepper, basil
Lasagna	Rehydrated skimmed MILK, Precooked Pasta (Durum WHEAT, semolina, water, EGG), Beef, Tomato Puree, Water. Cream (MILK), Emmental Cheese (MILK), Onion, Modified Maize Starch, Butter (MILK), Carrot, Fired Onion (onion, sunflower oil), Mushrooms, Tomato Paste, WHEAT flour, Cheddar orange cheese, (MILK), salt, starter culture, rennet, colours; Beta Carotene, Annatto), Sunflower Oil, Salt, Yeast Extract, Garlic, Sugar, Herbs (Rosemary, Coriander, Parsley, Basil, Oregano, Bay Leaves, Sage, Marjoram, Thyme, CELERY, Mint), Spices (Pepper, Garlic, Juniper, Nutmeg, Cumin, Cinnamon, Mace), Natural flavourings (Dextrose)
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Basil	Basil

CANNELLONI	
Passata	Mashed tomatoes, salt, pepper, basil
Bechamel	Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK, Vegetable Oil (Palm), Modified Starch, Butter (MILK), Whey Protein Concentrate (MILK), Salt, Emulsifier (SOYA Lecithin).
Cannelloni	Ricotta cheese (pasteurized MILK, whey (MILK), cream (MILK), salt, MILK, acidity regulator: citric acid), cooked pasta (durum WHEAT semolina, water, EGG), spinach, mascarpone cheese (MILK) (cream (MILK), acidity regulator: citric acid (E330)), hard cheese (MILK) (pasteurized MILK, salt, rennet), grilled onion, salt, modified rice starch, natural flavouring of nutmeg (MILK), garlic
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Basil	Basil

LUNCH

AMERICAN HOT WRAP	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni Sausage	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Hot Green Peppers	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures

PADANA WRAP	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Goats Cheese	Goat's MILK, salt, rennet (vegetarian), sequestrant (calcium chloride, lactic acid culture), Penicilium
Red Onion Chutney	Re-hydrated Red Onions, Sugar, Re-hydrated Onions, Red Grape Vinegar, Colouring (Plain Caramel), Thickening Agent (Modified Maize Starch), Sea Salt, Ginger, Cinnamon, Nutmeg
Spinach	Spinach
Red Onions	Red Onion
Black Pepper	Black Pepper
Oregano	Dried Oregano
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures

POLLO AD ASTRA WRAP	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Sweet Red Peppers	Sweet Red Peppers, Water, Sugar, Spirit Vinegar, Salt, Antioxidants: Citric Acid, Ascorbic Acid, Firming Agent: Calcium Chloride
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Red onions	Red Onion
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Black Pepper	Black Pepper
Oregano	Dried Oregano
Cajun Spice	Salt, paprika, black pepper, thyme, garlic, turmeric, onion, oregano, chilli, red peppers, fennel, ginger, pimento
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures

SLOPPY VEGAN WRAP	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepper & Onion Mix	Diced Green Peppers, Diced Red Onions
Quorn® Pieces	Mycoprotein, Potato Protein, Natural Flavouring, Pea Protein, Pea Fibre
Oregano	Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Fennel Seeds	Fennel Seeds
Smoked Chilli Powder	Chilli powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

BBQ BURNT ENDS WRAP	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Burnt Ends Beef	Beef brisket, water, tomato puree, red wine vinegar, onions, sugar, gravy granules [beef stock (water, beef stock, beef dripping), modified tapioca starch, flavourings, salt, glucose syrup, sugar, rice flour, colour (caramel), corn flour, potato starch, rapeseed oil, maltodextrin, yeast extracts, herb], dark brown sugar, light brown sugar, salt, honey, tamari sauce [SOYA beans, water, sea salt, alcohol made from sugar cane, Koji spores], black treacle, smoked paprika, lemon juice [with preservative (E224)], chilli powder, caramel powder (E150a), cumin, garlic, cinnamon, cocoa powder, garlic powder, onion powder, black pepper, smoke flavour [maltodextrin, smoke flavour], rapeseed oil, xanthan gum, chilli flakes, cloves, nutmeg
Slow Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Red onions	Red Onion
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Oregano	Oregano
Black Pepper	Black Pepper
Parsley	Parsley
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures

RAW SLAW	
Slaw Veg Mix	Shredded Carrot, Shredded Red Cabbage
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Red Onion	Red Onion
Parsley	Parsley
Black Pepper	Black Pepper

GRAINS & GREENS	
Spinach	Spinach
Rocket	Rocket
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Mixed Grains	Cooked Pearl BARLEY (Water, Pearl BARLEY), Cooked Wheat Berries (Water, WHEAT Berries), Cooked SPELT (SPELT [may contain SOYA], Water), Cooked Black Quinoa (Black Quinoa, Water), Cooked White Quinoa (Water, White Quinoa), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, Lemon Concentrate (SULPHITES), Salt, Oregano
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Parsley	Parsley

BABY CAESAR	
Caesar Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Pasteurised Free Range EGG Yolk, Parmigiano Reggiano Cheese (MILK), Salt, Olive Oil, Yellow MUSTARD Flour, Concentrated, Lemon Juice, Garlic Puree, Stabiliser (Xanthan Gum), Anchovy Paste (FISH), Black Pepper
COS Lettuce	COS Lettuce
Rocket	Rocket
Croutons	WHEAT flour, Olive oil, Black Pepper, Yeast, Salt
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures
White Anchovies	White marinated anchovy (FISH) fillets, white wine vinegar (SULPHITES), water, salt, citric acid (E330), sunflower oil
Black Pepper	Black Pepper
Parsley	Parsley

MIXED SALAD	
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Baby Spinach	Baby Spinach
Rocket	Rocket
Cucumber	Cucumber
Tomatoes	Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

RUCOLA	
Rocket	Rocket
Gran Milano cheese	MILK, salt, rennet (vegetarian), cultures
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil

HALLOUMI BITES	
Halloumi Bites	Halloumi Cheese (MILK), Batter (Water, Maize Starch, Maize Flour, Rice Flour, Salt, Xantam Gum E415), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose, Rapeseed Oil), Vegetable Oil (Sunflower Oil, Rapeseed Oil)
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Parsley	Parsley

POLLO MILANESE	
Buttermilk Chicken Goujons	Chicken Breast, WHEAT Flour, Sunflower Oil, Modified Starch, Starch, Butter (MILK), Powder, Salt, Garlic Powder, WHEAT Gluten, Raising Agents (E450, E500), Stabiliser (E451), Onion Powder, Acidity Regulators (E330, E270, E327), Spices, Yeast Extract, Flavourings, Rice Flour, MILK Powder, Thickener (E415), Sugar, Herb (Thyme).
Rocket	Rocket
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Lemon	Lemon
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Parsley	Parsley

LEMON & HERB CHICKEN WINGS	
Chicken wings	Chicken Primes, Onion, Rapeseed Oil, Garlic, Lemon Juice, Water, Lemon Zest, Salt, Fennel Seed, Caster Sugar, Rosemary, Cracked Black Pepper, Oregano, Xanthan Gum, Thyme, Turmeric, Parsley
Parsley	Parsley
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

POLENTA CHIPS	
Breaded Polenta Chips	Water, maize flour, breadcrumbs (WHEAT flour, brewer's yeast, salt, maize flour, rosemary), WHEAT flour, sunflower oil, acidity regulator (tartaric acid)
Gran Milano Cheese	MILK, salt, rennet (vegetarian), cultures
Honey & Mustard Dressing	Rapeseed oil, Honey, White wine vinegar, Water, MUSTARD (water MUSTARD seeds, spirit vinegar, salt, spices, flavouring), Concentrated lemon juice, Sugar, Salt and sea salt, MUSTARD seeds, Dijon MUSTARD (water, MUSTARD seeds, spirit vinegar, salt), Garlic purée, (contains citric acid), Black pepper, Thickener (Xanthan Gum)

DOUGH BALLS PIZZAEXPRESS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Parsley	Parsley

ALTERNATIVES	
Gluten Free Dough Balls	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fibre (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodeltalactone, sodium acids carbonate
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley

GARLIC BREAD with MOZZARELLA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Mozzarella	MILK, Salt, rennet (microbial), Lactic acid culture
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Parsley	Parsley

GARLIC BREAD WITH VEGAN MOZZARELLA ALTERNATIVE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Parsley	Parsley
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil

DIPS	
Hot Jalapeño Salsa	Sliced Jalapenos (Sliced Jalapeno Peppers, Water, Salt, Acetic Acid, Vinegar, Firming Agent (Calcium Chloride), Preservative (Potassium Sorbate), Roquito Peppers (Roquito Peppers, Water, Sugar, Vinegar), Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Smoky Chilli Powder (Chilli Powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin Powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage)
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Basil & Pine Kernels Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Honey & Mustard Dressing	Rapeseed oil, Honey, White wine vinegar, Water, MUSTARD (water MUSTARD seeds, spirit vinegar, salt, spices, flavouring), Concentrated lemon juice, Sugar, Salt and sea salt, MUSTARD seeds, Dijon MUSTARD (water, MUSTARD seeds, spirit vinegar, salt), Garlic purée, (contains citric acid), Black pepper, Thickener (Xanthan Gum)
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Caesar Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Pasteurised Free Range EGG Yolk, Parmigiano Reggiano Cheese (MILK), Salt, Olive Oil, Yellow MUSTARD Flour, Concentrated, Lemon Juice, Garlic Puree, Stabiliser (Xanthan Gum), Anchovy Paste (FISH), Black Pepper
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley

DESSERTS & DOLCETTI

OPTIONS	
Cream	Cream (MILK)
Mascarpone	Mascarpone (MILK cream, acidity regulator: citric acid)
Vanilla Gelato	Partially reconstituted skimmed MILK, sugar, vegetable oil, glucose syrup, dextrose, whey protein concentrate (MILK), emulsifier (E471, E473) stabilisers (E410, E466), vanilla powder, natural flavourings, colour (annatto), fructose

CHOCOLATE FUDGE CAKE	
Chocolate fudge cake mix	Sugar, WHEAT flour, palm fat, fat reduced cocoa powder, dextrose, raising agents: sodium bicarbonate, monocalcium phosphate; emulsifiers: propane-1,2-diol esters of fatty acids, mono- and diglycerides of fatty acids; corn starch, modified corn starch, salt, stabiliser: sodium carboxymethylcellulose; flavouring, EGG, water, sunflower oil, extra virgin olive oil
Chocolate frosting	Sugar, water, palm oil, fat-reduced cocoa powder, invert sugar syrup, emulsifiers (E471, E435, E481) salt, preservative (E202), stabiliser (E450), acidity regulators (E330, E524).
Mint	Mint
Vanilla Gelato (option)	Partially reconstituted skimmed MILK, sugar, vegetable oil, glucose syrup, dextrose, whey protein concentrate (MILK), emulsifier (E471, E473) stabilisers (E410, E466), vanilla powder, natural flavourings, colour (annatto), fructose
Cream (option)	Pasteurised MILK double cream
Mascarpone (option)	MILK cream, acidity regulator: citric acid

TIRAMISU	
Tiramisu	Water, Ladyfingers (WHEAT flour, sugar, EGGS, raising agents: sodium bicarbonate, ammonium bicarbonate); sugar, skimmed MILK, mascarpone cheese (MILK)(cream (MILK), acidifier: citric acid), coconut oil, cream MILK proteins, maltodextrins, Marsala wine, glucose-fructose syrup, soluble coffee, modified starch, cocoa powder, alcohol, dextrose, EGG yolk, emulsifier: mono- and diglycerides of fatty acids; thickeners: xanthan gum, gellan gum; wheat starch, cocoa butter, natural flavour, vegetable fibre.
Dusting Chocolate Powder	Sugar, Fat Reduced Cocoa Powder, Salt
Mint	Mint

CHOCOLATE BROWNIE	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids(E471))), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder, Raising Agents (Diphosphates (E450), Potassium carbonates (E501)).
Chocolate Sauce	Sugar, Glucose Syrup, Water, Cocoa Powder, Colour: Caramel, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Salt
Icing Sugar	Sugar

RED BERRY & VANILLA CHEESECAKE	
Round Cheesecake	Cream Cheese (Skimmed MILK, Cream (MILK), MILK Solids), Modified Starch (E1442), Salt, Starter Culture), Whipping Cream (MILK) Biscuit Crumb (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal WHEAT Flour, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Carbonates (E500), Ammonium Carbonates (E503), Salt), Caster Sugar, Free Range Whole EGG, Margarine Vegetable Oil (Palm and Rapeseed Oil), Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids (E471)), Flavourings, Colours (Annatto, bixin, norbixin (E160b(i)), Curcumin (E100)), Glaze (Water, Glucose- Fructose Syrup, Sugar, Flavour, Gelling Agent: Pectin(E440), Acidity Regulator (Citric Acid (E330), Potassium Citrate (E332), Tricalcium Phosphate (E341)), Preservative (Potassium Sorbate (E202), Colour Mixed Carotenes (E160(a)), Madagascan Bourbon Vanilla Bean Paste, Sugar, Water, Madagascar Bourbon Vanilla Extract, Vanilla Bean Specks, Thickener (Gum Tragacanth), Cornflour
Mixed Berries	Red Currants, Wild Blackberries, Sour Cherries, Black Currants, Raspberries, Cultivated Blueberries
Fruit Coulis	Raspberry Pure, Sugar, Raspberry Concentrate, Gelling Agent (Pectin)

STRAWBERRIES & CHOCOLATE DIPPING SAUCE	
Strawberries	Strawberries
Chocolate Sauce	Sugar, Glucose Syrup, Water, Cocoa Powder, Colour: Caramel, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Salt
Lotus Biscoff Biscuit	Original caramelised biscuits (WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (SOYA lecithin), acid (citric acid)

SORBET	
Sicilian Watermelon Sorbet	Water, Sicilian watermelon juice, sugar, glucose syrup, dextrose, watermelon concentrate, emulsifier: E471, stabilisers: E410, E412, E407; colours: beetroot red, anthocyanin, E160a (iii); natural flavouring (water melon), acidity regulator: E330.
Raspberry Sorbet	Raspberry puree, water, sugar, dextrose, glucose syrup, natural colour: anthocyanin, emulsifier: mono-and di-glycerides of fatty acids, stabilisers: locust bean gum, pectin; natural flavour.
Coconut Sorbet	Water, Glucose Syrup, Coconut Paste, Emulsifiers, Stabilisers, Gelling Agents
Mint	Mint

SICILIAN LEMON & WHITE CHOCOLATE ROULADE	
Sicilian Lemon & White Chocolate Roulade	Sugar, Whipping Cream (MILK), Free Range EGG White, White Chocolate [Sugar, Cocoa Butter, Dried Whole MILK, Emulsifier (SOYA Lecithins), Flavouring], Lemon Curd [Sugar, Free Range EGG, Butter (MILK), Water, Concentrated Lemon Juice, Lemon Oil, Gelling Agent (Agar), Salt], Cornflour, Maize Starch, Concentrated Lemon Juice, Sunflower Oil, Acidity Regulator (Acetic Acid).
Fruit Coulis	Raspberry Pure, Sugar, Raspberry Concentrate, Gelling Agent (Pectin)
Strawberry	Strawberry
Mint	Mint

COPPA GELATO	
Vanilla Gelato	Partially reconstituted skimmed MILK, sugar, vegetable oil, glucose syrup, dextrose, whey protein concentrate (MILK), emulsifier (E471, E473) stabilisers (E410, E466), vanilla powder, natural flavourings, colour (annatto), fructose
Salted Caramel Gelato	Partially reconstituted skimmed MILK, double cream (MILK), salted caramel ripple (water, sugar, caramelised syrup, glucose syrup, butter (MILK), sweetened condensed skimmed MILK, cornflour (maize starch), vanilla extract, natural flavouring, salt, colour: plain caramel, emulsifier: E471), sugar, vanilla fudge cubes (sugar, condensed MILK, fondant (sugar, glucose syrup, water), glucose syrup, non-hydrogenated vegetable oil (palm oil), water, emulsifier: E322 (SOYA)), dextrose, caramel (MILK, sugar, glucose preservative: E202), emulsifier: E471; natural flavouring, salt, stabilisers: E401, E339(ii), E466)
Stracciatella Gelato	Partially reconstituted skimmed MILK, double cream (MILK), sugar, dark chocolate [cocoa mass, sugar, cocoa butter, emulsifier: E322 (SOYA lecithin), natural flavouring], dextrose, emulsifier: E471; stabilisers: E410, E412, E407; coconut oil, natural Madagascan vanilla flavouring, natural flavouring, colour: annatto.
Olive Oil & Blood Orange Ripple Gelato	Reconstituted skimmed MILK, double cream (MILK), sugar, blood orange ripple (glucose syrup, sugar, water, blood orange puree, blood orange concentrate, cornflour, natural flavouring, colours: anthocyanin, E160a (iii); acidity regulator: E330), Extra Virgin Olive oil, dextrose, emulsifier: E471; stabilisers: E410, E412, E407; natural flavouring (Olive Oil Flavouring), salt.
Chocolate Straw	Cocoa Mass, Sugar, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: SOYA Lecithin
Mint	Mint

ORANGE & CARROT CAKE DOLCETTI	
Orange & Carrot Cake	Carrot Cake Sponge (Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Soft Brown Sugar, Carrot, Rapeseed Oil, Banana, Water, Raising Agents (Diphosphates (E450), Potassium carbonates (E501)), Natural Flavouring, Ground Mixed Spice, Ground Cinnamon) Orange Flavoured Icing (Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids (E471)), Natural Flavouring, Colours (Annatto Bixin (160(b)), Curcumin (E100)), Vegan Creamy Spread (Water, Coconut Oil, Modified Tapioca and Maize Starches, Potato and Maize Starch, Sea Salt, Acidity Regulator (Glucono-delta-lactone (E575)), Natural Flavourings, Olive Extract, Vitamin B12). Natural Orange Flavouring (Concentrated Lemon Juice)). Candied Orange Peel (Sugar, Orange Peel, Water].
Hot drink of your choice	Soya Milk Alternative Available

CHOCOLATE BROWNIE DOLCETTI	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids(E471))), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder, Raising Agents (Diphosphates (E450), Potassium carbonates (E501)).
Strawberry	Strawberry
Icing Sugar	Sugar
Hot drink of your choice	Soya Milk Alternative Available

LOTUS BISCOFF CHEESECAKE DOLCETTI	
Lotus Biscoff Cheesecake	Biscuit Base [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents (E500ii, E503ii), Salt], Double Cream (MILK), Lotus Original Caramelised Biscuit Spread [Original Caramelised Biscuits [WHEAT Flour, Sugar, Vegetable Oils (Palm, Rapeseed), Candy Sugar Syrup, Raising Agent (E500), SOYA Flour, Salt, Cinnamon, Sugar, Emulsifier: SOYA Lecithin, Acid: Citric Acid], Reduced Fat Soft Cheese (MILK), Partially Inverted Sugar Syrup, MILK, Butter, Sugar, Cocoa Butter, Modified Starch (Maize), Tapioca Starch, Natural Vanilla Flavouring, Preservative(Potassium Sorbate (E202)).
Lotus Biscoff Biscuit	Original caramelised biscuits (WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (SOYA lecithin), acid (citric acid)
Hot drink of your choice	Soya Milk Alternative Available

CAFFÈ REALE	
Mascarpone	MILK, cream (MILK), acidity regulator: citric acid
Figs	Water, Figs, Muscovado Sugar (Cane Sugar, Cane Molasses, Colour: Plain Caramel), Cooking Wine (De-alcoholised Wine, White Wine, Salt, Preservative: Potassium Metabisulphites (SULPHITES), Cinnamon Powder, Mixed Spices, Salt, Acidity Regulator: Citric Acid
Hot drink of your choice	Soya Milk Alternative Available

PICCOLO MENU

ALTERNATIVES	
Gluten Free Dough Balls	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fibber (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodeltalactone, sodium acids carbonate
Gluten Free Base	Water, Gluten free flour (white rice, potato starch, tapioca starch, maize flour, buckwheat flour, mono calcium phosphate, sodium bicarbonate, xanthan gum), Salt, Rapeseed Oil, Treacle
Light Mozzarella (option)	MILK, Sea salt, rennet (vegetarian), Acidity regulator: citric acid
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour

STARTERS

BAKED DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Piccolo Salad	Tomatoes, Cucumbers
Garlic Butter (option)	Salted butter (MILK)(Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Vegan Garlic & Parsley Spread (option)	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley
Olive & Balsamic Dip (option)	Sunflower Oil, Extra Virgin Olive Oil, Wine Vinegar (SULPHITES) (Cooked grape must)

PIZZAS

MARGHERITA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Oregano	Dried Oregano
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Basil	Basil

LA REINE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Mushrooms	Cup Mushrooms
Ham	Pork, Water, Salt, Waxy Maize Starch, Pea Starch, Dried Glucose Syrup, Dextrose, Tapioca Starch, Stabilisers (E451, E450), Yeast Extract, Potato Fibre, Antioxidant (E301), Preservative (E250)
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Oregano	Dried Oregano
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

POLLO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Oregano	Dried Oregano
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

AMERICAN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepperoni Sausage	Pork meat, pork fat, salt, paprika powder, spices (sweet paprika, hot paprika, black pepper, garlic, caraway seeds), antioxidants (E-330, E-300), saccharose, preservative (E250)
Mozzarella	MILK, Salt, rennet (vegetarian), Lactic acid culture
Oregano	Dried Oregano
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil

PICCOLO QUORN®	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed Tomatoes, Salt, Pepper, Basil
Quorn® Pieces	Mycoprotein, Potato Protein, Natural Flavouring, Pea Protein, Pea Fibre
Vegan Mozzarella Alternative	Bio Surice 46% (water, germinated whole rice, apple vinegar, salt), Water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Tomato	Tomato

PASTA

BOLOGNESE	
Bolognese Mix	Beef Forequarter Trim, Tomato Passata, Water, Chopped tomatoes, Onions, Mushrooms, Carrots, Tomato Paste, CELERY, Garlic Pure, Olive Oil, Beef Stock (salt, Sugar, Yeast Extract, Maltodextrin, Natural Flavouring, Onion Powder, Maize Starch, Beef Extract, Rapeseed Oil), Modified Tapioca Starch, Salt, Sugar, Mushroom Powder, Oregano, Basil, Ground Black Pepper, Plain Caramel (E150a)
Penne Pasta	Corn flour, water, rice flour, emulsifier: E471

NAPOLETANA	
Passata	Mashed tomatoes, salt, pepper, basil
Bechamel	Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK, Vegetable Oil (Palm), Modified Starch, Butter (MILK), Whey Protein Concentrate (MILK), Salt, Emulsifier (SOYA Lecithin).
Basil	Basil
Oregano	Dried Oregano
Penne Pasta	Corn flour, water, rice flour, emulsifier (E471)

BIANCA	
Bechamel	Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb], Skimmed MILK, Vegetable Oil (Palm), Modified Starch, Butter (MILK), Whey Protein Concentrate (MILK), Salt, Emulsifier (SOYA Lecithin).
Mushrooms	Mushroom
Penne Pasta	Corn flour, water, rice flour, emulsifier (E471)

SALADS

POLLO SALAD	
Cos Lettuce	Cos Lettuce
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Light Mozzarella	MILK, Sea salt, rennet (vegetarian), Acidity regulator: citric acid
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Basil	Basil
Dough Balls (option)	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Gluten Free Dough Balls (option)	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fiber (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodeltalactone, sodium acids carbonate
Polenta Chips	Water, maize flour, breadcrumbs (WHEAT flour, brewer's yeast, salt, maize flour, rosemary), WHEAT flour, sunflower oil, acidity regulator (tartaric acid)

PICCOLO MILANESE	
Cos Lettuce	Cos Lettuce
Tomatoes	Tomato
Italian Tomato Dip	Mashed Tomatoes, Salt, Pepper, Basil, Garlic, Sunflower Oil, Extra Virgin Olive Oil
Buttermilk Chicken Goujons	Chicken Breast, WHEAT Flour, Sunflower Oil, Modified Starch, Starch, Butter (MILK) Powder, Salt, Garlic Powder, WHEAT Gluten, Raising Agents (E450, E500), Stabiliser (E451), Onion Powder, Acidity Regulators (E330, E270, E327), Spices, Yeast Extract, Flavourings, Rice Flour, MILK Powder, Thickener (E415), Sugar, Herb (Thyme).

DESSERTS

CHOCOLATE BROWNIE	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and diglycerides of fatty acids(E471))), Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Dark Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder, Raising Agents (Diphosphates (E450), Potassium carbonates (E501)).
Strawberry	Strawberry
Icing Sugar	Sugar

PICCOLO SUNDAE	
Vanilla Gelato	Partially reconstituted skimmed MILK, sugar, vegetable oil, glucose syrup, dextrose, whey protein concentrate (MILK), emulsifier (E471, E473) stabilisers (E410, E466), vanilla powder, natural flavourings, colour (annatto), fructose
Chocolate Sauce (option)	Sugar, Glucose Syrup, Water, Cocoa Powder, Colour: Caramel, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Salt
Fruit Coulis (option)	Raspberry Pure, Sugar, Raspberry Concentrate, Gelling Agent (Pectin)
Baby Cone	WHEAT flour - sugar - emulsifying agent: Soy lecithin (E 322)(SOYA) - WHEAT starch - salt - natural flavours - raising agent: sodium hydrogen carbonate
Raspberry Sorbet (option)	Raspberry puree, water, sugar, dextrose, glucose syrup, natural colour: anthocyanin, emulsifier: mono-and di-glycerides of fatty acids, stabilisers: locust bean gum, pectin; natural flavour.

PIP ORGANIC FRUITY ICE LOLLY	
PIP Organic Fruity Ice Lolly	Organic Apple Juice, Organic Apple Puree, Organic Grape Juice, organic guar gum
PIP ORGANIC RAINBOW ICE LOLLY	
PIP Organic Rainbow Ice Lolly	Organic Fruit (apple, grape, pineapple, banana, mango, orange, strawberry), Organic vegetables (butternut, carrot, purple carrot, spinach), organic guar gum

VEGAN MENU

ALTERNATIVES	
Gluten Free Dough Balls	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fiber (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodeltalactone, sodium acids carbonate
Gluten Free Base	Water, Gluten free flour (white rice, potato starch, tapioca starch, maize flour, buckwheat flour, mono calcium phosphate, sodium bicarbonate, xanthan gum), Salt, Rapeseed Oil, Treacle

STARTERS

MARINATED OLIVES	
Marinated Olives	Pitted Green Olives, Garlic, Sunflower Oil, Salt, Herbs, Peppercorns and Spices. Packed in: Water, Sunflower Oil

SLOW ROASTED TOMATOES	
Slow Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano

GARLIC BREAD WITH VEGAN MOZZARELLA ALTERNATIVE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Parsley	Parsley
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil

NEW VEGAN DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley

NEW DOUGH BALLS DOPPIO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate

NEW CHIMICHURRI DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Chimichurri Sauce	Rapeseed Oil, Water, Flat Parsley (12%), Red Pepper, Onion, Red Wine Vinegar (7%) [Antioxidant: SULPHUR DIOXIDE], Coriander, Red Chillies, Olive Oil, Garlic Purée (3%), Lime Juice (2%) [Lime Juice From Concentrate, Preservative: Potassium Metabisulphite], Salt, Tomato Paste, Sugar, Oregano, Crushed Chillies, Antioxidant: Ascorbic Acid, Smoked Paprika, Ground Turmeric, Ground Cumin, Preservative: Potassium Sorbate, Ground Black Pepper

HOT JALAPEÑOS DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Hot Jalapeño Salsa	Sliced Jalapenos (Sliced Jalapeno Peppers, Water, Salt, Acetic Acid, Vinegar, Firming Agent (Calcium Chloride), Preservative (Potassium Sorbate), Roquito Peppers (Roquito Peppers, Water, Sugar, Vinegar), Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Smoky Chilli Powder (Chilli Powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin Powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring), Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage)
Parsley	Parsley

SIDES

BROCCOLINI	
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

MIXED SALAD	
Rocket	Rocket
Baby Spinach	Baby Spinach
House Dressing	White wine vinegar, rapeseed oil, water, sugar, spirit vinegar, herbs (garlic powder, tamarind powder, dried oregano, parsley), salt, modified potato starch, MUSTARD flour, thickener: xanthan gum, black pepper, molasses, onion powder, ginger puree
Cucumber	Cucumber
Baby Plum Tomatoes	Baby Plum Tomatoes
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

RAW SLAW	
Slaw Veg Mix	Shredded Carrot, Shredded Red Cabbage
House Dressing	White wine vinegar, rapeseed oil, water, sugar, spirit vinegar, herbs (garlic powder, tamarind powder, dried oregano, parsley), salt, modified potato starch, MUSTARD flour, thickener: xanthan gum, black pepper, molasses, onion powder, ginger puree
Red Onion	Red Onion
Parsley	Parsley
Black Pepper	Black Pepper

DIPS	
Hot Jalapeño Salsa	Sliced Jalapenos (Sliced Jalapeno Peppers, Water, Salt, Acetic Acid, Vinegar, Firming Agent (Calcium Chloride), Preservative (Potassium Sorbate), Roquito Peppers (Roquito Peppers, Water, Sugar, Vinegar), Blended Oil (Sunflower Oil, Extra Virgin Olive Oil), Smoky Chilli Powder (Chilli Powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin Powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage)
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Vegan Garlic & Parsley Spread	Dairy-Free Spread (Plant Oils (Rapeseed, Palm, Sunflower, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Fava Bean Protein, Natural Flavourings, Vitamins A and D), Garlic, Parsley
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil

AL FORNO & SALADS

PEPERONATA	
Gluten-Free Penne Pasta	Corn flour, water, rice flour, emulsifier: E471
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Chilli Flakes	Dried Red Chillies
Rocket	Rocket
Parsley	Fresh Parsley

VEGAN NOURISH BOWL	
Rocket	Rocket
Baby Spinach	Baby Spinach
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Grain Mix	Cooked Pearl BARLEY (Water, Pearl BARLEY), Cooked Wheat Berries (Water, WHEAT Berries), Cooked SPELT (SPELT [may contain SOYA], Water), Cooked Black Quinoa (Black Quinoa, Water), Cooked White Quinoa (Water, White Quinoa), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, Lemon Concentrate (SULPHITES), Salt, Oregano
Cucumber	Cucumber
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Artichoke	Artichokes, water, olive oil, sunflower seed oil, parsley, salt, garlic, pepper, acidity regulator: citric acid, antioxidant: L-ascorbic acid.
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

EXTRA	
Dough Sticks	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))

PIZZA

CALZONE ORTO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Char-grilled Courgette	Grilled round green courgette, grilled round yellow courgette, water, rapeseed oil, extra virgin olive oil, salt, thyme, garlic powder, garlic.
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Hot & Sweet Chilli Peppers	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Spinach	Spinach
Smoked Chilli Powder	Chilli powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Baby Spinach	Baby Spinach
Rocket	Rocket
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

VEGAN AMERICAN HOT	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Tomato	Tomato
Roasted Mixed Peppers	Yellow Pepper
Jackfruit Pepperoni	Water, Jackfruit, Thickener: Sodium Alginate, Firming Agent: Calcium Sulphate, Stabilisers: Pentasodium Triphosphate, Tetrasodium Diphosphate, Vegetable Oil Emulsion (Sunflower Refined Oil, Water, Pea Protein, Flavouring [flavour, hydrolysed vegetable protein, yeast extract, salt], Gelling Agent: Agar-Agar, Thickeners: Carob, Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Naturally Smoked High Oleic Sunflower Oil, Seasoning (Maltodextrin, Yeast Extract, Rice Flour, Onion Powder, Natural Flavouring, Spice), Smoked Paprika, Rice Protein, Salt, Concentrate (Beetroot, Carrot), Smoked Garlic Granules, Sugar, Fennel Seeds, Natural Colour: Liquid Paprika Extract, Black Pepper, Sunflower Lecithin, Five Spice
Hot Green Peppers (option)	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Jalapeño Peppers (option)	Jalapeño Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Hot & Sweet Chilli Peppers	Hot & Sweet Chilli Peppers, Water, Sugar, Vinegar.
Extra Virgin Olive Oil	Extra Virgin Olive Oil

VEGAN DIAVOLO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Fennel Seeds	Fennel Seeds
Smoked Chilli Powder	Chilli powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Pepper & Onion Mix	Diced Green Peppers, Diced Red Onions
Quorn® Pieces	Mycoprotein, Potato Protein, Natural Flavouring, Pea Protein, Pea Fibre
Tabasco	Vinegar, Red Pepper, Salt
Tomato	Tomato
Roasted Mixed Peppers	Yellow Pepper
Jackfruit Pepperoni	Water, Jackfruit, Thickener: Sodium Alginate, Firming Agent: Calcium Sulphate, Stabilisers: Pentasodium Triphosphate, Tetrasodium Diphosphate, Vegetable Oil Emulsion (Sunflower Refined Oil, Water, Pea Protein, Flavouring [flavour, hydrolysed vegetable protein, yeast extract, salt], Gelling Agent: Agar-Agar, Thickeners: Carob, Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Naturally Smoked High Oleic Sunflower Oil, Seasoning (Maltodextrin, Yeast Extract, Rice Flour, Onion Powder, Natural Flavouring, Spice), Smoked Paprika, Rice Protein, Salt, Concentrate (Beetroot, Carrot), Smoked Garlic Granules, Sugar, Fennel Seeds, Natural Colour: Liquid Paprika Extract, Black Pepper, Sunflower Lecithin, Five Spice
Hot Green Peppers (option)	Greek Golden Peppers, Water, Distilled Vinegar (SULPHITES), Salt, Citric Acid, Sodium Bisulfite, Riboflavin
Jalapeño Peppers (option)	Jalapeño Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Hot & Sweet Chilli Peppers	Hot & Sweet Chilli Peppers, Water, Sugar, Vinegar.

VEGAN AD ASTRA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Tomato	Tomato
Sweet Red Peppers	Sweet Red Peppers, Water, Sugar, Spirit Vinegar, Salt, Antioxidants: Citric Acid, Ascorbic Acid, Firming Agent: Calcium Chloride
Red Onion	Red Onion
Cajun Spice	Salt, paprika, black pepper, thyme, garlic, turmeric, onion, oregano, chilli, red peppers, fennel, ginger, pimento
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Quorn® Pieces	Mycoprotein, Potato Protein, Natural Flavouring, Pea Protein, Pea Fibre
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Tomato	Tomato

VEGAN PADANA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Red Onion Chutney	Re-hydrated Red Onions, Sugar, Re-hydrated Onions, Red Grape Vinegar, Colouring (Plain Caramel), Thickening Agent (Modified Maize Starch), Sea Salt, Ginger, Cinnamon, Nutmeg
Spinach	Spinach
Red Onion	Red Onion
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Tomato	Tomato

LEGGERA QUATTRO VERDURE	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300))
Passata	Mashed tomatoes, salt, pepper, basil
Red Onions	Red Onion
Mushrooms	Cup Mushrooms
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Black Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Black Pepper	Black Pepper
Oregano	Dried Oregano
Parsley	Parsley
Rocket	Rocket
Baby Spinach	Baby Spinach
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

VEGAN MARGHERITA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300))
Passata	Mashed tomatoes, salt, pepper, basil
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Black Pepper	Black Pepper
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Tomato	Tomato
Basil	Basil

VEGAN GIARDINIERA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300))
Passata	Mashed tomatoes, salt, pepper, basil
Red Onions	Red Onions
Mushrooms	Cup Mushrooms
Artichokes	Artichokes, water, olive oil, sunflower seed oil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried oregano
Black Pepper	Black pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Tomato	Tomato
Parsley	Parsley

VEGAN VENEZIANA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300))
Passata	Mashed tomatoes, salt, pepper, basil
Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Pine Kernels	Pine Kernels
Sultanas	Sultanas, oil (cotton seed / sunflower oil)
Capers	Capers, Water, Vinegar, Salt
Red Onion	Red Onions
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Dried Oregano
Black Pepper	Black Pepper
Tomato	Tomato

VEGAN AMERICAN JACK	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (Saccharomyces cerevisiae), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Tomato	Tomato
Roasted Mixed Peppers	Yellow Pepper
Jackfruit Pepperoni	Water, Jackfruit, Thickener: Sodium Alginate, Firming Agent: Calcium Sulphate, Stabilisers: Pentasodium Triphosphate, Tetrasodium Diphosphate, Vegetable Oil Emulsion (Sunflower Refined Oil, Water, Pea Protein, Flavouring [flavour, hydrolysed vegetable protein, yeast extract, salt], Gelling Agent: Agar-Agar, Thickeners: Carob, Xanthan Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Naturally Smoked High Oleic Sunflower Oil, Seasoning (Maltodextrin, Yeast Extract, Rice Flour, Onion Powder, Natural Flavouring, Spice), Smoked Paprika, Rice Protein, Salt, Concentrate (Beetroot, Carrot), Smoked Garlic Granules, Sugar, Fennel Seeds, Natural Colour: Liquid Paprika Extract, Black Pepper, Sunflower Lecithin, Five Spice
Extra Virgin Olive Oil	Extra Virgin Olive Oil

SLOPPY VEGAN	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Passata	Mashed tomatoes, salt, pepper, basil
Pepper & Onion Mix	Diced Green Peppers, Diced Red Onions
Quorn® Pieces	Mycoprotein, Potato Protein, Natural Flavouring, Pea Protein, Pea Fibre
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), Water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour
Oregano	Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Fennel Seeds	Fennel Seeds
Smoked Chilli Powder	Chilli powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage
Tomato	Tomato
Parsley	Parsley

DESSERTS

SORBET	
Sicilian Watermelon Sorbet	Water, Sicilian watermelon juice, sugar, glucose syrup, dextrose, watermelon concentrate, emulsifier: E471, stabilisers: E410, E412, E407; colours: beetroot red, anthocyanin, E160a (iii); natural flavouring (water melon), acidity regulator: E330.
Raspberry Sorbet	Raspberry puree, water, sugar, dextrose, glucose syrup, natural colour: anthocyanin, emulsifier: mono-and di-glycerides of fatty acids, stabilisers: locust bean gum, pectin; natural flavour.
Coconut Sorbet	Water, Glucose Syrup, Coconut Paste, Emulsifiers, Stabilisers, Gelling Agents
Mint	Mint

ORANGE & CARROT CAKE DOLCETTI	
Orange & Carrot Cake	Carrot Cake Sponge (Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Soft Brown Sugar, Carrot, Rapeseed Oil, Banana, Water, Raising Agents (Diphosphates (E450), Potassium carbonates (E501)), Natural Flavouring, Ground Mixed Spice, Ground Cinnamon) Orange Flavoured Icing (Sugar, Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids (E471)), Natural Flavouring, Colours (Annatto Bixin (160(b)), Curcumin (E100)), Vegan Creamy Spread (Water, Coconut Oil, Modified Tapioca and Maize Starches, Potato and Maize Starch, Sea Salt, Acidity Regulator (Glucono-delta-lactone (E575)), Natural Flavourings, Olive Extract, Vitamin B12). Natural Orange Flavouring (Concentrated Lemon Juice)). Candied Orange Peel (Sugar, Orange Peel, Water].
Hot drink of your choice	Soya Milk Alternative Available

STRAWBERRIES & CHOCOLATE DIPPING SAUCE	
Strawberries	Strawberries
Chocolate Sauce	Sugar, Glucose Syrup, Water, Cocoa Powder, Colour: Caramel, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Salt
Lotus Biscoff Biscuit	Original caramelised biscuits 58% (WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (SOYA lecithin), acid (citric acid)

NEW RECIPES

ALTERNATIVES	
Gluten Free Dough Balls	Rice starch, corn starch, sea water, water, potato starch, rice flour, sunflower oil, extra virgin olive oil, legume flour (peas), vegetable fiber (potato, rice, psyllium, flax, lemon, pea), sugar, millet flour, flax seed oil panel, salt, fresh brewer's yeast, natural flavours, thickener: hydroxypropyl methylcellulose. raising agents: gluconodelta lactone, sodium acids carbonate
Gluten Free Base	Water, Gluten free flour (white rice, potato starch, tapioca starch, maize flour, buckwheat flour, mono calcium phosphate, sodium bicarbonate, xanthan gum), Salt, Rapeseed Oil, Treacle
Vegan Mozzarella Alternative	Bio Surice (water, germinated whole rice, apple vinegar, salt), water, cold pressed coconut oil, sunflower oil with infusion of oregano, lemon juice. Thickening agents: gum Arabic, xanthan gum, carob flour

NEW APPETISERS & STARTERS

CHIMICHURRI DOUGH BALLS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Chimichurri Sauce	Rapeseed Oil, Water, Flat Parsley (12%), Red Pepper, Onion, Red Wine Vinegar (7%) [Antioxidant: SULPHUR DIOXIDE], Coriander, Red Chillies, Olive Oil, Garlic Purée (3%), Lime Juice (2%) [Lime Juice From Concentrate, Preservative: Potassium Metabisulphite], Salt, Tomato Paste, Sugar, Oregano, Crushed Chillies, Antioxidant: Ascorbic Acid, Smoked Paprika, Ground Turmeric, Ground Cumin, Preservative: Potassium Sorbate, Ground Black Pepper
Parsley	Parsley

GARLIC KING PRAWNS	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
King Prawns	King Prawn, (CRUSTACEANS), salt, stabiliser (E450, E451)
Tomatoes	Tomatoes
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Garlic Butter	Salted butter (MILK)(Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Parsley	Parsley
Chilli Flakes	Dried Red Chillies
Bruschetta Mix	Tomatoes, Red Onions, Black Pepper

NEW RECIPE DOUGH BALLS DOPPIO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Garlic Butter	Salted butter (Butter (MILK), Salt), Garlic, Sunflower Oil, Extra Virgin Olive Oil, Parsley
Basil & Pine Kernel Pesto	Sunflower Oil, Basil, Vegetarian Medium Fat Hard Cheese (MILK), Water, Potato Flakes, Salt, Pine Kernels, Garlic Puree, Acidity Regulator: Citric Acid
Sweet & Smoky BBQ Sauce	Tomato Paste, Water, Spirit Vinegar, Sugar, Molasses, Honey, Modified Maize Starch, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Spices), Salt, Lemon Juice, Onion Extract, Spices (MUSTARD), Colour (Caramel), Garlic Powder, Smoke Flavouring
Parsley	Parsley

NEW PIZZAS

HOISIN DUCK	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)). White Rice Flour. Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Hoisin Sauce	Water, Sugar, Dark Brown Sugar, Tomatoes, Acidity Regulator: Acetic Acid; Cayenne Peppers (Cayenne Peppers, Salt, Acidity Regulator: Acetic Acid); Modified Starch, Salt, Spices, Yeast Extract, Burnt Sugar, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Natural Flavouring.
Red Onion	Red Onion
Pulled Duck	Cooked Duck (Duck Leg, Water, Salt, Tapioca Starch, Stabilisers E451(i), E452(i)), SOY Sauce (Water, SOYbeans, Salt, Spirit Vinegar), Chinese Five Spice (Ground Fennel, Ground Cassia, Ground Black Pepper, Ground Star Anise, Ground Cloves), Ground Black Pepper.
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Cucumber	Cucumber
Spring Onion	Spring Onion

ZUCCHINI & RICOTTA	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Char-grilled Courgettes	Grilled round green courgette, grilled round yellow courgette, water, rapeseed oil, extra virgin olive oil, salt, thyme, garlic powder, garlic.
Baby Plum Tomatoes	Baby Plum Tomatoes
Ricotta	Whey, MILK Cream, Salt, Acidity Regulator: Citric Acid
Mozzarella	MILK, Salt, Rennet (microbial - vegetarian), Lactic acid culture
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Parsley	Parsley

CALZONE ORTO	
Dough	White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Flour Treatment Agent E300), Water, Salt, Yeast (<i>Saccharomyces cerevisiae</i>), Rapeseed Oil, Sugar, Improver S500 (WHEAT Flour, Dextrose, Emulsifier (E472e), Rapeseed Oil, Flour Treatment Agent (E300)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Char-grilled Courgette	Grilled round green courgette, grilled round yellow courgette, water, rapeseed oil, extra virgin olive oil, salt, thyme, garlic powder, garlic.
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Hot & Sweet Chilli Peppers	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Spinach	Spinach
Smoked Chilli Powder	Chilli powder, Salt, Chilli Blend (Chilli Powder, Cumin, Garlic, Salt, Oregano, Natural Chilli Flavouring), Onion Powder, Dried Garlic, Cumin powder, Smoked Salt, Flavourings (Flavouring (Flavouring, Yeast Extract), Natural Capsicum Flavouring) , Smoked Paprika, Garlic, Yeast Extract, Oregano, Cumin Seed, Black Pepper, Dried Red Pepper, Potato Starch, Dried Onion, Anti-caking agent (Silicon Dioxide), Sage
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Blended Oil	Sunflower Oil, Extra Virgin Olive Oil
Baby Spinach	Baby Spinach
Rocket	Rocket
Baby Plum Tomatoes	Baby Plum Tomatoes
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree

AL FORNO

NDUJA & MOZZARELLA LINGUINE	
Linguine	Water, durum WHEAT flour, sunflower oil, salt
Nduja Sausage	Pork fat, Pork, Red Spicy Chilli (Calabrian Red Chilli), Salt, Sweet Chilli, Dextrose, Sugar, Smoke Flavouring, Antioxidant: E300; Preservatives: E250, E252
Passata	Mashed tomatoes, salt, pepper, basil
Baby Plum Tomatoes	Baby Plum Tomatoes
Fresh Red Chilli	Fresh Red Chillies
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Buffalo Mozzarella	Buffalo MILK, salt, vegetarian rennet
Basil	Fresh Basil
Chilli Oil	Dried Chillies, Sunflower Oil, Extra Virgin Olive Oil

ZUCCHINI LINGUINE	
Linguine	Water, durum WHEAT flour, sunflower oil, salt
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Char-grilled Courgettes	Grilled round green courgette, grilled round yellow courgette, water, rapeseed oil, extra virgin olive oil, salt, thyme, garlic powder, garlic.
Baby Plum Tomatoes	Baby Plum Tomatoes
Capers	Capers, Water, Vinegar, Salt
Parsley	Fresh Parsley
Oregano	Dried Oregano
Black Pepper	Black Pepper

PEPERONATA	
Gluten-Free Penne Pasta	Corn flour, water, rice flour, emulsifier: E471
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Chilli Flakes	Dried Red Chillies
Rocket	Rocket
Parsley	Fresh Parsley

SALADS

BEETROOT & GOAT'S CHEESE	
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Rocket	Rocket
Baby Spinach	Baby Spinach
Grain Mix	Cooked Pearl BARLEY (Water, Pearl BARLEY), Cooked Wheat Berries (Water, WHEAT Berries), Cooked SPELT (SPELT [may contain SOYA], Water), Cooked Black Quinoa (Black Quinoa, Water), Cooked White Quinoa (Water, White Quinoa), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, Lemon Concentrate (SULPHITES), Salt, Oregano
Red Onion	Red Onion
Roasted Beetrot	Beetroot, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Potassium MetaBISULPHITE), White Sugar, Olive Oil, Salt
Goat's Cheese	Pasteurised goat's MILK, salt, vegetarian rennet, sequestrant (calcium chloride, lactic acid culture), Penicilium
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Black Pepper	Black Pepper

NEW RECIPE NIÇOISE	
House Dressing	White Wine Vinegar, Rapeseed Oil, Water, Sugar, Spirit Vinegar, Herbs (Garlic Powder, Tamarind Powder, Dried Oregano, Parsley), Salt, Modified Potato Starch, MUSTARD Flour, Thickener: Xanthan Gum, Black Pepper, Molasses, Onion Powder, Ginger Puree
Rocket	Rocket
Cos Lettuce	COS Lettuce
New Potatoes	Baby Potato, Lemon Infused Rapeseed Oil (Rapeseed Oil, Lemon Oil), Parsley, Lemon Zest, Salt, Black Pepper
Cucumber	Cucumber
Baby Plum Tomatoes	Baby Plum Tomatoes
Black Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Tuna	Yellowfin Tuna (FISH), Sunflower Oil, Salt
White Anchovies	Anchovies (FISH), alcohol vinegar, water, salt, acidity regulator: citric acid E330, Sunflower Oil.
Capers	Capers, Water, Vinegar, Salt
Egg	EGG
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Parsley	Parsley
Lemon	Lemon

DESSERTS

LOTUS BILLIONAIRE'S SUNDAE	
Salted Caramel Sauce	Double Cream (MILK), Golden Syrup, Sugar, Sea Salt
Chocolate Sauce	Sugar, Glucose Syrup, Water, Cocoa Powder, Colour: Caramel, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Salt
Salted Caramel Gelato	Partially reconstituted skimmed MILK, double cream (MILK), salted caramel ripple (water, sugar, caramelised syrup, glucose syrup, butter (MILK), sweetened condensed skimmed MILK, cornflour (maize starch), vanilla extract, natural flavouring, salt, colour: plain caramel, emulsifier: E471), sugar, vanilla fudge cubes (sugar, condensed MILK, fondant (sugar, glucose syrup, water), glucose syrup, non-hydrogenated vegetable oil (palm oil), water, emulsifier: E322 (SOYA)), dextrose, caramel (MILK, sugar, glucose preservative: E202), emulsifier: E471; natural flavouring, salt, stabilisers: E401, E339(ii), E466)
Stracciatella Gelato	Partially reconstituted skimmed MILK, double cream (MILK), sugar, dark chocolate [cocoa mass, sugar, cocoa butter, emulsifier: E322 (SOYA lecithin), natural flavouring], dextrose, emulsifier: E471; stabilisers: E410, E412, E407; coconut oil, natural Madagascar vanilla flavouring, natural flavouring, colour: annatto.
Whipped Cream	Cream (MILK), Sugar, Emulsifier E471, Stabiliser E4017, Propellant (Nitrous Oxide)
Lotus Biscoff Biscuit	Original caramelised biscuits (WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (SOYA lecithin), acid (citric acid)

ETON MESS SUNDAE	
Fruit Coulis	Raspberry Pure, Sugar, Raspberry Concentrate, Gelling Agent (Pectin)
Vanilla Gelato	Partially reconstituted skimmed MILK, sugar, vegetable oil, glucose syrup, dextrose, whey protein concentrate (MILK), emulsifier (E471, E473) stabilisers (E410, E466), vanilla powder, natural flavourings, colour (annatto), fructose
Mixed Berries	Red Currants, Wild Blackberries, Sour Cherries, Black Currants, Raspberries, Cultivated Blueberries
Meringue Kisses	Sugar, Pasteurised free-range EGG White, Natural flavouring, Natural colour (Radish), Citric acid.
Whipped Cream	Cream (MILK), Sugar, Emulsifier E471, Stabiliser E4017, Propellant (Nitrous Oxide)
Strawberry	Strawberry

DOLCETTI

JAM DOUGHNUTS	
Jam Doughnuts	WHEAT flour, water, vegetable fats (certified palm, rapeseed), sugar, EGG, glucose-fructose syrup, raspberry puree, butter (MILK), dextrose, blueberry puree, WHEAT gluten, modified starch, blackberry puree, yeast, salt, emulsifier: E471, WHEAT starch, natural flavour, malted WHEAT flour, colour: E160a(iv), antioxidant: E300.
Mint	Fresh Mint
Icing Sugar	Sugar
Hot drink of your choice	Soya Milk Alternative Available