

# Allergen Information

3<sup>rd</sup> October 2023 V1



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 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**



Dishes

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								✓							✓ Vinegar			
Bruschetta	✓			✓ Wheat					*					✓ In Pesto		✓		*May contain
Caesar Salad	✓	✓		✓ Wheat	✓	✓		✓						✓ Vinegar				
Calamari	*	*	*	✓ Wheat		*		✓	*					✓ Vinegar				
Dough Balls	✓			✓ Wheat					*							✓		*May contain
Garlic Bread Mozzarella	✓			✓ Wheat					*					✓ Vinegar	✓			
Halloumi Bites	✓															✓		
House Salad								✓						✓ Vinegar	✓	✓		
Marinated Olives																✓	✓	
Polenta Chips				✓ Wheat	✓									✓ Vinegar	✓	✓		
Rainbow Slaw					*			✓			*			✓ Vinegar	✓	✓		*May contain

DOES IT CONTAIN?																ARE THESE SUITABLE FOR?		PLEASE NOTE
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### SALADS

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

### ALFORNO

Cannelloni	✓	*	*	*	✓ Wheat	✓	*	*	✓		*	*				✓		Pasteurised milk and eggs *May Contain
Grand Pollo Milanese (New)	✓				✓ Wheat & Barley				✓									No Pasta
Lasagna	✓	*	*	*	✓ Wheat	✓	*	*	*		✓	*						Pasteurised milk and eggs *May Contain
Melanzane (New)	✓															✓		No Pasta
Pollo Pesto	✓								✓					✓				Made with Penne Pasta

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**PIZZA**

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



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## DESSERTS

Baked Vanilla Cheesecake (served with Vanilla Gelato or Mascarpone)	✓			✓ Wheat	*	✓	*		*			*	*			✓		Pasteurised milk and eggs
Chocolate Brownie (served with Vanilla Gelato or Mascarpone)	✓					✓			✓			* In Gelato only	*			✓		*May contain
Chocolate Fudge Cake (served with Vanilla Gelato or Mascarpone) (New)	✓			✓ Wheat		✓			* In Gelato only			* In Gelato only	*			✓		Pasteurised milk and eggs *May Contain
Classic Gelato Salted Caramel (served with Chocolate Straws)	✓								✓			*	*			✓		
Classic Gelato Stracciatella (served with Chocolate Straws)	✓								✓			*	*			✓		Pasteurised milk
Classic Gelato Vanilla (served with Chocolate Straws)	✓								✓			*	*			✓		*May Contain
Honeycomb Cream Slice (served with Vanilla Gelato or Mascarpone)	✓			✓ Wheat		*			✓			* In Gelato only	*			✓		
Raspberry Sorbet												*	*			✓	✓	
Strawberries & Dreams Sundae (New)	✓								*			*	*			✓		*May contain
Tiramisu	✓			✓ Wheat		✓			*				*		✓ Marsala wine	✓		Pasteurised milk and eggs *May contain

## DOLCE (not including Drinks)

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

Dishes

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## KIDS MENU

### Starter

Dough Balls	✓				✓ Wheat				*							✓		Served with garlic butter, cucumber & baby plum tomatoes *May contain
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### Pizza

American	✓				✓ Wheat				*									*May contain
La Reine	✓				✓ Wheat				*									
Margherita	✓				✓ Wheat				*						✓			
Pollo	✓				✓ Wheat				*									

### Pasta

Bianca	✓								✓							✓		Made with Penne Pasta
Napoletana	✓								✓							✓		Pasteurised milk in Béchamel
Pesto	✓												✓		✓			Pasteurised cheese in Pesto Sauce

### Desserts

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



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## INGREDIENTS

Anchovies – White		✓				✓										✓ Vinegar			
Artichoke																	✓	✓	
Bacon																			
Balsamic Glaze						✓										✓ Vinegar	✓	✓	
Balsamic Vinegar						✓										✓ Vinegar	✓	✓	
Basil & Pine Kernel Pesto Sauce / Dip	✓													✓			✓		Pasteurised cheese
BBQ Sauce / Dip								✓								✓ Vinegar	✓		
Béchamel	✓								✓								✓		Pasteurised milk
Beetroot – Roasted																✓ Vinegar	✓	✓	
Black Olives																	✓	✓	Pitted
Breaded Chicken Breast (New)					✓ Wheat & Barley				✓										
Caesar Dressing	✓	✓					✓		✓							✓ Vinegar			Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice						*											✓	✓	*May Contain
Calabrese Sausage																			
Calamari (ingredient)	*	*	*	✓	✓ Wheat		*		*										*May Contain
Cannelloni (ingredient)	✓	*	*	*	✓ 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 Frosting	*															✓		*May Contain
Chocolate Fudge Cake (ingredient) (New)	✓			✓ Wheat		✓							*			✓		Pasteurised milk and eggs *May Contain
Chocolate Sauce																✓	✓	
Chocolate Straw	*								✓							✓		*May Contain
Croutons				✓ Wheat												✓	✓	
Double Cream	✓															✓		Pasteurised milk
Dough				✓ Wheat					*							✓	✓	*May Contain
Fruit Coulis [Berry]																✓	✓	
Garlic Butter	✓															✓		Prepared in-house / Pasteurised butter
Garlic Oil																✓	✓	
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	✓															✓		Pasteurised milk
Halloumi Bites (ingredient)	✓															✓		
Harissa Paste					✓										✓ Vinegar	✓	✓	
Honeycomb Cream Slice (ingredient)	✓				✓ Wheat	*			✓				*			✓		Pasteurised milk
House Dressing								✓							✓ Vinegar	✓	✓	
Icing Sugar						*										✓	✓	*May Contain
Lasagna (ingredient)	✓	*	*	*	✓ Wheat	✓	*	*	*		✓		*					Pasteurised milk and eggs *May Contain
Marinated Green Olives																✓	✓	
Mascarpone	✓															✓		Pasteurised milk
Mozzarella	✓															✓		
Vegan Mozzarella Alternative															✓ Vinegar	✓	✓	
'Nduja Sausage																		
Penne Pasta																✓	✓	
Pepperoni																		



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## INGREDIENTS

Pineapple Chunks					*			*			*					✓	✓	*May contain
Polenta Chips (ingredient)				✓ Wheat												✓	✓	
Prosciutto (ingredient)																		
Rainbow Slaw (ingredient)					*			✓			*				✓ Vinegar	✓	✓	*May contain
Raspberry Sorbet (ingredient)											*	*				✓	✓	
Red Onion Chutney					✓										✓ Vinegar	✓	✓	
Roasted Peppers Red & Yellow																✓	✓	
Semolina Flour				✓ Wheat												✓	✓	
Spicy Beef																		
Sweet Red Pepper															✓ Vinegar	✓	✓	
Tiramisu (ingredient)	✓			✓ Wheat		✓			*				*		✓ Marsala Wine	✓		Pasteurised milk and eggs / Cake not baked *May contain
Tomato & Chili Dip																✓	✓	
Tomato Sauce / Passata																✓	✓	
Tuna		✓																
Vanilla Cheesecake – Round (ingredient)	✓			✓ Wheat	*	✓	*		*			*	*			✓		Pasteurised milk and eggs *May contain
Whipped Cream	✓															✓		
White Chocolate Crema (New)	✓												*			✓		*May contain

# Allergen Information

## Drinks

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



DOES IT CONTAIN?															ARE THESE SUITABLE FOR?		PLEASE NOTE	
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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

Prosecco, Veneto					✓										✓	✓	✓	
Prosecco D.O.C Rosé					✓										✓	✓	✓	

## COCKTAILS

Aperol Spritz					✓										✓	✓		Suitable for vegans if served without the orange slice
Berry Mojito															✓	✓		Suitable for vegans if served without the lime wedge
Espresso Martini															✓	✓	✓	
Limoncello Spritz					✓										✓	✓		Suitable for vegans if served without the lemon slice
Passion Fruit Martini															✓	✓	✓	



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## GIN

Classic G&T															✓	✓		
Gin & Elderflower Pressé															✓	✓	✓	
Rhubarb & Raspberry G&T															✓	✓	✓	

## SPIRITS & LIQUEURS

Amaretto															✓	✓	✓	
Aperol					✓										✓	✓		Suitable for vegans if served without the orange slice
Bacardi															✓	✓		
Baileys	✓														✓	✓		
Berry Mojito Mix – Tail's															✓	✓	✓	
Campari					✓										✓	✓		
Glenfiddich															✓	✓	✓	
Jack Daniel's															✓	✓	✓	
Jameson															✓	✓	✓	
Ketel One Vodka															✓	✓		Suitable for vegans if served without the lemon slice
Limoncello															✓	✓	✓	
Pimm's No.1					✓										✓	✓		
Tia Maria															✓	✓	✓	



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## RED WINE

Barolo D.O.C.G (New)					✓										✓	✓	✓	
Chianti Riserva D.O.C.G					✓										✓	✓	✓	
Malbec					✓										✓	✓	✓	
Marche Rosso					✓										✓	✓	✓	
Montepulciano d'Abruzzo D.O.C					✓										✓	✓	✓	
Nero d'Avola Shiraz D.O.C					✓										✓	✓	✓	
Pinot Noir (New)					✓										✓	✓	✓	

## ROSÉ WINE

Organic Provence Rosé (New)					✓										✓	✓	✓	
Pinot Grigio Blush					✓										✓	✓	✓	
Provence Rosé					✓										✓	✓		

## WHITE WINE

Chablis (New)					✓										✓	✓	✓	
Chardonnay					✓										✓	✓	✓	
Gavi di Gavi D.O.C (New)					✓										✓	✓	✓	
Pinot Grigio D.O.C					✓										✓	✓	✓	
Sauvignon Blanc					✓										✓	✓	✓	
Soave D.O.C					✓										✓	✓	✓	



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## SOFT DRINKS

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



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## HOT DRINKS

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