



INGREDIENT LIST  
ENGLAND, WALES & SCOTLAND

22<sup>nd</sup> March 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:

1. [Appetisers & Starters](#)
2. [Sides & Dips](#)
3. [Calzone, Romana & Calabrese Pizzas](#)
4. [Classic Pizzas](#)
5. [Leggera Pizzas](#)
6. [Salads](#)
7. [Al Forno](#)
8. [Lunch](#)
9. [Desserts & Dolcetti](#)
10. [Piccolo Menu](#)
11. [Vegan Menu](#)
12. [New Recipes](#)

# 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
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## MARINATED OLIVES

Marinated Olives	Pitted Green Olives, Garlic, Sunflower Oil, Salt, Herbs, Peppercorns and Spices. Packed in: Water, Sunflower Oil
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## SLOW ROASTED TOMATOES

Slow Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
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## 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

<b>DOUGH BALLS DOPPIO</b>	
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
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
Smoky Tomato Harissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA Bean Oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
Parsley	Parsley

<b>LOADED PESTO DOUGH BALLS</b>	
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))
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
Gran Milano	MILK, salt, vegetarian rennet, cultures
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil

<b>HOT JALAPEÑOS DOUGH BALLS</b>	
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

<b>DOUGH BALLS AL FORNO</b>	
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

<b>GARLIC BREAD WITH MOZZARELLA</b>	
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

<b>BRUSCHETTA ORIGINALE 'PIZZAEXPRESS'</b>	
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

<b>CALAMARI</b>	
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

<b>POLLO MILANESE</b>	
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

<b>LEMON &amp; HERB CHICKEN WINGS</b>	
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

<b>BUFFALO &amp; MOZZARELLA SALAD</b>	
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

<b>MIXED SALAD</b>	
Baby Spinach	Baby Spinach
Rocket	Rocket
Tomatoes	Tomatoes
Cucumber	Cucumber
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

<b>RUCOLA</b>	
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

<b>POLENTA CHIPS</b>	
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)

<b>HALLOUMI BITES</b>	
Halloumi Bites	Halloumi Cheese (MILK), Batter (Water, Maize Starch, Maize Flour, Rice Flour, Salt, Xantam Gum E415), Breadcrumbs (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

<b>RAW SLAW</b>	
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

<b>DIPS</b>	
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

# 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 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)), White Rice Flour, Carlo (Water, Rapeseed Oil, Emulsifier (E479b))
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Chargrilled Aubergines	Aubergines, Sunflower Oil
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Spinach	Spinach
Smoky Tomato Harissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA bean oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
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
Oregano	Oregano
Black Pepper	Black Pepper
Spinach	Spinach
Blended oil	Sunflower Oil, Extra Virgin Olive Oil
Rosemary	Rosemary
Black Pepper	Black Pepper
Rocket	Rocket
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

<b>CALZONE 'NDUJA</b>	
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)
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	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

<b>BBQ BURNT ENDS</b>	
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

<b>AMERICAN HOT</b>	
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

<b>DIABOLO</b>	
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

<b>PADANA</b>	
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
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

<b>POLLO AD ASTRA</b>	
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
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil



<b>POLLO FORZA</b>	
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
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Hot & Sweet Chilli	Hot & Sweet Chilli, Water, Sugar, Vinegar.
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
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
Chilli Flakes	Dried chilli flakes
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Parsley	Parsley
Gran Milano Cheese	MILK, salt, rennet (vegetarian), cultures
Chilli Oil	Dried chilli flakes, Sunflower Oil, Extra Virgin Olive Oil

<b>SMOKY BBQ CHICKEN</b>	
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

<b>CALABRESE</b>	
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

<b>ALTERNATIVES</b>	
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

<b>SLOPPY GIUSEPPE</b>	
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

<b>AMERICAN</b>	
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

<b>FIorentina</b>	
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

<b>MARGHERITA</b>	
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

<b>LA REINE</b>	
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

<b>VENEZIANA</b>	
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

<b>AMERICAN JACK - VEGAN</b>	
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

<b>AMERICAN JACK - VEGETERIAN</b>	
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

<b>SLOPPY VEGAN</b>	
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
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



# 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 (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
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

<b>LEGGERA KING PRAWN</b>	
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
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

<b>LEGGERA QUATTRO VERDURE</b>	
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 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
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

<b>LEGGERA POLLO AD ASTRA</b>	
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 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
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

<b>LEGGERA AMERICAN HOT</b>	
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	Mixed leaves salad
Baby Spinach	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

<b>LEGGERA PADANA</b>	
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 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
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

<b>EXTRA</b>	
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

<b>NIÇOISE</b>	
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
Cucumber	Cucumber
Black Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Tuna	Yellowfin Tuna (FISH), Sunflower Oil, Salt
White Anchovies	White marinated anchovy (FISH) fillets, white wine vinegar (SULPHITES), water, salt, citric acid (E330), sunflower oil
Capers	Capers, Water, Vinegar, Salt
Egg	EGG
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Parsley	Parsley
Lemon	Lemon

<b>GRAND CHICKEN CAESAR</b>	
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	White marinated anchovy (FISH) fillets, white wine vinegar (SULPHITES), water, salt, citric acid (E330), sunflower oil
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper
Parsley	Parsley

<b>CAPRESE &amp; PROSCIUTTO</b>	
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



<b>VEGAN NOURISH BOWL</b>	
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, Cooked WHEAT Berries, Cooked SPELT, Cooked Black Quinoa, Cooked White Quinoa, Cooked Farro (water, farro grain (WHEAT), salt), Cooked Freekeh (water, green freekeh grain (WHEAT), salt), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, lemon juice concentrate (preservative sodium (SULPHITE), fine sea salt), Olive Oil, Salt, Basil, Oregano, Spearmint, Black Pepper.
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

<b>POLLO &amp; GRAIN</b>	
Rocket	Rocket
Baby Spinach	Baby Spinach
Cucumber	Cucumber
Mixed Grains	Cooked Pearl BARLEY, Cooked WHEAT Berries, Cooked SPELT, Cooked Black Quinoa, Cooked White Quinoa, Cooked Farro (water, farro grain (WHEAT), salt), Cooked Freekeh (water, green freekeh grain (WHEAT), salt), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, lemon juice concentrate (preservative sodium (SULPHITE), fine sea salt), Olive Oil, Salt, Basil, Oregano, Spearmint, Black Pepper.
Chicken	Chicken Breast, Salt, Corn Starch, Dextrose, Sunflower Oil, Sugar
Black Olives	Water, Black Olives, Salt, Stabiliser (Ferrous Gluconate)
Slow-Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper
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

<b>MELANZANE</b>	
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Melanzane	Aubergines, sunflower oil
Basil	Basil
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture

<b>BOLOGNESE</b>	
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) balsamic vinegar (SULPHITES)
Penne Pasta	Corn flour, water, rice flour, emulsifier (E471)
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Fennel Seeds	Fennel Seeds
Black Pepper	Black Pepper
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Gran Milano	MILK, salt, rennet (vegetarian), cultures
Parsley	Parsley

<b>POLLO PESTO</b>	
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

<b>LASAGNA CLASSICA</b>	
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

<b>CANNELLONI</b>	
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

<b>AMERICAN HOT WRAP</b>	
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

<b>PADANA WRAP</b>	
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

<b>POLLO AD ASTRA WRAP</b>	
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

<b>SLOPPY VEGAN WRAP</b>	
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

<b>BBQ BURNT ENDS WRAP</b>	
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



<b>RAW SLAW</b>	
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

<b>GRAINS &amp; GREENS</b>	
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, Cooked WHEAT Berries, Cooked SPELT, Cooked Black Quinoa, Cooked White Quinoa, Cooked Farro (water, farro grain (WHEAT), salt), Cooked Freekeh (water, green freekeh grain (WHEAT), salt), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, lemon juice concentrate (preservative sodium (SULPHITE), fine sea salt), Olive Oil, Salt, Basil, Oregano, Spearmint, Black Pepper.
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate
Parsley	Parsley

<b>BABY CAESAR</b>	
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

<b>MIXED SALAD</b>	
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

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

<b>HALLOUMI BITES</b>	
Halloumi Bites	Halloumi Cheese (MILK), Batter (Water, Maize Starch, Maize Flour, Rice Flour, Salt, Xantam Gum E415), Breadcrumbs (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

<b>POLLO MILANESE</b>	
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

<b>LEMON &amp; HERB CHICKEN WINGS</b>	
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

<b>POLENTA CHIPS</b>	
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)

<b>DOUGH BALLS PIZZAEXPRESS</b>	
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
Parsley	Parsley

<b>ALTERNATIVES</b>	
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

<b>GARLIC BREAD with MOZZARELLA</b>	
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

<b>GARLIC BREAD WITH VEGAN MOZZARELLA ALTERNATIVE</b>	
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

<b>DIPS</b>	
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

## 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	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

<b>CHOCOLATE BROWNIE</b>	
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

<b>TRIPLE SALTED CARAMEL CHEESECAKE</b>	
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)), Madagascar Bourbon Vanilla Bean Paste, Sugar, Water, Madagascar Bourbon Vanilla Extract, Vanilla Bean Specks, Thickener (Gum Tragacanth), Cornflour
Salted Caramel Sauce	Double Cream (MILK), Golden Syrup, Sugar, Sea Salt
Salted Caramel Pop Corns	Corn, Sugar, Butter (MILK), Corn Syrup, 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)



<b>RED BERRY &amp; VANILLA CHEESECAKE</b>	
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)), Madagascar 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)

<b>STRAWBERRIES &amp; CHOCOLATE DIPPING SAUCE</b>	
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)

<b>SORBET</b>	
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

<b>COPPA GELATO</b>	
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)
Chocolate Straw	Cocoa Mass, Sugar, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: SOYA Lecithin
Mint	Mint

<b>ORANGE &amp; CARROT CAKE DOLCETTI</b>	
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].
Coffee of your choice	Soya Milk Alternative Available

<b>CHOCOLATE BROWNIE</b>	
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

<b>LOTUS BISCOFF CHEESECAKE DOLCETTI</b>	
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)
Coffee of your choice	Soya Milk Alternative Available

<b>SALTED CARAMEL PROFITEROLS DOLCETTI</b>	
Salted Caramel Profiteroles	Sugar, cream (MILK), EGGS, cocoa butter, whole MILK powder, caramel (Sugar, glucose syrup, sweetened condensed MILK (condensed MILK, sugar) salted butter (MILK) ),(Butter (MILK), MILK, salt) vegetable oils (coconut, palm, palm kernel), WHEAT flour, salted caramel (whole MILK, sugar, glucose syrup, butter (MILK), whey powder (MILK), salt, cream (MILK)), skimmed milk (MILK), cocoa paste, starch, flavourings, colours (E150a, E160c), emulsifiers (E322 (SOYA), E471), salt, stabiliser (E407)
Mint	Mint
Coffee of your choice	Soya Milk Alternative Available

<b>CAFFÈ REALE</b>	
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
Coffee of your choice	Soya Milk Alternative Available

# PICCOLO MENU

<b>ALTERNATIVES</b>	
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

<b>BAKED DOUGH BALLS</b>	
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
Olive & Balsamic Dip (option)	Sunflower Oil, Extra Virgin Olive Oil, Wine Vinegar (SULPHITES) (Cooked grape must)

PIZZAS

<b>MARGHERITA</b>	
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

<b>LA REINE</b>	
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

<b>POLLO</b>	
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

<b>AMERICAN</b>	
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

<b>PICCOLO QUORN®</b>	
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
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

<b>BOLOGNESE</b>	
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

<b>NAPOLETANA</b>	
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)

<b>BIANCA</b>	
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

<b>POLLO SALAD</b>	
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)

<b>PICCOLO MILANESE</b>	
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

<b>CHOCOLATE BROWNIE</b>	
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

<b>PICCOLO SUNDAE</b>	
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.

<b>PIP ORGANIC FRUITY ICE LOLLY</b>	
PIP Organic Fruity Ice Lolly	Organic Apple Juice, Organic Apple Puree, Organic Grape Juice, organic guar gum
<b>PIP ORGANIC RAINBOW ICE LOLLY</b>	
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

<b>ALTERNATIVES</b>	
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

## STARTERS

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

<b>SLOW ROASTED TOMATOES</b>	
Slow Roasted Tomatoes	Semi dried Tomatoes, Rapeseed oil, Garlic, Oregano

<b>NEW BAKED GARLIC MUSHROOM</b>	
Portobello Mushroom	Portobello Mushroom
Pestorissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA Bean Oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
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
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Rosemary	Rosemary
Black Pepper	Black Pepper
Rocket	Rocket
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Pine Kernels	Pine Kernels
Basil	Basil

<b>NEW VEGAN DOUGH BALLS</b>	
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 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

<b>GARLIC BREAD WITH VEGAN MOZZARELLA ALTERNATIVE</b>	
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

<b>HOT JALAPEÑOS DOUGH BALLS</b>	
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

SIDES

<b>BROCCOLINI</b>	
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

<b>MIXED SALAD</b>	
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

<b>RAW SLAW</b>	
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

<b>DIPS</b>	
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
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil

#### AL FORNO & SALADS

<b>VEGAN MELANZANE</b>	
Italian Tomato Dip	Mashed tomatoes, salt, pepper, basil, garlic, sunflower oil, extra virgin olive oil
Grilled Aubergine	Aubergines, sunflower oil
Oregano	Dried Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
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
Parsley	Parsley
Tomato	Tomato

<b>VEGAN NOURISH BOWL</b>	
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, Cooked WHEAT Berries, Cooked SPELT, Cooked Black Quinoa, Cooked White Quinoa, Cooked Farro (water, farro grain (WHEAT), salt), Cooked Freekeh (water, green freekeh grain (WHEAT), salt), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, lemon juice concentrate (preservative sodium (SULPHITE), fine sea salt), Olive Oil, Salt, Basil, Oregano, Spearmint, Black Pepper.
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

<b>EXTRA</b>	
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

<b>CALZONE VERDURE</b>	
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, garlic, sunflower oil, extra virgin olive oil
Chargrilled Aubergines	Aubergines, Sunflower Oil
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Spinach	Spinach
Smoky Tomato Harissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA bean oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
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
Oregano	Oregano
Black Pepper	Black Pepper
Spinach	Spinach
Blended oil	Sunflower Oil, Extra Virgin Olive Oil
Rosemary	Rosemary
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

<b>VEGAN MEZZE</b>	
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
Grilled Aubergine	Aubergines, sunflower oil
Jalapeño Peppers	Jalapeño Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Hot & Sweet Chilli Peppers	Roquito Peppers, Water, Sugar, Vinegar
Pestorissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA Bean Oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
Oregano	Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, 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
Rocket	Rocket
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate



<b>VEGAN AMERICAN HOT</b>	
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
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

<b>VEGAN DIAVOLO</b>	
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
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.

<b>VEGAN FORZA</b>	
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
Tomato	Tomato
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
Chilli Flakes	Dried chilli flakes
Parsley	Parsley
Roasted Mixed Peppers	Red Pepper, Yellow Pepper
Hot & Sweet Chilli Peppers	Hot & Sweet Chilli Peppers, Water, Sugar, Vinegar.
Chilli Oil	Dried chilli flakes, Sunflower Oil, Extra Virgin Olive Oil
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
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

<b>VEGAN AD ASTRA</b>	
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
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

<b>VEGAN PADANA</b>	
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 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

<b>LEGGERA QUATTRO VERDURE</b>	
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
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

<b>VEGAN MARGHERITA</b>	
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

<b>VEGAN GIARDINIERA</b>	
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

<b>VEGAN VENEZIANA</b>	
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

<b>VEGAN AMERICAN JACK</b>	
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
Extra Virgin Olive Oil	Extra Virgin Olive Oil

<b>SLOPPY VEGAN</b>	
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
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

<b>SORBET</b>	
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

<b>ORANGE &amp; CARROT CAKE DOLCETTI</b>	
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].
Coffee of your choice	Soya Milk Alternative Available

<b>STRAWBERRIES &amp; CHOCOLATE DIPPING SAUCE</b>	
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

<b>ALTERNATIVES</b>	
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, 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

<b>BAKED GARLIC MUSHROOM</b>	
Portobello Mushroom	Portobello Mushroom
Pestorissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA Bean Oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
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
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Rosemary	Rosemary
Black Pepper	Black Pepper
Rocket	Rocket
Balsamic Dressing	Balsamic Vinegar (Wine Vinegar (SULPHITES), Cooked Grape Must), Extra Virgin Olive Oil
Pine Kernels	Pine Kernels
Basil	Basil

NEW SIDES

<b>MIXED SALAD</b>	
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

<b>BROCCOLINI</b>	
Tenderstem® Broccoli	Tenderstem® Broccoli, Olive Oil, Garlic, Salt, Black Pepper
Extra Virgin Olive Oil	Extra Virgin Olive Oil
Black Pepper	Black Pepper

NEW PIZZAS

<b>GARLIC PRAWN</b>	
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, garlic, sunflower oil, extra virgin olive oil
Red Onion	Red Onion
Baby Plum Tomatoes	Baby Plum Tomatoes
King Prawns	King Prawn, (CRUSTACEANS), salt, stabiliser (E450, E451)
Mozzarella	MILK, Salt, rennet (microbial - vegetarian), Lactic acid culture
Oregano	Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, Sunflower Oil, Extra Virgin Olive Oil
Lemon Wedge	Lemon
Parsley	Parsley

<b>VEGAN MEZZE</b>	
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
Grilled Aubergine	Aubergines, sunflower oil
Jalapeño Peppers	Jalapeño Peppers, Water, Salt, Acetic Acid, Distilled Vinegar, Calcium Chloride, Potassium Sorbate
Hot & Sweet Chilli Peppers	Roquito Peppers, Water, Sugar, Vinegar
Pestorissa	Sunflower Oil, Rehydrated Sundried and Semidried Tomatoes, Rose Harissa (rehydrated red peppers, SOYA Bean Oil, Spices, Sunflower Oil, Garlic, Salt, Rose Petals), Extra Virgin Olive Oil, Vinegar, Garlic Puree, Herbs & Spices, Salt, Sugar
Oregano	Oregano
Black Pepper	Black Pepper
Garlic Oil	Garlic, 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
Rocket	Rocket
Houmous	Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini (SESAME Seed Paste), Water, Lemon Juice Concentrate, Garlic Purée, Salt, Preservative: Potassium Sorbate

<b>LEGGERA POMODORO</b>	
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
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

<b>LEGGERA KING PRAWN</b>	
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
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

<b>LEGGERA QUATTRO VERDURE</b>	
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
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

<b>VEGAN NOURISH BOWL</b>	
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, Cooked WHEAT Berries, Cooked SPELT, Cooked Black Quinoa, Cooked White Quinoa, Cooked Farro (water, farro grain (WHEAT), salt), Cooked Freekeh (water, green freekeh grain (WHEAT), salt), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), White Wine Vinegar, Parsley, lemon juice concentrate (preservative sodium (SULPHITE), fine sea salt), Olive Oil, Salt, Basil, Oregano, Spearmint, Black Pepper.
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



DESSERTS

<b>SICILIAN LEMON &amp; WHITE CHOCOLATE ROULADE</b>	
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

<b>STRACCIATELLA GELATO</b>	
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.
Chocolate Pencil	Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin

<b>OLIVE OIL &amp; BLOOD ORANGE RIPPLE GELATO</b>	
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 Pencil	Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin

<b>SICILIAN WATERMELON SORBET</b>	
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 (watermelon), acidity regulator: E330.
Mint	Mint