



ASK
ITALIAN

ALLERGEN GUIDE
SPRING/SUMMER 2025

IMPORTANT ALLERGEN INFORMATION TO HELP YOU MAKE YOUR DECISION

Please take some time to read the important information at the front of the guide and please tell us about your allergy before ordering. Please also remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time.

This guide has been developed to help you make a safe and informed choice about our food but if you have any concerns, please talk to a member of staff, click on contact us on our website, or email info@askitalian.co.uk

How We look After Our Customers With Allergies:

We want all of our customers to feel relaxed eating at ASK Italian so we take very seriously our responsibility towards looking after our guests with food allergies and dietary requirements. We proactively ask customers about allergies and have allocated allergen managers to ensure a safe process, from order through to serving. We also provide allergen filtering through Pronto order, our digital table ordering system.

Delivery: For Click & Collect and Delivery Orders, we can't currently cater for allergies or specific dietary requirements. Please come and visit one of our restaurants to order in person or dine in with us.

Which allergens are covered within this guide?

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations*. It lists what allergenic ingredients are contained in each of our dishes and shows which are suitable for vegan and vegetarian diets.

We also include 'may contain' warnings from our suppliers. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free.**

Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order. None of our dishes are gluten free so they may not be suitable for coeliacs.

Allergens contained within our condiments & extra toppings are not included in this information. So, the cheese offered at your table for example contains milk and will alter the suitability of your dish.

Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies.

*in accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, Brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the "nuts" column on our allergen guide therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.

**where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

What if I have an allergy outside the 14?

We recognise that some people want to avoid many other food ingredients and we now provide the full ingredient declarations for a select number of our dishes. Please scan the QR code at the back of this guide to take you to the Ingredient Information List. If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed.

Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email info@askitalian.co.uk

We are committed to continually reviewing and improving our processes around allergies and dietary requirements and we are working on a solution that will enhance our ability to provide even more detailed ingredient and allergen information in the near future.

Please remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time.

PLEASE SEE NEXT PAGE FOR ALLERGEN FAQ'S

FREQUENTLY ASKED QUESTIONS - ALLERGENS

Which are the 14 allergens covered within your allergen guide?

Celery, Cereals containing Gluten, Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites and Tree Nuts.

Can you guarantee my food will be allergen free?

No, we can't guarantee that any of the dishes on our menu will be allergen free as our kitchens are busy places where we handle numerous ingredients and allergens, therefore cross-contact is always possible. We cook a range of items in our fryers and boilers and are unable to cook these items separately for customers with allergies and intolerances. In addition, some of our ingredients come from suppliers who put 'may contain' warnings on their products. This is where the manufacturer believes that traces of allergens may be present.

Do you pass on supplier 'May Contain' warnings?

Yes, we do. Supplier may contain warnings are highlighted with an asterisk*. However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free. Please note, where a dish contains cereals containing gluten or tree nuts, additional may contains species are not covered.

How can a dish be labelled vegan if it may contain milk, eggs, crustaceans, fish or molluscs?

Vegan food can be prepared in factories and areas where products of animal origin may be present. This could mean that some vegan food products could unintentionally contain allergens. You can read more about this on the Food Standards Agency website <https://www.food.gov.uk/safety-hygiene/vegan-food-and-allergens>.

I'm allergic to dairy/milk, can I use the vegan menu?

Our vegan dishes are made with care to a vegan recipe. However, due to cross-contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies. Please refer to the allergen tables.

How can a dish be labelled Non-Gluten if it may contain cereals containing gluten?

Our Non-Gluten dishes are recipes that do not intentionally contain gluten. Some of these recipes therefore have manufacturer's may contains warnings for gluten and there is also the risk of cross-contact in our busy kitchens. For these reasons, we do not label these dishes as gluten free so they may not be suitable for coeliacs.

I am Coeliac, what can I eat?

None of our dishes are gluten free but our classic pastas can be made with our non-gluten containing fusilli. Our classic and rustica pizzas can also be made with our circular non-gluten containing base.

Is your non-gluten pasta cooked separately?

Yes, our non-gluten containing fusilli is cooked separately to order.

Are you able to alter dishes to make it safe for my allergy?

As part of our allergen policy, we are unable to make modifications to dishes to remove allergens. Sometimes the allergen is hidden in ingredients such as stocks and sauces. Please use the allergen table to choose a dish that is suitable for you. However, you are welcome to remove ingredients or add suitable ingredients to dishes that don't contain the allergen you are trying to avoid.

How will I know that the dish served to me is suitable for my allergy?

Provided you make us aware of your allergy, we will take extra care preparing your dish and it will be brought to you by an Allergen Manager who will confirm your order. Dishes for customers with allergies, vegans and those requiring non-gluten dishes will be marked with a sticker.

I have a nut allergy. Which nuts are covered in the allergen guide?

In accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, Brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the "nuts" column on our allergen guide. Therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.

Which cheeses are pasteurised?

All of our cheeses are pasteurised.

Why are your lemons not suitable for vegans?

Some lemons are waxed to maintain their appearance. Waxes may be made from shellac or beeswax, which is not strictly vegan.

Is the cheese served at the table vegetarian?

Yes, the cheese served at your table is suitable for vegetarians.

**PLEASE SEE NEXT PAGE FOR
CROSS-CONTACT INFORMATION**

CROSS-CONTACT INFORMATION

Items fried in our fryers* may come into contact with: Celery, Eggs, Fish, Gluten (Barley, Wheat), Milk, Molluscs, Mustard, Soya, Sulphites.

* We fry a range of items in our fryers and are unfortunately unable to fry items separately for customers with allergies and intolerances. Please note that we do have separate vegetarian and non-vegetarian fryers. However, these are in close proximity to each other, and we are therefore unable to guarantee full oil segregation. In order to protect those with allergies, we have combined the cross-contact information from both the vegetarian and non-vegetarian fryers.

Items that are cooked in our pasta boilers may come into contact with: Eggs, Gluten (Wheat).**

**Due to the way we cook our pastas in our small, busy kitchens, we are unfortunately unable to guarantee that there will be no cross-contact with other allergens. Our vegan dishes are made to care to a vegan recipe, however, may not be suitable for those with allergies. Our non-gluten pastas are cooked separately to order and this is detailed beside relevant dishes in the allergen tables.

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and shows which are suitable for vegan and vegetarian diets. We also include 'may contain' warnings from our suppliers. * a black asterisk means that the dish 'may contain' the specified allergen. (This is where an allergen is not in a recipe or intentionally in a dish, but where the manufacturer of an ingredient believes that cross-contact may still be a risk). However, please bear in mind that our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that any of our dishes will be allergen free. Where a dish contains cereals containing gluten or tree nuts, please note additional species may contain are not covered.

BREAD & NIBBLES

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Garlic Bread		Yes: Wheat		*			*		*			*			Yes	Yes	
Rosemary & Olive Oil Bread		Yes: Wheat		*			*		*			*	Yes		Yes	Yes	
Italian Olives															Yes	Yes	
'& Balsamic Caramelized Onions															Yes	Yes	
Antipasti Classico		Yes: Wheat		*			Yes		*			*					
Garlic Bread With Mozzarella		Yes: Wheat		*			Yes		*			*			Yes		
'Nduja & Cheese Dough Bites		Yes: Wheat		*			Yes		Yes			*					
Pesto & Cheese Dough Bites		Yes: Wheat		Yes			Yes		Yes			*			Yes		

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STARTERS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Cheese Fondue	*	Yes: Wheat		*			Yes		Yes			*			Yes		
Burrata Tricolore							Yes								Yes		
Mushrooms Al Forno		Yes: Wheat		Yes			Yes		Yes			*			Yes		
Large Calamari				Yes				Yes	Yes								Fried with other allergens - for cross-contact info, see page 4
Small Calamari				Yes				Yes	Yes								Fried with other allergens - for cross-contact info, see page 4
Toasted Warm Bruschetta		Yes: Wheat					Yes								Yes		
King Prawn Al Forno		Yes: Wheat	Yes														
ASK Favourites Sharer	*	Yes: Barley, Wheat	Yes	Yes	*		Yes		Yes		*	*	*				Fried with other allergens - for cross-contact info, see page 4
3 Chicken Lecca Lecca	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*	*				Fried with other allergens - for cross-contact info, see page 4
5 Chicken Lecca Lecca	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*	*				Fried with other allergens - for cross-contact info, see page 4

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Trio Of Arancini	*	Yes: Wheat					Yes		Yes						Yes		Fried with other allergens - for cross-contact info, see page 4

CLASSIC PASTA

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Fettuccine Bolognese	Yes	Yes: Wheat			Yes				*			*	Yes				Boiled with other allergens - for cross-contact info, see page 4
Spaghetti Bolognese	Yes	Yes: Wheat			Yes				*			*	Yes				Boiled with other allergens - for cross-contact info, see page 4
Linguine con Frutti di Mare		Yes: Wheat	Yes		Yes			Yes	*			*					Boiled with other allergens - for cross-contact info, see page 4
Spaghetti Al Pomodoro	*	Yes: Wheat					Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 4
Linguine Carbonara		Yes: Wheat					Yes		*			*					Boiled with other allergens - for cross-contact info, see page 4
Fettucine Lentil Ragù	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Vegetarian Linguine Carbonara		Yes: Wheat					Yes		*			Yes			Yes		Boiled with other allergens - for cross-contact info, see page 4

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PASTA FRESCA

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Slow-cooked Beef Pappardelle	*	Yes: Barley, Wheat	*	Yes	*		Yes	*	*			*	Yes				Boiled with other allergens - for cross-contact info, see page 4
Burrata & Pancetta Carbonara	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens - for cross-contact info, see page 4
Luganica & Nduja Frilly Tagliatelle	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens - for cross-contact info, see page 4
King Prawn Tagliatelle	*	Yes: Wheat	Yes	Yes	Yes		Yes	*	*			*	*				Boiled with other allergens - for cross-contact info, see page 4
Pesto Stracciatella Tagliatelle	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*		Yes		Boiled with other allergens - for cross-contact info, see page 4

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AL FORNO

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pollo Della Casa	Yes	Yes: Wheat		*			Yes		*			*	*				Boiled with other allergens - for cross-contact info, see page 4
Lasagne Grande	Yes	Yes: Barley, Wheat	*	Yes	Yes		Yes	*	*			Yes	Yes				
Lasagne	Yes	Yes: Wheat	*	Yes	Yes		Yes	*	*			Yes	Yes				
Manzo Piccante	Yes	Yes: Barley, Wheat			Yes		Yes		*			*	Yes				Boiled with other allergens - for cross-contact info, see page 4

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CLASSIC PIZZA

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Margherita		Yes: Wheat		*			Yes		*			*			Yes		
Pollo E Pancetta		Yes: Wheat		*			Yes		*			*					
Stromboli		Yes: Wheat		*			Yes		*			*					
Stromboli With Chillies		Yes: Wheat		*			Yes		*			*					

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PRIMA PIZZA

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Prima Stromboli With Chillies		Yes: Wheat		*			Yes		*			*					
Prima Margherita		Yes: Wheat		*			Yes		*			*			Yes		
Prima Pollo E Pancetta		Yes: Wheat		*			Yes		*			*					
Prima Stromboli		Yes: Wheat		*			Yes		*			*					
Pesto Giardino		Yes: Wheat		*			*		*			*	Yes		Yes	Yes	
Fiery Calabria		Yes: Wheat		*			Yes		*			*					
Burrata & Slow Roast Tomato		Yes: Wheat		*			Yes		*			*			Yes		
Pollo E Roquito		Yes: Wheat		*			Yes		*			*	Yes				
Salami Misti		Yes: Wheat		*			Yes		*			*	Yes				

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CALZONE

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Truffle & Mushroom Calzone		Yes: Wheat		*			Yes		*			*			Yes		
Truffle & Mushroom Calzone With Chicken		Yes: Wheat		*			Yes		*			*					
Calzone Carne Piccante	Yes	Yes: Wheat		*	Yes		Yes		*			*	Yes				

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EXTRA TOPPINGS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Burrata							Yes								Yes		
'Nduja																	
Goat Cheese							Yes								Yes		
Rocket															Yes	Yes	
Linguine		Yes: Wheat							*			*			Yes	Yes	
Spaghetti		Yes: Wheat							*			*			Yes	Yes	
Pappardelle	*	Yes: Wheat	*	Yes	*		*	*	*			*	*		Yes		
Rigatoni		Yes: Wheat							*			*			Yes	Yes	
Fettuccine		Yes: Wheat							*			*			Yes	Yes	
Frilly Tagliatelle	*	Yes: Wheat	*	Yes	*		*	*	*			*	*		Yes		
THIS lardons		*										Yes			Yes	Yes	
Seasoned Chicken																	
Pepperoni																	
Pancetta																	
Prosciutto							*										
Roasted Peppers															Yes	Yes	
Sauteed Mushrooms															Yes	Yes	
Red Dutch Chillies															Yes	Yes	
Balsamic onion confiture															Yes	Yes	
Olives															Yes	Yes	
Marinated King Prawns			Yes														
Coppa Ham																	

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SPECIALITY MAINS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Caesar Classica		Yes: Barley, Wheat		Yes	Yes		Yes		Yes								
Risotto Con Funghi With Chicken	Yes	*		*			Yes		*			*	*				
Tuscan Chicken Orzotto		Yes: Wheat					Yes										
Pollo Milanese With Chips		Yes: Wheat					Yes					Yes					Fried with other allergens - for cross-contact info, see page 4
Pollo Milanese With Potatoes		Yes: Wheat					Yes					Yes					
Risotto Con Funghi	Yes	*		*			Yes		*			*	*		Yes		
Fresco Italiano Salad - Artichokes									Yes				Yes	*	Yes	Yes	
Fresco Italiano Salad - Chicken							Yes		Yes				Yes	*			
Fresco Italiano Salad - Mozzarella							Yes		Yes				Yes	*	Yes		
Sea Bass Al Forno	Yes				Yes		Yes						Yes				

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SIDES

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Caeser Side Salad		Yes: Barley, Wheat		Yes	Yes		Yes		Yes								
Seasoned Chips With Garlic Mayo		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Bolognese Bites	Yes	Yes: Wheat		Yes	Yes		Yes						Yes				Fried with other allergens - for cross-contact info, see page 4
Roast Potatoes															Yes	Yes	
Balsamic Glazed Greens													Yes		Yes	Yes	

SIDES

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Caesar Side Salad		Yes: Barley, Wheat		Yes	Yes		Yes		Yes								
Zucchini Fritti with Garlic Mayo		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Garlic And Cheese Chips with Garlic Mayo		Yes: Wheat		Yes			Yes		Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Chips with Garlic Mayo		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Side Salad	*								Yes						Yes	Yes	
Honey Luganica Sausages																	

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DIPS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Balsamic Onion Confiture Dip															Yes	Yes	
Pesto Garlic Mayo Dip				Yes					Yes						Yes		
Olive Tapenade															Yes	Yes	
Spicy Tomato Dip															Yes	Yes	
Smoked Chilli Jelly															Yes	Yes	
Garlic mayo				Yes					Yes						Yes		
'Nduja Ketchup									Yes								
Balsamic Mayo				Yes					Yes				Yes	Yes	Yes		

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CONDIMENTS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Ketchup									Yes						Yes	Yes	
Chilli Oil															Yes	Yes	
Extra virgin olive oil															Yes	Yes	
Aged hard cheese							Yes								Yes		
Balsamic Vinegar													Yes		Yes	Yes	

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DESSERTS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Mini Dolce: Mini Mascarpone & Cherries		Yes: Wheat					Yes					Yes			Yes		
Mini Dolce: Tiramisu		Yes: Wheat		Yes			Yes					Yes	Yes	*	Yes		
Mini Tiramisu		Yes: Wheat		Yes			Yes					*	Yes	*	Yes		
Biscoff Cheesecake	*	Yes: Wheat		*			Yes		*			Yes	*	*	Yes		
Mini Panna Cotta	*	*		*			Yes		*			*	*		Yes		
Salted Caramel Gelato - One Scoop												Yes			Yes	Yes	
Toffee Bomboloni Sundae	*	Yes: Wheat		Yes			Yes		*			Yes	*	*	Yes		
ASK Logo Wafer		Yes: Wheat					Yes					Yes			Yes		
Dolce Dessert Board	*	Yes: Wheat		Yes			Yes		*			Yes	Yes	*	Yes		
Warm Chocolate Brownie				Yes			Yes					Yes		*	Yes		
Chocolate Falls	*	Yes: Wheat		Yes			Yes		*			Yes	*	*	Yes		
Mini Brownie				Yes			*					Yes		*	Yes		
Mini Dolce - Brownie		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Chocolate Etna	*	*		Yes	*		Yes		*			Yes	*	*	Yes		
Tiramisu (with Baileys)		Yes: Wheat		Yes			Yes					*	Yes	*	Yes		
Vanilla Gelato - one scoop							Yes							*	Yes		
Berry Sorbet							*							*	Yes	Yes	

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DESSERTS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Chocolate Gelato - one scoop							Yes					*		*	Yes		
Mini Bomboloni		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Mini Dolce: Bomboloni		Yes: Wheat		Yes			Yes					Yes		*	Yes		
The Lemon		Yes: Wheat					Yes					Yes		*	Yes		
Sicilian Lemon Tart		Yes: Wheat		Yes			Yes							*	Yes		
White Chocolate & Pistachio Tart	*	Yes: Wheat		Yes			Yes		*			Yes	*	Yes: Pistachio Nuts	Yes		
Caramello Chocolate Torta				*			*					Yes		*	Yes	Yes	
Happy Birthday Plaque							*					*			Yes		
Congratulations plaque							*					*			Yes		
Cherry & Clotted Cream Gelato - one scoop		Yes: Wheat					Yes			*		Yes		*	Yes		
Mini Mascarpone & Cherries							Yes								Yes		

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VEGAN

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Vegan Italian Olives															Yes	Yes	
Vegan - Garlic Bread		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - Spicy Tomato Bites		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - 3 Lecca Lecca	*	Yes: Wheat							*		*	Yes	*		Yes	Yes	
Vegan - 5 Lecca Lecca	*	Yes: Wheat							*		*	Yes	*		Yes	Yes	
Vegan - Toasted Warm Bruschetta		Yes: Wheat													Yes	Yes	
Vegan - Garlic Bread With Mozzarisella		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - Rosemary & Olive Oil Bread		Yes: Wheat		*			*		*			*	Yes		Yes	Yes	
Vegan - Pesto Bites		Yes: Wheat		*			*		*			*			Yes	Yes	

VEGAN

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Vegan - Fettuccine Lentil Ragu	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Vegan - spaghetti pomodoro	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Vegan - classic margherita		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - prima margherita		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - Pesto Giardino		Yes: Wheat		*			*		*			*	Yes		Yes	Yes	
Vegan - Fresco Italiano Salad - Artichokes									Yes				Yes	*	Yes	Yes	
Vegan - Balsamic Glazed Greens													Yes		Yes	Yes	
Vegan - Roast Potatoes															Yes	Yes	
Vegan - Side Salad	*								Yes						Yes	Yes	
Vegan - Salted Caramel Gelato - one scoop												Yes			Yes	Yes	
Vegan - Caramello Chocolate Torta				*			*					Yes		*	Yes	Yes	
Vegan - berry sorbet - one scoop							*							*	Yes	Yes	

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SOFT DRINKS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Soda Water															Yes		Vegan? Ask for no lemon.
Tonic Water															Yes		Vegan? Ask for no lemon.
Slime line tonic															Yes		Vegan? Ask for no lemon.
Schweppes lemonade															Yes		Vegan? Ask for no lemon.
Orange juice & soda															Yes		
Lime & lemonade															Yes		Vegan? Ask for no lemon.
Lime & Soda															Yes	Yes	
Pineapple Juice															Yes	Yes	
Appletiser															Yes	Yes	
Apple Juice															Yes	Yes	
Orange Juice															Yes		
Craft Lemonade															Yes		
Raspberry Craft Lemonade															Yes		
Coke Zero															Yes		Vegan? Ask for no lemon.
San Pellegrino Aranciata Rosso															Yes		
Coke															Yes		Vegan? Ask for no lemon.
Sprite Zero															Yes		Vegan? Ask for no lemon.
Diet Coke															Yes		Vegan? Ask for no lemon.
San Pellegrino Limonata															Yes		
Ginger Beer															Yes	Yes	
Irn Bru															Yes	Yes	
Pink Grapefruit Soda															Yes	Yes	
Jug Of Tap Water															Yes	Yes	
Sprite Zero & Lime															Yes	Yes	
Lime Cordial															Yes	Yes	
Orange Juice & Lemonade															Yes		
Elderflower Cordial															Yes	Yes	
Sparkling water 750ml															Yes		Vegan? Ask for no lemon.
Sparkling water 330ml															Yes		Vegan? Ask for no lemon.
Still Water 330ml															Yes		Vegan? Ask for no lemon.
Still water 750ml															Yes		Vegan? Ask for no lemon.

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HOT DRINKS

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oat drink		Yes: Oats													Yes	Yes	
Single macchiato with oat drink		Yes: Oats													Yes	Yes	
Double macchiato with oat drink		Yes: Oats													Yes	Yes	
Cappuccino with oat drink - large		Yes: Oats					*								Yes	Yes	
Cappuccino with oat drink - regular		Yes: Oats					*								Yes	Yes	
Latte with oat drink - regular		Yes: Oats													Yes	Yes	
Mocha with oat drink - regular		Yes: Oats					*								Yes	Yes	
Latte with oat drink - large		Yes: Oats													Yes	Yes	
Americano with oat - regular		Yes: Oats													Yes	Yes	
Mocha with oat - large		Yes: Oats					*								Yes	Yes	
Traditional English with oat drink		Yes: Oats													Yes	Yes	
Flat white with oat drink - regular		Yes: Oats													Yes	Yes	
Americano with oat drink - large		Yes: Oats													Yes	Yes	
Peppermint Tea															Yes	Yes	
Espresso - Large															Yes	Yes	
Macchiato - Large							Yes								Yes		
Mocha - Regular							Yes								Yes		
Latte - Regular							Yes								Yes		
Cappuccino - Regular							Yes								Yes		
Americano - Large							Yes								Yes		
Mocha - Large							Yes								Yes		
Traditional Tea with milk							Yes								Yes		
Earl Grey Tea with milk							Yes								Yes		
Fresh Mint Tea															Yes	Yes	
Earl Grey Tea															Yes	Yes	
Green Tea															Yes	Yes	
Cappuccino - Large							Yes								Yes		

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Americano - Regular							Yes								Yes		
Latte - Large							Yes								Yes		
Hot Chocolate							Yes								Yes		
Macchiato - Regular							Yes								Yes		
Flat White							Yes								Yes		
Espresso - Regular															Yes	Yes	
Tiramisu Iced Latte							Yes					Yes			Yes		
Earl grey with oat drink		Yes: Oats													Yes	Yes	
oat drink Hot Chocolate		Yes: Oats					*								Yes	Yes	
Sweetener							Yes								Yes		
Sugar stick															Yes	Yes	
Decaf Single macchiato with oat drink		Yes: Oats													Yes	Yes	
Decaf Double macchiato with oat drink		Yes: Oats													Yes	Yes	
Decaf Cappuccino with oat drink - large		Yes: Oats					*								Yes	Yes	
Decaf Cappuccino with oat drink - regular		Yes: Oats					*								Yes	Yes	
Decaf Latte with oat drink - regular		Yes: Oats													Yes	Yes	
Decaf Mocha with oat drink - regular		Yes: Oats					*								Yes	Yes	
Decaf Latte with oat drink - large		Yes: Oats													Yes	Yes	
Decaf Americano with oat - regular		Yes: Oats													Yes	Yes	
Decaf Mocha with oat - large		Yes: Oats					*								Yes	Yes	
Decaf Flat white with oat drink - regular		Yes: Oats													Yes	Yes	
Decaf Americano with oat drink - large		Yes: Oats													Yes	Yes	
Decaf Espresso - Large															Yes	Yes	
Decaf Macchiato - Large							Yes								Yes		

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Decaf Mocha - Regular							Yes								Yes		
Decaf Latte - Regular							Yes								Yes		
Decaf Cappuccino - Regular							Yes								Yes		
Decaf Americano - Large							Yes								Yes		
Decaf Mocha - Large							Yes								Yes		
Decaf Americano - Regular							Yes								Yes		
Decaf Latte - Large							Yes								Yes		
Decaf Macchiato - Regular							Yes								Yes		
Decaf Flat White							Yes								Yes		
Decaf Espresso - Regular															Yes	Yes	
Decaf Cappuccino - Large							Yes								Yes		

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SPIRITS & LIQUEURS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
English Craft Vodka 50ml															Yes	Yes	
Peroni 0% 330ml		Yes: Barley													Yes	Yes	
Pink Strawberry Gin 50ml															Yes	Yes	
Ron Calados Spiced Rum 50ml															Yes	Yes	
Ron Calados White Rum 50ml															Yes	Yes	
Prosecco Brut Doc 125ml													Yes		Yes	Yes	
Prosecco Brut Doc 750ml													Yes		Yes	Yes	
Limoncello 50ml															Yes	Yes	
Baileys 50ml							Yes								Yes		
Amaretto 50ml															Yes	Yes	
Brandy 50ml															Yes	Yes	
Kahlua 50ml																	
Aperol 25ml															Yes	Yes	

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SPIRITS & LIQUEURS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Aperol 50ml															Yes	Yes	
Baileys 25ml							Yes								Yes		
Brandy 25ml															Yes	Yes	
Limoncello 25ml															Yes	Yes	
Amaretto 25ml															Yes	Yes	
Jack Daniels 25ml																	
English Craft Vodka 25ml															Yes	Yes	
London Dry Craft Gin															Yes		
Tonic Water															Yes		Vegan? Ask for no lemon
Slimline Tonic															Yes		Vegan? Ask for no lemon
Soda Water															Yes		Vegan? Ask for no lemon
Ron Calados White Rum 25ml															Yes	Yes	
Pink Strawberry Gin 25ml															Yes	Yes	
Schwepps Lemonade															Yes		Vegan? Ask for no lemon
Local Gin 25ml															Yes	Yes	
Kahlua 25ml																	
London Dry Craft Gin 50ml															Yes		
Jack Daniels 50ml															Yes	Yes	
Ron Calados Spiced Rum 25ml															Yes	Yes	
Local Gin 50ml															Yes	Yes	
Organic Primitivo IGT 175ml													Yes				

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RED WINE

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Chianti Classico Docg 175ml													Yes		Yes	Yes	
Merlot IGT 175ml													Yes		Yes	Yes	
Malbec 175ml													Yes		Yes	Yes	
Sangiovese													Yes		Yes	Yes	
Nero D'Avola 175ml													Yes		Yes	Yes	
Merlot IGT 125ml													Yes		Yes	Yes	
Merlot IGT 250ml													Yes		Yes	Yes	
Merlot IGT 500ml													Yes		Yes	Yes	
Merlot IGT 750ml													Yes		Yes	Yes	
Nero D'Avola 125ml													Yes		Yes	Yes	
Nero D'Avola 250ml													Yes		Yes	Yes	
Nero D'Avola 500ml													Yes		Yes	Yes	
Nero D'Avola 750ml													Yes		Yes	Yes	
Organic Primitivo IGT 125ml													Yes				
Organic Primitivo IGT 250ml													Yes				
Organic Primitivo IGT 500ml													Yes				
Organic Primitivo IGT 750ml													Yes				
Malbec 125ml													Yes		Yes	Yes	
Malbec 250ml													Yes		Yes	Yes	
Malbec 500ml													Yes		Yes	Yes	
Malbec 750ml													Yes		Yes	Yes	
Chianti Classico Docg 125ml													Yes		Yes	Yes	
Chianti Classico Docg 250ml													Yes		Yes	Yes	
Chianti Classico Docg 500ml													Yes		Yes	Yes	
Chianti Classico Docg 750ml													Yes		Yes	Yes	

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WHITE WINE

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pinot Grigio Doc 175ml													Yes		Yes	Yes	
Trebbiano 125ml													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand 175ml													Yes		Yes	Yes	
Sauvignon Blanc Doc 175ml													Yes		Yes	Yes	
Bianco Salento 175ml													Yes		Yes	Yes	
Sauvignon Blanc Doc 125ml													Yes		Yes	Yes	
Sauvignon Blanc Doc 250ml													Yes		Yes	Yes	
Sauvignon Blanc Doc 500ml													Yes		Yes	Yes	
Sauvignon Blanc Doc 750ml													Yes		Yes	Yes	
Trebbiano 175ml													Yes		Yes	Yes	
Trebbiano 250ml													Yes		Yes	Yes	
Trebbiano 500ml													Yes		Yes	Yes	
Trebbiano 750ml													Yes		Yes	Yes	
Bianco Salento 125ml													Yes		Yes	Yes	
Bianco Salento 250ml													Yes		Yes	Yes	
Bianco Salento 500ml													Yes		Yes	Yes	
Bianco Salento 750ml													Yes		Yes	Yes	
Pinot Grigio Doc 125ml													Yes		Yes	Yes	
Pinot Grigio Doc 250ml													Yes		Yes	Yes	
Pinot Grigio Doc 500ml													Yes		Yes	Yes	
Pinot Grigio Doc 750ml													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand 125ml													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand 250ml													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand 500ml													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand 750ml													Yes		Yes	Yes	
Trebbiano Soda Spritzer													Yes		Yes	Yes	
Trebbiano Lemonade Spritzer													Yes		Yes	Yes	

ROSÉ WINE

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pinot Grigio Blush 175ml													Yes				
Mirabeau Rose 125ml													Yes		Yes	Yes	
Mirabeau Rose 175ml													Yes		Yes	Yes	
Mirabeau Rose 250ml													Yes		Yes	Yes	
Mirabeau Rose 500ml													Yes		Yes	Yes	
Mirabeau Rose 750ml													Yes		Yes	Yes	
Mirabeau Rose Soda Spritzer													Yes		Yes	Yes	
Mirabeau Rose Lemonade Spritzer													Yes		Yes	Yes	
Rose Grigio Lemonade Spritzer													Yes		Yes	Yes	
Rose Grigio Soda Spritzer													Yes		Yes	Yes	
Pinot Grigio Blush 750ml													Yes				
Pinot Grigio Blush 250ml													Yes				
Pinot Grigio Blush 500ml													Yes				
Pinot Grigio Blush 125ml													Yes				

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SPARKLING WINE

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Prosecco Brut Doc 750ml													Yes		Yes	Yes	
Prosecco Doc Rose 750ml													Yes		Yes	Yes	
Prosecco Doc Rose 125ml													Yes		Yes	Yes	
Prosecco Brut Doc 125ml													Yes		Yes	Yes	

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BEERS & CIDERS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Cornish Orchards Blush Cider													Yes		Yes	Yes	
Peroni Gran Riserva		Yes: Barley													Yes	Yes	
Peroni 660ml		Yes: Barley													Yes	Yes	
Dark Star Hophead		Yes: Barley													Yes	Yes	
Cornish Orchards Raspberry & Elderflower Cider													Yes		Yes	Yes	
Peroni 330ml		Yes: Barley													Yes	Yes	
Cornish Orchard Dry Cider													Yes		Yes	Yes	
Meantime Prime Ale		Yes: Barley													Yes	Yes	
Peroni Gluten Free		Yes: Barley													Yes	Yes	Gluten Free Barley
Peroni Libera 0%		Yes: Barley													Yes	Yes	

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COCKTAILS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Strawberry Mojito															Yes	Yes	
Amalfi Sunset															Yes		
Sarti Spritz													Yes		Yes		
Limoncello Spritz													Yes		Yes		
Matcha Tiramisu Martini							Yes								Yes		
Aperol Spritz													Yes		Yes	Yes	
Passion fruit martini															Yes	Yes	
Espresso Martini																	
Flat White Martini							Yes										
Candy Cloud Bramble															Yes		
Elderflower Burst															Yes	Yes	

MOCKTAILS & NON-ALCOHOLIC COCKTAILS

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Cherry Blossom Spritz															Yes	Yes	
Strawberry Sparkle															Yes		
Passionfruit Fizz															Yes		
Pineapple Passion															Yes	Yes	
Ginger Mule Spritz															Yes		
Elderflower & Apple															Yes	Yes	
Lime & Mint Twist															Yes		

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KIDS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Vegetable Sticks With Bread Soldiers And Dip		Yes: Wheat		*			*		*			*			Yes	Yes	
Chicken Goujons With Chips	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*					Fried with other allergens - for cross-contact info, see page 4
& Ham																	
Dip and Dunk - Pasta Tubes	*	Yes: Wheat					Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 4
& Pepperoni																	
& Olives															Yes	Yes	
& Mushrooms															Yes	Yes	
& Spinach															Yes	Yes	
& Chicken Breast																	
& Roasted Peppers															Yes	Yes	
Pasta Tubes		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
& Tasty Tomato Sauce	*														Yes	Yes	

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KIDS

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Spaghetti		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
& Cheese Sauce							Yes								Yes		
& Bolognese Sauce	*	*		*			Yes		*			*	*				
& Pancetta																	
Chicken Goujons With Potatoes	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*	*				Fried with other allergens - for cross-contact info, see page 4
& Cheese Sauce With Pancetta							Yes										
Happy Face Pizza		Yes: Wheat		*			Yes		*			*			Yes		
& Pesto Sauce							Yes								Yes		

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KIDS SIDES

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Peas															Yes	Yes	
Tomatoes															Yes	Yes	

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KIDS DESSERTS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Build Your Own Sundae - Vanilla Ice Cream							Yes							*	Yes		
Build Your Own Sundae - Chocolate Ice Cream							Yes					*		*	Yes		
& Mini Marshmallows							*					*					
& White Chocolate Curls							Yes					Yes			Yes		
Chilly Billy Pure Fruit Apple And Raspberry							*								Yes	Yes	
& Grapes															Yes	Yes	
Chilly Billy Pure Fruit Orange And Apple							*								Yes	Yes	
& Toffee Sauce	*	*		*			Yes		*			*	*		Yes		
Frutti															Yes	Yes	
Build Your Own Sundae - Salted Caramel Gelato												Yes			Yes	Yes	
& Mini Meringues				Yes											Yes		
& Fudge							Yes					*			Yes		
& Popcorn							Yes								Yes		
& Biscoff Crumb		Yes: Wheat										Yes			Yes	Yes	
Gelato Doughnut sandwich		Yes: Wheat		Yes			Yes					Yes		*	Yes		
& Mixed Berry Sauce															Yes	Yes	
& Chocolate Sauce							Yes								Yes		
Build Your Own Sundae - Berry Sorbet							*							*	Yes	Yes	
Kids Brownie				Yes			Yes					Yes		*	Yes		

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KIDS DRINKS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Blackcurrant & Apple Squash													Yes		Yes	Yes	
Milk							Yes								Yes		
Babyccino							Yes								Yes		
Joosed Fruity Water Blackcurrant And Apple															Yes	Yes	
Apple Juice - Small															Yes	Yes	
Orange Juice - Regular															Yes		
Orange Squash													Yes		Yes	Yes	
Apple Juice - Regular															Yes	Yes	
Craft Lemonade															Yes		
Craft Lemonade Raspberry															Yes		
Orange Juice - Small															Yes		
Pineapple Juice - Small															Yes	Yes	
Pineapple Juice - Large															Yes	Yes	
Oat Milk Babyccino		Yes: Oats					*								Yes	Yes	

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KIDS TINY TUMS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Mini Main - Pasta with Tomato Sauce	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Mini Main - Pasta with Butter		Yes: Wheat					Yes		*			*			Yes		Boiled with other allergens - for cross-contact info, see page 4
Bread Sticks And Tomato Dip		Yes: Wheat		*			*		*			*			Yes	Yes	

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VEGAN KIDS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Vegan - kids vegetable sticks & bread soldiers with dip		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - chilly billy apple & raspberry							*								Yes	Yes	
Vegan - kids plum tomatoes															Yes	Yes	
Vegan - this isn't chicken goujons	*	Yes: Wheat							*		*	Yes	*		Yes	Yes	
Vegan - kids peas															Yes	Yes	
Vegan - kids small apple juice															Yes	Yes	
Vegan - kids regular apple juice															Yes	Yes	
Vegan - orange and apple chilly billy							*								Yes	Yes	
Vegan - tiny tums pasta	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Vegan - kids jooosed fruity water															Yes	Yes	
Vegan - Make Your Own Sundae - Berry Sorbet							*							*	Yes	Yes	
Vegan - Mixed Berry Sauce															Yes	Yes	
Vegan - & Grapes															Yes	Yes	
Vegan - kids make your own pasta tubes		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Vegan - kids tasty tomato	*														Yes	Yes	
Vegan - kids & roasted peppers															Yes	Yes	
Vegan - kids & olives															Yes	Yes	
Vegan - kids & mushrooms															Yes	Yes	
Vegan - kids & balsamic red onions													Yes		Yes	Yes	
Vegan - kids & spinach															Yes	Yes	
Vegan - kids make your own spaghetti		Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4

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VEGAN KIDS

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Vegan - Frutti & Biscoff Crumb		Yes: Wheat										Yes			Yes	Yes	
Vegan - Make Your Own Sundae - Salted Caramel Gelato												Yes			Yes	Yes	
Vegan - Kids Happy Face Pizza		Yes: Wheat		*			*		*			*			Yes	Yes	
Vegan - tiny tums breadsticks		Yes: Wheat		*			*		*			*			Yes	Yes	

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NON-GLUTEN

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Non Gluten - Mushroom Al Forno				Yes			Yes		Yes						Yes		
Non Gluten - Italian Olives															Yes	Yes	
Non Gluten - Burrata Tricolore							Yes								Yes		
Non Gluten - Vegetarian Carbonara		*		*			Yes					Yes			Yes		
Non Gluten - Bolognese	Yes			*	Yes							*	Yes				Non Gluten pasta cooked separately to order.
Non Gluten - Frutti di Mare			Yes	*	Yes			Yes				*					Non Gluten pasta cooked separately to order.
Non Gluten - Carbonara				*			Yes					*					Non Gluten pasta cooked separately to order.
Non Gluten - Al Pomodoro	*			*			Yes					*			Yes		Non Gluten pasta cooked separately to order.
Non gluten - lentil ragu	*			*								*			Yes	Yes	Non Gluten pasta cooked separately to order.
Non Gluten Vegan - Al Pomodoro	*			*								*			Yes	Yes	Non Gluten pasta cooked separately to order.
Non Gluten - Burrata & Slow Roast Tomato							Yes		*			*			Yes		

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NON-GLUTEN

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Non Gluten - Fiery Calabria Di Capra							Yes		*			*					
Non Gluten Base									*			*			Yes	Yes	
Non Gluten - Pesto Giardino									*			*	Yes		Yes	Yes	
Non Gluten - Stromboli W Chillies							Yes		*			*					
Non gluten - margherita							Yes		*			*			Yes		
Non gluten - stromboli							Yes		*			*					
Non gluten - salami misti							Yes		*			*	Yes				
Non gluten - pizza pollo e pancetta							Yes		*			*					
Non Gluten - Pollo e Roquito							Yes		*			*	Yes				
Non gluten - vegan margherita									*			*			Yes	Yes	
Non Gluten - Fresco Italiano Salad - Artichokes									Yes				Yes	*	Yes	Yes	
Non Gluten - Fresco Italiano Salad - Mozzarella							Yes		Yes				Yes	*	Yes		
Non Gluten - Fresco Italiano Salad - Chicken							Yes		Yes				Yes	*			
Non gluten - seabass al forno	Yes				Yes		Yes						Yes				
Non Gluten - Risotto Con Funghi	Yes	*		*			Yes		*			*	*		Yes		
Non Gluten - Risotto Con Funghi With Chicken	Yes	*		*			Yes		*			*	*				

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NON-GLUTEN SIDES

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Non Gluten - Balsamic Glazed Greens													Yes		Yes	Yes	
Non Gluten - Roast Potatoes															Yes	Yes	
Non Gluten - Side Salad	*								Yes						Yes	Yes	
Non Gluten - Honey Luganica Sausages																	

NON-GLUTEN DESSERTS

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Non Gluten - Mini Dolce	*	*		*			Yes		*			*	*	*	Yes		
Non Gluten - Salted Caramel Gelato												Yes			Yes	Yes	
Non Gluten - Caramello Chocolate Torta				*			*					Yes		*	Yes	Yes	
Non gluten - chocolate etna	*	*		Yes	*		Yes		*			Yes	*	*	Yes		
Non gluten - vanilla gelato							Yes							*	Yes		
Non gluten - chocolate gelato							Yes					*		*	Yes		
Non gluten - berry sorbet							*							*	Yes	Yes	
Non Gluten - Warm Chocolate Brownie				Yes			Yes					Yes		*	Yes		

NON-GLUTEN KIDS MAINS

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Non-Gluten Kids Vegetable Sticks and Dip															Yes	Yes	
Non Gluten - Kids Pizza Face							Yes		*			*			Yes		
Non Gluten - Kids Pesto Sauce							Yes								Yes		
Non Gluten + kids balsamic red onions													Yes		Yes	Yes	
Non Gluten Vegan - Happy Face Pizza									*			*			Yes	Yes	
Non Gluten - Kids Tasty Tomato Sauce	*														Yes	Yes	
Non Gluten - kids cheese sauce							Yes								Yes		
Non Gluten - cheese sauce & pancetta							Yes										
Non Gluten - kids mixed mushrooms															Yes	Yes	

NON-GLUTEN KIDS MAINS

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Non gluten - kids spinach															Yes	Yes	
Non gluten + kids olives															Yes	Yes	
Non Gluten - kids roasted peppers															Yes	Yes	
Non Gluten - Dip & dunk pasta	*			*			Yes					*			Yes		Non Gluten pasta cooked separately to order.
Non Gluten - Kids NG fusilli				*								*			Yes	Yes	Non Gluten pasta cooked separately to order.
Non Gluten - Kids Bolognese Sauce	*	*		*			Yes		*			*	*				
Non Gluten +Kids Roasted Chicken Breast																	
Non Gluten + kids ham																	
Non Gluten - kids pepperoni																	

NON-GLUTEN KIDS SIDES

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Non Gluten - kids plum tomatoes															Yes	Yes	
Non Gluten - kids peas															Yes	Yes	

NON-GLUTEN KIDS DESSERTS

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Non Gluten - & Toffee Sauce	*	*		*			Yes		*			*	*		Yes		
Non Gluten - Make Your Own Sundae - Caramel Gelato												Yes			Yes	Yes	
Non Gluten - Mixed Berry Sauce															Yes	Yes	
Non Gluten - Chocolate Sauce							Yes								Yes		
Non Gluten - Make Your Own Sundae - Berry Sorbet							*							*	Yes	Yes	
Non Gluten & Fudge							Yes					*			Yes		
Non Gluten & Popcorn							Yes								Yes		
Non Gluten - kids brownie				Yes			Yes					Yes		*	Yes		
Non Gluten & Mini Meringue				Yes											Yes		
Non Gluten - Make Your Own Sundae - Vanilla Gelato							Yes							*	Yes		
Non Gluten - Make Your Own Sundae - Chocolate Gelato							Yes					*		*	Yes		
Non gluten - Kids Marshmallows							*					*					
Non Gluten - Kids White Chocolate Curls							Yes					Yes			Yes		
Non Gluten - Apple & Raspberry Ice Lolly							*								Yes	Yes	
Non Gluten - kids frutti															Yes	Yes	
Non Gluten - Kids Grapes															Yes	Yes	
Non Gluten - kids Orange & Apple Ice Lolly							*								Yes	Yes	

TAKEAWAY

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Takeaway Only - Large Crispy Chicken Fritti	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*	*				Fried with other allergens - for cross-contact info, see page 4
Takeaway Only - 'Nduja Garlic Bread		Yes: Wheat		*			*		*			*					
Takeaway Only - Nduja and Cheese Bites		Yes: Wheat		*			Yes		Yes			*					
Takeaway Only - Italian Sharing Board		Yes: Wheat		*			Yes		*			*					
Takeaway Only - Calzone Chicken & Pancetta		Yes: Wheat		*			Yes		*			*					
Takeaway Only - Goats Cheese & Spinach Calzone		Yes: Wheat		*			Yes		*			*			Yes		
Takeaway - Calzone Spicy Carne	Yes	Yes: Wheat		*	Yes		Yes		*			*	Yes				
Takeaway Only - & Chocolate Sauce							Yes								Yes		
Takeaway Only - Chocolate Fondant				Yes	*		*					Yes	*	*	Yes		
Takeaway Only - Brownie Bites				Yes			*					Yes		*	Yes		
Takeaway Only - Mushroom Risotto	Yes	*		*			Yes		*			*	*		Yes		
Takeaway only - Vegan Lentil Ragù	*	Yes: Wheat							*			*			Yes	Yes	Boiled with other allergens - for cross-contact info, see page 4
Takeaway Only - Spicy Sausage & Nduja Tagliatelle	*	Yes: Wheat	*	Yes	*		Yes	*	*			*	*				Boiled with other allergens - for cross-contact info, see page 4
Takeaway Only - Non Gluten Pepperoni Pizza							Yes		*			*					
Takeaway Only - Pepperoni Pizza		Yes: Wheat		*			Yes		*			*					
Takeaway Only - Chicken and Pancetta Pizza		Yes: Wheat		*			Yes		*			*					
Takeaway Only - Prima Garlic Chicken & Prosciutto		Yes: Wheat		*			Yes		*			*	Yes				

TAKEAWAY

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Takeaway Only - Double Courgetti Fritti		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Takeaway only - Courgetti Fritti		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Takeaway Only - Carbonara Loaded Chips		Yes: Wheat					Yes										Fried with other allergens - for cross-contact info, see page 4
Takeaway Only - Beef Brisket Loaded Chips	*	Yes: Barley, Wheat					Yes						Yes				Fried with other allergens - for cross-contact info, see page 4
Take away only - Double Chips		Yes: Wheat		Yes					Yes						Yes		Fried with other allergens - for cross-contact info, see page 4
Takeaway Only - Small Crispy Chicken Fritti	*	Yes: Barley, Wheat	*	*	*		Yes		*		*	*	*				Fried with other allergens - for cross-contact info, see page 4
Takeaway Only - Large Vegan Crispy Fritti	*	Yes: Wheat							*		*	Yes	*		Yes	Yes	
Takeaway Only - Small Vegan Crispy Fritti	*	Yes: Wheat							*		*	Yes	*		Yes	Yes	
Takeaway Only - Pesto Garlic Bread		Yes: Wheat		*			*		*			*			Yes	Yes	
Takaway only - & Mozzarella							Yes								Yes		
Takeaway Only - & Mozzarisella															Yes	Yes	
Takeaway Only - Toffee Sauce	*	*		*			Yes		*			*	*		Yes		
Takeaway Only - Milanese Burger		Yes: Wheat		Yes			Yes		Yes			Yes					

ASK ITALIAN ALLERGEN INFORMATION SPRING/SUMMER 2025

EASTER SPECIALS

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Creme Egg Calzone		Yes: Wheat		Yes			Yes		*			*		*	Yes		
Easter Sundae		Yes: Wheat		Yes			Yes					Yes		*	Yes		
Easter Hot Chocolate							Yes					Yes			Yes		

ASK ITALIAN NUTRITIONAL INFORMATION SPRING/SUMMER 2025

EASTER SPECIALS

Menu Section	Dish Description	Per 100g									Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt	
Easter Specials	Creme Egg Calzone	1206	286	7	4	50	26	5.5	0.58	2431	576	14	8	100	52	11	1.2	
Easter Specials	Easter Sundae	1166	279	14	7.8	34	29	4.2	0.12	2953	705	34	20	86	74	11	0.31	
Easter Specials	Easter Hot Chocolate	617	148	7.1	4.4	16	15	4	0.13	1895	453	22	13	49	47	12	0.38	

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights. Product seasonality and availability may also cause variation in these figures. The data is a mixture of theoretical calculations and laboratory testing. The data provided are for all core menu dishes and does not include substitutions or extra ingredients.

ASK ITALIAN NON GLUTEN

NIBBLES

ITALIAN OLIVES **Vegan**

Marinated green Nocellara olives from Sicily. 218 kcal

STARTERS

NEW BURRATA TRICOLORE (V)

Velvety burrata cheese, topped with pesto. Served on a salad of slow-roasted & plum tomatoes and rocket. Finished with grated ricotta salata. 423 kcal

MUSHROOMS AL FORNO (V) **MOST LOVED**

Mushrooms stuffed with mozzarella and aged hard cheese, onions, served with garlic mayonnaise. 422 kcal

SIDES

NEW SEASONED ROAST POTATOES (V)

Skin on potatoes roasted with our signature Italian-style seasoning. 178 kcal

HONEY LUGANICA SAUSAGES

Mini honey-drizzled Luganica style sausages, with a smoked chilli jelly dip. 561 kcal

NEW BALSAMIC GLAZED GREENS **Vegan**

Pan fried spinach & green beans drizzled with balsamic glaze. 41 kcal

SIDE SALAD **Vegan**

Rocket, spinach, cucumber and tomato with a sweet mustard dressing. 62 kcal

DIPS

Seasoned Chicken 86 kcal | Pepperoni 123 kcal
Marinated King Prawns 121 kcal | Pancetta 66 kcal
Crispy Prosciutto 53 kcal
This™ Isn't Bacon **Vegan** 55 kcal
Roasted Peppers **Vegan** 9 kcal | Olives **Vegan** 26 kcal
Mushrooms **Vegan** 18 kcal

PASTA

WHEN PLACING YOUR ORDER PLEASE SPECIFY YOU WOULD LIKE THE NON GLUTEN FUSILLI PASTA.

AL POMODORO (V)

Plum tomatoes, garlic & basil in a rich tomato sauce with fresh mozzarella. 724 kcal

Make this Vegan without fresh mozzarella. 584 kcal

BOLOGNESE

Our hearty beef and red wine ragu. 762 kcal

CARBONARA

Crispy pancetta in a creamy cheese sauce. 768 kcal

Make this Vegetarian with THIS™ Isn't Bacon lardons (V). 779 kcal

LENTIL RAGU **Vegan**

A hearty ragu of green lentils and mixed vegetables in a sundried tomato sauce. 709 kcal

FRUTTI DI MARE

Prawns, mussels, clams and crayfish, tossed in a garlic & tomato sauce, finished with parsley & lemon. 578 kcal

SPECIALITY MAINS

SEA BASS AL FORNO

Sea bass fillet baked with potatoes, tomatoes, mushrooms and spinach in a white wine sauce. 542 kcal

RISOTTO CON FUNGHI

A creamy risotto with sautéed mushrooms. 757 kcal.
Add chicken for **2.00**. 86 kcal

NEW FRESCO ITALIANO SALAD (V)

Crisp gem lettuce, spinach, chickpeas & green beans, topped with marinated slow roasted tomatoes, roasted peppers & pumpkin seeds. Drizzled with sweet mustard dressing.

With your choice of:

- Seasoned Chicken & Smoky Pepper Pesto 538 kcal
- Fresh Mozzarella & Smoky Pepper Pesto (V) 572 kcal
- Roasted Artichokes with signature seasoning **Vegan** 358 kcal

EXTRA TOPPINGS

Smoked Chilli Jelly **Vegan** 62 kcal | Spicy Tomato **Vegan** 6 kcal
Balsamic Onion Confiture **Vegan** 55 kcal
Balsamic Mayo (V) 92 kcal | Garlic Mayonnaise (V) 102 kcal
Pesto Mayonnaise (V) 103 kcal | 'Nduja Ketchup 96 kcal

PIZZA

WHEN PLACING YOUR ORDER PLEASE SPECIFY YOU WOULD LIKE THE NON GLUTEN PIZZA BASE.

MARGHERITA (V)

Tomato base with mozzarella and oregano. 1053 kcal

Make this Vegan with MozzaRisella. 903 kcal

STROMBOLI

Pepperoni and mozzarella on a tomato base. 1125 kcal

Add chillies if you like it hot. 2 kcal

FIERY CALABRIA

Fiery 'Nduja and melted goat's cheese on a tomato & mozzarella base, finished with a drizzle of honey.

1546 kcal

BURRATA & SLOW-ROASTED TOMATO (V)

Creamy and silky burrata with sweet slow-roasted tomatoes and black olive tapenade on a tomato & mozzarella base, with fresh basil. 1375 kcal

NEW PESTO GIARDINO **Vegan**

Roasted artichokes, red peppers, mushrooms, slow-roasted tomatoes, balsamic onions & black olives on a tomato & MozzaRisella base, topped with basil pesto. 1229 kcal

SALAMI MISTI

Salami, pepperoni, smoked prosciutto, roasted peppers, balsamic red onions on a tomato & mozzarella base. 1228 kcal

POLLO E PANCETTA

Chicken, pancetta, sautéed mushrooms on a tomato & mozzarella base. 1038 kcal

POLLO E ROQUITO

Garlic chicken breast, Roquito pepper pearls, balsamic red onions on a tomato & mozzarella base. Finished with fresh mozzarella, crispy prosciutto and rocket. 1259 kcal

DESSERTS

CHOCOLATE ETNA (V)

A gooey chocolate fondant with a scoop of vanilla gelato, topped with a dark chocolate dome and melted with hot toffee sauce. 908 kcal

MINI DOLCE

A trio of mini desserts:

Panna Cotta & Toffee Sauce (V) 136 kcal

Berry Sorbet Scoop **Vegan** 53 kcal

Amarena Cherries & Mascarpone (V) 304 kcal

NEW CARMELLO CHOCOLATE TORTA **Vegan**

Rich layers of caramel & chocolate ganache on a crumbly tart base. Served with salted caramel gelato. 505 kcal

NEW WARM CHOCOLATE BROWNIE (V)

Served with vanilla gelato, white chocolate curls & chocolate sauce. 727 kcal

GELATI & SORBETTI

THREE SCOOPS OF OUR SPECIALITY GELATI OR REFRESHING SORBETTI. ANY FLAVOUR

Vanilla (V) 84 kcal | Chocolate (V) 94 kcal

Salted Caramel **Vegan** 105 kcal

Berry Sorbet **Vegan** 53 kcal

HAVE AN ALLERGY?

Please check our allergen menu and let us know, even if you have had the dish before.

Adults need around 2,000 kcal a day.

Our dish descriptions don't always mention every single ingredient. If you have a food allergy, intolerance, or Coeliac disease – please take a look at our allergen menu and let a team member know before placing an order, even if you have had the dish before. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that our dishes will be allergen free. Please refer the allergen menu for more information. Keep an eye out for any stray olive stones, seafood shells or little fishbones. (V) - suitable for vegetarians. **Make this vegan** – ask for the 'Vegan' option when placing your order. Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies. For more information visit our allergen menu. Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order.

ASK ITALIAN

NON GLUTEN KIDS MENU

3 COURSES AND A BABYCCINO

TO START

VEGETABLE STICKS AND DIP **Vegan** 26 kcal
Carrots and cucumber with a tasty tomato dip.

MAINS

PIZZA

Our non-gluten pizza face is made with olive eyes and a roasted red pepper smile 812 kcal.

If you would prefer your pizza without a face just let a member of staff know.

CHOOSE 2 TOPPINGS FOR YOUR PIZZA FACE

- | | |
|-----------------------------|-------------------------------------|
| Pepperoni 92 kcal | Roasted Peppers Vegan 9 kcal |
| Chicken Breast 47 kcal | Mushrooms Vegan 6 kcal |
| Ham 39 kcal | Spinach Vegan 4 kcal |
| Olives Vegan 13 kcal | Extra toppings: 50p |



PASTA

PICK A SAUCE TO GO WITH YOUR NON-GLUTEN FUSILLI PASTA 388 kcal

- Brilliant Bolognese 168 kcal 🍅
- Tasty Tomato **Vegan** 84 kcal 🌿🍅
- Pesto (V) 312 kcal
- Creamy Cheese (V) 134 kcal
- Add pancetta to make a carbonara! 76 kcal

DIP & DUNK PASTA (V) 523 kcal
Dip your non-gluten fusilli pasta into tomato sauce then dunk into grated cheese. 🍅

DESSERT

BUILD YOUR OWN SUNDAE

Choose a scoop of Gelato or Sorbet

- Vanilla (V) 84 kcal
- Chocolate (V) 94 kcal
- Berry Sorbet **Vegan** 53 kcal

Choose 1 sauce

- Toffee (V) 18 kcal
- Chocolate (V) 16 kcal
- Berry **Vegan** 7 kcal

Choose 2 toppings

- Mini Meringues (V) 16 kcal
- Fudge Pieces (V) 65 kcal
- Toffee Popcorn (V) 30 kcal
- Marshmallows 17 kcal
- White Chocolate Curls (V) 27 kcal
- Grapes **Vegan** 4 kcal 🌿

FRUITY ICE LOLLY **Vegan**

Chilly Billy Pure Fruit ice squeezers.
Ask a team member for flavours available.

FRUTTI **Vegan** 88 kcal

Sliced apple and chopped red grapes. 🌿🍅

NEW CHOCOLATE BROWNIE (V) 196 kcal

Fudgy chocolate brownie with chocolate sauce.



5-A-DAY

All dishes with this icon 🍏 contain one portion of the recommended five daily servings of fruit and vegetables.

Based on an adult serving containing at least 80g of fruit or vegetables.

DRINKS

JUICE 2.50

- Orange 139 kcal
- Apple 135 kcal
- Pineapple 172 kcal

CRAFT LEMONADE 1.95

- Lemon 94 kcal 🌿
- Raspberry 119 kcal 🌿

JOOSSED! FRUITY WATER 2.50

65 kcal Apple and blackcurrant flavour 🌿🍏

MILK 1.00 92 kcal 🌿

SIDES

PEAS ARE FREE

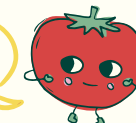
JUST ASK! **Vegan** 24 kcal

PLUM TOMATOES

Vegan 4 kcal



Buon appetito!
That means
'Enjoy Your Meal!'



FINISH WITH YOUR FREE BABYCCINO! 31 kcal

Vegan? Swap for squash. kcal



Adults need around 2,000 kcal a day. Kcal for our non-gluten dishes can be found in our nutritional guide. Full nutritional information is available – ask a team member or visit our website.

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FULL INGREDIENTS LIST MENU

Our main allergen guide covers the 14 allergens specified by the EU Food Information Regulations. However, we understand that people may want to avoid other food ingredients, therefore this menu shows the full ingredient declarations of a select number of our dishes. Please use this guide to inform your choice however we are unable to provide full information about our suppliers' allergen risks, including cross contact. In addition, our kitchens handle numerous ingredients and allergens and it is not possible for us to guarantee that our dishes will be allergen free.

Please check this information every time you visit our restaurant as we may have changed the recipe or the ingredients of one or more of our dishes.

If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email info@askitalian.co.uk



ASK
ITALIAN

NUTRITIONAL GUIDE
SPRING/SUMMER 2025

Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-te-in	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Bread & Nibbles	Garlic Bread	1333	317	9.4	2	49	2	8	1.2	2548	605	18	3.8	94	3.9	15	2.4
Bread & Nibbles	Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Bread & Nibbles	Rosemary & Olive Oil Bread	1267	300	6	0.6	52	2.1	8.4	1.4	2651	628	13	1.4	109	4.3	18	2.9
Bread & Nibbles	'& Balsamic Caramelized Onions	860	204	3.4	0.2	41	38	1.2	0.97	344	82	1.4	0	16	15	0	0.39
Bread & Nibbles	Garlic Bread With Mozzarella	1320	315	13	5.6	36	1.6	13	1.3	3486	831	34	15	95	4.2	34	3.3
Bread & Nibbles	Antipasti Classico	1139	273	15	5.6	23	4	11	1.3	6453	1544	85	31	130	23	61	7.6
Bread & Nibbles	'Nduja & Cheese Dough Bites	1393	333	17	7.2	32	2.3	13	1.4	4319	1033	52	22	99	7.3	39	4.3
Bread & Nibbles	Pesto & Cheese Dough Bites	1316	314	14	4.7	34	1.8	12	1.4	4053	967	44	14	105	5.4	36	4.4
Starters	Cheese Fondue	956	229	13	6.3	20	4	8.8	1.1	2407	576	32	16	50	10	22	2.9
Starters	Mushrooms Al Forno	739	178	13	2.9	11	1.3	4.8	0.73	1754	423	30	6.8	25	3.2	11	1.7
Starters	Large Calamari	1143	273	14	3.3	19	0	17	0.47	2795	669	36	8.1	43	0	39	1.2
Starters	Burrata Tricolore	852	205	17	9.3	3	1.8	10	0.68	1754	423	34	19	6.2	3.8	21	1.4
Starters	3 Chicken Lecca Lecca	1007	240	11	2.8	16	1	18	1.7	1562	373	17	4.3	25	1.6	28	2.6
Starters	Toasted Warm Bruschetta	716	171	8.3	1.4	19	2	4.4	1.1	1412	338	16	2.7	37	3.9	8.7	2.1
Starters	ASK Favourites Sharer	824	197	9.7	2.9	18	1.6	8.7	1.1	7007	1675	83	25	152	14	74	9.5
Starters	Small Calamari	1143	273	14	3.3	19	0	17	0.47	1468	351	19	4.2	23	0	21	0.6
Starters	King Prawn Al Forno	706	169	10	1	6.8	0.6	13	1.3	1728	414	24	2.5	17	1.5	31	3.1
Starters	Trio Of Arancini	845	202	11	5.2	19	1.9	7.1	1	1952	467	24	12	44	4.4	16	2.3
Starters	5 Chicken Lecca Lecca	1005	240	11	2.8	16	1	18	1.5	2565	612	29	7.1	41	2.4	46	3.8
Classic Pasta	Fettucine Lentil Ragu	705	167	4.8	0.6	24	3.3	5.4	0.58	2951	701	20	2.6	102	14	23	2.4
Classic Pasta	Spaghetti Al Pomodoro	624	148	5.3	1.9	19	2.5	5.8	0.47	3251	773	28	10	98	13	30	2.4
Classic Pasta	Fettuccine Bolognese	827	196	5.2	1.1	26	3.5	11	0.79	2797	664	18	3.9	88	12	36	2.7
Classic Pasta	Vegetarian Linguine Carbonara	751	179	6.7	3	20	1.5	8.7	0.9	3283	780	29	13	88	6.5	38	4
Classic Pasta	Linguine con Frutti di Mare	472	111	0.9	0.2	17	1.4	8.6	0.58	2456	579	4.7	1.2	87	7.2	45	3
Classic Pasta	Spaghetti Bolognese	673	160	3.9	0.9	22	2.3	8.6	0.57	3152	747	18	4	103	11	40	2.7
Classic Pasta	Linguine Carbonara	773	184	7.8	3.6	20	1.5	7.5	0.73	3233	770	33	15	86	6.3	32	3
Pasta Fresca	Slow-cooked Beef Pappardelle	806	192	7.5	2.8	23	3.5	7.6	0.77	2596	617	24	8.9	74	11	24	2.5
Pasta Fresca	King Prawn Tagliatelle	595	141	4.8	0.8	16	2.2	8.5	0.75	2978	708	24	3.8	78	11	43	3.7
Pasta Fresca	Burrata & Pancetta Carbonara	947	226	12	5.8	18	1.9	10	1	3987	953	51	25	77	8.1	43	4.4
Pasta Fresca	Luganica & Nduja Frilly Tagliatelle	1131	271	16	6.4	19	1.4	12	1.2	4360	1045	63	25	72	5.3	46	4.6
Pasta Fresca	Pesto Stracciatella Tagliatelle	978	234	12	5.2	23	1.7	7.4	0.84	3423	818	42	18	82	6	26	2.9
Al Forno	Lasagne Grande	693	166	9.4	3.9	12	3.3	8	0.84	4439	1063	60	25	76	21	51	5.4
Al Forno	Pollo Della Casa	523	124	3.8	1.9	15	1	7.8	0.67	2993	712	22	11	86	5.6	45	3.8
Al Forno	Lasagne	626	149	7.7	3.1	14	3.5	5.9	0.61	3132	748	38	16	69	18	29	3.1
Al Forno	Manzo Piccante	633	151	5.7	2	19	2.7	6.6	0.59	3091	735	28	9.8	93	13	32	2.9

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Adults need around 2,000 kcal a day.

Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-te-in	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Classic Pizza	Margherita	1023	243	8.2	5	28	1.9	13	1.2	3451	821	28	17	96	6.3	44	3.9
Classic Pizza	Pollo E Pancetta	847	201	6.1	3.2	24	1.6	12	1	3389	806	24	13	96	6.5	47	4.1
Classic Pizza	Stromboli With Chillies	1095	261	11	5.3	28	1.9	13	2	3751	894	36	18	96	6.4	43	6.9
Classic Pizza	Stromboli	1104	263	11	5.4	28	1.9	13	2	3748	893	36	18	96	6.3	43	6.9
Prima Pizza	Pesto Giardino	782	186	7.3	2.7	25	2.6	4.4	1.1	3613	861	34	12	114	12	20	5
Prima Pizza	Fiery Calabria	1209	289	15	7.8	26	3.6	12	1.2	4926	1178	62	32	106	15	48	5
Prima Pizza	Prima Stromboli	1163	278	13	6.9	24	1.7	14	2.3	4599	1099	53	27	97	6.6	57	9.1
Prima Pizza	Prima Margherita	980	233	8.9	5.5	24	1.8	13	1.1	3947	941	36	22	97	7.4	54	4.6
Prima Pizza	Prima Stromboli With Chillies	1155	276	13	6.8	24	1.7	14	2.3	4603	1100	53	27	97	6.7	57	9.1
Prima Pizza	Burrata & Slow Roast Tomato	1004	240	11	5.3	24	2.2	11	1.2	4216	1006	45	22	100	9	47	5
Prima Pizza	Salami Misti	951	227	9.3	4.4	23	1.8	12	1.6	4177	996	41	20	101	8	54	7
Prima Pizza	Pollo E Roquito	874	208	7.2	4.1	21	2.5	14	0.98	4316	1027	35	20	104	12	70	4.8
Prima Pizza	Prima Pollo E Pancetta	814	194	5.6	2.9	21	1.5	14	1	3681	875	26	13	97	6.8	61	4.5
Calzone	Truffle & Mushroom Calzone With Chicken	847	203	9.9	5.5	17	1.5	11	1.3	5295	1266	62	35	105	9.4	68	7.9
Calzone	Calzone Carne Piccante	798	190	7.7	3.6	20	2.1	9.9	1.4	4129	984	40	18	102	11	51	7
Calzone	Truffle & Mushroom Calzone	880	211	11	6.1	19	1.6	9	1.3	4931	1180	61	34	105	8.9	50	7.5
Extra Toppings	Goat Cheese	1362	329	29	21	1	0	16	1.2	602	145	13	9.3	0	0	7.1	0.53
Extra Toppings	Seasoned Chicken	561	133	2.2	0.5	0.8	0.7	27	0.68	365	86	1.4	0.3	0.5	0	18	0.44
Extra Toppings	Rigatoni	718	169	0.8	0.1	37	1.1	5.5	0	1436	338	1.6	0.2	74	2.2	11	0
Extra Toppings	Linguine	807	190	0.8	0.2	38	0.9	7.4	0	1654	390	1.6	0.4	77	1.8	15	0.02
Extra Toppings	Pepperoni	1982	479	43	18	1	0.6	22	9	510	123	11	4.6	0	0	5.7	2.3
Extra Toppings	THIS Iardons	732	174	5.2	0.5	4.8	0.8	24	3.8	351	84	2.5	0.2	2.3	0	12	1.8
Extra Toppings	Rocket	91	22	0	0	0	0	3.6	0.07	18	4	0	0	0	0	0.7	0.01
Extra Toppings	'Nduja	2393	580	58	22	2.5	0.9	12	2	1197	290	29	11	1.3	0	6	1
Extra Toppings	Spaghetti	807	190	0.8	0.2	38	0.9	7.4	0	1856	437	1.8	0.5	86	2.1	17	0.02
Extra Toppings	Red Dutch Chillies	113	27	0	0	4.2	4.2	1.8	0.03	7	2	0	0	0	0	0	0
Extra Toppings	Roasted Peppers	147	35	0	0	6	0	0.7	0.5	37	9	0	0	1.5	0	0	0.13
Extra Toppings	Prosciutto	1114	267	17	6.8	0	0	28	4.5	223	53	3.4	1.4	0	0	5.6	0.9
Extra Toppings	Frippy Tagliatelle	1224	289	2.8	0.8	53	1.3	12	0.4	1529	361	3.5	1	66	1.6	15	0.5
Extra Toppings	Pappardelle	1197	282	1.4	0.4	54	2.5	12	0.1	1353	319	1.6	0.5	61	2.8	13	0.11
Extra Toppings	Fettuccine	1501	354	1.3	0.3	71	3.2	13	0	1651	389	1.4	0.3	78	3.5	14	0
Extra Toppings	Pancetta	1040	251	20	8	0	0	17	3.1	274	66	5.3	2.1	0	0	4.5	0.82
Extra Toppings	Burrata	1130	272	22	17	1.2	0	17	0.3	1130	272	22	17	1.2	0	17	0.3
Extra Toppings	Sauteed Mushrooms	144	35	2.6	0.3	0.6	0	1.8	0.14	74	18	1.3	0.2	0	0	0.9	0.07
Extra Toppings	Marinated King Prawns	498	118	2.4	0.5	1.6	0	22	1	509	121	2.5	0.6	1.6	0	23	1

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Extra Toppings	Balsamic onion confiture	860	204	3.4	0.2	41	38	1.2	0.97	344	82	1.4	0	16	15	0	0.39
Extra Toppings	Olives	844	205	21	2.3	0	0	1	3.5	108	26	2.6	0.3	0	0	0	0.45
Extra Toppings	Coppa Ham	1339	322	24	9.1	0	0	26	4	402	97	7.2	2.7	0	0	7.8	1.2
Speciality Mains	Pollo Milanese With Potatoes	732	174	8.7	1.5	16	1	7.9	0.35	3373	805	40	7	74	4.5	36	1.6
Speciality Mains	Pollo Milanese With Chips	974	233	12	1.8	23	0.8	8	0.54	4754	1135	58	8.8	111	3.8	39	2.6
Speciality Mains	Tuscan Chicken Orzotto	653	156	6.8	2.6	9.4	0.5	14	1	3066	731	32	12	44	2.4	65	4.7
Speciality Mains	Caesar Classica	862	207	15	2.9	5.1	1	13	0.72	3541	852	62	12	21	4.1	51	3
Speciality Mains	Risotto Con Funghi With Chicken	570	136	5.3	3.3	15	0.7	5.7	0.56	3542	843	33	21	96	4.7	36	3.5
Speciality Mains	Risotto Con Funghi	571	136	5.7	3.7	17	0.8	3.2	0.55	3178	757	32	20	95	4.2	18	3.1
Speciality Mains	Fresco Italiano Salad - Mozzarella	607	146	9.9	4.4	6	3.2	7.6	0.47	2378	572	39	17	24	12	30	1.8
Speciality Mains	Fresco Italiano Salad - Chicken	498	119	4.6	0.7	5.4	2.7	13	0.58	2257	538	21	3.1	25	12	60	2.6
Speciality Mains	Fresco Italiano Salad - Artichokes	460	110	6.4	0.7	8.2	4.2	3.7	0.86	1492	358	21	2.3	27	14	12	2.8
Speciality Mains	Sea Bass Al Forno	471	112	5.6	1.2	6.2	0.7	8.3	0.62	2269	542	27	6	30	3.2	40	3
Sides	Caeser Side Salad	729	175	13	3.3	8	1.3	5.9	0.73	1185	285	21	5.4	13	2.1	9.6	1.2
Sides	Roast Potatoes	464	110	4.5	0.4	15	1.2	2.1	0.54	751	178	7.4	0.6	24	2	3.4	0.87
Sides	Side Salad	176	42	2.3	0.2	3.2	3.1	1.6	0.13	257	62	3.4	0.3	4.7	4.5	2.3	0.19
Sides	Balsamic Glazed Greens	182	43	0.8	0.1	6	3.6	2.4	0.53	172	41	0.8	0.1	5.7	3.4	2.3	0.5
Sides	Chips with Garlic Mayo	1001	239	12	1.2	29	1	2.8	0.79	2329	556	28	2.7	66	2.3	6.4	1.8
Sides	Seasoned Chips With Garlic Mayo	1005	240	12	1.2	29	1.1	3	1.1	2385	570	29	2.8	68	2.6	7.1	2.5
Sides	Zucchini Fritti with Garlic Mayo	1147	276	19	3.2	22	2.3	2.7	1.2	1434	345	24	4	28	2.9	3.4	1.6
Sides	Bolognese Bites	1000	239	12	2.5	24	2.9	8.5	0.99	1690	404	20	4.2	41	4.9	14	1.7
Sides	Garlic And Cheese Chips with Garlic Mayo	1028	246	13	2.2	27	0.9	4.4	0.82	2566	613	33	5.4	67	2.3	11	2.1
Sides	Honey Luganica Sausages	1222	293	19	7	11	10	19	1.9	2337	561	37	13	20	19	36	3.7
Sides	Caesar Side Salad	729	175	13	3.3	8	1.3	5.9	0.73	1185	285	21	5.4	13	2.1	9.6	1.2
Dips	Pesto Garlic Mayo Dip	1710	414	39	4	12	3.2	2.2	1.7	427	103	9.8	1	3.1	0.8	0.6	0.44
Dips	Olive Tapenade	1429	347	36	4.1	1.5	0	1.3	2.5	357	87	9.1	1	0	0	0	0.63
Dips	Balsamic Onion Confiture Dip	932	221	3.7	0.5	45	39	1.1	0.05	233	55	0.9	0.1	11	9.7	0	0.01
Dips	Smoked Chilli Jelly	1059	249	0	0	62	62	0	0	265	62	0	0	15	15	0	0
Dips	Spicy Tomato Dip	108	26	0	0	3.6	3.3	1.4	1	27	6	0	0	0.9	0.8	0	0.26
Dips	Balsamic Mayo	1522	368	34	2.8	14	8.4	1.5	1.2	381	92	8.5	0.7	3.4	2.1	0	0.3
Dips	'Nduja Ketchup	1589	384	33	13	14	11	7.3	2.4	397	96	8.3	3.1	3.4	2.8	1.8	0.59
Dips	Garlic mayo	1690	410	41	3.3	8.6	4.1	1.6	1.4	422	102	10	0.8	2.1	1	0	0.36
Dips	Ketchup	517	122	0	0	29	25	1.1	2.8	129	31	0	0	7.2	6.2	0	0.71
Condiments	Extra virgin olive oil	3404	828	92	14	0	0	0	0	102	25	2.8	0.4	0	0	0	0
Condiments	Aged hard cheese	1600	385	29	20	0	0	31	1.5	112	27	2	1.4	0	0	2.2	0.11

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Condiments	Balsamic Vinegar	1027	242	0	0	60	60	0	0.1	13	3	0	0	0.8	0.8	0	0
Condiments	Chilli Oil	3404	828	92	14	0	0	0	0	238	58	6.4	1	0	0	0	0
Desserts	Mini Dolce: Mini Mascarpone & Cherries	1490	358	25	17	30	27	2.7	0.3	1266	304	22	15	25	23	2.3	0.25
Desserts	Tiramisu (with Baileys)	987	237	14	8.9	22	15	3.3	0.13	1689	405	24	15	38	26	5.7	0.22
Desserts	Berry Sorbet	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Desserts	Caramello Chocolate Torta	1426	341	19	12	39	25	2	0.51	2110	505	29	17	58	36	3	0.75
Desserts	Mini Dolce - Brownie	1951	467	26	11	52	41	5.4	0.1	849	203	11	4.8	23	18	2.3	0.04
Desserts	ASK Logo Wafer	1615	381	2.2	0.6	82	22	8.1	0.5	48	11	0	0	2.5	0.7	0	0.01
Desserts	Mini Brownie	1976	473	27	12	50	42	5.2	0.07	800	192	11	4.8	20	17	2.1	0.03
Desserts	Chocolate Gelato - one scoop	784	187	8.8	5.7	22	18	4.4	0.13	392	94	4.4	2.9	11	9.2	2.2	0.07
Desserts	Sicilian Lemon Tart	1603	385	25	13	35	21	4.9	0.02	2258	542	35	18	49	30	6.9	0.03
Desserts	Dolce Dessert Board	1187	284	17	9.5	30	21	3.2	0.19	6305	1510	89	51	158	113	17	1
Desserts	Vanilla Gelato - one scoop	700	167	7.4	4.9	22	19	3	0.12	350	84	3.7	2.5	11	9.3	1.5	0.06
Desserts	White Chocolate & Pistachio Tart	1695	407	26	15	36	25	5.3	0.23	1794	431	28	16	38	26	5.6	0.24
Desserts	Chocolate Falls	1343	322	18	11	35	28	3.3	0.23	3084	738	42	25	80	64	7.5	0.53
Desserts	Mini Tiramisu	976	234	15	9.8	22	15	3.4	0.14	752	180	11	7.6	17	11	2.6	0.11
Desserts	Happy Birthday Plaque	2328	560	43	27	39	37	5.2	0	70	17	1.3	0.8	1.2	1.1	0	0
Desserts	Biscoff Cheesecake	1753	421	28	13	38	24	4.1	0.55	2516	604	40	19	55	34	6	0.8
Desserts	Toffee Bomboloni Sundae	1135	271	13	7.4	34	24	3.4	0.34	2952	705	34	19	89	61	8.9	0.89
Desserts	Cherry & Clotted Cream Gelato - one scoop	1012	242	13	8.2	28	26	3.5	0.07	506	121	6.6	4.1	14	13	1.8	0.04
Desserts	Chocolate Etna	1427	343	24	13	27	24	4.6	0.13	3781	908	64	36	70	64	12	0.35
Desserts	Congratulations plaque	2328	560	43	27	39	37	5.2	0	70	17	1.3	0.8	1.2	1.1	0	0
Desserts	Mini Dolce: Bomboloni	1759	421	24	8.8	45	14	6.7	0.77	932	223	13	4.7	24	7.7	3.5	0.41
Desserts	Mini Bomboloni	1768	423	25	9.3	43	14	6.6	0.79	884	212	13	4.7	22	7	3.3	0.39
Desserts	Mini Mascarpone & Cherries	1490	358	25	17	30	27	2.7	0.3	1266	304	22	15	25	23	2.3	0.25
Desserts	Salted Caramel Gelato - One Scoop	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28
Desserts	The Lemon	1519	365	25	15	30	26	4.3	0.36	2209	531	36	22	44	37	6.3	0.52
Desserts	Mini Panna Cotta	941	227	17	11	16	13	2.4	0.12	565	136	10	6.7	9.5	8	1.4	0.07
Desserts	Mini Dolce: Tiramisu	1000	240	14	9.5	24	15	3.6	0.15	801	192	11	7.6	19	12	2.9	0.12
Desserts	Warm Chocolate Brownie	1600	383	21	9.9	42	36	4.6	0.09	3039	727	40	19	81	68	8.7	0.18
Vegan Starters	Vegan - Spicy Tomato Bites	863	205	7.4	3.7	29	2	5	1.3	2850	678	24	12	95	6.6	16	4.1
Vegan Starters	Vegan Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Vegan Starters	Vegan - Garlic Bread	1333	317	9.4	2	49	2	8	1.2	2548	605	18	3.8	94	3.9	15	2.4
Vegan Starters	Vegan - Toasted Warm Bruschetta	694	166	7.7	0.9	19	2	3.6	0.94	1320	315	15	1.7	37	3.8	6.9	1.8

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Vegan Starters	Vegan - 3 Lecca Lecca	962	230	10	0.7	14	0	18	0.98	1324	316	14	1	19	0.7	25	1.3
Vegan Starters	Vegan - 5 Lecca Lecca	962	230	10	0.7	14	0	18	0.98	2206	527	23	1.6	32	1.1	41	2.2
Vegan Starters	Vegan - Rosemary & Olive Oil Bread	1267	300	6	0.6	52	2.1	8.4	1.4	2651	628	13	1.4	109	4.3	18	2.9
Vegan Starters	Vegan - Pesto Bites	1067	254	9.4	4	35	1.7	5.7	1.4	3236	770	29	12	108	5.1	17	4.3
Vegan Starters	Vegan - Garlic Bread With Mozzarisella	1184	282	11	5.1	38	1.5	6.1	1.3	3069	731	29	13	100	3.9	16	3.4
Vegan Pasta	Vegan - Fettuccine Lentil Ragu	705	167	4.8	0.6	24	3.3	5.4	0.58	2951	701	20	2.6	102	14	23	2.4
Vegan Pasta	Vegan - spaghetti pomodoro	564	134	3.6	0.5	21	2.7	4.2	0.49	2631	624	17	2.3	96	13	20	2.3
Vegan Pizzas	Vegan - prima margherita	792	188	6.4	5	27	1.7	4.3	1.2	3114	741	25	19	108	6.7	17	4.7
Vegan Pizzas	Vegan - classic margherita	856	203	6	4.5	31	1.7	5	1.2	2826	671	20	15	104	5.7	16	4
Vegan Pizzas	Vegan - Pesto Giardino	782	186	7.3	2.7	25	2.6	4.4	1.1	3613	861	34	12	114	12	20	5
Vegan Specialty Mains	Vegan - Fresco Italiano Salad - Artichokes	460	110	6.4	0.7	8.2	4.2	3.7	0.86	1492	358	21	2.3	27	14	12	2.8
Vegan Sides	Vegan - Roast Potatoes	464	110	4.5	0.4	15	1.2	2.1	0.54	751	178	7.4	0.6	24	2	3.4	0.87
Vegan Sides	Vegan - Side Salad	176	42	2.3	0.2	3.2	3.1	1.6	0.13	257	62	3.4	0.3	4.7	4.5	2.3	0.19
Vegan Sides	Vegan - Balsamic Glazed Greens	182	43	0.8	0.1	6	3.6	2.4	0.53	172	41	0.8	0.1	5.7	3.4	2.3	0.5
Vegan Desserts	Vegan - Salted Caramel Gelato - one scoop	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28
Vegan Desserts	Vegan - berry sorbet - one scoop	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Vegan Desserts	Vegan - Caramello Chocolate Torta	1426	341	19	12	39	25	2	0.51	2110	505	29	17	58	36	3	0.75
Soft Drinks	Irn Bru	85	20	0	0	4.5	4.5	0	0	281	66	0	0	15	15	1.7	0.03
Soft Drinks	Slime line tonic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	San Pellegrino Aranciata Rosso	85	20	0	0	4.9	4.9	0	0	281	66	0	0	16	16	0	0
Soft Drinks	Sparkling water 750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Elderflower Cordial	818	192	0	0	48	47	0	0	205	48	0	0	12	12	0	0
Soft Drinks	Ginger Beer	77	18	0	0	4.5	4.5	0	0	154	36	0	0	9	9	0	0
Soft Drinks	Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Coke Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Lime Cordial	41	10	0	0	2.4	2.4	0	0	10	3	0	0	0.6	0.6	0	0
Soft Drinks	Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	San Pellegrino Limonata	81	19	0	0	4.7	4.7	0	0	267	63	0	0	16	16	0	0
Soft Drinks	Sprite Zero & Lime	3	1	0	0	0	0	0	0	10	3	0	0	0.6	0.6	0	0
Soft Drinks	Tonic Water	83	20	0	0	4.9	4.9	0	0	166	40	0	0	9.8	9.8	0	0
Soft Drinks	Appetiser	187	44	0	0	11	11	0	0	514	121	0	0	30	29	0	0
Soft Drinks	Jug Of Tap Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Pink Grapefruit Soda	86	20	0	0	4.8	4.8	0	0	173	40	0	0	9.7	9.6	0	0
Soft Drinks	Apple Juice	174	41	0	0	9.9	9.9	0	0	574	135	0	0	33	33	0	0

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy- drate	Sugar	Pro- tein	Salt	Energy kJ	Energy kcal	Fat	Satu- rates	Carbohy- drate	Sugar	Protein	Salt
Soft Drinks	Craft Lemonade	145	34	0	0	8.4	7.8	0	0	398	94	0	0	23	21	0	0
Soft Drinks	Lime & lemonade	65	16	0	0	3.8	3.8	0	0	163	39	0	0	9.6	9.6	0	0
Soft Drinks	Orange Juice	179	42	0	0	9.6	9	0	0.04	591	139	0	0.3	32	30	1.7	0.13
Soft Drinks	Soda Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Coke	187	44	0	0	11	10	0	0	617	145	0	0	36	35	0	0
Soft Drinks	Lime & Soda	8	2	0	0	0	0	0	0	21	5	0	0	1.2	1.2	0	0
Soft Drinks	Orange Juice & Lemonade	117	28	0	0	6.5	6.3	0	0.02	411	97	0	0.1	23	22	0.8	0.06
Soft Drinks	Pineapple Juice	218	52	0	0	11	11	0	0.02	719	172	1.7	0.3	36	36	1.7	0.07
Soft Drinks	Raspberry Craft Lemonade	183	43	0	0	11	10	0	0	504	119	0	0	29	28	0	0
Soft Drinks	Schweppes lemonade	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0
Soft Drinks	Orange juice & soda	77	18	0	0	4.1	3.9	0	0.02	269	63	0	0.1	14	14	0.8	0.06
Soft Drinks	Still Water 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Still water 750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Sparkling water 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffees	Decaf Macchiato - Large	57	14	0	0.2	1.4	1.4	1.1	0.03	11	3	0	0	0	0	0	0
Decaf Coffees	Decaf Mocha with oat milk - regular	257	61	2.4	0.4	9.1	5.5	0.6	0.11	405	96	3.8	0.7	14	8.6	0.9	0.17
Decaf Coffees	Decaf Espresso - Large	9	2	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Decaf Coffees	Decaf Cappuccino - Regular	194	46	1.5	0.9	4.8	4.8	3.4	0.11	295	70	2.2	1.3	7.3	7.2	5.1	0.16
Decaf Coffees	Decaf Flat white with oat milk - regular	192	46	2.1	0.2	6.5	3	0	0.09	263	63	2.9	0.3	8.9	4.1	0	0.13
Decaf Coffees	Decaf Cappuccino with oat milk - regular	202	48	2.1	0.2	6.9	3.3	0	0.1	308	73	3.3	0.3	10	5.1	0.5	0.15
Decaf Coffees	Decaf Mocha - Regular	248	59	1.7	1.1	7.1	6.8	3.5	0.11	392	93	2.7	1.7	11	11	5.6	0.18
Decaf Coffees	Decaf Single macchiato with oat milk	89	21	0.9	0	3	1.5	0	0.04	11	3	0	0	0	0	0	0
Decaf Coffees	Decaf Cappuccino with oat milk - large	197	47	2.1	0.2	6.7	3.2	0	0.1	476	113	5.1	0.5	16	7.7	0.8	0.23
Decaf Coffees	Decaf Latte with oat milk - regular	193	46	2.1	0.2	6.5	3	0	0.1	292	69	3.2	0.3	9.8	4.5	0	0.14
Decaf Coffees	Decaf Mocha - Large	232	55	1.6	1	6.5	6.3	3.4	0.11	443	106	3.1	1.9	12	12	6.5	0.21
Decaf Coffees	Decaf Espresso - Regular	9	2	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Decaf Coffees	Decaf Cappuccino - Large	188	45	1.4	0.9	4.6	4.6	3.3	0.1	456	109	3.5	2.1	11	11	8	0.25
Decaf Coffees	Decaf Latte - Large	182	43	1.4	0.8	4.4	4.4	3.3	0.1	439	105	3.4	2	10	10	8	0.25
Decaf Coffees	Decaf Americano - Regular	173	41	1.3	0.8	4.1	4.1	3.1	0.1	109	26	0.8	0.5	2.6	2.6	2	0.06
Decaf Coffees	Decaf Americano with oat - regular	181	43	2	0.2	6.1	2.8	0	0.09	114	27	1.2	0.1	3.8	1.8	0	0.06
Decaf Coffees	Decaf Latte with oat milk - large	191	45	2.1	0.2	6.4	2.9	0	0.09	460	109	5	0.5	15	7.1	0.7	0.23
Decaf Coffees	Decaf Latte - Regular	184	44	1.4	0.9	4.4	4.4	3.3	0.1	279	66	2.2	1.3	6.6	6.6	5.1	0.16
Decaf Coffees	Decaf Mocha with oat - large	240	57	2.3	0.4	8.5	4.9	0.5	0.1	458	109	4.3	0.7	16	9.4	1	0.19
Decaf Coffees	Decaf Double macchiato with oat milk	60	14	0.6	0	2	1	0	0.03	11	3	0	0	0	0	0	0
Decaf Coffees	Decaf Americano - Large	156	37	1.2	0.7	3.7	3.7	2.8	0.09	109	26	0.8	0.5	2.6	2.6	2	0.06

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Decaf Coffees	Decaf Macchiato - Regular	86	20	0.6	0.4	2.1	2.1	1.6	0.05	10	2	0	0	0	0	0	0
Decaf Coffees	Decaf Americano with oat milk - large	163	39	1.8	0.2	5.5	2.5	0	0.08	114	27	1.2	0.1	3.9	1.8	0	0.06
Decaf Coffees	Decaf Flat White	184	44	1.4	0.9	4.4	4.4	3.3	0.1	252	60	1.9	1.2	6	6	4.6	0.14
Hot Drinks	oat milk	202	48	2.2	0.2	6.8	3.1	0	0.1	459	109	5	0.5	15	7	0.7	0.23
Hot Drinks	Macchiato - Regular	86	20	0.6	0.4	2.1	2.1	1.6	0.05	10	2	0	0	0	0	0	0
Hot Drinks	Cappuccino - Large	188	45	1.4	0.9	4.6	4.6	3.3	0.1	456	109	3.5	2.1	11	11	8	0.25
Hot Drinks	Peppermint Tea	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Drinks	Flat White	184	44	1.4	0.9	4.4	4.4	3.3	0.1	252	60	1.9	1.2	6	6	4.6	0.14
Hot Drinks	Traditional Tea with milk	186	44	1.4	0.9	4.4	4.4	3.4	0.11	108	26	0.8	0.5	2.6	2.6	2	0.06
Hot Drinks	Earl Grey Tea with milk	186	44	1.4	0.9	4.4	4.4	3.4	0.11	108	26	0.8	0.5	2.6	2.6	2	0.06
Hot Drinks	Macchiato - Large	57	14	0	0.2	1.4	1.4	1.1	0.03	11	3	0	0	0	0	0	0
Hot Drinks	Tiramisu Iced Latte	477	113	3.3	2.1	18	18	2.7	0.09	682	162	4.7	3	26	26	3.8	0.13
Hot Drinks	Mocha with oat milk - regular	257	61	2.4	0.4	9.1	5.5	0.6	0.11	405	96	3.8	0.7	14	8.6	0.9	0.17
Hot Drinks	Espresso - Large	9	2	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Hot Drinks	Hot Chocolate	350	83	2.3	1.4	11	11	3.9	0.13	893	213	5.8	3.5	29	27	10	0.34
Hot Drinks	Cappuccino - Regular	194	46	1.5	0.9	4.8	4.8	3.4	0.11	295	70	2.2	1.3	7.3	7.2	5.1	0.16
Hot Drinks	Flat white with oat milk - regular	192	46	2.1	0.2	6.5	3	0	0.09	263	63	2.9	0.3	8.9	4.1	0	0.13
Hot Drinks	Cappuccino with oat milk - regular	202	48	2.1	0.2	6.9	3.3	0	0.1	308	73	3.3	0.3	10	5.1	0.5	0.15
Hot Drinks	Mocha - Regular	248	59	1.7	1.1	7.1	6.8	3.5	0.11	392	93	2.7	1.7	11	11	5.6	0.18
Hot Drinks	Single macchiato with oat milk	89	21	0.9	0	3	1.5	0	0.04	11	3	0	0	0	0	0	0
Hot Drinks	Cappuccino with oat milk - large	197	47	2.1	0.2	6.7	3.2	0	0.1	476	113	5.1	0.5	16	7.7	0.8	0.23
Hot Drinks	Latte with oat milk - regular	193	46	2.1	0.2	6.5	3	0	0.1	292	69	3.2	0.3	9.8	4.5	0	0.14
Hot Drinks	Oat Milk Hot Chocolate	358	85	2.9	0.7	13	9.2	1.1	0.12	914	217	7.3	1.9	34	24	2.7	0.32
Hot Drinks	Mocha - Large	232	55	1.6	1	6.5	6.3	3.4	0.11	443	106	3.1	1.9	12	12	6.5	0.21
Hot Drinks	Espresso - Regular	9	2	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Hot Drinks	Americano - Large	156	37	1.2	0.7	3.7	3.7	2.8	0.09	109	26	0.8	0.5	2.6	2.6	2	0.06
Hot Drinks	Latte - Large	182	43	1.4	0.8	4.4	4.4	3.3	0.1	439	105	3.4	2	10	10	8	0.25
Hot Drinks	Americano - Regular	173	41	1.3	0.8	4.1	4.1	3.1	0.1	109	26	0.8	0.5	2.6	2.6	2	0.06
Hot Drinks	Americano with oat - regular	181	43	2	0.2	6.1	2.8	0	0.09	114	27	1.2	0.1	3.8	1.8	0	0.06
Hot Drinks	Earl Grey Tea	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Drinks	Fresh Mint Tea	181	43	0.7	0	5.3	0	3.8	0.04	4	1	0	0	0	0	0	0
Hot Drinks	Latte with oat milk - large	191	45	2.1	0.2	6.4	2.9	0	0.09	460	109	5	0.5	15	7.1	0.7	0.23
Hot Drinks	Latte - Regular	184	44	1.4	0.9	4.4	4.4	3.3	0.1	279	66	2.2	1.3	6.6	6.6	5.1	0.16
Hot Drinks	Green Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Drinks	Mocha with oat - large	240	57	2.3	0.4	8.5	4.9	0.5	0.1	458	109	4.3	0.7	16	9.4	1	0.19
Hot Drinks	Traditional English with oat milk	195	46	2.1	0.2	6.6	3	0	0.1	113	27	1.2	0.1	3.8	1.7	0	0.06

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Hot Drinks	Americano with oat milk - large	163	39	1.8	0.2	5.5	2.5	0	0.08	114	27	1.2	0.1	3.9	1.8	0	0.06
Hot Drinks	Double macchiato with oat milk	60	14	0.6	0	2	1	0	0.03	11	3	0	0	0	0	0	0
Hot Drinks	Sweetener	1530	360	0	0	90	90	0	0	15	4	0	0	0.9	0.9	0	0
Hot Drinks	Earl grey with oat milk	195	46	2.1	0.2	6.6	3	0	0.1	113	27	1.2	0.1	3.8	1.7	0	0.06
Hot Drinks	Sugar stick	1698	400	0	0	100	100	0	0	51	12	0	0	3	3	0	0
Spirits & Liqueurs	Aperol 25ml	555	132	0	0	18	0	0	0	139	33	0	0	4.5	0	0	0
Spirits & Liqueurs	Aperol 50ml	555	132	0	0	18	0	0	0	278	66	0	0	9	0	0	0
Spirits & Liqueurs	Prosecco Brut Doc 125ml	351	84	0	0	5.1	5.1	0	0	439	105	0	0	6.4	6.4	0	0.02
Spirits & Liqueurs	English Craft Vodka 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Spirits & Liqueurs	Limoncello 50ml	1313	314	0	0	24	24	0	0.01	657	157	0	0	12	12	0	0
Spirits & Liqueurs	Brandy 50ml	916	221	0	0	0	0	0	0	458	111	0	0	0	0	0	0
Spirits & Liqueurs	Ron Calados White Rum 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Spirits & Liqueurs	Prosecco Brut Doc 750ml	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09
Spirits & Liqueurs	Kahlua 50ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spirits & Liqueurs	Peroni 0% 330ml	94	22	0	0	5.3	3	0	0	310	73	0	0	17	9.9	0.7	0
Spirits & Liqueurs	Pink Strawberry Gin 50ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spirits & Liqueurs	Ron Calados Spiced Rum 50ml	800	193	0	0	0	0	0	0	40	10	0	0	0	0	0	0
Spirits & Liqueurs	Amaretto 50ml	1313	314	0	0	24	24	0	0.01	657	157	0	0	12	12	0	0
Spirits & Liqueurs	Baileys 50ml	1346	323	13	0	25	25	3	0	673	162	6.5	0	13	13	1.5	0
Spirits & Liqueurs	Ron Calados White Rum 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Spirits & Liqueurs	Brandy 25ml	916	221	0	0	0	0	0	0	229	55	0	0	0	0	0	0
Spirits & Liqueurs	Pink Strawberry Gin 25ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spirits & Liqueurs	English Craft Vodka 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Spirits & Liqueurs	Soda Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spirits & Liqueurs	London Dry Craft Gin	917	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Spirits & Liqueurs	Jack Daniels 25ml	321	78	0	0	0	0	0	0	160	39	0	0	0	0	0	0
Spirits & Liqueurs	Baileys 25ml	1346	323	13	0	25	25	3	0	337	81	3.3	0	6.3	6.3	0.8	0
Spirits & Liqueurs	Tonic Water	83	20	0	0	4.9	4.9	0	0	166	40	0	0	9.8	9.8	0	0
Spirits & Liqueurs	Slimline Tonic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Spirits & Liqueurs	Amaretto 25ml	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
Spirits & Liqueurs	Limoncello 25ml	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
Spirits & Liqueurs	Schwepps Lemonade	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0
Spirits & Liqueurs	Local Gin 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Spirits & Liqueurs	London Dry Craft Gin 50ml	918	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Spirits & Liqueurs	Local Gin 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Spirits & Liqueurs	Jack Daniels 50ml	641	155	0	0	0	0	0	0	321	78	0	0	0	0	0	0

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Spirits & Liqueurs	Ron Calados Spiced Rum 25ml	800	193	0	0	0	0	0	0	20	5	0	0	0	0	0	0
Spirits & Liqueurs	Kahlua 25ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Wine	Malbec 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Red Wine	Chianti Classico Docg 175ml	386	93	0	0	0	0	0	0	676	163	0	0	0	0	0	0
Red Wine	Nero D'Avola 175ml	396	95	0	0	1	1	0	0.13	693	166	0	0	1.8	1.8	0	0.22
Red Wine	Organic Primitivo IGT 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Red Wine	Merlot IGT 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Red Wine	Sangiovese	348	84	0	0	0	0	0	0	609	147	0	0	0	0	0	0
Red Wine	Nero D'Avola 500ml	396	95	0	0	1	1	0	0.13	1980	475	0	0	5	5	0	0.63
Red Wine	Merlot IGT 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Red Wine	Merlot IGT 750ml	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Red Wine	Merlot IGT 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Red Wine	Nero D'Avola 750ml	396	95	0	0	1	1	0	0.13	2970	713	0	0	7.5	7.5	0.8	0.94
Red Wine	Nero D'Avola 125ml	396	95	0	0	1	1	0	0.13	495	119	0	0	1.3	1.3	0	0.16
Red Wine	Organic Primitivo IGT 500ml	315	76	0	0	0	0	0	0.02	1575	380	0	0	1	1	0	0.09
Red Wine	Malbec 750ml	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Red Wine	Merlot IGT 500ml	315	76	0	0	0	0	0	0.02	1575	380	0	0	1	1	0	0.09
Red Wine	Malbec 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Red Wine	Chianti Classico Docg 125ml	386	93	0	0	0	0	0	0	483	116	0	0	0	0	0	0
Red Wine	Chianti Classico Docg 500ml	386	93	0	0	0	0	0	0	1930	465	0	0	0	0	0	0
Red Wine	Malbec 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Red Wine	Nero D'Avola 250ml	396	95	0	0	1	1	0	0.13	990	238	0	0	2.5	2.5	0	0.31
Red Wine	Organic Primitivo IGT 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Red Wine	Organic Primitivo IGT 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Red Wine	Malbec 500ml	315	76	0	0	0	0	0	0.02	1575	380	0	0	1	1	0	0.09
Red Wine	Chianti Classico Docg 750ml	386	93	0	0	0	0	0	0	2895	698	0	0	0	0	0	0
Red Wine	Organic Primitivo IGT 750ml	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Red Wine	Chianti Classico Docg 250ml	386	93	0	0	0	0	0	0	965	233	0	0	0	0	0	0
White Wine	Sauvignon Blanc Doc 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
White Wine	Bianco Salento 175ml	309	75	0	0	0.6	0.6	0	0	541	131	0	0	1.1	1.1	0	0.02
White Wine	Trebbiano 125ml	470	112	0	0	8	8	0	0	588	140	0	0	10	10	0	0
White Wine	Pinot Grigio Doc 175ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Wine	Sauvignon Blanc - New Zealand 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
White Wine	Sauvignon Blanc - New Zealand 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03
White Wine	Pinot Grigio Doc 125ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Wine	Pinot Grigio Doc 750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-te-in	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
White Wine	Sauvignon Blanc - New Zealand 750ml	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
White Wine	Pinot Grigio Doc 500ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Wine	Bianco Salento 500ml	309	75	0	0	0.6	0.6	0	0	1545	375	0	0	3	3	0	0.05
White Wine	Sauvignon Blanc - New Zealand 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
White Wine	Sauvignon Blanc Doc 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
White Wine	Trebbiano 175ml	470	112	0	0	8	8	0	0	823	196	0	0	14	14	0	0
White Wine	Trebbiano 750ml	470	112	0	0	8	8	0	0	3525	840	0	0	60	60	0	0
White Wine	Bianco Salento 125ml	309	75	0	0	0.6	0.6	0	0	386	94	0	0	0.8	0.8	0	0
White Wine	Sauvignon Blanc Doc 125ml	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
White Wine	Sauvignon Blanc Doc 750ml	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
White Wine	Bianco Salento 750ml	309	75	0	0	0.6	0.6	0	0	2318	563	0	0	4.5	4.5	0.8	0.08
White Wine	Trebbiano 250ml	470	112	0	0	8	8	0	0	1175	280	0	0	20	20	0	0
White Wine	Trebbiano 500ml	470	112	0	0	8	8	0	0	2350	560	0	0	40	40	0	0
White Wine	Trebbiano Lemonade Spritzer	147	35	0	0	2.9	2.9	0	0	478	115	0	0	9.4	9.4	0	0
White Wine	Sauvignon Blanc Doc 500ml	313	75	0	0	3	3	0	0.03	1565	375	0	0	15	15	0	0.14
White Wine	Trebbiano Soda Spritzer	149	36	0	0	0	0	0	0	336	81	0	0	1	1	0	0
White Wine	Pinot Grigio Doc 250ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Wine	Sauvignon Blanc - New Zealand 500ml	313	75	0	0	3	3	0	0.03	1565	375	0	0	15	15	0	0.14
White Wine	Bianco Salento 250ml	309	75	0	0	0.6	0.6	0	0	773	188	0	0	1.5	1.5	0	0.03
Rose Wine	Pinot Grigio Blush 175ml	392	94	0	0	7	7	0	0	686	165	0	0	12	12	0	0
Rose Wine	Mirabeau Rose 175ml	289	70	0	0	0	0	0	0	506	122	0	0	0	0	0	0
Rose Wine	Mirabeau Rose Soda Spritzer	161	39	0	0	0	0	0	0	361	88	0	0	0	0	0	0
Rose Wine	Mirabeau Rose Lemonade Spritzer	155	37	0	0	2.6	2.6	0	0	503	122	0	0	8.5	8.5	0	0
Rose Wine	Rose Grigio Lemonade Spritzer	44	10	0	0	2.6	2.6	0	0	142	34	0	0	8.4	8.4	0	0
Rose Wine	Mirabeau Rose 125ml	289	70	0	0	0	0	0	0	361	88	0	0	0	0	0	0
Rose Wine	Pinot Grigio Blush 750ml	392	94	0	0	7	7	0	0	2940	705	0	0	53	53	0	0
Rose Wine	Mirabeau Rose 500ml	289	70	0	0	0	0	0	0	1445	350	0	0	0	0	0	0
Rose Wine	Pinot Grigio Blush 125ml	392	94	0	0	7	7	0	0	490	118	0	0	8.8	8.8	0	0
Rose Wine	Rose Grigio Soda Spritzer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rose Wine	Mirabeau Rose 250ml	289	70	0	0	0	0	0	0	723	175	0	0	0	0	0	0
Rose Wine	Pinot Grigio Blush 500ml	392	94	0	0	7	7	0	0	1960	470	0	0	35	35	0	0
Rose Wine	Pinot Grigio Blush 250ml	392	94	0	0	7	7	0	0	980	235	0	0	18	18	0	0
Rose Wine	Mirabeau Rose 750ml	289	70	0	0	0	0	0	0	2168	525	0	0	0.8	0.8	0	0
Sparkling Wine	Prosecco Doc Rose 750ml	279	67	0	0	1.2	1.2	0	0	2093	503	0	0	9	9	0	0
Sparkling Wine	Prosecco Brut Doc 750ml	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Sparkling Wine	Prosecco Doc Rose 125ml	279	67	0	0	1.2	1.2	0	0	349	84	0	0	1.5	1.5	0	0
Sparkling Wine	Prosecco Brut Doc 125ml	351	84	0	0	5.1	5.1	0	0	439	105	0	0	6.4	6.4	0	0.02
Beers & Ciders	Peroni 660ml	171	41	0	0	3.2	0	0	0	564	135	0	0	11	0	1.3	0.02
Beers & Ciders	Cornish Orchards Blush Cider	285	68	0	0	7.3	7.3	0	0	1425	340	0	0	37	37	0	0.03
Beers & Ciders	Dark Star Hophead	60	14	0	0	3.2	0.6	0	0	300	70	0	0	16	3	1.5	0
Beers & Ciders	Peroni Gran Riserva	268	64	0	0	3.9	0	0.6	0.03	884	211	0	0	13	0	2	0.08
Beers & Ciders	Peroni Gluten Free	171	41	0	0	3.2	0	0	0	564	135	0	0	11	0	1.3	0.02
Beers & Ciders	Peroni 330ml	171	41	0	0	3.2	0	0	0	564	135	0	0	11	0	1.3	0.02
Beers & Ciders	Meantime Prime Ale	157	38	0	0	2.7	0	0	0.06	518	125	0	0	8.9	1.3	1.3	0.2
Beers & Ciders	Cornish Orchards Raspberry & Elderflower Cider	176	42	0	0	4.3	4.3	0	0.02	880	210	0	0	22	22	0	0.09
Beers & Ciders	Cornish Orchard Dry Cider	177	42	0	0	3.6	2.7	0	0	885	210	0	0	18	14	0	0.05
Beers & Ciders	Peroni Libera 0%	94	22	0	0	5.3	3	0	0	310	73	0	0	17	9.9	0.7	0
Cocktails	Candy Cloud Bramble	640	153	0	0	20	19	0	0	970	231	0	0	30	28	0	0
Cocktails	Aperol Spritz	374	89	0.7	0	8.3	2.5	0	0.14	588	140	1.1	0.1	13	3.9	0	0.22
Cocktails	Flat White Martini	343	83	0.7	0	1.9	1.9	0	0	303	73	0.6	0	1.7	1.7	0	0
Cocktails	Espresso Martini	397	96	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Cocktails	Strawberry Mojito	579	138	0	0	15	15	0	0	826	197	0	0	22	21	0	0
Cocktails	Limoncello Spritz	600	144	0	0	11	11	0	0	846	202	0	0	15	15	0	0.02
Cocktails	Sarti Spritz	154	37	0	0	2.3	2.3	0	0	274	66	0	0	4	4	0	0
Cocktails	Matcha Tiramisu Martini	733	175	0.7	0.4	18	18	1.8	0.05	935	223	0.9	0.5	23	23	2.3	0.07
Cocktails	Amalfi Sunset	413	98	0	0	21	21	0	0.02	509	121	0	0	26	26	0.5	0.03
Cocktails	Elderflower Burst	294	70	0	0	8.6	8.4	0	0	920	219	0	0	27	26	0	0.03
Cocktails	Passion fruit martini	389	93	0	0	9	8.9	0.6	0	492	118	0	0	11	11	0.7	0
Mocktails & Non-alcoholic cocktails	Elderflower & Ginger Fizz	173	40	0	0	9.9	9.6	0	0.07	358	84	0	0	21	20	0	0.15
Mocktails & Non-alcoholic cocktails	Lime & Mint Twist	123	29	0	0	7.1	7	0	0	234	55	0	0	14	13	0	0
Mocktails & Non-alcoholic cocktails	Strawberry Sparkle	124	29	0	0	7.1	6.6	0	0	315	74	0	0	18	17	0	0.03
Mocktails & Non-alcoholic cocktails	Pineapple Martini	334	79	0	0	19	18	0	0.14	506	120	0	0	28	28	0	0.21
Mocktails & Non-alcoholic cocktails	Elderflower & Apple	166	39	0	0	9.7	9.3	0	0	458	107	0	0	27	26	0	0
Mocktails & Non-alcoholic cocktails	Cherry Blossom Spritz	160	38	0	0	9.1	8.4	0	0.1	257	61	0	0	15	14	0	0.15
Mocktails & Non-alcoholic cocktails	Passionfruit Fizz	451	106	0	0	26	25	0.5	0.12	913	215	0	0	52	52	1	0.25

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-te-in	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Kids Starters	Vegetable Sticks With Bread Soldiers And Dip	556	132	3.5	0.4	21	3.6	3.4	0.64	804	191	5	0.6	30	5.3	4.9	0.93
Kids Mains	Chicken Goujons With Chips	839	200	8.2	2	20	1.3	11	0.5	2125	506	21	5.1	50	3.2	27	1.3
Kids Mains	& Bolognese Sauce	500	120	8.2	2.4	5	3.3	6.2	0.15	697	168	11	3.4	7	4.6	8.6	0.2
Kids Mains	& Pesto Sauce	1488	359	31	7.5	15	1.5	3.4	1.7	1294	312	27	6.5	13	1.3	3	1.5
Kids Mains	& Cheese Sauce With Pancetta	799	193	16	7	4	2	7.4	1.2	856	206	17	7.5	4.3	2.2	7.9	1.3
Kids Mains	& Ham	464	110	3.6	1.3	0	0	19	2.2	166	39	1.3	0.5	0	0	6.8	0.79
Kids Mains	& Tasty Tomato Sauce	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Kids Mains	Chicken Goujons With Potatoes	648	154	5.9	1.7	15	1.4	9.5	0.32	1841	438	17	4.7	43	3.9	27	0.91
Kids Mains	& Roasted Peppers	147	35	0	0	6	0	0.7	0.5	37	9	0	0	1.5	0	0	0.13
Kids Mains	& Cheese Sauce	624	150	12	6.7	4.8	2.4	6.4	0.93	556	134	10	6	4.3	2.1	5.7	0.83
Kids Mains	& Pancetta	1657	402	39	8.8	0	0	13	2.4	313	76	7.3	1.7	0	0	2.5	0.45
Kids Mains	& Spinach	141	34	0.7	0	2.9	0	3	0.25	18	4	0	0	0	0	0	0.03
Kids Mains	& Mushrooms	144	35	2.6	0.3	0.6	0	1.8	0.14	25	6	0	0	0	0	0	0.02
Kids Mains	& Olives	844	205	21	2.3	0	0	1	3.5	54	13	1.3	0.1	0	0	0	0.22
Kids Mains	& Pepperoni	1982	479	43	18	1	0.6	22	9	383	92	8.3	3.5	0	0	4.2	1.7
Kids Mains	& Chicken Breast	561	133	2.2	0.5	0.8	0.7	27	0.68	196	47	0.8	0.2	0	0	9.5	0.24
Kids Mains	Dip and Dunk ? Pasta Tubes	634	150	4.5	1.5	24	2.4	4.5	0.37	1722	408	12	4	65	6.6	12	1
Kids Mains	Pasta Tubes	736	173	1.4	0.2	37	1.1	5.5	0	1200	283	2.3	0.3	60	1.8	8.9	0
Kids Mains	Happy Face Pizza	967	230	6.1	3.3	32	2	11	1.1	1442	342	9	5	48	3	16	1.7
Kids Mains	Spaghetti	826	195	1.4	0.3	37	0.9	7.4	0	1288	304	2.2	0.4	58	1.4	11	0.02
Kids Sides	Peas	321	76	0.9	0.2	8.8	2.5	5.7	0	103	24	0	0	2.8	0.8	1.8	0
Kids Sides	Tomatoes	84	20	0	0	3.1	3.1	0.7	0.02	18	4	0	0	0.7	0.7	0	0
Kids Desserts	Build Your Own Sundae - Vanilla Ice Cream	700	167	7.4	4.9	22	19	3	0.12	350	84	3.7	2.5	11	9.3	1.5	0.06
Kids Desserts	Gelato Doughnut sandwich	1087	259	13	6.3	32	20	4.2	0.31	924	221	11	5.4	27	17	3.5	0.27
Kids Desserts	& Mini Marshmallows	1430	337	0	0	79	69	4	0.03	72	17	0	0	4	3.4	0	0
Kids Desserts	& Toffee Sauce	1535	369	27	20	30	25	1.1	0.28	77	18	1.3	1	1.5	1.2	0	0.01
Kids Desserts	& Chocolate Sauce	1317	313	9.2	5.9	53	44	3.9	0.11	66	16	0	0.3	2.6	2.2	0	0
Kids Desserts	& Fudge	1823	433	13	10	77	65	1.8	0.27	273	65	2	1.5	12	9.7	0	0.04
Kids Desserts	& Mini Meringues	1694	399	0	0	94	77	5.4	0.22	68	16	0	0	3.8	3.1	0	0
Kids Desserts	& Popcorn	1799	427	9.7	3.1	80	49	2.9	1.3	126	30	0.7	0.2	5.6	3.4	0	0.09
Kids Desserts	& Biscoff Crumb	2031	484	19	8	73	38	4.9	0.92	203	48	1.9	0.8	7.3	3.8	0	0.09
Kids Desserts	& White Chocolate Curls	2283	546	31	19	63	63	3.8	0.13	114	27	1.6	0.9	3.1	3.1	0	0
Kids Desserts	Build Your Own Sundae - Salted Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Kids Desserts	& Mixed Berry Sauce	630	149	0	0	33	20	0.6	0.02	32	7	0	0	1.7	1	0	0
Kids Desserts	& Grapes	278	66	0	0	15	15	0	0	17	4	0	0	1	1	0	0
Kids Desserts	Chilly Billy Pure Fruit Apple And Raspberry	170	40	0	0	9.3	9.3	0	0	187	44	0	0.1	10	10	0	0
Kids Desserts	Frutti	230	54	0	0	12	12	0	0	374	88	0	0	20	20	0.7	0
Kids Desserts	Build Your Own Sundae - Berry Sorbet	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Kids Desserts	Chilly Billy Pure Fruit Orange And Apple	175	41	0	0	9.8	9.8	0	0	193	45	0	0.1	11	11	0	0
Kids Desserts	Build Your Own Sundae - Chocolate Ice Cream	784	187	8.8	5.7	22	18	4.4	0.13	392	94	4.4	2.9	11	9.2	2.2	0.07
Kids Desserts	Kids Brownie	1846	442	24	11	50	42	4.9	0.08	932	223	12	5.4	25	21	2.5	0.04
Kids Drinks	Craft Lemonade Raspberry	183	43	0	0	11	10	0	0	504	119	0	0	29	28	0	0
Kids Drinks	Babyccino	216	52	1.6	1	5.6	5.5	3.6	0.11	132	31	1	0.6	3.4	3.3	2.2	0.07
Kids Drinks	Orange Squash	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Kids Drinks	Milk	193	46	1.5	0.9	4.6	4.6	3.5	0.11	386	92	3	1.8	9.2	9.2	7	0.22
Kids Drinks	Apple Juice - Regular	174	41	0	0	9.9	9.9	0	0	574	135	0	0	33	33	0	0
Kids Drinks	Orange Juice - Small	179	42	0	0	9.6	9	0	0.04	358	84	0	0.2	19	18	1	0.08
Kids Drinks	Blackcurrant & Apple Squash	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
Kids Drinks	Craft Lemonade	145	34	0	0	8.4	7.8	0	0	398	94	0	0	23	21	0	0
Kids Drinks	Apple Juice - Small	174	41	0	0	9.9	9.9	0	0	348	82	0	0	20	20	0	0
Kids Drinks	Orange Juice - Regular	179	42	0	0	9.6	9	0	0.04	591	139	0	0.3	32	30	1.7	0.13
Kids Drinks	Joosed Fruity Water Blackcurrant And Apple	112	26	0	0	6	6	0	0	280	65	0	0	15	15	0	0
Kids Drinks	Pineapple Juice - Small	218	52	0	0	11	11	0	0.02	436	104	1	0.2	22	22	1	0.04
Kids Drinks	Pineapple Juice - Large	218	52	0	0	11	11	0	0.02	719	172	1.7	0.3	36	36	1.7	0.07
Kids Drinks	Oat Milk Babyccino	225	54	2.3	0.3	7.8	4	0	0.1	137	33	1.4	0.2	4.7	2.4	0	0.06
Kids Tiny Tums	Mini Main ? Pasta with Butter	1004	239	11	6.5	33	1	4.9	0	1029	245	11	6.6	34	1.1	5	0
Kids Tiny Tums	Bread Sticks And Tomato Dip	944	224	6.4	0.7	35	2.5	5.9	1.1	432	103	2.9	0.3	16	1.1	2.7	0.52
Kids Tiny Tums	Mini Main ? Pasta with Tomato Sauce	607	144	3.3	0.5	26	3	3.9	0.42	864	204	4.7	0.7	37	4.3	5.5	0.6
Vegan kids menu	Vegan - kids vegetable sticks & bread soldiers with dip	556	132	3.5	0.4	21	3.6	3.4	0.64	804	191	5	0.6	30	5.3	4.9	0.93
Vegan kids menu	Vegan - kids make your own pasta tubes	736	173	1.4	0.2	37	1.1	5.5	0	1200	283	2.3	0.3	60	1.8	8.9	0
Vegan kids menu	Vegan - kids small apple juice	174	41	0	0	9.9	9.9	0	0	348	82	0	0	20	20	0	0
Vegan kids menu	Vegan - Make Your Own Sundae - Salted Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28
Vegan kids menu	Vegan - kids make your own spaghetti	826	195	1.4	0.3	37	0.9	7.4	0	1288	304	2.2	0.4	58	1.4	11	0.02

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Vegan kids menu	Vegan - thisisn't chicken goujons	662	158	6	0.5	14	1	10	0.5	1798	428	16	1.3	37	2.6	28	1.4
Vegan kids menu	Vegan - Mixed Berry Sauce	630	149	0	0	33	20	0.6	0.02	32	7	0	0	1.7	1	0	0
Vegan kids menu	Vegan - & Grapes	278	66	0	0	15	15	0	0	17	4	0	0	1	1	0	0
Vegan kids menu	Vegan - kids regular apple juice	174	41	0	0	9.9	9.9	0	0	574	135	0	0	33	33	0	0
Vegan kids menu	Vegan - kids & mushrooms	144	35	2.6	0.3	0.6	0	1.8	0.14	25	6	0	0	0	0	0	0.02
Vegan kids menu	Vegan - chilly billy apple & raspberry	170	40	0	0	9.3	9.3	0	0	187	44	0	0.1	10	10	0	0
Vegan kids menu	Vegan - Frutti	230	54	0	0	12	12	0	0	374	88	0	0	20	20	0.7	0
Vegan kids menu	Vegan - tiny tums pasta	607	144	3.3	0.5	26	3	3.9	0.42	864	204	4.7	0.7	37	4.3	5.5	0.6
Vegan kids menu	Vegan - kids plum tomatoes	84	20	0	0	3.1	3.1	0.7	0.02	18	4	0	0	0.7	0.7	0	0
Vegan kids menu	Vegan - Make Your Own Sundae - Berry Sorbet	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Vegan kids menu	Vegan - orange and apple chilly billy	175	41	0	0	9.8	9.8	0	0	193	45	0	0.1	11	11	0	0
Vegan kids menu	Vegan - kids & olives	844	205	21	2.3	0	0	1	3.5	54	13	1.3	0.1	0	0	0	0.22
Vegan kids menu	Vegan - kids joosed fruity water	112	26	0	0	6	6	0	0	280	65	0	0	15	15	0	0
Vegan kids menu	Vegan - kids & balsamic red onions	293	69	3.2	0.3	9.8	7.6	1.1	0.01	55	13	0.6	0	1.8	1.4	0	0
Vegan kids menu	& Biscoff Crumb	2031	484	19	8	73	38	4.9	0.92	203	48	1.9	0.8	7.3	3.8	0	0.09
Vegan kids menu	Vegan - kids tasty tomato	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Vegan kids menu	Vegan - kids peas	321	76	0.9	0.2	8.8	2.5	5.7	0	103	24	0	0	2.8	0.8	1.8	0
Vegan kids menu	Vegan - kids & roasted peppers	147	35	0	0	6	0	0.7	0.5	37	9	0	0	1.5	0	0	0.13
Vegan kids menu	Vegan - kids & spinach	141	34	0.7	0	2.9	0	3	0.25	18	4	0	0	0	0	0	0.03
Vegan kids menu	Vegan - Kids Happy Face Pizza	762	181	4.7	3.3	29	5.1	4.5	1.1	1155	274	7.1	5	44	7.7	6.9	1.6
Vegan kids menu	Vegan - tiny tums breadsticks	944	224	6.4	0.7	35	2.5	5.9	1.1	432	103	2.9	0.3	16	1.1	2.7	0.52
Non-Gluten Starters	Non Gluten - Mushroom Al Forno	719	174	15	3	6.1	1.1	4.1	0.55	1746	422	35	7.2	15	2.6	9.9	1.3
Non-Gluten Starters	Non Gluten - Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Non-Gluten Starters	Non Gluten - Burrata Tricolore	852	205	17	9.3	3	1.8	10	0.68	1754	423	34	19	6.2	3.8	21	1.4
Non-Gluten Pasta	Non Gluten - Bolognese	670	159	4.3	1	23	2.2	6.9	0.72	2938	698	19	4.2	100	9.7	30	3.2
Non-Gluten Pasta	Non Gluten - Vegetarian Carbonara	757	180	7	3.1	22	1.4	6.9	1	3271	779	30	13	94	5.9	30	4.4
Non-Gluten Pasta	Non gluten - lentil ragu	576	137	4.2	0.6	21	2.3	3	0.58	2979	709	22	3	108	12	15	3
Non-Gluten Pasta	Non Gluten Vegan - Al Pomodoro	557	132	4	0.6	21	2.7	2.2	0.63	2458	584	18	2.4	94	12	9.7	2.8
Non-Gluten Pasta	Non Gluten - Frutti di Mare	475	112	1.1	0.3	18	1.3	7	0.68	2443	578	5.7	1.4	93	6.5	36	3.5
Non-Gluten Pasta	Non Gluten - Al Pomodoro	618	147	5.8	2.1	19	2.5	4.1	0.59	3037	724	28	10	95	12	20	2.9
Non-Gluten Pasta	Non Gluten - Carbonara	780	186	8.1	3.7	22	1.4	5.6	0.85	3220	768	34	15	92	5.6	23	3.5
Non-Gluten Pizza	Non Gluten - Pesto Giardino	934	223	8.9	2.5	32	3.6	2.9	0.89	5159	1229	49	14	174	20	16	4.9
Non-Gluten Pizza	Non Gluten - Stromboli W Chillies	1143	273	11	4.7	33	1.2	8.6	2	4721	1126	46	20	138	4.9	35	8.5
Non-Gluten Pizza	Non Gluten - Burrata & Slow Roast Tomato	1130	269	12	4.7	31	3.3	8.3	0.97	5762	1375	60	24	160	17	42	4.9

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Non-Gluten Pizza	Non Gluten - Fiery Calabria Di Capra	1300	311	15	6.6	33	4.5	8.7	0.98	6472	1546	77	33	166	23	43	4.9
Non-Gluten Pizza	Non Gluten Base	1232	292	5.4	0.7	56	0.9	3.1	1.5	2957	701	13	1.7	135	2.2	7.4	3.6
Non-Gluten Pizza	Non gluten - vegan margherita	948	226	7.3	4	36	1	2.2	1.4	3796	903	29	16	146	4.2	8.9	5.5
Non-Gluten Pizza	Non gluten - pizza pollo e pancetta	926	221	7.2	3	29	1	8.4	1.2	4359	1038	34	14	138	4.9	40	5.7
Non-Gluten Pizza	Non gluten - salami misti	1010	241	9.9	4.1	28	1.3	9	1.7	5147	1228	50	21	143	6.5	46	8.6
Non-Gluten Pizza	Non gluten - margherita	1084	258	9.2	4.4	34	1.2	8.9	1.3	4421	1053	37	18	138	4.7	36	5.5
Non-Gluten Pizza	Non Gluten - Pollo e Roquito	937	223	8	3.9	26	1.9	11	1.1	5286	1259	45	22	146	11	63	6.4
Non-Gluten Pizza	Non gluten - stromboli	1151	274	11	4.8	34	1.2	8.6	2.1	4717	1125	46	20	138	4.7	35	8.5
Non-Gluten Specialty Mains	Non Gluten - Fresco Italiano Salad - Artichokes	460	110	6.4	0.7	8.2	4.2	3.7	0.86	1492	358	21	2.3	27	14	12	2.8
Non-Gluten Specialty Mains	Non Gluten - Fresco Italiano Salad - Chicken	498	119	4.6	0.7	5.4	2.7	13	0.58	2257	538	21	3.1	25	12	60	2.6
Non-Gluten Specialty Mains	Non Gluten - Fresco Italiano Salad - Mozzarella	607	146	9.9	4.4	6	3.2	7.6	0.47	2378	572	39	17	24	12	30	1.8
Non-Gluten Specialty Mains	Non gluten - seabass al forno	471	112	5.6	1.2	6.2	0.7	8.3	0.62	2269	542	27	6	30	3.2	40	3
Non-Gluten Specialty Mains	Non Gluten - Risotto Con Funghi With Chicken	570	136	5.3	3.3	15	0.7	5.7	0.56	3542	843	33	21	96	4.7	36	3.5
Non-Gluten Specialty Mains	Non Gluten - Risotto Con Funghi	571	136	5.7	3.7	17	0.8	3.2	0.55	3178	757	32	20	95	4.2	18	3.1
Non-Gluten Sides	Non Gluten - Balsamic Glazed Greens	182	43	0.8	0.1	6	3.6	2.4	0.53	172	41	0.8	0.1	5.7	3.4	2.3	0.5
Non-Gluten Sides	Non Gluten - Honey Luganica Sausages	1222	293	19	7	11	10	19	1.9	2337	561	37	13	20	19	36	3.7
Non-Gluten Sides	Non Gluten - Roast Potatoes	464	110	4.5	0.4	15	1.2	2.1	0.54	751	178	7.4	0.6	24	2	3.4	0.87
Non-Gluten Sides	Non Gluten - Side Salad	176	42	2.3	0.2	3.2	3.1	1.6	0.13	257	62	3.4	0.3	4.7	4.5	2.3	0.19
Non-Gluten Desserts	Non gluten - chocolate etna	1427	343	24	13	27	24	4.6	0.13	3781	908	64	36	70	64	12	0.35
Non-Gluten Desserts	Non Gluten - Mini Dolce	1059	254	16	11	25	21	2	0.17	2064	495	32	21	48	41	3.9	0.33
Non-Gluten Desserts	Non Gluten - Salted Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28
Non-Gluten Desserts	Non gluten - berry sorbet	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Non-Gluten Desserts	Non Gluten - Caramello Chocolate Torta	1426	341	19	12	39	25	2	0.51	2110	505	29	17	58	36	3	0.75
Non-Gluten Desserts	Non gluten - chocolate gelato	784	187	8.8	5.7	22	18	4.4	0.13	392	94	4.4	2.9	11	9.2	2.2	0.07
Non-Gluten Desserts	Non gluten - vanilla gelato	700	167	7.4	4.9	22	19	3	0.12	350	84	3.7	2.5	11	9.3	1.5	0.06
Non-Gluten Desserts	Non Gluten - Warm Chocolate Brownie	1600	383	21	9.9	42	36	4.6	0.09	3039	727	40	19	81	68	8.7	0.18
Non gluten kids starters	Non-Gluten Kids Vegetable Sticks and Dip	115	27	0	0	4.8	4.5	0.8	0.25	107	26	0	0	4.4	4.2	0.8	0.24
Non-gluten Kids Mains	Non Gluten - Kids Pizza Face	1118	266	6.7	2.1	45	1.1	5.2	1.4	3419	812	21	6.5	136	3.3	16	4.3
Non-gluten Kids Mains	Non Gluten - Kids Pesto Sauce	1488	359	31	7.5	15	1.5	3.4	1.7	1294	312	27	6.5	13	1.3	3	1.5
Non-gluten Kids Mains	Non Gluten + kids balsamic red onions	293	69	3.2	0.3	9.8	7.6	1.1	0.01	55	13	0.6	0	1.8	1.4	0	0

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Non-gluten Kids Mains	Non Gluten Vegan - Happy Face Pizza	1009	240	7.9	4.3	39	0.8	2.3	1.4	3783	900	30	16	145	3.2	8.6	5.4
Non-gluten Kids Mains	Non Gluten - Kids Tasty Tomato Sauce	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Non-gluten Kids Mains	Non Gluten - kids roasted peppers	147	35	0	0	6	0	0.7	0.5	37	9	0	0	1.5	0	0	0.13
Non-gluten Kids Mains	Non Gluten - kids cheese sauce	624	150	12	6.7	4.8	2.4	6.4	0.93	556	134	10	6	4.3	2.1	5.7	0.83
Non-gluten Kids Mains	Non gluten - kids spinach	141	34	0.7	0	2.9	0	3	0.25	18	4	0	0	0	0	0	0.03
Non-gluten Kids Mains	Non Gluten - cheese sauce & pancetta	799	193	16	7	4	2	7.4	1.2	856	206	17	7.5	4.3	2.2	7.9	1.3
Non-gluten Kids Mains	Non Gluten - Dip & dunk pasta	711	169	4.4	1.4	28	1.9	3.3	0.49	2201	523	14	4.4	88	6	10	1.5
Non-gluten Kids Mains	Non Gluten - Kids Bolognese Sauce	500	120	8.2	2.4	5	3.3	6.2	0.15	697	168	11	3.4	7	4.6	8.6	0.2
Non-gluten Kids Mains	Non Gluten - kids mixed mushrooms	144	35	2.6	0.3	0.6	0	1.8	0.14	25	6	0	0	0	0	0	0.02
Non-gluten Kids Mains	Non Gluten - Kids NG fusilli	821	194	1.3	0.3	42	0.6	3.4	0.25	1642	388	2.6	0.6	83	1.2	6.8	0.5
Non-gluten Kids Mains	Non gluten + kids olives	844	205	21	2.3	0	0	1	3.5	54	13	1.3	0.1	0	0	0	0.22
Non-gluten Kids Mains	Non Gluten - kids pepperoni	1982	479	43	18	1	0.6	22	9	383	92	8.3	3.5	0	0	4.2	1.7
Non-gluten Kids Mains	Non Gluten +Kids Roasted Chicken Breast	561	133	2.2	0.5	0.8	0.7	27	0.68	196	47	0.8	0.2	0	0	9.5	0.24
Non-gluten Kids Mains	Non Gluten + kids ham	464	110	3.6	1.3	0	0	19	2.2	166	39	1.3	0.5	0	0	6.8	0.79
Non Gluten - Kids Sides	Non Gluten - kids peas	321	76	0.9	0.2	8.8	2.5	5.7	0	103	24	0	0	2.8	0.8	1.8	0
Non Gluten - Kids Sides	Non Gluten - kids plum tomatoes	84	20	0	0	3.1	3.1	0.7	0.02	18	4	0	0	0.7	0.7	0	0
Non-Gluten Kids Desserts	Non Gluten - Make Your Own Sundae - Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	441	105	4.4	3.6	16	9.6	0.7	0.28
Non-Gluten Kids Desserts	Non Gluten - Mixed Berry Sauce	630	149	0	0	33	20	0.6	0.02	32	7	0	0	1.7	1	0	0
Non-Gluten Kids Desserts	Non Gluten & Popcorn	1799	427	9.7	3.1	80	49	2.9	1.3	126	30	0.7	0.2	5.6	3.4	0	0.09
Non-Gluten Kids Desserts	Non Gluten - Make Your Own Sundae - Berry Sorbet	443	105	0	0	25	18	0	0	222	53	0	0	13	9	0	0
Non-Gluten Kids Desserts	Non Gluten - & Toffee Sauce	1535	369	27	20	30	25	1.1	0.28	77	18	1.3	1	1.5	1.2	0	0.01
Non-Gluten Kids Desserts	Non Gluten - Chocolate Sauce	1317	313	9.2	5.9	53	44	3.9	0.11	66	16	0	0.3	2.6	2.2	0	0
Non-Gluten Kids Desserts	Non Gluten & Fudge	1823	433	13	10	77	65	1.8	0.27	273	65	2	1.5	12	9.7	0	0.04
Non-Gluten Kids Desserts	Non Gluten - kids brownie	1846	442	24	11	50	42	4.9	0.08	932	223	12	5.4	25	21	2.5	0.04
Non-Gluten Kids Desserts	Non Gluten & Mini Meringue	1694	399	0	0	94	77	5.4	0.22	68	16	0	0	3.8	3.1	0	0
Non-Gluten Kids Desserts	Non gluten - Kids Marshmallows	1430	337	0	0	79	69	4	0.03	72	17	0	0	4	3.4	0	0
Non-Gluten Kids Desserts	Non Gluten - kids Orange & Apple Ice Lolly	175	41	0	0	9.8	9.8	0	0	193	45	0	0.1	11	11	0	0
Non-Gluten Kids Desserts	Non Gluten - Make Your Own Sundae - Chocolate Gelato	784	187	8.8	5.7	22	18	4.4	0.13	392	94	4.4	2.9	11	9.2	2.2	0.07
Non-Gluten Kids Desserts	Non Gluten - Kids White Chocolate Curls	2283	546	31	19	63	63	3.8	0.13	114	27	1.6	0.9	3.1	3.1	0	0
Non-Gluten Kids Desserts	Non Gluten - Kids Grapes	278	66	0	0	15	15	0	0	17	4	0	0	1	1	0	0

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Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-teiin	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Non-Gluten Kids Desserts	Non Gluten - Apple & Raspberry Ice Lolly	170	40	0	0	9.3	9.3	0	0	187	44	0	0.1	10	10	0	0
Non-Gluten Kids Desserts	Non Gluten - kids frutti	230	54	0	0	12	12	0	0	374	88	0	0	20	20	0.7	0
Non-Gluten Kids Desserts	Non Gluten - Make Your Own Sundae - Vanilla Gelato	700	167	7.4	4.9	22	19	3	0.12	350	84	3.7	2.5	11	9.3	1.5	0.06
Takeaway Only	Takeaway Only - 'Nduja Garlic Bread	1455	347	15	4.3	44	1.9	8.5	1.3	3146	750	32	9.3	95	4.1	18	2.9
Takeaway Only	Takeaway Only - Large Crispy Chicken Fritti	1005	240	11	2.8	16	1	18	1.5	2565	612	29	7.1	41	2.4	46	3.8
Takeaway Only	Takeaway Only - Nduja and Cheese Bites	1395	333	17	7.1	33	2.3	12	1.4	4394	1050	52	22	103	7.3	39	4.3
Takeaway Only	Takeaway Only - Italian Sharing Board	1139	273	15	5.6	23	4	11	1.3	6453	1544	85	31	130	23	61	7.6
Takeaway Only	Takeaway - Calzone Spicy Carne	798	190	7.7	3.6	20	2.1	9.9	1.4	4129	984	40	18	102	11	51	7
Takeaway Only	Takeaway Only - Calzone Chicken & Pancetta	840	200	7	3.4	22	1.7	11	1.2	3702	881	31	15	98	7.5	49	5.2
Takeaway Only	Takeaway Only - Goats Cheese & Spinach Calzone	864	206	8.8	5	22	4.3	9.1	1	4561	1088	46	27	116	23	48	5.4
Takeaway Only	Takeaway Only - & Chocolate Sauce	1317	313	9.2	5.9	53	44	3.9	0.11	329	78	2.3	1.5	13	11	1	0.03
Takeaway Only	Takeaway Only - Chocolate Fondant	1662	399	28	13	31	30	6.7	0.11	2011	483	34	16	37	36	8.2	0.13
Takeaway Only	Takeaway Only - Brownie Bites	1983	475	28	12	49	41	5.3	0.07	2380	570	33	15	59	49	6.4	0.09
Takeaway Only	Takeaway Only - Mushroom Risotto	571	136	5.7	3.7	17	0.8	3.2	0.55	3178	757	32	20	95	4.2	18	3.1
Takeaway Only	Takeaway Only - Spicy Sausage & Nduja Tagliatelle	1131	271	16	6.4	19	1.4	12	1.2	4360	1045	63	25	72	5.3	46	4.6
Takeaway Only	Takeaway only - Vegan Lentil Ragu	705	167	4.8	0.6	24	3.3	5.4	0.58	2951	701	20	2.6	102	14	23	2.4
Takeaway Only	Takeaway Only - Non Gluten Pepperoni Pizza	1151	274	11	4.8	34	1.2	8.6	2.1	4717	1125	46	20	138	4.7	35	8.5
Takeaway Only	Takeaway Only - Chicken and Pancetta Pizza	847	201	6.1	3.2	24	1.6	12	1	3389	806	24	13	96	6.5	47	4.1
Takeaway Only	Takeaway Only - Pepperoni Pizza	1104	263	11	5.4	28	1.9	13	2	3748	893	36	18	96	6.3	43	6.9
Takeaway Only	Takeaway Only - Prima Garlic Chicken & Prosciutto	874	208	7.2	4.1	21	2.5	14	0.98	4316	1027	35	20	104	12	70	4.8
Takeaway Only	Takeaway only - Courgetti Fritti	1147	276	19	3.2	22	2.3	2.7	1.2	1434	345	24	4	28	2.9	3.4	1.6
Takeaway Only	Takeaway Only - Beef Brisket Loaded Chips	731	174	7.9	2.1	19	2.2	5.9	1	2815	671	30	7.9	73	8.6	23	3.9
Takeaway Only	Takeaway Only - Double Courgetti Fritti	1147	276	19	3.2	22	2.3	2.7	1.2	2869	690	48	8.1	55	5.8	6.7	3.1
Takeaway Only	Take away only - Double Chips	966	230	11	1	30	0.9	2.9	0.81	4290	1023	47	4.6	132	3.8	13	3.6
Takeaway Only	Takeaway Only - Carbonara Loaded Chips	800	192	11	4.5	17	1.3	6	1.2	3436	823	47	19	72	5.6	26	5
Takeaway Only	Takeaway Only - Pesto Garlic Bread	1381	329	12	2.4	46	1.9	7.5	1.4	2985	711	27	5.1	99	4.2	16	3

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Takeaway Only	Takeaway only - & Mozzarella	1287	310	22	15	1	0	26	1.4	938	226	16	11	0.7	0	19	0.98
Takeaway Only	Takeaway Only - & Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	521	126	11	9.5	5.8	0	0	1
Takeaway Only	Takeaway Only - Large Vegan Crispy Fritti	899	215	8.2	0.6	18	6.2	15	1.2	2556	610	23	1.7	50	18	42	3.4
Takeaway Only	Takeaway Only - Small Crispy Chicken Fritti	1007	240	11	2.8	16	1	18	1.7	1562	373	17	4.3	25	1.6	28	2.6
Takeaway Only	Takeaway Only - Small Vegan Crispy Fritti	861	205	7.4	0.5	19	9	13	0.86	1615	385	14	1	36	17	25	1.6
Takeaway Only	Takeaway Only - Milanese Burger	1067	254	9.2	1.6	32	1.7	11	0.97	5313	1264	46	7.9	158	8.4	52	4.8
Takeaway Only	Takeaway Only - Toffee Sauce	1535	369	27	20	30	25	1.1	0.28	384	92	6.7	4.9	7.4	6.2	0	0.07

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TAKEAWAY

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets. We do not currently carry across 'may contain' warnings from our suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, unfortunately it is not possible for us to guarantee that our dishes will be allergen free.

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OUR CRAFT LEMONADE TASTERS

FULL INGREDIENTS FOR OUR CRAFT LEMONADE

Craft Lemonade:

Water, Lemon Juice, Sugar, Lemon Slices

Raspberry Craft Lemonade:

Water, Lemon Juice, Sugar, Raspberry Puree (Sugar, Raspberry Puree, Concentrated Raspberry Puree, Water, Natural Flavouring, Colour (Black Anthocyanins), Acid (Citric Acid), Thickener (Pectin), Preservative (Potassium Sorbate)), Lemon Slices.

SUITABLE FOR VEGETARIANS

Our lemonade contains fresh lemons, which are waxed to maintain their appearance. Waxes may be made from shellac or beeswax, which is not strictly vegan.

