



Allergen Information

July 2020 VI

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.

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.

NB. In the ‘Ingredients’ section of this guide, we do not list any ingredients which are unadulterated, e.g. eggs, tomatoes, peppers, oregano, 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 or on the ‘toblerone’ 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 'Full Ingredient List' online on our website: 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 hand, 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



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 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).

VEGETARIAN AND VEGAN:

We are very excited to bring you a specific Vegan Menu which lists all our dishes and drinks that are suitable. Please ask our teams. With regards to our Vegan Menu, 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 safety is 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.

PINE KERNELS:

As from the Spring Menu 2020, we have added an allergen column for Pine Kernels in the 'Recipe' and 'Ingredient' sections. Please note 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 a nuts, we have now separated this out.

CONTAMINATION:

As 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	

APPETISERS, STARTERS AND SIDES

Bruschetta Originale 'PizzaExpress'	✓			✓ Wheat										✓ In Pesto		✓	✓	✓		✓	✓	✓				Suitable for vegans if Garlic Butter and Pesto are removed	
Buffalo Mozzarella & Tomato Salad	✓													✓ In Pesto		✓	✓ In Pesto					✓		✓			
Calamari	✓ In Dressing	✓ In Dressing	✓	✓ Wheat		✓ In Dressing	✓ In Dressing										✓ In Dressing		✓ Vinegar	✓							
Chipotle Chicken Wings (New)					✓											✓	✓	✓	✓ Vinegar	✓	✓ Dextrose				✓		
Dough Balls Doppio	✓			✓ Wheat					✓ In Smoky Tomato Harissa					✓ In Pesto		✓	✓		✓ Vinegar	✓	✓	✓					
Dough Balls 'PizzaExpress'	✓			✓ Wheat													✓			✓	✓	✓					Suitable for vegans if Garlic Butter is substituted with Houmous, Smoky Tomato Harissa or White Bean & Basil Purée
Dough Balls with Houmous				✓ Wheat			✓										✓			✓	✓	✓	✓				
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 (New)				✓ Wheat													✓		✓ Vinegar	✓	✓	✓	✓	✓			
Garlic King Prawns (New)	✓		✓	✓ Wheat												✓	✓	✓		✓	✓						Suitable for coeliacs if served with gluten-free Dough Balls
Gluten-Free Dough Balls	✓																✓					✓		✓			Suitable for vegans if Garlic Butter is substituted with Houmous, Smoky Tomato Harissa or White Bean & Basil Purée



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APPETISERS, STARTERS AND SIDES

Lemon & Herb Chicken Wings (with Light Dressing)						✓ In Dressing		✓ In Dressing									✓	✓	✓ Vinegar in Dressing	✓				✓		
Marinated Green Olives																	✓	✓			✓		✓	✓	✓	
Mixed Salad						✓ In Dressing		✓ In Dressing							✓	✓ In Dressing	✓ In Dressing	✓	✓ Vinegar in Dressing				✓		✓	
Polenta Chips	✓ In Gran Milano			✓ Wheat				✓ In Dressing									✓ In Dressing		✓ Vinegar in Dressing	✓ In Dressing	✓	✓				
Rucola (New)	✓ Gran Milano				✓ In Dressing														✓ Vinegar			✓			✓	
Slow-Roasted Tomatoes																✓	✓			✓			✓	✓	✓	
Trio of Dips (Italian Tomato Dip, Houmous and Basil & Pine Kernel Pesto)	✓							✓							✓ In Pesto	✓	✓			✓	✓	✓			✓	
Vegan Trio of Dips (Italian Tomato Dip, Houmous and Hot Jalapeño Salsa) (New)					✓			✓								✓	✓	✓	✓ Vinegar	✓			✓	✓	✓	

DOES IT CONTAIN?																		ARE THESE SUITABLE FOR?			PLEASE NOTE				
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SALADS

Grand Chicken Caesar	✓ In Dressing and Gran Milano	✓ Anchovies in dish and in Dressing		✓ Wheat in Dough Sticks and Croutons	✓ In Anchovies	✓ Fresh and in Dressing		✓ In Dressing									✓ In Dressing		✓ Vinegar in Dressing and Anchovies	✓ In Dough Sticks and Dressing	✓ In Dough Sticks and Chicken				Suitable for coeliacs if Dough Sticks and Croutons are removed, and served with gluten-free Dough Balls instead
Niçoise		✓ Tuna and Anchovies		✓ Wheat in Dough Sticks	✓ In Anchovies	✓ Fresh and in Dressing		✓ In Dressing							✓		✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing, Anchovies and Capers	✓ In Dough Sticks	✓ In Dough Sticks				Suitable for coeliacs if Dough Sticks are substituted with gluten-free Dough Balls
Pollo	✓ Goat's Cheese			✓ Wheat in Dough Sticks and Croutons		✓ In Dressing		✓ In Dressing							✓		✓ In Dressing	✓ In Dressing	✓ Vinegar in Peppers and Dressing	✓ In Dough Sticks	✓ In Dough Sticks and Chicken				Suitable for coeliacs if Dough Sticks and Croutons are removed, and served with gluten-free Dough Balls instead



Dish	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		
AL FORNO																												
Bolognese	✓					✓					✓					✓	✓	✓	✓	✓		✓			✓			
Lasagna Classica	✓				✓ Wheat		✓				✓					✓	✓	✓	✓			✓						
Pollo Pesto	✓									✓					✓ In Pesto	✓	✓ In Béchamel	✓	✓			✓				✓		



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PIZZA

American	✓			✓ Wheat												✓	✓			✓	✓						
American Hot	✓			✓ Wheat	✓ In Jalapeños and Hot Green Peppers											✓	✓		✓ Vinegar	✓	✓					Suitable for coeliacs on a gluten-free base	
Barbacoa	✓			✓ Wheat							✓				✓	✓	✓		✓ Vinegar	✓	✓						
Calabrese	✓			✓ Wheat									✓ In Pesto		✓	✓			✓ Vinegar in Roquito Peppers	✓	✓						
Diavolo	✓			✓ Wheat	✓ In Jalapeños and Hot Green Peppers											✓	✓	✓		✓ Vinegar in Peppers and Tabasco	✓	✓				Suitable for coeliacs on a gluten-free base	
Fiorentina	✓			✓ Wheat		✓										✓	✓			✓	✓	✓					
La Reine	✓			✓ Wheat											✓	✓	✓ In Ham			✓	✓						

Dish

	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	
Margherita	✓				✓ Wheat												✓				✓	✓	✓			Suitable for coeliacs on a gluten-free base	
Margherita Bufala	✓				✓ Wheat												✓	✓			✓	✓	✓				
Padana	✓				✓ Wheat	✓ In Caramelised Onion											✓	✓	✓	✓	✓	✓	✓				
Pollo ad Astra	✓				✓ Wheat	★											✓	✓	✓	✓	✓	✓				Suitable for coeliacs on a gluten-free base ★ May contain in Cajun Spice	
Pollo Forza	✓				✓ Wheat												✓	✓	✓	✓	✓	✓				Suitable for coeliacs on a gluten-free base	
Sloppy Giuseppe	✓				✓ Wheat												✓	✓	✓		✓	✓					
Veneziana	✓				✓ Wheat										✓		✓	✓	✓	✓	✓	✓	✓				
Vegan Giardiniera					✓ Wheat											✓	✓	✓	✓	✓	✓	✓	✓	✓		Suitable for coeliacs on a gluten-free base	
Vegan Margherita					✓ Wheat												✓	✓	✓	✓	✓	✓	✓	✓			
Vegan Mezze					✓ Wheat	✓ In Jalapenos	✓ In Houmous		✓ In Smoky Tomato Harissa								✓	✓	✓	✓	✓	✓	✓	✓			
Vegan Padana					✓ Wheat	✓ In Caramelised Onion											✓	✓	✓	✓	✓	✓	✓	✓			
Vegan Veneziana					✓ Wheat										✓		✓	✓	✓	✓	✓	✓	✓	✓			



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HERITAGE PIZZA

American Hottest	✓			✓ Wheat	✓										✓	✓			✓ Vinegar	✓	✓						
Capricciosa	✓	✓		✓ Wheat		✓									✓	✓			✓ Vinegar	✓	✓						
Caprina	✓			✓ Wheat											✓	✓				✓	✓	✓					
Etna	✓			✓ Wheat											✓	✓			✓ Vinegar	✓	✓						
Formaggi	✓			✓ Wheat											✓					✓	✓	✓					
Four Seasons	✓	✓		✓ Wheat										✓	✓	✓			✓ Vinegar	✓	✓						
Napoletana	✓	✓		✓ Wheat											✓	✓			✓ Vinegar	✓	✓						
Neptune		✓		✓ Wheat											✓		✓		✓ Vinegar	✓	✓						Suitable for coeliacs on a gluten-free base
Niçoise	✓	✓		✓ Wheat		✓									✓	✓			✓ Vinegar	✓	✓						
Pianta				✓ Wheat										✓	✓	✓	✓			✓	✓	✓	✓				
Pollo con Funghi	✓			✓ Wheat					✓ In Béchamel						✓	In Béchamel		✓		✓	✓						
Pomodoro Pesto	✓			✓ Wheat										✓ In Pesto	✓	✓				✓	✓	✓					
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	✓					✓			✓											✓	✓	✓		✓	
Coppa Gelato Chocolate	✓								✓												✓	✓		✓	
Coppa Gelato Salted Caramel	✓								✓												✓	✓		✓	
Coppa Gelato Strawberry	✓								✓												✓	✓		✓	
Coppa Gelato Vanilla	✓								✓												✓	✓		✓	
Honeycomb Cream Slice (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓			✓											✓	✓	✓			Pasteurised milk and eggs
Leggera Sorbet (Coconut and Raspberry)																					✓	✓	✓	✓	
Tiramisu	✓			✓ Wheat		✓													✓ Marsala Wine		✓	✓			Pasteurised milk and eggs
Vanilla Cheesecake (served with Cream, Vanilla Gelato or Mascarpone) (New)	✓			✓ Wheat		✓			★											✓	✓	✓			Pasteurised milk and eggs / ★ May contain if served with Vanilla Gelato



DOES IT CONTAIN?																ARE THESE SUITABLE FOR?			PLEASE NOTE						
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PICCOLO STARTERS

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

PICCOLO PIZZA

American	✓			✓ Wheat												✓	✓ In Pepperoni			✓	✓					
Pollo	✓			✓ Wheat												✓				✓	✓					
La Reine	✓			✓ Wheat										✓	✓	✓ In Ham				✓	✓					
Margherita / Margherita with Light Mozzarella	✓			✓ Wheat												✓				✓	✓	✓				

Suitable for coeliacs on a gluten-free base

PICCOLO AL FORNO

Bianca	✓								✓						✓	✓ In Béchamel			✓		✓				✓	
Bolognese										✓					✓	✓	✓	✓			✓				✓	
Napoletana	✓								✓						✓						✓	✓			✓	



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PICCOLO DESSERTS

Bambinoccino	✓																						✓		✓		
Chocolate Brownie	✓					✓			✓											✓	✓			✓		✓	
Piccolo Sundae with Baby Cone	✓			✓ Wheat					✓ In Baby Cone											✓ If served with Fruit Coulis	✓			✓		Suitable for coeliacs without the Baby Cone	
Pip Organic Fruity Ice Lolly																							✓	✓	✓		
Pip Organic Rainbow Ice Lolly																							✓	✓	✓		
Raspberry Sorbet with Baby Cone				✓ Wheat					✓ In Baby Cone												✓		✓			Suitable for coeliacs without the Baby Cone	

Dish

DISH	SUITABLE FOR A REDUCED-DAIRY DIET	DISH	SUITABLE FOR A REDUCED-DAIRY DIET
Marinated Green Olives	No changes needed	Hot Honey (including Leggera) (New)	Remove (Light) Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
Slow-Roasted Tomatoes		La Reine (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Bruschetta Originale	Remove Garlic Butter and Pesto	Margherita (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Calamari	Remove Caesar Dressing	Padana (including Leggera)	Remove Goat's Cheese and Mozzarella, add our Vegan Mozzarella Alternative
Chipotle Chicken Wings (New)	No changes needed	Pollo ad Astra (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Dough Balls	Remove Garlic Butter, add Smoky Tomato Harissa, Houmous or White Bean & Basil Purée	Pollo Forza (including Leggera)	Remove Gran Milano and (Light) Mozzarella, add our Vegan Mozzarella Alternative
Garlic Bread	Remove Garlic Butter, add Garlic Oil on the side	Pulled Lamb (including Leggera) (New)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Garlic Bread with Vegan Mozzarella Alternative (New)	No changes needed	Sloppy Giuseppe (including Leggera)	
Green Beans (New)		Veneziana (including Leggera)	
Hot Jalapeño Dough Balls (New)		HERITAGE: Capricciosa, Four Seasons, Napoletana, Niçoise Pizza and Siciliana	Remove Mozzarella, add our Vegan Mozzarella Alternative
Lemon & Herb Chicken Wings		HERITAGE: Neptune and Pianta	No changes needed
Mixed Salad	Remove Gran Milano	Leggera Peperonata	No changes needed
Polenta Chips		Pea & Asparagus Risotto (New)	
Rucola (New)	No changes needed	Chocolate Fondant	Remove Vanilla Gelato, add Coconut or Raspberry Sorbet
Vegan Trio of Dips (New)	No changes needed	Raspberry or Coconut Sorbet	No changes needed
Niçoise	No changes needed	DISH	PICCOLO MENU
Pollo	Remove Goat's Cheese	Piccolo Dough Balls (with Houmous)	No changes needed
Grand Chicken Caesar	Remove Caesar Dressing and Gran Milano	Piccolo Dough Balls (with Extra Virgin Olive Oil and Balsamic Vinegar)	
Leggera Superfood Salad	No changes needed	Piccolo Bolognese	No changes needed
American (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative	Piccolo Napoletana	Remove Béchamel
American Hot (including Leggera)		Piccolo Margherita	Remove Mozzarella, add our Vegan Mozzarella Alternative
Barbacoa (including Leggera)		Piccolo La Reine	
Calzone Vegan Mezze (New)	Piccolo American		
Diavolo (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative	Piccolo Pollo	Remove Light Mozzarella
Fiorentina	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative	Piccolo Pollo Salad	



Ingredient	DOES IT CONTAIN?																		ARE THESE SUITABLE FOR?			PLEASE NOTE		
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INGREDIENTS

Aubergine (New)																								✓	✓	✓	
Anchovies (White)		✓				✓														✓ Vinegar						✓	
Anchovies (Brown)		✓																								✓	
Artichokes																		✓						✓	✓	✓	
Baby Cones					✓ Wheat				✓															✓	✓		
Baby Figs						✓														✓ Wine		✓	✓	✓	✓	Figs marinated in wine syrup	
Balsamic Dressing						✓														✓ Vinegar				✓	✓	✓	
Balsamic Vinegar						✓														✓				✓	✓	✓	
Basil & Pine Kernel Pesto	✓														✓			✓				✓	✓		✓	Pasteurised cheese	
Béchamel	✓								✓								✓		✓			✓	✓		✓	Pasteurised milk	
Black Olives																							✓	✓	✓	Pitted	
Bolognese Mix												✓				✓	✓	✓	✓			✓			✓		
Bolognese Sauce (Kids)												✓				✓	✓	✓	✓			✓			✓		
Bruschetta Mix																	✓		✓				✓	✓	✓	Prepared in house	
Buffalo Mozzarella	✓																						✓		✓	Pasteurised cheese	
Caesar Dressing	✓	✓					✓	✓										✓		✓ Vinegar	✓				✓	Unpasteurised Parmesan cheese / Pasteurised eggs	
Cajun Spice						★												✓	✓				✓	✓	✓	★ May contain	
Calabrese Sausage																						✓			✓		
Calamari (ingredient)				✓	✓ Wheat																						



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

Capers																				✓ Vinegar			✓	✓	✓		
Caramelised Onion						✓													✓	✓ Vinegar		✓	✓	✓	✓		
Carrot Cake (ingredient)									✓											✓ Vinegar	✓	✓	✓	✓	✓		
Chicken Breast																						✓ Dextrose				✓	
Chicken Wings - Lemon & Herbs (ingredient)						✓											✓	✓		✓						✓	
Chipotle Salsa																✓	✓	✓	✓ Vinegar	✓	✓ Dextrose	✓	✓	✓	✓		
Chocolate Brownie (ingredient)	✓						✓		✓											✓	✓	✓			✓	Pasteurised milk and eggs	
Chocolate Fudge Cake (ingredient)	✓				✓ Wheat		✓														✓	✓	✓			Pasteurised milk / Unpasteurised eggs	
Chocolate Icing for Chocolate Fudge Cake																							✓		✓		
Chocolate Sauce																						✓	✓	✓	✓		
Chocolate Straws	★								✓															✓		✓	★ May contain
Coconut Sorbet (ingredient)																						✓	✓	✓	✓	Dairy-free sorbet	
Croutons					✓ Wheat																			✓	✓		
Double Cream	✓																							✓		✓	Pasteurised
Dough					✓ Wheat																✓	✓	✓	✓			



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

Fruit Coulis (Blackcurrant)																					✓		✓	✓	✓		
Garlic Butter	✓																	✓						✓		✓	Prepared in house / Pasteurised butter
Garlic Oil																		✓						✓	✓	✓	Prepared in house
Gelato Chocolate	✓									★													✓		✓	✓	Pasteurised milk ★ May contain
Gelato Salted Caramel	✓									✓													✓		✓	✓	Pasteurised milk
Gelato Strawberry	✓									★													✓		✓	✓	Pasteurised milk ★ May contain
Gelato Vanilla	✓									★													✓		✓	✓	Pasteurised milk ★ May contain
Gluten-free Base (Classic)																						✓	✓	✓	✓	✓	
Gluten-free Base (Piccolo)																						✓	✓	✓	✓	✓	
Gluten-free Dough Balls (ingredient)																								✓	✓	✓	
Gluten-free Flour																							✓		✓	✓	White rice flour
Goat's Cheese	✓																							✓		✓	Pasteurised goat's milk
Gran Milano	✓																							✓		✓	Pasteurised milk
Ham																		✓					✓			✓	
Honey & Mustard Dressing									✓									✓			✓	✓	✓			✓	
Honeycomb Cream Slice	✓				✓ Wheat		✓			✓											✓	✓		✓			Pasteurised milk and eggs
Hot Green Peppers						✓															✓			✓	✓	✓	
Hot Jalapeño Salsa (New)						✓												✓	✓		✓	✓	✓	✓	✓	✓	
Houmous								✓										✓				✓		✓	✓	✓	
House Dressing							✓		✓									✓	✓		✓			✓		✓	Pasteurised eggs



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

Icing Sugar																								✓	✓	✓	✓	
Italian Tomato Dip/ Sauce																	✓	✓							✓	✓	✓	
Jalapeño Peppers						✓															✓				✓	✓	✓	
King Prawns (ingredient)			✓																								✓	
Lasagna (ingredient)	✓				✓ Wheat		✓				✓					✓	✓	✓	✓				✓					Pasteurised milk and eggs
Light House Dressing						✓		✓									✓	✓			✓			✓		✓		Pasteurised eggs
Light Mozzarella	✓																							✓		✓		Pasteurised milk
Marinated Green Olives (ingredient)																	✓	✓					✓	✓	✓	✓		
Mascarpone	✓																							✓		✓		Pasteurised cream
Mozzarella	✓																							✓		✓		Pasteurised milk
'Nduja Sausage																								✓			✓	
Oil - Blended																								✓	✓	✓		Blend of sunflower and extra virgin olive oils
Oil - Extra Virgin Olive																								✓	✓	✓		
Pancetta																		✓								✓		
Penne Pasta																							✓	✓	✓	✓		
Peperonata Sauce (New)																	✓	✓						✓	✓	✓		
Pepperoni																		✓								✓		



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

Polenta Chips (ingredient)					✓ Wheat																	✓	✓	✓		
Pulled Beef											✓					✓	✓	✓	✓	Vinegar	✓				✓	
Raspberry Sorbet																						✓	✓	✓	✓	
Roquito Peppers																				✓	Vinegar			✓	✓	✓
Roquito Pepper Pearls																				✓	Vinegar			✓	✓	✓
Rosemary & Garlic Flatbread (ingredient)					✓ Wheat											✓					✓	✓		✓	✓	
Slow-Roasted Tomatoes (ingredient)																✓	✓				✓			✓	✓	✓
Smoked Chilli Powder																✓	✓				✓			✓	✓	✓
Smoky Tomato Harissa (Pestorissa)									✓							✓	✓			✓	Vinegar			✓	✓	✓
Spicy Beef (Sloppy Giuseppe & Diavolo Mix)																✓	✓	✓							✓	Spicy beef mixed with diced onions, peppers and tomato sauce



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

INGREDIENTS

Starspray (Carlo)																					✓	✓	✓	✓	✓	Emulsion based on vegetable oil	
Sultanas																								✓	✓	✓	
Superfood Mix								✓	✓									✓			✓			✓	✓	✓	
Sweet Red Peppers																					✓			✓	✓	✓	
Tabasco - Red																					✓			✓	✓	✓	
Tiramisu (ingredient)	✓				✓ Wheat		✓													✓ Marsala Wine		✓	✓			Pasteurised milk and eggs / Cake not baked	
Tomato Sauce																	✓							✓	✓	✓	
Trio of Dips (Italian Tomato Dip, Houmous and Basil & Pine Kernel Pesto)	✓							✓							✓ In Pesto		✓	✓			✓	✓	✓		✓		
Trio of Dips - Vegan (Italian Tomato Dip, Houmous and Hot Jalapeño Salsa) (New)					✓		✓										✓	✓	✓	✓	✓	✓	✓	✓	✓		
Tuna		✓																							✓		
Vanilla Cheesecake (ingredient) (New)	✓				✓ Wheat		✓														✓	✓	✓			Pasteurised milk and eggs	
Vegan Mozzarella Alternative																				✓	✓		✓	✓	✓	Dairy-free	
Wholemeal, White Flour and Spelt Dough					✓ Spelt (wheat) & Barley																	✓	✓	✓	✓		

Allergen Information Drinks

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

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

BEERS & CIDERS

Cornish Orchards Blush Cider (New)	✓	✓														Vegan
Cornish Orchards Gold Cider (New)	✓	✓														Vegan
Fuller's Organic Honey Dew Golden Ale	✓			✓ Barley												
Gluten- Free Peroni Nastro Azzurro	✓															Vegan
Meantime Anytime IPA (New)	✓			✓ Barley												Vegan
Peroni Nastro Azzurro	✓			✓ Barley												Vegan
Peroni Gran Riserva	✓			✓ Barley												Vegan
Peroni Libera (Alcohol Free)				✓ Barley												Vegan

SPIRITS & LIQUEURS

Amaretto	✓															Vegan
Aperol	✓	✓														Suitable for vegans if served without lemon
Bacardi	✓															Suitable for vegans if served without lemon
Baileys	✓		✓													



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

SPIRITS & LIQUEURS

Campari	✓															
Chambord	✓															
Courvoisier	✓															Suitable for vegans if served without lemon
Elderflower Liqueur (St-Germain)	✓															Suitable for vegans if served without lemon
Glenfiddich	✓															Suitable for vegans if served without lemon
Jack Daniel's	✓															Suitable for vegans if served without lemon
Jameson	✓															Suitable for vegans if served without lemon
Ketel One Vodka	✓															Vegan
Limoncello	✓															Vegan
Pimm's	✓	✓														
Rhubarb Liqueur (Giffards) (New)	✓															Vegan
Sipsmith Dry Gin	✓															Suitable for vegans if served without lemon
Sipsmith Orange & Cacao	✓															Suitable for vegans if served without orange (fruit)
Tia Maria	✓															Suitable for vegans if served without lemon



	DOES IT CONTAIN?														PLEASE NOTE	
	Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Tree Nuts	Sesame Seeds	Soybeans	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	
WHITE WINE																
Grecanico Chardonnay	✓	✓														Vegan
Picpoul de Pinet	✓	✓														Vegan
Pinot Grigio	✓	✓														
Sauvignon Blanc	✓	✓														Vegan
Soave	✓	✓														Vegan
PROSECCO																
Prosecco DOC	✓	✓														Vegan



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

RED WINE

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

ROSE WINE

Pinot Grigio Blush	✓	✓														
Provence Rosé	✓	✓														

NON-ALCOHOLIC COCKTAILS

Classic Seedlip (New)																Suitable for vegans if served without lime
Elderflower & Mint Sparkle (New)																Suitable for vegans if served without lemon
Elderflower Seedlip (New)																Vegan
Ginger Seedlip (New)																Suitable for vegans if served without orange
Mango & Apple Chill																
Pink Seedlip (New)																Vegan, except in Northern Ireland
Raspberry Sparkle (New)																Suitable for vegans if served without lime

Drinks

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

COCKTAILS & SPRITZERS

Aperol Spritz	✓	✓													Suitable for vegans if served without orange
Classic G&T (New)	✓														Suitable for vegans if served without lime
Classic Spritzer - Red Wine	✓	✓													Suitable for vegans if served without lemon
Classic Spritzer - Rosé Wine	✓	✓													
Classic Spritzer - White Wine	✓	✓													
Espresso Martini	✓														Vegan
Garden G&T (New)	✓														Vegan
Mango Spritzer	✓	✓													
Orange & Cacao G&G (New)	✓														Suitable for vegans if served without orange
Pink G&T (New)	✓														Vegan, except in Northern Ireland
Rubharb Fizz (New)	✓	✓													Vegan

Drinks

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

INGREDIENTS

Chocolate Dusting			*													* May contain
Chocolate Powder			*													* May contain
Coffee Beans																Vegan
Decaf Coffee Pods																Vegan
Lime Cordial																Vegan
Salted Caramel Syrup																Vegan
Salted Caramel Sauce			✓													
Soya Milk								✓								Vegan
Strawberry Syrup																Vegan



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

TEA & COFFEE

Americano																Vegan
Baileys Latte	✓															
Bambinoccino			✓													Suitable for vegans if made with soya milk and chocolate dusting removed
Cappuccino			✓													Suitable for vegans if made with soya milk and chocolate dusting removed
Espresso																Vegan
Fresh Mint Tea																Vegan
Hot Chocolate			✓													
Irish Coffee	✓		✓													
Latte			✓													Suitable for vegans if made with soya milk
Macchiato			✓													Suitable for vegans if made with soya milk
Mocha			✓													
Salted Caramel Iced Latte			✓													Suitable for vegans if made with soya milk
Teapigs Tea																Vegan



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

SOFT DRINKS

Acqua Panna Still Mineral Water															Suitable for vegans if served without lemon
Apple Juice															
Appletiser															Vegan
Belvoir Light Elderflower Pressé (New)															Vegan
Belvoir Light Raspberry Lemonade (New)															Vegan
Cawston Press Kids' Blend															Vegan
Coca-Cola Classic															Suitable for vegans if lemon is removed
Coca-Cola Zero Sugar															Suitable for vegans if lemon is removed
Diet Coke															Suitable for vegans if lemon is removed
Fanta															Vegan
Fever-Tree Refreshingly Light Elderflower Tonic (New)															Vegan
Fever-Tree Refreshingly Light Ginger Ale															Suitable for vegans if served without orange
Fever-Tree Refreshingly Light Tonic Water Mediterranean															Suitable for vegans if served without lemon
Fever-Tree Refreshingly Light Tonic Water 'Pink' Aromatic															Vegan
Irn-Bru															Vegan
Irn-Bru Diet															Vegan
Mango Juice															Vegan

Drinks

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

SOFT DRINKS

Orange Juice															
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 Mixer - Lemonade															Suitable for vegans if served without lemon
Schweppes Mixer - Soda Water															Suitable for vegans if served without lemon
Schweppes Soda PET															Vegan
Sicilian Still Lemonade															
Seedlip Citrus Grove 42															Vegan
Sprite No Sugar															Suitable for vegans if served without lemon
Strawberry Sicilian Still Lemonade															