



Allergen Information

17th September 2019 V2

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 descriptions 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 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 cross-contamination.

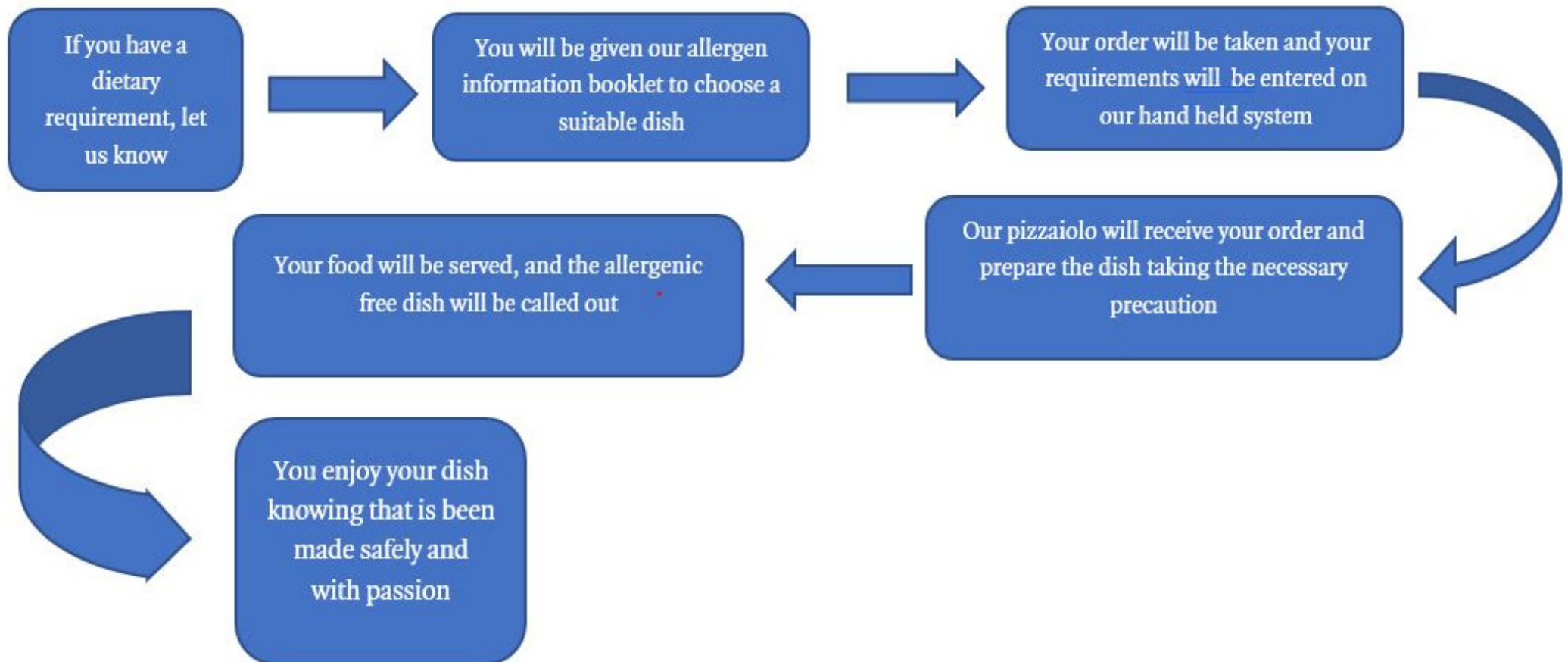
In accordance with the EU Food Information Regulation, we declare the main fourteen allergens as well as a further 7 allergens as per the most frequently requested by our customers.

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.

Do you have a question regarding our ingredients? Looking for something that is not listed or, would you 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

Information on calories, carbohydrates and other nutritional values can 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.



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 (ppm).

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, soya, nuts, preservatives, palm oil and is suitable for those with a dairy-reduced diet.

CROSS-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	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs	

APPETISERS, STARTERS AND SIDES

Baked Garlic Mushroom (New)					✓ In Balsamic Dressing			✓ Pine Kernels			✓ In Pesto			✓	✓ In Pesto	✓		✓ Vinegar			✓	✓	✓	
Bruschetta Originale 'PizzaExpress'	✓			✓ Wheat				✓ Pine Kernels							✓	✓	✓		✓	✓	✓			Suitable for vegans if garlic butter and pesto are removed
Buffalo Mozzarella & Tomato Salad	✓							✓ Pine Kernels							✓	✓						✓		
Burrata Italia (TRE & Jersey only)	✓			✓ Wheat	✓ In Balsamic Syrup										✓	✓		✓ Vinegar	✓	✓	✓			Suitable for coeliacs if served with gluten-free Dough Balls
Calamari	✓	✓		✓ Wheat		✓				✓						✓		✓ Vinegar	✓					
Coleslaw 'PizzaExpress'					✓	✓				✓					✓	✓	✓	✓ Vinegar	✓		✓		✓	
Dough Balls Doppio	✓			✓ Wheat				✓ Pine Kernels		✓ In Pesto					✓	✓		✓ Vinegar	✓	✓	✓			Suitable for coeliacs if served with gluten-free Dough Balls
Dough Balls 'PizzaExpress'	✓			✓ Wheat												✓			✓	✓	✓			Suitable for vegans if garlic butter is substituted with Houmous or Pesto
Dough Balls with Pesto				✓ Wheat						✓					✓	✓		✓ Vinegar	✓	✓	✓	✓		Suitable for coeliacs if served with gluten-free Dough Balls
Garlic Bread with Mozzarella	✓			✓ Wheat												✓			✓	✓	✓			
Garlic King Prawns	✓		✓	✓ 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 or Pesto
Halloumi Bites	✓														✓ In Dip	✓ In Dip			✓	✓	✓		✓	
King Prawns with Spicy 'Nduja (New)			✓	✓ Wheat											✓	✓	✓		✓	✓				Suitable for coeliacs if served with gluten-free Dough Balls
Marinated Olives																✓	✓			✓	✓	✓	✓	



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APPETISERS, STARTERS AND SIDES

Polenta Chips	✓ Gran Milano			✓ Wheat					✓ In Dressing							✓		✓ Vinegar	✓	✓	✓					
Roasted Tomatoes															✓	✓			✓			✓	✓	✓		
Lemon & Herb Chicken Wings (with Light Dressing)					✓ In Dressing	✓ In Dressing			✓ In Dressing							✓	✓	✓ Vinegar In Dressing	✓					✓		
Mixed Salad					✓ In Dressing	✓ In Dressing			✓ In Dressing						✓	✓ In Dressing	✓ In Dressing	✓ Vinegar In Dressing				✓		✓		
Rosemary & Garlic Flatbread with Houmous				✓ Wheat					✓							✓			✓	✓	✓	✓			Suitable for coeliacs if served with gluten-free Dough Balls instead of flatbread	
Smoky Dough Balls with Ghoulish Green Garlic Butter (Halloween only)	✓			✓ Wheat												✓	✓		✓	✓	✓				Suitable for coeliacs if served with gluten-free Dough Balls	



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SALADS

Grand Chicken Caesar	✓ In Dressing and Cheese	✓ Anchovies 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 served without Dough Sticks and Croutons
Leggera Superfood Salad					✓	✓ In Dressing				✓	✓					✓	✓	✓ Vinegar			✓		✓	Suitable for vegans if dressing is removed.
Niçoise		✓ Tuna and Anchovies			✓ Wheat in Dough Sticks	✓ In Dressing and 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 served without Dough Sticks
Pollo	✓ Goat's Cheese				✓ Wheat in Dough Sticks and Croutons	✓ In Dressing	✓ 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 served without Dough Sticks and Croutons



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AL FORNO																										
Bolognese	✓					✓							✓	✓	✓	✓	✓	✓	✓	Vinegar		✓			✓	
Cannelloni	✓				✓ Wheat		✓				✓				✓	✓	✓	✓		✓	✓	✓			✓	
Lasagna Classica	✓				✓ Wheat		✓						✓	✓	✓	✓	✓	✓				✓				
Leggera Peperonata															✓	✓						✓	✓	✓		
Pollo Pesto	✓								✓ Pine Kernels in Pesto		✓				✓	✓ Béchamel	✓	✓				✓			✓	
Risotto con Funghi (New)	✓								✓ Pine Kernels						✓		✓	✓					✓		✓	



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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				✓ Pine Kernels in Pesto							✓	✓		✓ Vinegar in Roquitos	✓	✓						
Calzone 'Nduja (New)	✓			✓ Wheat	✓ In Hot Green Peppers and in Dressing	✓ In Dressing				✓ In Dressing					✓	✓	✓ In Dressing	✓ Vinegar in Peppers and Dressing	✓	✓						
Calzone Verdure (New)				✓ Wheat	✓ In Balsamic Dressing						✓ In Pistorissa				✓	✓	✓ In Smoked Chilli Powder	✓ Vinegar in Pistorissa and Balsamic Dressing	✓	✓	✓	✓				
Carbonara (New)	✓			✓ Wheat		✓					✓ In Béchamel				✓ In Béchamel	✓	✓ In Béchamel		✓	✓					Suitable for coeliacs on a gluten-free base	
Diavolo	✓			✓ Wheat	✓ In Jalapeños and Hot Green Peppers										✓	✓	✓	✓ Vinegar in Jalapeños, Hot Green Peppers and Tabasco	✓	✓						
Fiorentina	✓			✓ Wheat		✓									✓	✓			✓	✓	✓					
Funghi di Bosco	✓			✓ Wheat										✓	✓	✓			✓	✓	✓					
La Reine	✓			✓ Wheat										✓	✓	✓ In Ham			✓	✓						

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Margherita	✓				✓ Wheat											✓				✓	✓	✓				Suitable for coeliacs on a gluten-free base
Padana	✓				✓ Wheat	✓ In Chutney										✓	✓	✓	✓ Vinegar in Chutney	✓	✓	✓				Suitable for coeliacs on a gluten-free base
Pollo ad Astra	✓				✓ Wheat	★										✓	✓	✓	✓ Vinegar in Peppadew	✓	✓					Suitable for coeliacs on a gluten-free base ★ May contain in Cajun Spice
Pollo Forza	✓				✓ Wheat											✓	✓	✓ In Smoked Chilli Powder	✓ Vinegar in Roquitos	✓	✓					Suitable for coeliacs on a gluten-free base
Sloppy Giuseppe	✓				✓ Wheat											✓	✓	✓		✓	✓					
Veneziana	✓				✓ Wheat			✓ Pine Kernels								✓		✓	✓ Vinegar in Capers	✓	✓	✓				
Vegan Giardiniera					✓ Wheat										✓	✓	✓	✓	✓ Vinegar	✓	✓	✓	✓			
Vegan Margherita					✓ Wheat											✓			✓ Vinegar	✓	✓	✓	✓			
Vegan Padana					✓ Wheat	✓ In Chutney										✓	✓	✓	✓ Vinegar	✓	✓	✓	✓			
Vegan Veneziana					✓ Wheat			✓ Pine Kernels								✓		✓	✓ Vinegar	✓	✓	✓	✓			



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LEGGERA PIZZA

Leggera American	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing					✓	✓	✓ In Dressing	✓ Vinegar in Dressing	✓	✓					
Leggera American Hot	✓			✓ Spelt (wheat) & Barley	✓ In Dressing, Jalapeños and Hot Green Peppers	✓ In Dressing				✓ In Dressing					✓	✓	✓ In Dressing	✓ Vinegar in Dressing and Peppers	✓	✓					
Leggera Barbacoa	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing			✓		✓	✓	✓	✓ Vinegar	✓	✓					
Leggera Diavolo	✓			✓ Spelt (wheat) & Barley	✓ In Dressing, Jalapeños and Hot Green Peppers	✓ In Dressing				✓ In Dressing					✓	✓	✓	✓ Vinegar in Dressing, Jalapeños, Hot Green Peppers and Tabasco	✓	✓					
Leggera Funghi di Bosco	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing				✓	✓	✓	✓ In Dressing	✓ Vinegar in Dressing	✓	✓	✓				
Leggera La Reine	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing				✓	✓	✓ In Ham and Dressing	✓ In Dressing	✓ Vinegar in Dressing	✓	✓					
Leggera Margherita	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing	✓	✓	✓				
Leggera Padana	✓			✓ Spelt (wheat) & Barley	✓ In Dressing and Chutney	✓ In Dressing				✓ In Dressing					✓	✓	✓ Fresh and in Dressing and Chutney	✓ Vinegar in Dressing and Chutney	✓	✓	✓				



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LEGGERA PIZZA

Leggera Pollo ad Astra	✓			✓ Spelt (wheat) & Barley	✓ In Dressing ★	✓ In Dressing				✓ In Dressing					✓	✓	✓ Fresh and in Dressing	✓ Vinegar in Dressing and Peppadew	✓	✓				★ May contain in Cajun Spice	
Leggera Pollo Forza	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing					✓	✓	✓ In Smoked Chilli Powder	✓ Vinegar in Roquitos and Dressing	✓	✓					
Leggera Sloppy Giuseppe	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing				✓ In Dressing					✓	✓	✓	✓ Vinegar in Dressing	✓	✓					
Leggera Veneziana	✓			✓ Spelt (wheat) & Barley	✓ In Dressing	✓ In Dressing		✓ Pine Kernels		✓ In Dressing					✓	✓ In Dressing	✓ Fresh and in Dressing	✓ Vinegar in Dressing	✓	✓	✓				
Leggera Vegan Funghi di Bosco				✓ Spelt (wheat) & Barley										✓	✓	✓		✓ Vinegar	✓	✓	✓	✓			
Legger Vegan Giardiniera				✓ Spelt (wheat) & Barley										✓	✓	✓	✓	✓ Vinegar	✓	✓	✓	✓			
Leggera Vegan Margherita				✓ Spelt (wheat) & Barley										✓				✓ Vinegar	✓	✓	✓	✓			
Leggera Vegan Padana				✓ Spelt (wheat) & Barley	✓ In Chutney									✓	✓	✓	✓	✓ Vinegar	✓	✓	✓	✓			
Leggera Vegan Veneziana				✓ Spelt (wheat) & Barley				✓ Pine Kernels						✓		✓	✓	✓ Vinegar	✓	✓	✓	✓			



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DESSERTS

Affogato	✓			✓ Wheat in Biscuit							✓								✓	✓	✓			Suitable for coeliacs if biscuit is removed	
Chocolate & Amaretto Parfait											✓							✓ Amaretto Liqueur	✓	✓	✓	✓	✓		
Chocolate Brownie with Vanilla Gelato	✓					✓					✓								✓	✓	✓		✓		
Chocolate Fondant (New)	✓			✓ Wheat		✓													✓	✓	✓				Pasteurised eggs
Chocolate Fudge Cake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓														✓	✓				Pasteurised milk / Unpasteurised eggs
Coppa Gelato Chocolate	✓										✓ In Chocolate Straw									✓	✓		✓		
Coppa Gelato Salted Caramel	✓										✓ In Gelato and Chocolate Straw									✓	✓		✓		Pasteurised
Coppa Gelato Strawberry	✓										✓ In Chocolate Straw									✓	✓		✓		
Coppa Gelato Vanilla	✓										✓ In Chocolate Straw									✓	✓		✓		
Honeycomb Cream Slice (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓					✓								✓	✓	✓				
Leggera Sorbet (Coconut and Raspberry)																				✓	✓	✓	✓		
Tiramisu	✓			✓ Wheat	✓	✓					✓ In Chocolate Straw							✓ Wine		✓	✓				
Vanilla Cheese Cake with Fruit Coulis	✓			✓ Wheat		✓													✓		✓				Pasteurised milk and eggs



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DOLCETTI (NOT INCLUDING DRINKS)

Caffè Reale	✓				✓ In Figs													✓ Rum and Wine			✓		✓	
Carrot Cake											✓							✓ Vinegar	✓	✓	✓	✓	✓	
Chocolate Brownie	✓					✓					✓								✓	✓	✓		✓	
Lotus Biscoff Cheesecake	✓				✓ Wheat						✓								✓	✓	✓			
Salted Caramel Profiteroles	✓				✓ Wheat	✓					✓										✓			

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				✓	✓				
La Rosie (New)	✓				✓ Wheat					✓ In Béchamel				✓ In Béchamel		✓ In Béchamel			✓	✓				
Margherita / Margherita with Light Mozzarella	✓				✓ Wheat									✓					✓	✓	✓			

Suitable for coeliacs on a gluten-free base



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PICCOLO AL FORNO																											
Bianca	✓										✓			✓	✓ In Béchamel		✓				✓	✓		✓			
Bolognese													✓	✓	✓	✓	✓	✓			✓				✓		
Napoletana	✓										✓				✓		✓				✓	✓		✓			
PICCOLO POLLO SALAD																											
Pollo Salad (served with Dough Balls)	✓				✓ Wheat	✓ In Dressing	✓ In Dressing				✓ In Dressing						✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓						
Pollo Salad (served with Polenta Chips)	✓				✓ Wheat	✓ In Dressing	✓ In Dressing				✓ In Dressing						✓ In Dressing	✓ In Dressing	✓ In Dressing		✓						
Pollo Salad (served with Gluten-free Dough Balls)	✓					✓ In Dressing	✓ In Dressing				✓ In Dressing						✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓				✓		
PICCOLO DESSERTS																											
Bambinoccino	✓																						✓		✓		
Chocolate Brownie	✓						✓				✓									✓	✓	✓			✓		
Piccolo Sundae with Baby Cone	✓				✓ Wheat						✓ In 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 Cone										✓	✓					Suitable for coeliacs without the Baby Cone



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

INGREDIENTS

Anchovies (White)		✓				✓													✓ Vinegar						✓		
Anchovies (Brown)		✓																								✓	
Artichokes																	✓						✓	✓	✓		
Baby Cones					✓ Wheat						✓												✓	✓			
Baby Figs						✓													✓ Rum and Wine				✓	✓	✓	Figs marinated in rum and white wine syrup	
Balsamic Dressing (New)						✓													✓ Vinegar				✓	✓	✓		
Balsamic Syrup (TRE & Jersey only)						✓													✓ Vinegar		✓		✓	✓	✓		
Balsamic Vinegar						✓													✓				✓	✓	✓		
Béchamel	✓										✓					✓		✓			✓		✓		✓	Pasteurised milk	
Black Olives																						✓	✓	✓		Pitted	
Bolognese Mix													✓	✓	✓	✓	✓				✓				✓		
Bolognese Sauce (Kids)													✓	✓	✓	✓	✓				✓				✓		
Bruschetta Mix																✓		✓				✓	✓	✓		Prepared in house	
Buffalo Mozzarella	✓																					✓		✓		Pasteurised cheese	
Burrata (TRE & Jersey only)	✓																				✓			✓		Pasteurised cheese	
Butter	✓																					✓		✓		Pasteurised	
Çaesar Dressing	✓	✓					✓			✓							✓		✓ Vinegar	✓					✓	Unpasteurised cheese	
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	Eggs	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Maize	Vegetarian	Vegan	Coeliacs

INGREDIENTS

Cannelloni (ingredient)	✓				✓ Wheat	✓											✓	✓				✓			Pasteurised milk and eggs	
Capers																			✓ Vinegar			✓	✓	✓		
Carlo (Starspray)																				✓	✓	✓	✓	✓		Emulsion based on vegetable oil
Carrot Cake (ingredient)											✓								✓ Vinegar	✓	✓	✓	✓	✓		
Chicken Breast																					✓ Dextrose			✓		
Chipotle Salsa															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Chocolate & Amaretto Parfait (ingredient)											✓								✓ Amaretto Liqueur	✓	✓	✓	✓	✓		
Chocolate Brownie (ingredient)	✓					✓					✓									✓	✓	✓		✓		Pasteurised milk and eggs
Chocolate Fondant (ingredient) (New)					✓ Wheat	✓					✓									✓		✓				Pasteurised eggs
Chocolate Fudge Cake Mix	✓				✓ Wheat	✓															✓	✓				Pasteurised milk / Unpasteurised eggs
Chocolate Icing for Chocolate Fudge Cake																						✓		✓		
Chocolate Straws	★										✓											✓		✓		★ May contain
Chocolate Sauce																					✓	✓	✓			
Coconut Delight (ingredient)																					✓	✓	✓			Dairy-free sorbet
Coleslaw (ingredient)						✓				✓						✓	✓	✓	✓ Vinegar	✓		✓		✓		Pasteurised eggs
Croutons					✓ Wheat																	✓	✓			
Diced Onions and Peppers Mix																		✓				✓	✓	✓		
Double Cream	✓																					✓		✓		Pasteurised
Dough					✓ Wheat															✓	✓	✓	✓			
Eggs						✓																✓		✓		Free range



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

INGREDIENTS

Fennel Seeds																						✓	✓	✓		
Fruit Coulis (Blackcurrant)																				✓		✓	✓	✓		
Garlic Oil																	✓					✓	✓	✓	Prepared in house	
Gelato Chocolate	✓																				✓			✓	Pasteurised	
Gelato Salted Caramel	✓										✓										✓			✓		
Gelato Strawberry	✓																				✓			✓		
Gelato Vanilla	✓																				✓			✓		
Ghoulish Green Garlic Butter (Halloween only)	✓																✓					✓		✓		
Gluten-free Base (Classic)																					✓	✓	✓	✓		
Gluten-free Base (Piccolo)																					✓	✓	✓	✓		
Gluten-free Dough Balls (ingredient)																							✓	✓	✓	
Gluten-free Flour																						✓	✓	✓	Wheat-free	
Goat's Cheese	✓																						✓		✓	Pasteurised goat's milk
Gran Milano	✓																					✓		✓	Pasteurised	
Halloumi Bites (ingredient)	✓																				✓	✓	✓	✓	Pasteurised sheep's, cow's and goat's milk	
Ham																	✓					✓		✓		
Honey & Mustard Dressing																	✓		✓	Vinegar	✓	✓	✓	✓		
Honeycomb Cream Slice	✓					✓						✓									✓			✓		
Hot Green Peppers																					✓		✓	✓		
Houmous																	✓				✓		✓	✓		
House Dressing																	✓		✓	✓		✓		✓	Pasteurised eggs	
Italian Tomato Dip																	✓	✓				✓	✓	✓		



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

INGREDIENTS

Jalapeños						✓													✓			✓	✓	✓		
King Prawns (ingredient)			✓																						✓	
Lasagna (ingredient)	✓				✓ Wheat		✓						✓	✓			✓	✓			✓					Pasteurised milk and egg
Lemon & Herbs Chicken Wings (ingredient)						✓											✓	✓		✓				✓		
Light House Dressing						✓	✓										✓	✓		✓			✓		✓	Pasteurised eggs
Light Mozzarella	✓																						✓		✓	Pasteurised milk
Lotus Biscoff Bicut					✓ Wheat						✓									✓			✓	✓		
Lotus Biscoff Cheesecake (ingredient)	✓				✓ Wheat						✓									✓	✓		✓			
Marinated Olives (ingredient)																	✓	✓			✓		✓	✓	✓	
Mascarpone	✓																						✓		✓	Pasteurised cream
Mixed Peppers (grilled and sliced)																							✓	✓	✓	
Mozzarella Cubes	✓																						✓		✓	Pasteurised milk
'Nduja Sausage																									✓	
Oil - Blended																							✓	✓	✓	Blend of sunflower and extra virgin olive oil
Pancetta (New)																									✓	
Penne Pasta																						✓	✓	✓	✓	
Peppadew																			✓				✓	✓	✓	
Pepperoni																	✓								✓	
Pesto	✓																✓						✓		✓	Pasteurised cheese



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

INGREDIENTS

Pestorissa (Dip)											✓					✓	✓		✓			✓	✓	✓	
Pip Organic Fruity Ice Lolly (ingredient)																						✓	✓	✓	
Pip Organic Rainbow Ice Lolly (ingredient)																						✓	✓	✓	
Pine Kernels								✓ Pine Kernels														✓	✓	✓	
Polenta Chips (ingredient)					✓ Wheat																✓	✓	✓		
Pulled Beef												✓					✓		✓	Vinegar		✓		✓	
Raspberry Sorbet																					✓	✓	✓	✓	Dairy-free sorbet
Red Onion Chutney						✓											✓		✓	Vinegar		✓	✓	✓	
Risotto (ingredient) (New)	✓																✓					✓		✓	Pasteurised
Roasted Veg Mix																						✓	✓	✓	
Roasted Tomatoes (ingredient)																✓	✓				✓		✓	✓	
Roquito Peppers																			✓			✓	✓	✓	
Roquito Peppers Pearls																			✓			✓	✓	✓	
Rosemary & Garlic Flatbread (ingredient)					✓ Wheat												✓				✓	✓	✓		



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

INGREDIENTS

Salted Caramel Profiteroles (ingredient)	✓				✓ Wheat		✓				✓											✓			Pasteurised milk and egg	
Salted Caramel Sauce	✓																					✓		✓		
Sloppy Giuseppe Mix															✓	✓	✓				✓			✓		Spicy beef mixed with diced onions, peppers and tomato sauce
Spicy Beef																✓	✓				✓			✓		
Smoked Chilli Powder																✓	✓		✓			✓	✓	✓		
Spinach																						✓	✓	✓		
Sultanas																						✓	✓	✓		
Superfood Mix										✓	✓					✓		✓ Vinegar				✓	✓	✓		
Tiramisu (ingredient)	✓				✓ Wheat	✓	✓				✓							✓ Wine		✓		✓				Pasteurised milk and egg / Cake not baked
Tabasco (Red)																		✓ Vinegar				✓	✓	✓		
Tabasco (Green)																		✓ Vinegar		✓		✓	✓	✓		
Tomato Sauce															✓							✓	✓	✓		
Tuna		✓																						✓		
Vanilla Cheesecake (ingredient)	✓				✓ Wheat		✓												✓			✓				Pasteurised milk and egg
Vegan Mozzarella Alternative																		✓ Vinegar				✓	✓	✓		Dairy-free
Wholemeal, White Flour and Spelt Dough					✓ Spelt (wheat) & Barley														✓	✓		✓	✓			
Worcester Sauce		✓			✓ Barley											✓	✓	✓ Vinegar								

DISH	SUITABLE FOR A REDUCED DAIRY DIET
Marinated Olives	No changes needed
Roasted Tomatoes	
Baked Garlic Mushroom (New)	No changes needed
Bruschetta Originale	Remove Garlic Butter and Pesto
Calamari	Remove Caesar Dressing
Dough Balls	Remove Garlic Butter, add Pesto, Houmous, White Bean & Basil Purée or Garlic/Chilli Oil
King Prawns with Spicy 'Nduja (New)	No changes needed
Lemon & Herb Chicken Wings	
Mixed Salad	
Polenta Chips	Remove Gran Milano
Rosemary & Garlic Flatbread with Houmous	No changes needed
Niçoise	
Pollo	Remove Goat's Cheese
Grand Chicken Caesar	Remove Caesar Dressing and Gran Milano
Leggera Superfood Salad	No changes needed
American (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
American Hot (including Leggera)	
Barbacoa (including Leggera)	
Calzone Verdure (New)	No changes needed
Diavolo (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Fiorentina	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
Funghi di Bosco (including Leggera)	Remove (Light) Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative

DISH	SUITABLE FOR A REDUCED DAIRY DIET
La Reine (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Margherita (including Leggera)	
Padana (including Leggera)	Remove Mozzarella and/or Goat's Cheese, add our Vegan Mozzarella Alternative
Pollo ad Astra (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Pollo Forza (including Leggera)	Remove Gran Milano and (Light) Mozzarella, add our Vegan Mozzarella Alternative
Sloppy Giuseppe (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Veneziana (including Leggera)	
Leggera Peperonata	No changes needed
Chocolate & Amaretto Parfait	No changes needed
Chocolate Fondant (New)	Remove Vanilla Gelato, add Coconut or Raspberry Sorbet
Raspberry or Coconut Sorbet	No changes needed
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 Margherita	Remove Mozzarella, add our Vegan Mozzarella Alternative
Piccolo La Reine	
Piccolo American	
Piccolo Pollo Pizza	
Piccolo Pollo Salad	Remove Light Mozzarella

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	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	

SPIRITS & LIQUEURS

Campari	✓														
Chambord	✓														
Courvoisier	✓														Suitable for vegans if served without lemon
Elderflower Liqueur (St-Germain)	✓														Suitable for vegans if served without lemon
Gin	✓														Suitable for vegans if served without lemon
Glenfiddich	✓														Suitable for vegans if served without lemon
Grappa	✓														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
Malibu	✓														Suitable for vegans if served without lemon
Martini	✓	✓													Suitable for vegans if served without lemon
Pimm's	✓	✓													
Sambuca	✓														Suitable for vegans if served without lemon

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

COCKTAILS & SPRITZERS

Aperol Spritz	✓	✓													Suitable for vegans if served without orange
Classic Spritzer - Red Wine	✓	✓													Suitable for vegans if served without lemon
Classic Spritzer - Rosé Wine	✓	✓													
Classic Spritzer - White Wine	✓	✓													
Elderflower Spritzer	✓	✓													
Espresso Martini	✓														Vegan
Ketel One Vodka, Lime & Fever-Tree	✓														Suitable for vegans if served without lime (fruit)
Mango Spritzer	✓	✓													
Orange & Cacao Gin Buck (New)	✓														Suitable for vegans if served without orange (fruit)
Sicilian Spritz (New)	✓	✓													
Sipsmith & Pink Aromatic Fever-Tree (New)	✓														Suitable for vegans if served without lemon

