



# Allergen Information

22nd March 2022 V1.1

# PIZZERIA

At PizzaExpress your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about.

Please note that our menu descriptors do not include all ingredients or allergens. Even if you have chosen the item previously, please make sure that you check the allergen information each time you visit and always inform your waiter of your allergy, intolerance or dietary requirements when ordering. Our teams cannot recommend or tell you what is suitable for you to eat or drink. Regional variations may apply.

## **DELIVERY**

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

## **HOW TO USE THIS GUIDE**

Our menu items are listed in rows on the left-hand side. If a menu item contains an allergen in its ingredients, a '✓' is displayed on the menu row in the corresponding allergen column. The '✓' indicates that allergen is contained in the menu item. If a '\*' is displayed on the menu item row, it refers to ingredients which are produced in a factory with this allergen present and we have deemed that there is a significant risk of contamination.

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

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

In accordance with the EU Food Information Regulation, we declare the main fourteen allergens. We also declare a further eight allergens as per the most frequently requested by our customers.

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

If you have an allergy which is not listed among the twenty-two allergens within this guide, you may check the ‘Ingredient List’ online on our website: [www.pizzaexpress.com](http://www.pizzaexpress.com)

Information on calories, carbohydrates and other nutritional values can also be found online on our website. If you don’t have an internet connected device on you, ask a member of the team. We will be happy to provide you with the information.

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



## **VEGETARIAN AND VEGAN**

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

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

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

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

## **GLUTEN-FREE**

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

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

We offer a wider selection of gluten-free dishes as accredited by Coeliac UK. Gluten-free describes foods that contain gluten at a level of no more than 20 parts per million (20ppm).

## **PINE KERNELS**

As from the Spring Menu 2020, we have added an allergen column for Pine Kernels in the ‘Dish’ and ‘Ingredients’ sections. Please note that ingredients and recipes which contained Pine Kernels on our previous menus were marked in the ‘Tree Nuts’ column of this guide. For your ease and with the appreciation that Pine Kernels are not nuts, we have now separated this out.



DOES IT CONTAIN?																		ARE THESE SUITABLE FOR?			PLEASE NOTE				
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

## APPETISERS, DOUGH BALLS, STARTERS AND SIDES

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



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## APPETISERS, DOUGH BALLS, STARTERS AND SIDES

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



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## SALADS

Caprese & Prosciutto	✓ Buffalo Mozzarella and in Pesto					✓ In Balsamic Dressing									✓ In Pesto	✓	✓	✓	✓	✓ In Slow-roasted Tomatoes	✓ In Green Olives and in Pesto			✓		
Grand Chicken Caesar	✓ In Dressing and Gran Milano	✓ Anchovies in dish and in Dressing			✓ Wheat in Croutons	✓ In Anchovies	✓ Fresh in dish and in Dressing		✓ In Dressing									✓ In Dressing	★ In Croutons	✓ Vinegar in Dressing and Anchovies	✓ In Dressing	✓ In Chicken				Suitable for coeliacs if Croutons are removed ★ May contain
Niçoise		✓ Tuna and Anchovies				✓ In Anchovies	✓ Fresh in Dish		✓ In Dressing									✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing, Anchovies and Capers	✓ In Dressing			✓		
Pollo & Grain					✓ Wheat, Barley & Spelt	✓			✓ In Dressing	★						✓	✓	✓ In Dressing	✓ Vinegar in Dressing and Mixed Grains	✓	✓ In Chicken				★ May contain	
Vegan Nourish Bowl (New Recipe)					✓ Wheat, Barley & Spelt	✓		✓ In Houmous		★						★ In Houmous	✓		✓ Vinegar in Dressing and Mixed Grains	✓		✓	✓			

## AL FORNO

Bolognese	✓					✓					✓				✓	✓	✓	✓	✓	✓ Vinegar		✓		✓		
Cannelloni	✓	★	★	★	✓ Wheat		✓	★	★	✓	★	★				✓	✓	✓			✓	✓				★ May contain
Lasagna Classica	✓	★	★	★	✓ Wheat		✓	★	★	★	✓	★			✓	✓	✓	✓			✓					
Melanzane	✓															✓	✓					✓		✓		
Pollo Pesto	✓									✓					✓ In Pesto	✓		✓	✓			✓			✓	
Vegan Melanzane																✓	✓		✓ Vinegar			✓	✓	✓		



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## PIZZA

American	✓			✓ Wheat												✓	✓			✓	✓					Suitable for coeliacs on a gluten-free base	
American Hot	✓			✓ Wheat	✓ In Hot Green Peppers											✓	✓		✓	Vinegar	✓	✓					
American Jack with Mozzarella	✓			✓ Wheat												✓	✓	✓	✓	Vinegar	✓	✓	✓				
BBQ Burnt Ends	✓			✓ Wheat				✓	✓							✓	✓	✓	✓		✓	✓					
Calabrese	✓			✓ Wheat										✓ In Pesto		✓	✓			✓	Vinegar in Hot & Sweet Chilli Peppers	✓	✓				Suitable for coeliacs on a gluten-free base
Calzone 'Nduja	✓			✓ Wheat	✓ In Hot Green Peppers			✓ In Dressing								✓	✓	✓ In Dressing	✓	Vinegar	✓	✓					
Calzone Verdure				✓ Wheat	✓			✓	✓							✓	✓	✓	✓	Vinegar	✓	✓	✓	✓			
Diavolo	✓			✓ Wheat	✓ In Hot Green Peppers											✓	✓	✓		✓	Vinegar in Peppers and Tabasco	✓	✓				
Fiorentina	✓			✓ Wheat		✓										✓	✓				✓	✓	✓			Suitable for coeliacs on a gluten-free base	
Garlic Prawn (New)	✓		✓	✓ Wheat												✓	✓	✓			✓	✓					





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## PIZZA

La Reine	✓			✓ Wheat											✓	✓	✓ In Ham			✓	✓					
Margherita	✓			✓ Wheat												✓				✓	✓	✓				Suitable for coeliacs on a gluten-free base
Padana	✓			✓ Wheat												✓	✓	✓ Fresh and in Caramelised Onion	✓ Vinegar in Caramelised Onion	✓	✓	✓				
Pollo ad Astra	✓			✓ Wheat	*											✓	✓	✓	✓ Vinegar in Sweet Red Peppers	✓	✓					Suitable for coeliacs on a gluten-free base *May contain in Cajun Spice
Pollo American (Deliveroo exclusive)	✓			✓ Wheat												✓	✓	✓		✓	✓					
Pollo Forza	✓			✓ Wheat												✓	✓	✓ In Smoked Chilli Powder	✓ Vinegar in Hot & Sweet Chilli Peppers	✓	✓					Suitable for coeliacs on a gluten-free base
Sloppy Giuseppe	✓			✓ Wheat												✓	✓	✓		✓	✓					
Smoky BBQ Chicken (Deliveroo exclusive)	✓			✓ Wheat				✓								✓	✓	✓	✓ Vinegar	✓	✓					
Veneziana	✓			✓ Wheat			*							✓		✓		✓	✓ Vinegar in Capers	✓	✓	✓				Suitable for coeliacs on a gluten-free base *May contain in Sultanas



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## VEGAN PIZZA

American Jack with Vegan Mozzarella Alternative				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base
Sloppy Vegan				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base
Vegan ad Astra				✓ Wheat	★										✓	✓	✓	✓	✓	✓	✓	✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base ★ May contain in Cajun Spice
Vegan American Hot				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base
Vegan Diavolo				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Quorn® is made with mycoprotein / Suitable for coeliacs on a gluten-free base
Vegan Forza				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base
Vegan Giardiniera				✓ Wheat										✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base
Vegan Margherita				✓ Wheat											✓			✓	✓	✓	✓	✓	✓		
Vegan Mezze (New)				✓ Wheat			✓ In Houmous		✓ In Smoky Tomato Harissa						✓	✓	✓ In Smoked Chilli Powder	✓	✓	✓	✓	✓	✓		
Vegan Padana				✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		
Vegan Veneziana				✓ Wheat			★							✓	✓		✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base ★ May contain in Sultanas



	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs
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## LEGGERA PIZZA

Leggera American Hot (New Recipe)	✓				✓ Wheat	✓ In Hot Green Peppers			✓ In Dressing								✓	✓	✓ In Dressing	✓ Vinegar in Dressing and Peppers	✓	✓			
Leggera King Prawn (New)			✓		✓ Wheat				✓ In Dressing								✓	✓	✓ Fresh and in Dressing	✓ Vinegar in Dressing	✓	✓			
Leggera Padana (New Recipe)	✓				✓ Wheat				✓ In Dressing								✓	✓	✓ Fresh, in Dressing, and in Caramelised Onion	✓ Vinegar in Dressing and Caramelised Onion	✓	✓	✓		
Leggera Pollo ad Astra (New Recipe)	✓				✓ Wheat	★			✓ In Dressing								✓	✓ In Cajun Spice	✓ Fresh, in Dressing and in Cajun Spice	✓ Vinegar in Dressing and Sweet Red Peppers	✓	✓			★ May contain in Cajun Spice
Leggera Pomodoro (New)	✓				✓ Wheat				✓ In Dressing								✓			✓ Vinegar in Dressing	✓	✓	✓		
Leggera Quattro Verdure (New)					✓ Wheat				✓ In Dressing							✓	✓	✓	✓	✓ Vinegar in Dressing	✓	✓	✓	✓	
Leggera Vegan Padana (New Recipe)					✓ Wheat				✓ In Dressing								✓	✓	✓ Fresh, in Dressing and Caramelised Onion	✓ Vinegar in Dressing and in Vegan Mozzarella Alternative	✓	✓	✓	✓	



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## HERITAGE PIZZA

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



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## DESSERTS

Chocolate Brownie with Vanilla Gelato	✓					✓			✓				*							✓	✓	✓		✓	Pasteurised milk and eggs / *May contain	
Chocolate Fudge Cake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓			*				* In Gelato								✓	✓				Unpasteurised eggs in cake / Pasteurised milk in accompaniment / *May contain
Coconut Sorbet													*								✓	✓	✓	✓		*May contain
Olive Oil & Blood Orange Ripple Gelato (New)	✓								✓				*								✓	✓				Pasteurised milk *May contain
Raspberry Sorbet													*								✓	✓	✓	✓		*May contain
Red Berry & Vanilla Cheesecake	✓			✓ Wheat	*	✓	*		*			*	*							✓	✓	✓				Pasteurised milk and eggs / *May contain
Salted Caramel Gelato	✓								✓				*								✓	✓		✓		Pasteurised milk *May contain
Sicilian Lemon & White Chocolate Roulade (New)	✓					✓			✓				*							✓	✓	✓				Pasteurised milk and eggs / *May contain
Sicilian Watermelon Sorbet (New)													*								✓	✓	✓	✓		*May contain
Stracciatella Gelato (New)	✓								✓				*								✓	✓		✓		Pasteurised milk *May contain
Strawberries & Chocolate Dipping Sauce				✓ Wheat In Biscuit					✓ In Biscuit											✓ In Biscuit	✓	✓	✓			Suitable for coeliacs if biscuit is removed
Tiramisu	✓			✓ Wheat		✓			*				*						✓ Marsala Wine		✓	✓				Pasteurised milk and eggs *May contain
Triple Salted Caramel Cheesecake	✓			✓ Wheat	*	✓	*		✓			*	*							✓	✓	✓				
Vanilla Gelato	✓								✓				*								✓	✓		✓		Pasteurised milk *May contain



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### DOLCETTI (NOT INCLUDING DRINKS)

Caffe Reale	✓				✓ In Figs														✓ Wine in Figs		✓ In Figs	✓		✓		
Chocolate Brownie	✓					✓			✓			*								✓	✓	✓		✓		
Lotus Biscoff Cheesecake	✓			✓ Wheat	*	*			✓			*								✓	✓	✓				
Orange & Carrot Cake	*					*						*										✓	✓	✓		* May contain
Salted Caramel Profiteroles	✓			✓ Wheat		✓			✓			*										✓				
Sicilian Watermelon Sorbet (New)												*									✓	✓	✓	✓		



DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE					
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

## PICCOLO STARTERS

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

## PICCOLO PIZZA

American	✓			✓ Wheat												✓	✓ In Pepperoni			✓	✓					
La Reine	✓			✓ Wheat										✓	✓	✓ In Ham				✓	✓					Suitable for coeliacs on a gluten-free base
Margherita / Margherita with Light Mozzarella	✓			✓ Wheat												✓				✓	✓	✓				
Pollo	✓			✓ Wheat												✓				✓	✓					
Quorn®				✓ Wheat												✓		✓ Vinegar		✓	✓	✓	✓			Suitable for coeliacs on a gluten-free base / Quorn® is made with mycoprotein

## PICCOLO PASTA

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



	DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE						
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Galery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar		Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	
<b>PICCOLO SALAD</b>																											
Pollo Milanese	✓				✓ Wheat			*									✓	✓	✓			✓					*May contain
<b>PICCOLO DRINKS</b>																											
Bambinoccino	✓																							✓		✓	
Cawston Press Kids' Drink																								✓	✓	✓	
<b>PICCOLO DESSERT</b>																											
Chocolate Brownie	✓					✓			✓				*								✓	✓	✓		✓		*May contain
Piccolo Sundae with Vanilla Gelato and Baby Cone	✓				✓ Wheat in Baby Cone				✓ In Baby Cone				*								✓ If served with Fruit Coulis	✓	✓				Suitable for coeliacs without the Baby Cone
Piccolo Sundae with Raspberry Sorbet and Baby Cone					✓ Wheat in Baby Cone				✓ In Baby Cone				*								✓ If served with Fruit Coulis	✓	✓	✓			*May contain
Pip Organic Fruity Ice Lolly																							✓	✓	✓		
Pip Organic Rainbow Ice Lolly																							✓	✓	✓		



# Dish

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

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



Ingredient	DOES IT CONTAIN?																		ARE THESE SUITABLE FOR?			PLEASE NOTE		
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed		Maize	Vegetarian

## INGREDIENTS

Anchovies (Brown)		✓																								✓		
Anchovies (White)		✓				✓														✓ Vinegar						✓		
Artichokes																		✓					✓	✓	✓			
Aubergine																							✓	✓	✓			
Baby Cones					✓ Wheat				✓														✓	✓				
Baby Figs						✓														✓ Wine		✓	✓	✓	✓	✓	Figs marinated in wine syrup	
Balsamic Dressing						✓														✓ Vinegar			✓	✓	✓			
Balsamic Vinegar						✓														✓			✓	✓	✓			
Basil & Pine Kernel Pesto	✓														✓			✓				✓			✓	✓	Pasteurised cheese	
BBQ Chicken (Deliveroo Exclusive)								✓									✓	✓	✓	✓ Vinegar		✓			✓			
BBQ Sauce/Dip - Sweet & Smoky								✓									✓	✓	✓	✓ Vinegar		✓			✓			
Béchamel	✓								✓									✓				✓			✓	✓	Pasteurised milk	
Beef Brisket									✓								✓	✓	✓	✓	✓	✓			✓			
Black Olives																							✓	✓	✓	✓	Pitted	
Bolognese Mix											✓				✓	✓	✓	✓	✓			✓			✓			
Bolognese Sauce (Kids)											✓				✓	✓	✓	✓	✓			✓			✓			
Broccoli - TenderStem® (New)																		✓				✓	✓	✓				
Bruschetta Mix																✓		✓				✓	✓	✓	✓	✓	Prepared in house	



Ingredient	DOES IT CONTAIN?																		ARE THESE SUITABLE FOR?			PLEASE NOTE			
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs

## INGREDIENTS

Buffalo Mozzarella	✓																							✓		✓	Pasteurised buffalo milk	
Caesar Dressing	✓	✓					✓	✓										✓		✓	Vinegar	✓					✓	Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice						*											✓	✓						✓	✓	✓	*May contain	
Calabrese Sausage																						✓				✓		
Calamari (ingredient)	*	*	*	✓	Wheat		*		*																		*May contain	
Cannelloni (ingredient)	✓	*	*	*	Wheat		✓	*	*	*		*	*					✓	✓					✓			Pasteurised milk and eggs *May contain	
Capers																				✓	Vinegar			✓	✓	✓		
Caramelised Onion																			✓	✓	Vinegar		✓	✓	✓	✓		
Carlo / Starspray																					✓	✓	✓	✓	✓	✓	Emulsion based on vegetable oil	
Cheddar Cheese	✓																							✓		✓	Pasteurised milk	
Chicken Breast																						✓				✓		
Chicken Goujons	✓				Wheat			*										✓	✓			✓					*May contain	
Chicken Wings - Lemon & Herbs (ingredient)																		✓	✓		✓					✓		
Chocolate Brownie (ingredient)	✓						✓		✓				*								✓	✓	✓			✓	Pasteurised milk and eggs *May contain	
Chocolate Fudge Cake (ingredient)	*				Wheat		✓		*													✓	✓				Unpasteurised eggs *May contain	
Chocolate Icing for Chocolate Fudge Cake	*																						✓			✓	*May contain	
Chocolate Sauce																						✓	✓	✓	✓			
Chocolate Straws	*								✓															✓		✓	*May contain	
Coconut Sorbet (ingredient)													*									✓	✓	✓	✓		*May contain	
Croutons					Wheat													*					✓	✓			*May contain	



Ingredient	DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE				
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs

## INGREDIENTS

Double Cream	✓																										Pasteurised
Dough / Dough Sticks					✓ Wheat																✓	✓	✓	✓			
Flora Original (New)																				✓ Vinegar	✓		✓	✓	✓		
Fruit Coulis																							✓	✓	✓		
Garlic Butter	✓				*													✓					✓				Gluten-free option available / Prepared in house / Pasteurised butter *May contain
Garlic Oil																		✓					✓	✓	✓		Prepared in house
Gelato Olive Oil & Blood Orange Ripple (New)	✓								*					*									✓		✓		
Gelato Salted Caramel	✓								✓					*									✓		✓		Pasteurised milk
Gelato Stracciatella (New)	✓								✓					*									✓		✓		*May contain
Gelato Vanilla	✓								*					*									✓		✓		
Gluten-free Base (Classic)																						✓	✓	✓	✓		
Gluten-free Base (Piccolo)																						✓	✓	✓	✓		
Gluten-free Dough Balls (ingredient)																						✓	✓	✓	✓		
Gluten-free Flour																							*	✓	✓	✓	White rice flour *May contain
Goat's Cheese	✓																						✓		✓		Pasteurised goat's milk
Grain Mix (New Recipe)					✓ Wheat, Barley & Spelt	✓			*											✓ Vinegar	✓		✓	✓			
Gran Milano	✓																						✓		✓		Pasteurised milk
Halloumi Bites (ingredient)	✓																					✓	✓	✓	✓		
Ham																							✓		✓		
Honey & Mustard Dressing								✓										✓		✓ Vinegar	✓	✓	✓		✓		



Ingredient	DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE			
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar		Rapeseed	Maize	Vegetarian

## INGREDIENTS

Hot Green Peppers						✓														✓			✓	✓	✓		
Hot Jalapeño Salsa																		✓	✓	✓	✓	✓		✓	✓	✓	Prepared in house
Hot & Sweet Chilli Peppers																				✓	✓		✓	✓	✓		
Houmous								✓									*	✓			✓		✓	✓	✓	*May contain	
House Dressing									✓									✓	✓	✓	✓	✓		✓	✓	✓	
House Light Dressing - sachets					✓ Barley		✓		✓									✓	✓	✓	✓	✓		✓		✓	For food deliveries only
Icing Sugar							*																✓	✓	✓	*May contain	
Italian Tomato Dip/ Sauce																	✓	✓					✓	✓	✓	Prepared in house	
Jackfruit Pepperoni																		✓	✓		✓		✓	✓	✓		
Jalapeño Peppers																				✓	✓		✓	✓	✓		
King Prawns (ingredient)			✓																						✓		
Lasagna (ingredient)	✓	*	*	*	✓ Wheat		✓	*	*	*	✓		*		✓	✓	✓	✓				✓				Pasteurised milk and eggs *May contain	
Light Mozzarella	✓																						✓		✓	Pasteurised milk	
Lotus Biscoff Biscuits					✓ Wheat					✓											✓		✓	✓			
Lotus Biscoff Cheesecake (ingredient)	✓				✓ Wheat	*	*			✓			*								✓	✓	✓			Pasteurised milk *May contain	
Marinated Green Olives (ingredient)																		✓	✓			✓	✓	✓			
Mascarpone	✓																						✓		✓	Pasteurised cream	
Mixed Roasted Peppers																							✓	✓	✓		
Mozzarella	✓																						✓		✓	Pasteurised milk	
'Nduja Sausage																						✓			✓		



Ingredient	DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE			
	Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Galery	Peanuts	Tree Nuts	Pine Kernells	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar		Rapeseed	Maize	Vegetarian

## INGREDIENTS

Oil - Blended																								✓	✓	✓	Blend of sunflower and extra virgin olive oils
Oil - Extra Virgin Olive																								✓	✓	✓	
Orange & Carrot Cake	*						*						*									✓		✓	✓	✓	*May contain
Pancetta																		✓					✓			✓	
Penne Pasta																							✓		✓	✓	
Pepperoni																		✓								✓	
Polenta Chips (ingredient)	*	*	*	*	✓ Wheat		*									*		*				✓		✓	✓		*May contain
Prosciutto																										✓	
Quorn® (ingredient)																			✓					✓	✓	✓	Quorn® is made with mycoprotein
Raspberry Sorbet													*										✓		✓	✓	*May contain
Raw Slaw Mix (ingredient)									✓									✓	✓		✓	✓		✓	✓	✓	Prepared in house
Salted Caramel Popcorn	✓																							✓		✓	
Salted Caramel Profiteroles (ingredient)	✓				✓ Wheat		✓			✓			*											✓			*May contain
Salted Caramel Sauce	✓																							✓		✓	Pasteurised double cream
Sicilian Lemon & White Chocolate Roulade (ingredient) (New)	✓						✓			✓			*										✓		✓		Pasteurised milk and eggs *May contain
Sicilian Watermelon Sorbet (New)													*										✓		✓	✓	*May contain
Slow-Roasted Tomatoes (ingredient)																✓	✓					✓		✓	✓	✓	



DOES IT CONTAIN?																			ARE THESE SUITABLE FOR?			PLEASE NOTE			
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

## INGREDIENTS

Smoked Chilli Powder																	✓	✓		✓			✓	✓	✓		
Smoky Tomato Harissa (Pestorissa)									✓							✓	✓		✓	Vinegar			✓	✓	✓		
Spicy Beef (Sloppy Giuseppe & Diavolo Mix)																✓	✓	✓						✓		Spicy beef mixed with diced onions, green peppers and tomato sauce	
Sultanas							*							*									✓	✓	✓	*May contain	
Sweet Red Peppers																				✓	Vinegar			✓	✓	✓	
Tabasco - Red																				✓	Vinegar			✓	✓	✓	
Tiramisu (ingredient)	✓				✓ Wheat	✓			*				*							✓	Marsala Wine		✓			Pasteurised milk and eggs / Cake not baked *May contain	
Tomato Sauce																✓							✓	✓	✓		
Tuna		✓																							✓		
Vanilla Cheesecake - Round (ingredient)	✓				✓ Wheat	*	✓	*	*			*	*								✓	✓	✓			Pasteurised milk and eggs *May contain	
Vegan Garlic & Parsley Spread (New)																	✓			✓	Vinegar	✓		✓	✓	Prepared in house	
Vegan Mozzarella Alternative																				✓	Vinegar		✓	✓	✓		

# Allergen Information Drinks

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



	DOES IT CONTAIN?														PLEASE NOTE	
	Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide/ Sulphites	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs		Mustard
<b>BEERS &amp; CIDERS</b>																
Cornish Orchards Blush Cider	✓	✓														Vegan
Cornish Orchards Gold Cider	✓	✓														
Fuller's Organic Honey Dew Golden Ale	✓			✓ Barley												
Gluten-free Peroni Nastro Azzurro	✓															Vegan
Meantime Anytime IPA	✓			✓ Barley												
Peroni Nastro Azzurro	✓			✓ Barley												
Peroni Gran Riserva	✓			✓ Barley												
Pizza Pale	✓			✓ Barley												PizzaExpress and Meantime Collaboration Vegan
<b>SPIRITS &amp; LIQUEURS</b>																
Amaretto	✓															Vegan
Aperol	✓	✓														
Bacardi	✓															
Baileys	✓		✓													

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

## SPIRITS & LIQUEURS

Campari	✓															
Chambord	✓															
Courvoisier	✓															
Elderflower Liqueur (St-Germain)	✓															
Freerlider - Sipsmith (New)																
Glenfiddich	✓															
Jack Daniel's	✓															
Jameson	✓															
Ketel One Vodka	✓															
Limocello	✓															
Martini Riserva Ambrato	✓	✓														
Pimm's	✓	✓														
Sipsmith Dry Gin	✓															
Tia Maria	✓															

Vegan

Vegan



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

### WHITE WINE

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

### PROSECCO

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

### ROSÉ WINE

Pinot Grigio Blush	✓	✓													Vegan
Provence Rosé	✓	✓													

### RED WINE

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

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

### COCKTAILS & SPRITZERS

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

### GIN & FEVER-TREE

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

### MINDFUL REFRESHMENT

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

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

### TEA & COFFEE

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

### INGREDIENTS

Chocolate Dusting																Vegan
Chocolate Powder																
Pomegranate Syrup																
Soya Milk								✓								
Strawberry Syrup																



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

## SOFT DRINKS & JUICES

Acqua Panna Still Mineral Water															Suitable for vegans if served without lemon
Appletiser															Vegan
Bottlegreen Elderflower Pressé															
Bottlegreen Raspberry Lemonade															
Cawston Press Kids' Blend															Suitable for vegans if lemon is removed
Coca-Cola Classic															
Coca-Cola Zero Sugar															
Diet Coke															Vegan
Fanta															
Fever-Tree Refreshingly Light Elderflower Tonic															
Fever-Tree Refreshingly Light Rhubarb & Raspberry															Suitable for vegans if served without lemon/orange
Fever-Tree Refreshingly Light Tonic Water Mediterranean															
Fever-Tree White Grape & Apricot Soda															
Irn-Bru (Scotland only)															Vegan
Irn-Bru Diet (Scotland only)															

# Drinks

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

## SOFT DRINKS

Naturally Pink Apple Juice (New)															Vegan
Passion Fruit Still Lemonade															
Robinsons Orange		✓													Vegan
Robinsons Apple & Blackcurrant		✓													
San Pellegrino Aranciata Rossa															Suitable for vegans if served without orange
San Pellegrino Limonata															Vegan
San Pellegrino Sparkling Mineral Water															Suitable for vegans if served without lemon
Schweppes Lime Cordial		✓													Vegan
Schweppes Mixer - Lemonade															Suitable for vegans if served without lemon
Schweppes Mixer - Soda Water															
Schweppes Soda PET															
Sicilian Still Lemonade															Vegan
Sprite No Sugar															
Strawberry Sicilian Still Lemonade															

# Allergen Information

## Lunch Menu

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

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

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





DOES IT CONTAIN?																			ARE THESE SUITABLE FOR?			PLEASE NOTE			
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

## PIZZA WRAPS

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

## SALADS

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



DOES IT CONTAIN?																			ARE THESE SUITABLE FOR?			PLEASE NOTE			
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Egg	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

## SIDES

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

## DIPS

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