



MAIN MENU 2023 - ALLERGEN MATRIX

SOUPS AND STARTERS														
Lentil & Carrot Soup	✓	✓					✓					YES	NO	Available GF without Garlic Bread, Soy (Baguette Bread)
Cream of Chicken Soup	✓	✓					✓		✓			NO	NO	Soy (Baguette Bread)
Burrata & Pomodoro Bruschetta	✓	✓					✓				✓	YES	NO	Nuts (Pesto genovese), Soy (Baguette Bread)
Loaded Potato Dippers		✓	✓					MCT		✓		NO	NO	Egg, Mustard & Might Contain Traces of Sulphites (Chipotle Mayo)
Potato Dippers		✓	✓									YES	NO	
Dough Balls PizzaExpress with Garlic Butter	✓	✓						MCT				YES	NO	
King Prawn Supremi						g						NO	NO	
Calamari with Pesto Mayo	✓	✓	✓	MCT	MCT	✓	MCT		MCT	✓	✓	NO	NO	Nuts & Mustard (Pesto Mayo)
Garlic Bread Cheese Trio	✓	✓					MCT					YES	NO	
Hot Honey Doughballs	✓						MCT					YES	NO	Not suitable for Vegans as it contains Honey
Spicy Chicken Wings							✓					NO	NO	
Barbeque Chicken Wings		✓					✓		✓			NO	NO	
Honey Chilli Basil Chicken Wings							✓					NO	NO	
Share the Flair Platter	✓	✓	✓				✓			✓	✓	NO	NO	
Doppio Dough Balls (with Pesto Rosso, Pesto Genovese & Garlic Butter)	✓	✓						MCT				YES	NO	Pine nuts (Pesto Genovese), Walnuts (Pesto Rosso)
SALADS														
Pollo Milanese	✓	✓										NO	NO	Nuts (Pesto Genovese)
Beetroot Buddha Bowl							✓	✓				YES	YES	Sesame (Hummus), Sulphites (Balsamic)
Grand Chicken Caesar	✓	✓	✓				MCT			✓		NO	NO	Mustard & Egg (HouseDressing), Gluten & Soy (Croutons)
Superboost			✓							✓		NO	NO	Egg & Mustard (House Dressing)
Burrata & Rocket Salad		✓										YES	NO	Sulphites (Balsamic)
CLASSIC PIZZAS														
Meat Lovers	✓	✓					✓			✓		NO	NO	
American	✓	✓					✓			✓		NO	NO	Soy (Carlo & Pepperoni) & Mustard (Pepperoni)
Arabizza	✓	✓					✓					NO	NO	
Apollo	✓	✓					✓			✓		NO	NO	Mustard (Tandoori Chicken)
Burrata	✓	✓					✓					YES	NO	
Carbonara	✓	✓	✓				✓					NO	NO	Egg (Cage-Free Egg & Carbonara Sauce)
Quattro Formaggi	✓	✓					✓					YES	NO	
Giardiniera	✓	✓					✓					YES	NO	
Margherita	✓	✓					✓					YES	NO	Can be prepared "Vegan" By using "Vegan Mozzarella"
VEGAN PIZZAS														
American Jack	✓						✓				✓	YES	YES	
Giardiniera	✓						✓				✓	YES	YES	
Margherita	✓						✓				✓	YES	YES	
Porcini & Truffle	✓						✓	MCT			✓	YES	YES	Might contain allergen traces are from Truffle Cream
ROMANA PIZZAS														
American Hottest	✓	✓					✓			✓		NO	NO	Mustard (Pepperoni)
Diavolo	✓	✓					✓			✓		NO	NO	Mustard (Pepperoni)
Pescatore	✓	✓			✓	✓	✓					NO	NO	
Hawaii-not?	✓	✓					✓					NO	NO	
Pollo Forza	✓	✓					✓					NO	NO	
Porcini & Truffle	✓	✓					✓	MCT			MCT	YES	NO	Might contain allergen traces are from Truffle Cream
Paneer Tikka	✓	✓					✓			✓		YES	NO	Mustard (Paneer Tikka)
Triple Chilli Cheese	✓	✓					✓					YES	NO	
Margherita Bufala	✓	✓					✓					YES	NO	
LEGGERA PIZZAS														
Mare e Monti	✓	✓			✓		✓	✓				NO	NO	
Pomodoro Pesto	✓	✓					✓	✓			✓	YES	NO	Sulphites (Balsamic)
Pollo Forza	✓	✓					✓	✓				NO	NO	
SPECIALITY PIZZA														
Calabrese	✓	✓					✓		MCT	MCT	✓	NO	NO	Nuts (Pesto Genovese)
PASTA														
Contadina	✓	✓										NO	NO	
King Prawns Piccante	✓	✓				✓						NO	NO	
Frutti di Mare	✓	✓				✓	✓					NO	NO	
Porcini & Truffle	✓	✓										YES	NO	
Arrabbiata con Bocconcini	✓	✓										YES	NO	
Creamy Cajun Chicken	✓	✓										NO	NO	
Pollo Piccante	✓	✓										NO	NO	
Carbonara	✓	✓	✓					MCT				NO	NO	
Bolognese	✓	✓					✓			✓		NO	NO	Soy & Celery (Bolognese Sauce)
Beef Lasagna	✓	✓					✓			✓		NO	NO	
DESSERTS														
Basque Burnt Cheesecake	✓	✓	✓								MCT	YES	NO	
Tiramisu	✓	✓	✓								MCT	YES	NO	
Honeycomb Cheesecake	✓	✓	✓								MCT	YES	NO	
Dough Balls with Nutella	✓	✓					✓				✓	YES	NO	Hazelnut (Nutella)
Chocolate Fondant	✓	✓	✓				✓				✓	YES	NO	
Chocolate Fudge Cake	✓	✓	✓								MCT	YES	NO	
Vanilla Ice Cream		✓										YES	NO	
Belgian Chocolate Ice Cream		✓										YES	NO	
REFRESHERS														
Passion Fruit Virgin Mojito												YES	YES	
Cucu-Mint Cooler												YES	YES	
Blue Pea Mojito												YES	YES	
Watermelon Punch												YES	YES	
Tropicana Kick												YES	YES	
Fresh Juices												YES	YES	

Vegetarian: (Lacto-Ovo): Avoid meat, fish and poultry or products containing these foods; but do consume dairy and egg products.
MCT = May Contain Traces

NOTE: All Vegan Cheeses contain Coconut Oil.
 Dishes might contain traces of Dairy & Sesame coming from Oregano and Black Pepper.
 Our Pasta might contain traces of Soy.

Your safety is of the utmost importance to us. Our allergen menu details information on our ingredients and dishes. Although, appropriate controls have been implemented, unfortunately, as all the products are produced in an environment that handles Nuts & Gluten, it is not possible for us to guarantee our busy kitchens are 100% allergen/contamination free.

Approved By: Head of QA & FS

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