

Allergen Information

28th September 2021



At Gourmet Pizza your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about.

Please note that our menu descriptors do not include all ingredients or allergens. Even if you have chosen the item previously, please make sure that you check the allergen information each time you visit and always inform your waiter of your allergy, intolerance or dietary requirements when ordering. Our teams cannot recommend or tell you what is suitable for you to eat or drink.

HOW TO USE THIS GUIDE

Our menu items are listed in rows on the left-hand side. If a menu item contains an allergen in its ingredients, a ‘✓’ is displayed on the menu row in the corresponding allergen column. The ‘✓’ indicates that allergen is contained in the menu item. If a ‘★’ is displayed on the menu item row, it refers to ingredients which are produced in a factory with this allergen present and we have deemed that there is a significant risk of contamination.

As our suppliers handle numerous ingredients and allergens, and our dishes are handmade in our busy kitchens, unfortunately, we cannot guarantee that they are 100% free of allergens or contaminants.

NB. In the ‘Ingredient’ section of this guide, we do not list any ingredients which are unadulterated, e.g. eggs, tomatoes, peppers, oregano, olive oil, etc.

In accordance with the EU Food Information Regulation, we declare the main fourteen allergens. We also declare a further two allergens as per the most frequently requested by our customers. These are alcohol and pine kernels.

We want all of our customers to feel comfortable requesting allergen and dietary information when dining with us. Our restaurant has a copy of the Allergen Information on hand, just ask!

PINE KERNELS:

As from the Autumn Menu 2020, we have added an allergen column for Pine Kernels in the ‘Dish’ and ‘Ingredient’ sections. Please note that ingredients and dishes which contained Pine Kernels on our previous menus were marked in the ‘Tree Nuts’ column of this guide. For your ease and with the appreciation that Pine Kernels are not nuts, we have now separated this out.



DOES IT CONTAIN?															ARE THESE SUITABLE FOR?		PLEASE NOTE	
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Sulphur Dioxide / Sulphites	Eggs	Sesame Seeds	Mustard	Soybeans	Lupin	Celery	Peanuts	Tree Nuts	Pine Kernels	Alcohol / Vinegar	Vegetarian	Vegan	

STARTERS & SIDES

Bruschetta	✓			✓ Wheat										✓ In Pesto		✓		
Caeser Salad	✓	✓		✓ Wheat	✓	✓		✓							✓ Vinegar			
Calamari (New)			✓	✓ Wheat				✓							✓ Vinegar			
Dough Balls	✓			✓ Wheat												✓		
Garlic Bread Mozzarella	✓			✓ Wheat	✓										✓ Vinegar	✓		
Halloumi Bites (New)	✓															✓		
Herb & Lemon Chicken Wings (New)					✓										✓ Vinegar			
House Salad								✓							✓ Vinegar	✓	✓	
Marinated Olives																✓	✓	
Polenta Chips				✓ Wheat	✓										✓ Vinegar	✓	✓	
Rainbow Slaw (New)								✓							✓ Vinegar	✓	✓	

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SALADS

Chicken Caesar	✓	✓		✓ Wheat	✓	✓		✓							✓ Vinegar			
Niçoise		✓			✓	✓		✓							✓ Vinegar			
Warm Chicken, Bacon & Avocado					✓										✓ Vinegar			

AL FORNO

Bolognese	✓				✓						✓				✓ Vinegar			
Lasagna	✓			✓ Wheat		✓					✓							
Melanzane (New)	✓															✓		
Pollo Pesto	✓								✓					✓				



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PIZZA

American	✓			✓ Wheat														
Cotto e Funghi	✓			✓ Wheat														
Frank's RedHot® Pollo	✓	✓		✓ Wheat	✓	✓		✓							✓ Vinegar			
Giardiniera	✓			✓ Wheat												✓		
Hawaiian	✓			✓ Wheat											✓ Vinegar			
Hot Honey	✓			✓ Wheat											✓ Vinegar			
Manzo	✓			✓ Wheat											✓ Vinegar			
Margherita	✓			✓ Wheat												✓		
Mushroom & Pine Nut				✓ Wheat									✓	✓ Vinegar	✓	✓		
Pollo Cajun	✓			✓ Wheat	*										✓ Vinegar			*May contain
Prosciutto	✓			✓ Wheat														
Quattro Formaggi	✓			✓ Wheat														Gorgonzola D.O.P contains animal rennet
Tonno	✓	✓		✓ Wheat	✓										✓ Vinegar			
Trifolata	✓			✓ Wheat					✓							✓		
Tropean Hot	✓			✓ Wheat											✓ Vinegar			
Verdure	✓			✓ Wheat											✓ Vinegar	✓		



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DESSERTS & DOLCE

Affogato	✓				*		*		*			*	*			✓		Pasteurised milk *May contain
Baked Vanilla Cheesecake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat	*	✓	*		*			*	*			✓		
Chocolate Brownie (Dolce)	✓					✓			✓				*			✓		Pasteurised milk and eggs *May contain
Chocolate Brownie (served with Vanilla Gelato)	✓					✓			✓			*	*			✓		
Chocolate Fudge Cake (served with Cream, Vanilla Gelato or Mascarpone)	✓			✓ Wheat		✓			*			*	*			✓		Pasteurised milk / Unpasteurised eggs *May contain
Chocolate Sundae	✓			✓ Wheat		✓			✓			*	*			✓		
Classic Gelato	✓			✓ Wheat		✓			✓			*	*			✓		Pasteurised milk
Double Salted Caramel Cheesecake	✓			✓ Wheat	*	✓	*		*			*	*			✓		Pasteurised milk and eggs *May contain
Mango Sorbet	*			*	*	*			*			*	*			✓	✓	*May contain
Raspberry Sorbet	*			*	*	*			*			*	*			✓	✓	
Strawberry Sundae	✓			✓ Wheat		✓			✓			*	*			✓		Pasteurised milk *May contain
Tiramisu	✓			✓ Wheat		✓			*				*		✓ Marsala Wine	✓		Pasteurised milk and eggs *May contain



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KIDS MENU

Kids Dough Balls	✓			✓ Wheat												✓		
American	✓			✓ Wheat														
Ham & Olives	✓			✓ Wheat														
Margherita	✓			✓ Wheat												✓		
Pollo	✓			✓ Wheat														
Butter Pasta	✓															✓		
Kids Béchamel	✓								✓							✓		
Kids Bolognese											✓							
Kids Pesto	✓												✓			✓		
Chocolate Brownie	✓					✓			✓				*			✓		*May contain
Chocolate Sundae	✓			✓ Wheat		✓			✓			*	*			✓		Pasteurised milk / Unpasteurised eggs
Sundae	✓			✓ Wheat		✓			✓			*	*			✓		
Sorbet	*			*	*	*			*			*	*			✓	✓	*May contain



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

Anchovies - White		✓				✓										✓ Vinegar			
Artichokes																	✓	✓	
Aubergine - Grilled																	✓	✓	
Bacon - Back																			
Balsamic Glaze						✓										✓ Vinegar	✓	✓	
Balsamic Vinegar / Dressing						✓										✓ Vinegar	✓	✓	
Béchamel	✓								✓								✓		Pasteurised milk
Black Olives																	✓	✓	Pitted
Bolognese Sauce												✓							
Caeser Dressing	✓	✓					✓	✓								✓ Vinegar			Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice						*											✓	✓	*May contain
Calabrese Sausage																			
Calamari (ingredient)				✓	✓ Wheat														
Capers																✓ Vinegar	✓	✓	
Chicken Breast																			
Chicken Wings																			



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INGREDIENTS

Chocolate Brownie (ingredient)	✓					✓			✓					*			✓		*May contain
Chocolate Curls (Wafer Straws)	✓				✓ Wheat	✓			✓								✓		
Chocolate Frosting for Chocolate Fudge Cake	*																✓		*May contain
Chocolate Fudge Cake (ingredient)	*				✓ Wheat	✓			*								✓		Pasteurised milk / Unpasteurised eggs / *May contain
Chocolate Sauce																	✓	✓	
Croutons					✓ Wheat												✓	✓	
Double Cream	✓																✓		Pasteurised milk
Dough					✓ Wheat												✓	✓	
Frank's RedHot® Buffalo Wing Sauce						✓										✓ Vinegar	✓	✓	
Fruit Coulis - Blackcurrant																	✓	✓	
Garlic Butter	✓																✓		Prepared in house / Pasteurised butter
Garlic Oil																	✓	✓	Prepared in house
Gelato - Chocolate	✓								*			*	*				✓		
Gelato - Salted Caramel	✓								✓			*	*				✓		Pasteurised milk *May contain
Gelato - Vanilla	✓								*			*	*				✓		
Goat's Cheese	✓																✓		Pasteurised goat's milk
Gluten-free Base																	✓	✓	
Gorgonzola D.O.P	✓																		Contains animal rennet



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INGREDIENTS

Gran Milano	✓																✓		Pasteurised milk
Halloumi Bites (ingredient)	✓																✓		
Harissa Paste						✓										✓ Vinegar	✓		
House Dressing							✓		✓							✓ Vinegar	✓		Pasteurised eggs
Icing sugar																	✓	✓	
Lasagna (ingredient)	✓				✓ Wheat		✓				✓								Pasteurised milk and eggs
Mango Sorbet (ingredient)																	✓	✓	
Marinated Green Olives																	✓	✓	
Mascarpone	✓																✓		Pasteurised cream
Mozzarella	✓																✓		Pasteurised milk
Mozzarisella (Vegan Mozzarella Alternative)															✓ Vinegar	✓	✓		
'Nduja Sausage																			
Penne Pasta																	✓	✓	
Pepperoni																			
Pesto - Basil & Pine Kernel / Dip	✓														✓		✓		Pasteurised cheese



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INGREDIENTS

Pinapple Chunks																	✓	✓	
Polenta Chips (ingredient)					✓ Wheat												✓	✓	
Prosciutto (ingredient)																			
Raspberry Sorbet (ingredient)	*				*	*	*			*			*	*			✓	✓	*May contain
Red Onion Chutney						✓									✓ Vinegar	✓	✓		
Roasted Peppers - Red & Yellow																✓	✓		
Salted Caramel Sauce	✓															✓			
Semolina Flour					✓ Wheat											✓	✓		
Spicy Beef																			
Spicy 'Nduja Sausage Dip																		Prepared in house	
Sweet Red Pepper															✓ Vinegar	✓	✓		
Tiramisu (ingredient)	✓				✓ Wheat		✓			*				*	✓ Marsala Wine	✓		Pasteurised milk and eggs / Cake not baked *May contain	
Tomato & Chilli Dip																✓	✓	Prepared in house	
Tomato Passata																✓	✓		
Truffle Oil																✓			
Tuna		✓																	
Vanilla Cheesecake - Round (ingredient)	✓				✓ Wheat	*	✓	*		*			*	*		✓		Pasteurised milk and eggs *May contain	

Allergen Information Drinks

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



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BIER & CIDER																		
Cornish Orchards Gold Cider (New)					✓										✓	✓	✓	
Meantime Anytime IPA/ Draught (New)				✓ Barley											✓	✓	✓	
Peroni Libera				✓ Barley												✓	✓	
Peroni Nastro Azzurro/Draught (New)				✓ Barley											✓	✓	✓	
BUBBLES																		
Champagne Brut, Linard Gontier					✓										✓	✓	✓	
Prosecco, Veneto					✓										✓	✓	✓	
Prosecco D.O.C Rosé (New)					✓										✓	✓		
COCKTAILS																		
Aperol Spritz					✓										✓	✓		Suitable for vegans if served without orange
Chambord Royale					✓										✓	✓		
Espresso Martini															✓	✓	✓	
Hugo St-Germain					✓										✓	✓		Suitable for vegans if served without lemon



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GIN & TONIC

Classic G&T (New)															✓	✓		Suitable for vegans if served without lemon
Rhubarb & Raspberry G&T (New)															✓	✓	✓	

SPIRITS & LIQUEURS

Amaretto															✓	✓	✓	
Aperol					✓										✓	✓		Suitable for vegans if served without orange or lemon
Bacardi Rum															✓	✓		Suitable for vegans if served without lemon
Baileys	✓														✓	✓		
Campari					✓										✓	✓		
Glenfiddich															✓	✓	✓	
Grappa															✓	✓		Suitable for vegans if served without lemon
Jack Daniel's															✓	✓	✓	
Jameson															✓	✓	✓	
Ketel One Vodka															✓	✓		Suitable for vegans if served without lemon
Limoncello															✓	✓	✓	
Pimms					✓										✓	✓		
St Germain Elderflower Liqueur															✓	✓	✓	
Tia Maria															✓	✓	✓	

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RED WINE																			
Chianti Riserva D.O.C.G						✓										✓	✓	✓	
Malbec						✓										✓	✓	✓	
Montepulciano d'Abruzzo						✓										✓	✓	✓	
Pinot Noir						✓										✓	✓	✓	
Shiraz						✓										✓	✓	✓	
ROSÉ WINE																			
Pinot Grigio Blush						✓										✓	✓		
Provence Rosé (New)						✓										✓	✓		
WHITE WINE																			
Chablis A.O.C						✓										✓	✓	✓	
Chardonnay						✓										✓	✓	✓	
Pinot Grigio						✓										✓	✓		
Sauvignon Blanc						✓										✓	✓	✓	
Soave						✓										✓	✓	✓	



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SOFT DRINKS

Acqua Panna Still Water																✓		Suitable for vegans if served without lemon
Belvoir Sparkling Elderflower Pressé (New)																✓	✓	
Belvoir Sparkling Raspberry Lemonade																✓	✓	
Coca-Cola																✓		Suitable for vegans if served without lemon
Coke Zero																✓		
Cranberry Juice																✓	✓	
Diet Coke																✓		Suitable for vegans if served without lemon
Fanta																✓	✓	
Fever-Tree Refreshingly Light Rhubarb & Raspberry																✓	✓	
Fever-Tree Refreshingly Light Tonic																✓		Suitable for vegans if served without lemon
Passion Fruit Still Lemonade (New)																✓		
Robinsons Apple and Blackcurrant					✓											✓	✓	
San Pellegrino Aranciata Rossa / Limonata																✓	✓	
San Pellegrino Sparkling Water																✓		Suitable for vegans if served without lemon
Schweppes Soda Water / Lemonade																✓		
Sicilian Still Lemonade																✓		
Sprite																✓		Suitable for vegans if served without lemon



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TEA & COFFEE

Americano																✓	✓	
Baileys Latte	✓														✓	✓		
Cappuccino	✓															✓		
Chocolate Dusting	*															✓		* May contain
Coffee Beans																✓	✓	
Decaf Coffee Pods																✓	✓	
Espresso																✓	✓	
Hot Chocolate	✓															✓		
Hot Chocolate Powder	*															✓		* May contain
Irish Coffee	✓														✓	✓		
Latte	✓															✓		
Macchiato	✓															✓		
Mocha	✓															✓		
Mint Tea - Fresh																✓	✓	
Oat 'Milk'					*											✓	✓	* May contain
Teapigs/Twinings Tea																✓	✓	