

Allergen Information

5th July 2022



At **Gourmet Pizza Co.** your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about. 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 - *this very guide!* Alternatively, please scan the QR code below or the QR code found at the bottom of our menus to check the information online.

Please note that our menu descriptors do not include all ingredients or allergens. Even if you have chosen the dish 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. Dishes marked as **(v)** on our menus are made with vegetarian ingredients.

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*.

Scan for allergen & nutritional information



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

STARTERS & SIDES

BBQ Chicken Wings (New Recipe)								✓							✓ Vinegar			
Bruschetta	✓			✓ Wheat										✓ In Pesto		✓		
Caesar Salad	✓	✓		✓ Wheat	✓	✓		✓						✓ Vinegar				
Calamari	*	*	*	✓ Wheat		*		✓	*					✓ Vinegar				* May contain
Dough Balls	✓			✓ Wheat												✓		
Garlic Bread Mozzarella	✓			✓ Wheat										✓ Vinegar		✓		
Halloumi Bites	✓															✓		
House Salad								✓						✓ Vinegar		✓	✓	
Marinated Olives																✓	✓	
Polenta Chips				✓ Wheat	✓									✓ Vinegar		✓	✓	
Rainbow Slaw								✓						✓ Vinegar		✓	✓	

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SALADS

Beetroot & Goat's Cheese Salad (New)	✓				✓			✓							✓ Vinegar	✓		
Chicken Caesar	✓	✓			✓ Wheat	✓		✓							✓ Vinegar			
Niçoise		✓			✓	✓		✓							✓ Vinegar			
Warm Chicken, Bacon & Avocado					✓										✓ Vinegar			

AL FORNO

Cannelloni (New)	✓	*	*	*	✓ Wheat	✓	*	*	✓		*		*		✓ Vinegar	✓		
King Prawn & Courgette Linguine (New)			✓		✓ Wheat	*		*	*						✓ Vinegar			* May contain
Lasagne	✓				✓ Wheat	✓					✓							
Pollo Pesto	✓								✓					✓				Made with Penne Pasta

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PIZZA

American	✓			✓ Wheat														
Cotto e Funghi	✓			✓ Wheat														
Garlic & Prawn Pizza (New)	✓		✓	✓ Wheat														
Giardiniera	✓			✓ Wheat												✓		
Hawaiian	✓			✓ Wheat											✓ Vinegar			
Hot Honey	✓			✓ Wheat											✓ Vinegar			
Manzo	✓			✓ Wheat											✓ Vinegar			
Margherita	✓			✓ Wheat												✓		
Mushroom & Pine Nut				✓ Wheat										✓	✓ Vinegar	✓	✓	Made with Vegan Mozzarella Alternative
Pollo Cajun	✓			✓ Wheat	*										✓ Vinegar			* May contain
Prosciutto	✓			✓ Wheat														
Quattro Formaggi	✓			✓ Wheat														Gorgonzola D.O.P contains animal rennet
Tropean Hot	✓			✓ Wheat											✓ Vinegar			
Verdure	✓			✓ Wheat											✓ Vinegar	✓		

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DESSERTS

Baked Vanilla Cheesecake (served with Cream, Vanilla Gelato or Mascarpone)	✓				✓ Wheat	*	✓	*		*		*	*			✓		Pasteurised milk and eggs * May contain
Chocolate Brownie (served with Cream, Vanilla Gelato or Mascarpone)	✓								✓				*			✓		
Classic Gelato Salted Caramel	✓				✓ Wheat		✓		✓				*			✓		
Classic Gelato Stracciatella (New)	✓				✓ Wheat		✓		✓				*			✓		Pasteurised milk * May contain
Classic Gelato Vanilla	✓				✓ Wheat		✓		✓				*			✓		
Double Salted Caramel Cheesecake	✓				✓ Wheat	*	✓	*		*		*	*			✓		Pasteurised milk and eggs * May contain
Raspberry Sorbet													*			✓	✓	* May contain
Summer Berry Meringue Sundae (New)	✓						✓		*				*			✓		Pasteurised milk and eggs * May contain
Tiramisu	✓				✓ Wheat		✓		*				*		✓ Marsala Wine	✓		

DOLCE (not including Drinks)

Affogato	✓												*			✓		Pasteurised milk * May contain
Chocolate Brownie	✓						✓		✓				*			✓		Pasteurised milk and eggs * May contain
Raspberry Sorbet													*			✓	✓	* May contain

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KIDS MENU

Starter

Dough Balls (New Recipe)	✓				✓ Wheat											✓		Served with garlic butter, cucumber & baby plum tomatoes
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Pizza

American	✓				✓ Wheat													
La Reine (New)	✓				✓ Wheat													
Margherita	✓				✓ Wheat											✓		
Pollo	✓				✓ Wheat													

Pasta

Bianca (New)	✓								✓							✓		Made with Penne Pasta
Napoletana (New)	✓								✓							✓		Pasteurised milk in Béchamel
Pesto	✓												✓			✓		Pasteurised cheese in Pesto sauce

Desserts

Chocolate Brownie (served with fresh strawberry)	✓					✓			✓				*			✓		
Sundae - Vanilla Gelato (served with a Wafer Straw)	✓				✓ Wheat				✓				*			✓		* May contain
Raspberry Sorbet													*			✓	✓	



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INGREDIENTS

Anchovies - White		✓				✓										✓ Vinegar			
Artichokes																	✓	✓	
Bacon																			
Balsamic Glaze						✓										✓ Vinegar	✓	✓	
Balsamic Vinegar						✓										✓ Vinegar	✓	✓	
Basil & Pine Kernel Pesto Sauce / Dip	✓														✓		✓		Pasteurised cheese
BBQ Sauce / Dip (New)									✓							✓ Vinegar	✓		
Béchamel	✓								✓								✓		Pasteurised milk
Beetroot - Roasted (New)																✓ Vinega	✓	✓	
Black Olives																	✓	✓	Pitted
Caeser Dressing	✓	✓					✓		✓							✓ Vinegar			Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice						*											✓	✓	* May contain
Calabrese Sausage																			
Calamari (ingredient)	*	*	*	✓	✓ Wheat		*		*										* May contain
Cannelloni (ingredient) (New)	✓	*	*	*	✓ Wheat		✓	*	*	*	*	*	*				✓		Pasteurised milk and eggs * May contain
Capers																✓ Vinegar	✓	✓	
Chicken Breast																			
Chicken Wings (ingredient)																			



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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												✓	✓	
Fruit Coulis [Berry]																✓	✓	
Garlic Butter	✓															✓		Prepared in-house / Pasteurised butter
Garlic Oil																✓	✓	Prepared in-house
Gelato Salted Caramel	✓								✓				*			✓		
Gelato Stracciatella	✓								✓				*			✓		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	✓																✓		
Halloumi Bites (ingredient)	✓																✓		Pasteurised milk
Harissa Paste						✓										✓ Vinegar	✓	✓	
House Dressing						✓		✓								✓ Vinegar	✓		Pasteurised eggs
Icing Sugar						*											✓	✓	* May contain
King Prawns (New)			✓																
Lasagna (ingredient)	✓	*	*	*	✓ Wheat	✓	*	*	*		✓			*					Pasteurised milk and eggs * May contain
Linguine Pasta (New)					✓ Wheat	*		*	*								✓		* May contain
Marinated Green Olives																	✓	✓	
Mascarpone	✓																✓		Pasteurised cream
Meringue Kisses (New)	*					✓			*					*			✓		Pasteurised eggs * May contain
Mozzarella	✓																✓		Pasteurised milk
Vegan Mozzarella Alternative																✓ Vinegar	✓	✓	
'Nduja Sausage																			
Penne Pasta																	✓	✓	
Pepperoni																			



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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																			
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 Sauce / Passata																	✓	✓	
Tuna		✓																	
Vanilla Cheesecake - Round (ingredient)	✓				✓ Wheat	*	✓	*				*	*				✓		Pasteurised milk and eggs * May contain
Whipped Cream (New)	✓																✓		

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 or contamination free.



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BEER & CIDER

Cornish Orchards Gold Cider					✓										✓	✓	✓	
Meantime Anytime IPA & Draught				✓ Barley											✓	✓	✓	
Peroni Nastro Azzurro 0.0 [Non-alcoholic]				✓ Barley												✓	✓	
Peroni Nastro Azzurro & Draught				✓ Barley											✓	✓	✓	

PROSECCO & CHAMPAGNE

Champagne Brut, Linard Gontier					✓										✓	✓	✓	
Prosecco, Veneto					✓										✓	✓	✓	
Prosecco D.O.C Rosé					✓										✓	✓	✓	

COCKTAILS

Aperol Spritz					✓										✓	✓		Suitable for vegans if served without orange
Chambord Royale					✓										✓	✓		
Classic Pimm's (New)					✓										✓	✓		
Espresso Martini															✓	✓	✓	
Hugo St-Germain					✓										✓	✓		Suitable for vegans if served without lemon
Passion Fruit Martini (New)															✓	✓	✓	



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GIN & TONIC

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

SPIRITS & LIQUEURS

Amaretto															✓	✓	✓	
Aperol					✓										✓	✓		Suitable for vegans if served without orange or lemon
Bacardi															✓	✓		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															✓	✓	✓	
Pimm's No.1					✓										✓	✓		
St Germain Elderflower Liqueur															✓	✓	✓	
Tia Maria															✓	✓	✓	



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



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SOFT DRINKS

Acqua Panna Still Water																✓		Suitable for vegans if served without lemon
Apple & Pear Cawston Press - Kids Blend																✓	✓	
Coca-Cola, Coke Zero & Diet Coke																✓		Suitable for vegans if served without lemon
Cranberry Juice																✓	✓	
Fanta																✓	✓	
Fever-Tree Fever-Tree Refreshingly Light Sicilian Lemon Tonic																✓	✓	
Fever-Tree Refreshingly Light Mediterranean Tonic																✓	✓	
Fever-Tree Refreshingly Light Rhubarb & Raspberry																✓		Suitable for vegans if served without lemon
Passion Fruit Still Lemonade																✓		
Robinsons Apple / Blackcurrant						✓										✓	✓	
San Pellegrino Aranciata Rossa / Limonata																✓	✓	
San Pellegrino Sparkling Water																✓		Suitable for vegans if served without lemon
Schweppes Soda Water / Lemonade																✓		
Sicilian Still Lemonade																✓	✓	
Sparkling Elderflower Pressé [Belvoir]																✓	✓	
Sparkling Raspberry Lemonade [Belvoir]																✓	✓	
Sprite																✓		Suitable for vegans if served without lemon



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HOT DRINKS

Americano																✓		Suitable for vegans if served with Oat 'Milk'
Cappuccino	✓															✓		
Espresso																✓	✓	
Flat White	✓															✓		Suitable for vegans if served with Oat 'Milk'
Fresh Mint Leaf Tea																✓	✓	
Hot Chocolate	✓															✓		
Latte	✓															✓		Suitable for vegans if served with Oat 'Milk'
Macchiato	✓															✓		
Mocha	✓															✓		
Tea																✓	✓	

INDULGENCES

Amaretto Coffee	✓														✓	✓		Suitable for vegans if served with Oat 'Milk'
Baileys Latte	✓														✓	✓		
Irish Coffee	✓														✓	✓		
Limoncello															✓	✓	✓	

INGREDIENTS

Chocolate Dusting																✓	✓	
Chocolate Powder																✓	✓	
Oat 'Milk'				✓ Oat												✓	✓	