



ALLERGEN & DIETARY REQUIREMENTS MENU

VEGAN MENU

Mains marked with a © contain fewer than 600kcal. V is for Vegetarian. Ve is for Vegan. All of our dishes are made to order, so unfortunately calorie counts can only be approximate. Keep an eye out for any pesky stray olive stones.

WHEN PLACING YOUR ORDER, PLEASE SPECIFY THAT YOU'D LIKE THE VEGAN OPTION OF THIS DISH TO YOUR WAITER TO AVOID CONFUSION.

STARTERS

ZIZZI MIXED OLIVES Our mix of pitted green & purple olives in a garlic, red pepper & herb oil. **V Ve**

NOCELLARA GIGANTI OLIVES Giant bright green olives sourced from Trapani, Sicily, served naked. The most sought after olives in the world, some say. **V Ve**

NEW ZIZZI SPICY NUTS A roasted mix of cashews, almonds & chickpeas. **V Ve**

NEW VEGAN BRUSCHETTA Baby plum tomatoes, red onion & roasted garlic marinated in extra virgin olive oil on toasted bread with super green pesto & fresh basil. **V Ve**

VEGAN GARLIC BREAD With roast garlic cloves, smoked garlic oil & rosemary. **V Ve**

SALAD

GREEN GODDESS BROCCOLI SALAD Tenderstem broccoli on cannellini beans, courgette ribbons & mixed leaves tossed in super green pesto with balsamic tomatoes, radish, watercress & toasted omega seeds. **V Ve ©**

SIDES: Tuscan potatoes **V Ve** | Tenderstem broccoli **V Ve** | Mixed leaf, tomato & spring onion salad **V Ve** | Green beans **V Ve** | Italian naked slaw **V Ve**

ALL DISHES LISTED BELOW ARE SUITABLE FOR VEGANS.

Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure. Please note that allergens contained within our condiments & extra toppings are not included in the allergen information. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously. Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free. **The Grana Padano cheese offered at your table is not vegan & will alter the suitability of your dish.**

PIZZA



VEGAN RUSTICA MARGHERITA Tomato, vegan mozzarella alternative (made with coconut oil) & basil, on our bigger, thinner, crispier Rustica base. **V Ve**
With three toppings

VEGAN CLASSIC MARGHERITA Tomato, vegan mozzarella alternative (made with coconut oil) & basil. **V Ve**
With three toppings

VEGAN NON-GLUTEN CLASSIC MARGHERITA Tomato, vegan mozzarella alternative (made with coconut oil) & basil. **V Ve**
With three toppings

Extra toppings V Ve
Artichokes | Butternut squash | Caramelised balsamic onions | Roasted garlic cloves | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Balsamic tomatoes | Roasted red onions | Spinach | Smoked chilli jelly | Pine nuts.

PASTA

Also available with our non-gluten containing fusilli pasta, just ask us to swap it out.

NEW VEGAN LENTIL RAGU Rich Italian lentil ragu with linguine & fresh oregano. **V Ve**

VEGAN SPAGHETTI POMODORO Our tomato sauce with baby plum tomatoes & basil. **V Ve ©**

Additions V Ve
Artichokes | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Roasted red onions | Spinach | Pine nuts.

DESSERTS & GELATO

NEW VEGAN DESSERT CALZONE Warm sugared dough filled with banana, caramelised pecans & blueberries. Served with coconut & chocolate ripple gelato. **V Ve**

GELATO BY THE SCOOP

3 SCOOPS

NEW Coconut & chocolate ripple **V Ve** | Lemon sorbet **V Ve** | Strawberry sorbet **V Ve**

Extra toppings V Ve
Add Prosecco & passion fruit coulis or caramelised pecans.

VEGAN WINES

Our wines are vegan-friendly (except for the Pinot Nero Rosé Spumante & the Zinfandel). Ask to see a main menu for the full list.

We now serve individual portions of soya milk as an alternative to our cow's milk for Americanos & teas only, just ask us. Unfortunately due to the nature of our coffee machines, we cannot heat soy milk due to cross-contamination risks.

The dishes listed here may contain other allergens, please refer to the Allergen tables in this booklet for more information.

Any changes to ingredients of these dishes will alter the allergen or dietary information which may render them unsuitable.

NON-DAIRY MENU

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THE DISHES LISTED BELOW ARE MADE WITHOUT MILK CONTAINING INGREDIENTS. EGGS ARE NOT CLASSIFIED AS DAIRY.

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WHEN PLACING YOUR ORDER, PLEASE SPECIFY THAT YOU'D LIKE THE NON-DAIRY OPTION OF THIS DISH TO YOUR WAITER TO AVOID CONFUSION.

STARTERS

ZIZZI MIXED OLIVES Our mix of pitted green & purple olives in a garlic, red pepper & herb oil. **V Ve**

NOCELLARA GIGANTI OLIVES Giant bright green olives sourced from Trapani, Sicily, served naked. The most sought after olives in the world, some say. **V Ve**

NEW ZIZZI SPICY NUTS A roasted mix of cashews, almonds & chickpeas. **V Ve**

NEW NON-DAIRY BRUSCHETTA Baby plum tomatoes, red onion & roasted garlic marinated in extra virgin olive oil on toasted bread with super green pesto & fresh basil. **V Ve**

NON-DAIRY GARLIC BREAD With roast garlic cloves, smoked garlic oil & rosemary. **V Ve**

CALAMARI Crispy squid rings with a garlic & basil aioli dip.

PIZZA

NON-DAIRY CLASSIC MARGHERITA Tomato, non-dairy mozzarella alternative (made with coconut oil) & basil. **V Ve**
With three toppings

NON-DAIRY RUSTICA MARGHERITA Tomato, non-dairy mozzarella alternative (made with coconut oil) & basil, on our bigger, thinner, crispier Rustica base. **V Ve**
With three toppings

NON-DAIRY NON-GLUTEN CLASSIC MARGHERITA Tomato, non-dairy mozzarella alternative (made with coconut oil) & basil. **V Ve**
With three toppings

Extra toppings

Artichokes | Butternut squash | Caramelised balsamic onions | Roasted garlic cloves | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Balsamic tomatoes | Roasted red onions | Spinach | Smoked chilli jelly | Pine nuts. **V Ve**

Pepperoni | Nduja sausage | Anchovies | Torn roasted chicken | Cotto ham | Spicy roasted chicken | Crispy pork crackling.

SALAD

GREEN GODDESS BROCCOLI SALAD Tenderstem broccoli on cannellini beans, courgette ribbons & mixed leaves tossed in super green pesto with balsamic tomatoes, radish, watercress & toasted omega seeds. **V Ve ©**

SIDES: Tuscan potatoes **V Ve** | Tenderstem broccoli **V Ve** | Mixed leaf, tomato & spring onion salad **V Ve** | Green beans **V Ve** | Italian naked slaw **V Ve**

PASTA

Also available with our non-gluten containing fusilli pasta, just ask us to swap it out.

NEW NON-DAIRY LENTIL RAGU Rich Italian lentil ragu with linguine & fresh oregano. **V Ve**

NON-DAIRY SPAGHETTI POMODORO Our tomato sauce with baby plum tomatoes & basil. **V Ve ©**

Additions **V Ve**

Artichokes | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Roasted red onions | Spinach.

DESSERTS & GELATO

NEW NON-DAIRY DESSERT CALZONE

Warm sugared dough filled with banana, caramelised pecans & blueberries. Served with coconut & chocolate ripple gelato. **V Ve**

GELATO BY THE SCOOP

3 SCOOPS

NEW Coconut & chocolate ripple **V Ve** | Lemon sorbet **V Ve** | Strawberry sorbet **V Ve**

Extra toppings **V**

Add Prosecco & passion fruit coulis or caramelised pecans.

The dishes listed here may contain other allergens, please refer to the Allergen tables in this booklet for more information.

Any changes to ingredients of these dishes will alter the allergen or dietary information which may render them unsuitable.

We now serve individual portions of soya milk as an alternative to our cow's milk for Americanos & teas only, just ask us. Unfortunately due to the nature of our coffee machines, we cannot heat soy milk due to cross-contamination risks.

NON-GLUTEN MENU

Mains marked with a © contain fewer than 600kcal. V is for Vegetarian. Ve is for Vegan. All of our dishes are made to order, so unfortunately calorie counts can only be approximate. Keep an eye out for any pesky stray olive stones.

DISHES MARKED WITH AN ASTERISK (*) INCLUDE A COMPONENT WHICH IS COOKED IN A FRYER/BOILER WITH OTHER GLUTEN CONTAINING INGREDIENTS.

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WHEN PLACING YOUR ORDER, PLEASE SPECIFY THAT YOU'D LIKE THE NON-GLUTEN OPTION OF THIS DISH TO YOUR WAITER TO AVOID CONFUSION.

STARTERS

ZIZZI MIXED OLIVES Our mix of pitted green & purple olives in a garlic, red pepper & herb oil. V Ve

NOCELLARA GIGANTI OLIVES Giant bright green olives sourced from Trapani, Sicily, served naked. The most sought after olives in the world, some say. V Ve

INSALATA CAPRESE Bufala mozzarella, tomato & basil salad. V

NEW ZIZZI SPICY NUTS A roasted mix of cashews, almonds & chickpeas. V Ve

The Zizzi Antipasti, the Sicilian Antipasti, the Butterflied King Prawns & the Toscana Soup on our main menu can be made non-gluten by removing the 'little soul' bread – please communicate this clearly to your waiter to avoid confusion.

PASTA

The below sauces do not contain gluten, please ask for the dish with our non-gluten containing fusilli pasta.

NON-GLUTEN POMODORO Bufala mozzarella, baby plum tomatoes & basil. V ©

NON-GLUTEN CARBONARA With pancetta, wild mushrooms, thyme & parsley.

NON-GLUTEN PULLED BEEF & VENISON A rich beef brisket & venison ragu with mushrooms, red wine, garlic, tomatoes & Grana Padano.

NON-GLUTEN PESTO ROSSO Spicy chicken, red pesto, mascarpone & spring onions.

NON-GLUTEN BOLOGNESE With fresh basil.

NON-GLUTEN KING PRAWN King prawns & courgette ribbons in a hot roquito chilli, tomato, white wine & lobster sauce.

NON-GLUTEN POLLO PICCANTE Spicy chicken in a creamy sauce with fresh tomatoes & baby spinach.

NEW NON-GLUTEN VEGAN LENTIL RAGU Rich Italian lentil ragu with fresh oregano. V Ve

CLASSIC PIZZA

Please ask for the below with our non-gluten containing pizza base.

NON-GLUTEN MARGHERITA Tomato, mozzarella & basil. V

NON-GLUTEN VEGAN MARGHERITA Tomato, vegan mozzarella alternative (made with coconut oil) & basil. V Ve

NON-GLUTEN PEPPERONI CAMPAGNA Pepperoni, ham, mushrooms, mozzarella & thyme.

NON-GLUTEN POLPETTE Lamb & red pepper meatballs, anchovies, Fior di Latte & smoked mozzarella, spinach, olives, sunblush tomatoes, crushed chillies, roasted garlic cloves & smoked garlic oil.

NEW NON-GLUTEN WINTER ZUCCA A creamy butternut squash base with mozzarella, caramelised balsamic onions, spinach & roasted butternut squash. Once baked, topped with crumbled goat's cheese, super green pesto, pine nuts & rosemary. V

NON-GLUTEN ITALIAN HOT Pepperoni, spicy Nduja sausage, green chillies, Fior di Latte mozzarella, riserva cheese & basil.

Extra toppings

Artichokes | Butternut squash | Caramelised balsamic onions | Roasted garlic cloves | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Balsamic tomatoes | Roasted red onions | Spinach | Smoked chilli jelly | Pine nuts. V Ve

Pepperoni | Nduja sausage | Anchovies | Torn roasted chicken | Cotto ham | Spicy roasted chicken | Crispy pork crackling | Fior di Latte mozzarella.

MEAT + FISH

ZZIZI SPIEDINI A Mediterranean hanging skewer of oven roasted meat or fish. Served over Tuscan potatoes with a white wine & lemon sauce & an Italian naked slaw:

SPIEDINI POLLO* Roast chicken breast, red onions, courgettes & peppers. ☺

SPIEDINI PESCATORE* Juicy king prawns, salmon, peppers & courgettes. ☺

NEW ITALIAN BEEF SHORT RIB* Slow-cooked with a Chianti & rosemary sauce with buttered mash & tenderstem broccoli.

NEW DUCK ARROSTO* Roasted Gressingham duck leg with buttered mash, Italian lentil ragu, crispy sage, Chianti & rosemary sauce & tenderstem broccoli.

SIDES: Tenderstem broccoli* **V Ve** | Mixed leaf, tomato & spring onion salad **V Ve** | Green beans **V Ve** | Rocket & Grana Padano salad | Bufala mozzarella, tomato & basil salad **V** | Italian naked slaw **V Ve** | Tuscan potatoes* **V Ve** | **NEW** Buttered mash **V**

RISOTTO & SALAD

RISOTTO PESCE King prawns, mussels & squid rings, tomato, chilli & white wine. ☺

RISOTTO POLLO FUNGHI* Roasted chicken, mushrooms, rosemary, sage & riserva cheese. ☺
Vegetarian? Ask for it without chicken.* V ☺

GREEN GODDESS BROCCOLI SALAD* Tenderstem broccoli on cannellini beans, courgette ribbons & mixed leaves tossed in super green pesto with balsamic tomatoes, radish, watercress & toasted omega seeds. **V Ve ☺**

Super zucca salad in our main menu can be made non-gluten by removing the 'little soul' breads.

DESSERTS & GELATO

CHOCOLATE, PRALINE & SEA SALT TORTE

Served with honey, sea salt & mascarpone gelato & crumbled honeycomb. **V**

CHOCOLATE MELT Hot, gooey chocolate pudding served with vanilla gelato. **V**

BANANA & SALTED CARAMEL SUNDAE With chocolate & vanilla gelato, whipped mascarpone cream, salted caramel sauce & caramelised pecans. **V**

LEMON MERINGUE SUNDAE Lemon sorbet, vanilla gelato, crumbled meringue, whipped mascarpone cream, lemon curd & mint. **V**

GELATO BY THE SCOOP

3 SCOOPS

Vanilla **V** | Chocolate **V** | **NEW** Coconut & chocolate ripple **V Ve** | Honey, sea salt & mascarpone **V** | Lemon sorbet **V Ve** | Strawberry sorbet **V Ve**

Extra toppings **V**

Add melted chocolate, Prosecco & passion fruit coulis, caramelised pecans, popping candy, lemon curd or salted caramel sauce.

The dishes listed here may contain other allergens, please refer to the Allergen tables in this booklet for more information.

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ALLERGEN TABLES

Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously.

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Please note that allergens contained within our condiments & extra toppings are not included in this information. The Grana Padano cheese offered at your table contains milk and egg and will alter the suitability of your dish.

STARTERS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
ZIZZI MIXED OLIVES															Yes	Yes	None
NOCELLARA GIGANTI OLIVES															Yes	Yes	None
ZIZZI SPICY NUTS										Yes: cashew, almonds					Yes	Yes	None
LITTLE SOUL BREAD (WITHOUT DIPS)		Yes: Wheat					Yes							Yes	No	Yes	Sulphites from the balsamic vinegar accompaniment. See Extras section for the allergen information for each extra dip.
ARANCINI	Yes	Yes: Wheat		Yes			Yes								No	Yes	None
PULLED BEEF ARANCINI	Yes	Yes: Wheat		Yes			Yes		Yes	*				Yes	No	No	*Contains pine kernels in the smoky pepper pesto dip. This dish is fried in the same oil as fish products.
GARLIC BREAD		Yes: Wheat					Yes								No	Yes	None
GARLIC BREAD WITH MOZZARELLA		Yes: Wheat		Yes			Yes								No	Yes	None
MUSHROOM BRINDISI		Yes: Wheat, Barley		Yes			Yes								No	Yes	None
BRUSCHETTA		Yes: Wheat		Yes			Yes								No	Yes	None
BRUSCHETTA WITH BUFALA MOZZARELLA		Yes: Wheat		Yes			Yes								No	Yes	None
FONDUTA FORMAGGI		Yes: Wheat					Yes								No	No	None
BUTTERFLIED KING PRAWNS		Yes: Wheat	Yes				Yes			*			Yes	Yes	No	No	Wheat comes from 'little soul' breads. *Contains pine kernels in the smoky pepper pesto dip.
TOSCANA SOUP	Yes	Yes: Wheat					Yes								No	Yes	Wheat comes from dipping bread.

SHARERS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CALAMARI	Yes	Yes: Wheat		Yes				Yes	Yes					Yes	No	No	This dish is fried in the same oil as the pulled beef arancini.
FRITTO MISTO	Yes	Yes: Wheat	Yes	Yes	Yes			Yes	Yes					Yes	No	No	This dish is fried in the same oil as the pulled beef arancini.
SICILIAN ANTIPASTI		Yes: Wheat					Yes							Yes	No	Yes	Wheat from soul breads only.
ZIZZI ANTIPASTI		Yes: Wheat		Yes			Yes							Yes	No	No	Wheat from soul breads only.
CICCHETTI SHARING BOARD	Yes	Yes: Wheat		Yes			Yes		Yes	*		Yes	Yes	Yes	No	No	*Contains pine kernels in the white bean & basil pesto dip.

CLASSIC PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
MARGHERITA		Yes: Wheat					Yes								No	Yes	None
PEPPERONI CAMPAGNA		Yes: Wheat					Yes								No	No	None
POLPETTE		Yes: Wheat		Yes	Yes		Yes								No	No	None
WINTER ZUCCA	Yes	Yes: Wheat		Yes			Yes			*					No	Yes	*Contains pine kernels, whole & in the pesto.
ITALIAN HOT		Yes: Wheat		Yes			Yes								No	No	None

RUSTICA PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
RUSTICA PICCANTE		Yes: Wheat					Yes						Yes		No	No	None
RUSTICA POLLO ROSSO		Yes: Wheat		Yes			Yes			*			Yes	Yes	No	No	*Contains pine kernels in the smoky pepper pesto & tomato base.
RUSTICA FORESTA		Yes: Wheat		Yes			Yes						Yes		No	No	None
RUSTICA PULLED PORK ROMA		Yes: Wheat		Yes			Yes						Yes		No	No	None
RUSTICA PRIMAVERA		Yes: Spelt, Wheat					Yes							Yes	No	Yes	None
RUSTICA SOFIA		Yes: Wheat					Yes						Yes		No	No	None
RUSTICA MARGHERITA		Yes: Wheat					Yes								No	Yes	None
RUSTICA PEPPERONI CAMPAGNA		Yes: Wheat					Yes								No	No	None
RUSTICA POLPETTE		Yes: Wheat		Yes	Yes		Yes								No	No	None
RUSTICA WINTER ZUCCA	Yes	Yes: Wheat		Yes			Yes			*					No	Yes	*Contains pine kernels, whole & in the pesto.
RUSTICA ITALIAN HOT		Yes: Wheat		Yes			Yes								No	No	None

CALZONE

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CALZONE CARNE PICCANTE	Yes	Yes: Wheat		Yes	Yes		Yes						Yes		No	No	None
CALZONE POLLO SPINACI	Yes	Yes: Wheat		Yes			Yes						Yes		No	No	None

SKINNY PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
SKINNY KING PRAWN DIAVOLA		Yes: Spelt, Wheat	Yes				Yes								No	No	None
SKINNY POLLO ROQUITO		Yes: Spelt, Wheat					Yes								No	No	None
SKINNY PRIMAVERA		Yes: Spelt, Wheat					Yes							Yes	No	Yes	None

RISOTTO

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
RISOTTO PESCE	Yes		Yes		Yes		Yes	Yes						Yes	No	No	None
RISOTTO POLLO FUNGHI				Yes			Yes								No	No	The sage is cooked in the fryer with other gluten containing ingredients.
RISOTTO FUNGHI				Yes			Yes								No	Yes	The sage is cooked in the fryer with other gluten containing ingredients.

MEAT + FISH

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
ITALIAN BEEF SHORT RIB							Yes								No	No	None
DUCK ARROSTO							Yes								No	No	None
POLLO PROSCIUTTO		Yes: Wheat					Yes							Yes	No	No	None
SPIEDINI PESCATORE			Yes		Yes		Yes							Yes	No	No	The Tuscan potatoes are cooked in the fryer with other gluten containing ingredients.
SPIEDINI POLLO							Yes							Yes	No	No	The Tuscan potatoes are cooked in the fryer with other gluten containing ingredients.

SALADS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
GREEN GODDESS SALAD (SALMON)		Yes: Wheat			Yes							Yes	Yes	Yes	No	No	None
GREEN GODDESS SALAD (BROCCOLI)												Yes	Yes	Yes	Yes	Yes	None
SUPER ZUCCA SALAD		Yes: Wheat					Yes							Yes	No	Yes	Wheat from 'little soul' breads only.
SUPER ZUCCA SALAD WITH CHICKEN		Yes: Wheat					Yes							Yes	No	No	Wheat from 'little soul' breads only.
CHICKEN & PROSCIUTTO SALAD	Yes	Yes: Wheat		Yes			Yes		Yes					Yes	No	No	None

PASTA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
SPAGHETTI POMODORO	Yes	Yes: Wheat					Yes								No	Yes	None
SPAGHETTI CARBONARA	Yes	Yes: Wheat		Yes			Yes								No	No	None
PULLED BEEF & VENSION STROZZAPRETI		Yes: Wheat		Yes			Yes							Yes	No	No	None
STROZZAPRETI PESTO ROSSO		Yes: Wheat					Yes						Yes		No	No	None
SPAGHETTI BOLOGNESE	Yes	Yes: Wheat					Yes								No	No	None
RAVIOLI DI CAPRA	Yes	Yes: Wheat		Yes			Yes			*					No	Yes	*Contains pine kernels, whole & in the pesto.
PORCINI GIGANTI TORTELLONI		Yes: Wheat, Barley		Yes			Yes								No	Yes	Contains barley in the sauce.
KING PRAWN LINGUINE	Yes	Yes: Wheat	Yes		Yes		Yes	Yes						Yes	No	No	None
CASARECCIA POLLO PICCANTE		Yes: Wheat					Yes						Yes		No	No	None

OVEN BAKED PASTA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
PENNE DELLA CASA	Yes	Yes: Wheat		Yes			Yes							Yes	No	No	None
LASAGNE		Yes: Wheat		Yes	Yes		Yes						Yes	Yes	No	No	Worcestershire sauce contains anchovies.
LAMB MEATBALLS AL FORNO	Yes	Yes: Wheat		Yes	Yes		Yes								No	No	None

SIDES

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
GREEN BEANS															Yes	Yes	None
ITALIAN NAKED SLAW															Yes	Yes	None
TENDERSTEM BROCCOLI															Yes	Yes	This dish is cooked in the boiler with other gluten containing ingredients.
MIXED LEAF, TOMATO & SPRING ONION SALAD															Yes	Yes	None
BUFALA MOZZARELLA, TOMATO & BASIL SALAD							Yes							Yes	No	Yes	None
ROCKET & GRANA PADANO SALAD				Yes			Yes								No	No	None
TUSCAN POTATOES															Yes	Yes	This dish is cooked in the fryer with other gluten containing ingredients.
BUTTERED MASH							Yes								No	Yes	None

NON-GLUTEN PASTA

Ask for any of the below with our non-gluten containing fusilli pasta

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-GLUTEN PULLED BEEF & VENSION STROZZAPRETI				Yes			Yes							Yes	No	No	None
NON-GLUTEN BOLOGNESE	Yes						Yes								No	No	None
NON-GLUTEN CARBONARA	Yes			Yes			Yes								No	No	None
NON-GLUTEN KING PRAWN	Yes		Yes		Yes		Yes	Yes						Yes	No	No	None
NON-GLUTEN PESTO ROSSO							Yes						Yes		No	No	None
NON-GLUTEN POLLO PICCANTE							Yes						Yes		No	No	None
NON-GLUTEN POMODORO	Yes						Yes								No	Yes	None
NON-GLUTEN VEGAN LENTIL RAGU															Yes	Yes	None

NON-GLUTEN PIZZA

Ask for any of the below with our non-gluten containing pizza base

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-GLUTEN CLASSIC PEPPERONI CAMPAGNA							Yes								No	No	None
NON-GLUTEN CLASSIC ITALIAN HOT				Yes			Yes								No	No	None
NON-GLUTEN CLASSIC MARGHERITA							Yes								No	Yes	None
NON-GLUTEN CLASSIC WINTER ZUCCA	Yes			Yes			Yes			*			Yes		No	Yes	*Contains pine kernels, whole & in the pesto.
NON-GLUTEN CLASSIC POLPETTE				Yes	Yes		Yes								No	No	None

VEGAN

Please refer to the Vegan menu at the front of this booklet

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/Sulphites	Vegans	Vegetarians	-
VEGAN PIZZA MOZZARELLA ALTERNATIVE															Yes	Yes	None
VEGAN BRUSCHETTA		Yes: Wheat													Yes	Yes	None
VEGAN GARLIC BREAD		Yes: Wheat													Yes	Yes	None
VEGAN SPAGHETTI POMODORO	Yes	Yes: Wheat													Yes	Yes	None
VEGAN LENTIL RAGU		Yes: Wheat													Yes	Yes	None
VEGAN MARGHERITA (WITHOUT TOPPINGS)		Yes: Wheat													Yes	Yes	None
VEGAN NON-GLUTEN CLASSIC MARGHERITA															Yes	Yes	None
VEGAN DESSERT CALZONE		Yes: Wheat								Yes: pecan					Yes	Yes	None

NON-DAIRY

Please refer to the Non-Dairy menu at the front of this booklet

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/Sulphites	Vegans	Vegetarians	-
NON-DAIRY PIZZA MOZZARELLA ALTERNATIVE															Yes	Yes	None
NON-DAIRY BRUSCHETTA		Yes: Wheat													Yes	Yes	None
NON-DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
NON-DAIRY SPAGHETTI POMODORO	Yes	Yes: Wheat													Yes	Yes	None
NON-DAIRY LENTIL RAGU		Yes: Wheat													Yes	Yes	None
NON-DAIRY MARGHERITA (WITHOUT TOPPINGS)		Yes: Wheat													Yes	Yes	None
NON-DAIRY NON-GLUTEN CLASSIC MARGHERITA															Yes	Yes	None
NON-DAIRY DESSERT CALZONE		Yes: Wheat								Yes: pecan					Yes	Yes	None

EXTRAS - PIZZA TOPPINGS & EXTRA MENU ITEMS

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	
GARLIC BUTTER DIP							Yes								No	Yes	None
SMOKY PEPPER PESTO DIP	Yes			Yes			Yes		Yes	*				Yes	No	Yes	*Contains pine kernels.
CREAMY BUTTERNUT SQUASH DIP	Yes						Yes								No	Yes	None
WHITE BEAN & BASIL PESTO DIP							Yes			*					No	Yes	*Contains pine kernels.
VEGAN MOZZARELLA ALTERNATIVE															Yes	Yes	None
SUPER GREEN PESTO															Yes	Yes	None
PEPPERONI															No	No	None
NDUJA SAUSAGE															No	No	None
COTTO HAM															No	No	None
SPICY CHICKEN													Yes		No	No	None
TORN ROASTED CHICKEN															No	No	None
ANCHOVIES					Yes										No	No	None
CRISPY PORK CRACKLING															No	No	None
FIOR DI LATTE MOZZARELLA							Yes								No	Yes	None
FIRE ROASTED PEPPERS															Yes	Yes	None
ROASTED GARLIC CLOVES															Yes	Yes	None
SMOKED CHILLI JELLY															Yes	Yes	None
ARTICHOKE															Yes	Yes	None
CARAMELISED BALSAMIC ONIONS															Yes	Yes	None
BUTTERNUT SQUASH															Yes	Yes	None
FIELD MUSHROOMS															Yes	Yes	None
GREEN CHILLIES															Yes	Yes	None
BALSAMIC TOMATOES														Yes	Yes	Yes	None
BLACK OLIVES															Yes	Yes	None
ROASTED RED ONION															Yes	Yes	None
SPINACH															Yes	Yes	None
GIANT MARSHMALLOW				Yes											No	No	Contains beef gelatine.
HONEYCOMB															Yes	Yes	None

OTHER MENU ITEMS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
ANTIPASTI PLATTER (€19.95 SET MENU & XMAS MENUS)		Yes: Wheat		Yes			Yes	Yes							No	No	None
BREAD AND OLIVES (SET MENU)		Yes: Wheat					Yes								No	Yes	None
INSALATA CAPRESE (SET MENU & NON-GLUTEN MENU)							Yes								No	Yes	None
MISTO DI CARNE PLATTER (SET MENU & XMAS MENUS)		Yes: Wheat		Yes			Yes								No	No	None

DESSERTS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
SALTED CARAMEL CHOCOLATE BROWNIE		Yes: Wheat		Yes			Yes						Yes	Yes	No	Yes	None
CHOCOLATE, PRALINE & SEA SALT TORTE				Yes			Yes			Yes: hazelnut			Yes		No	Yes	None
CHOCOLATE & BANANA CALZONE		Yes: Wheat					Yes							Yes	No	Yes	None
TIRAMISU		Yes: Wheat		Yes			Yes								No	Yes	None
CHOCOLATE MELT				Yes			Yes						Yes		No	Yes	None
ESPRESSO AFFOGATO		Yes: Wheat		Yes			Yes								No	Yes	Amaretti biscuits contain apricot kernels
CHOCOLATE & BLOOD ORANGE CHEESECAKE		Yes: Wheat					Yes						Yes	Yes	No	No	Contains beef gelatine.
VANILLA PANNACOTTA		Yes: Wheat					Yes						Yes	Yes	No	No	Wheat from pink raspberry snap only.
BAKED LEMON & RASPBERRY CHEESECAKE		Yes: Wheat, Barley		Yes			Yes			Yes: pistachio				Yes	No	Yes	None

SUNDAES, GELATO & GELATO TOPPERS

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/Sulphites	Vegans	Vegetarians	-
LEMON MERINGUE SUNDAE				Yes			Yes							Yes	No	Yes	None
BANANA & SALTED CARAMEL SUNDAE							Yes			Yes: pecan					No	Yes	None
VANILLA GELATO							Yes								No	Yes	None
CHOCOLATE GELATO							Yes								No	Yes	None
COCONUT & CHOCOLATE RIPPLE															Yes	Yes	None
HONEY, SEA SALT & MASCARPONE GELATO							Yes								No	Yes	None
LEMON SORBET															Yes	Yes	None
STRAWBERRY SORBET															Yes	Yes	None
WHITE CHOCOLATE & CARAMEL PECAN SWIRL (SEASONAL SCOOP)							Yes			Yes: pecan			Yes		No	Yes	None
MINT CHOC CHIP GELATO (SEASONAL SCOOP)							Yes								No	Yes	None
PISTACHIO GELATO (SEASONAL SCOOP)							Yes			Yes: pistachio					No	Yes	None
HAZELNUT & HONEY GELATO (SEASONAL SCOOP)							Yes			Yes: hazelnut					No	Yes	None
POMEGRANATE SORBET (SEASONAL SCOOP)															Yes	Yes	None
CARAMELISED PECANS TOPPER										Yes: pecan					Yes	Yes	None
AMARETTI BISCUIT TOPPER		Yes: Wheat		Yes			Yes								No	Yes	Amaretti biscuits contain apricot kernels.
LEMON CURD TOPPER				Yes			Yes							Yes	No	Yes	None
MELTED CHOCOLATE TOPPER							Yes							Yes	No	Yes	None
PROSECCO & PASSION FRUIT TOPPER														Yes	Yes	Yes	None
SALTED CARAMEL TOPPER							Yes								No	Yes	None
POPPING CANDY GELATO TOPPER							Yes								No	Yes	None

SPECIALS

3RD JANUARY – 13TH MARCH

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CHEESY SMOKED PESTO GARLIC BREAD		Yes: Wheat					Yes			*					No	Yes	*Contains pine kernels in the pesto
MONTEPULCIANO SALAMI RUSTICA		Yes: Wheat		Yes			Yes						Yes		No	No	None
VEGAN LENTIL RAGU		Yes: Wheat													Yes	Yes	None
TOFFEE APPLE BRIOCHE PUDDING		Yes: Wheat		Yes			Yes						Yes		No	Yes	None

BAMBINI

KIDS MENU

BAMBINI KIDS MENU

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
OLIVES															Yes	Yes	None
CARROT, CUCUMBER & GARLIC BREAD		Yes: Wheat					Yes								No	Yes	None
VEGAN STARTER - CARROT, CUCUMBER & NON DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
NON DAIRY STARTER - CARROT, CUCUMBER & NON DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
BEAN & BASIL PESTO DIP WITH CARROT & CUCUMBER STICKS							Yes			*					No	Yes	*Contains pine kernals in the basil pesto hummus.
MINI PASTA POMODORO	Yes	Yes: Wheat													Yes	Yes	These dishes can be ordered with our non-gluten containing fusilli pasta.
MINI PASTA FORMAGGI		Yes: Wheat		Yes			Yes						Yes		No	Yes	
MINI PASTA BOLOGNESE	Yes	Yes: Wheat													No	No	
MINI PASTA SUPER GREEN PESTO		Yes: Wheat													Yes	Yes	None
DECORATE YOUR MARGHERITA (BASE & TOPPINGS)		Yes: Wheat					Yes								No	No	These dishes can be ordered with our non-gluten containing pizza base.
MINI PIZZA MARGHERITA		Yes: Wheat					Yes								No	Yes	
VEGAN MINI PIZZA MARGHERITA		Yes: Wheat													Yes	Yes	
NON DAIRY MINI PIZZA MARGHERITA		Yes: Wheat													Yes	Yes	

BAMBINI KIDS MENU (CONTINUED)

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
PIZZA TOPPING - HAM															No	No	None
PIZZA TOPPING - MUSHROOMS															Yes	Yes	None
PIZZA TOPPING - ROASTED PEPPERS															Yes	Yes	None
PIZZA TOPPING - PEPPERONI															No	No	None
GREEN BEANS															Yes	Yes	None
TENDERSTEM BROCCOLI															Yes	Yes	None
GELATO CONES & POPPING CANDY (SEE GELATO FLAVOURS FOR ADDITIONAL ALLERGENS)		Yes: Wheat		Yes			Yes						Yes		No	Yes	None
FRUIT POT															Yes	Yes	None
CHOCOLATE GELATO							Yes								No	Yes	None
COCONUT & CHOCOLATE RIPPLE															Yes	Yes	None
VANILLA GELATO				Yes			Yes								No	Yes	None
LEMON SORBET															Yes	Yes	None
STRAWBERRY SORBET															Yes	Yes	None
GARLIC BREAD (TINY TUMMY)		Yes: Wheat					Yes								No	Yes	None
MINI PASTA POMODORO (TINY TUMMY)	Yes	Yes: Wheat													Yes	Yes	This dish can be ordered with our non-gluten containing fusilli pasta.

ARE YOUR CHEESE PRODUCTS PASTEURISED?

Please find the information below.

GRANA PADANO	NO
MASCARPONE	YES
RISERVA	YES
SCAMORZA	YES
PIZZA MOZZARELLA	YES
GOAT'S CHEESE	YES
FIOR DI LATTE MOZZARELLA	YES
BUFALA MOZZARELLA	YES
GOAT'S CHEESE WITHIN THE RAVIOLI DI CAPRA DISH	YES