

Allergen Information



At **Gourmet Pizza Co.** your lifestyle choices and dietary needs are as important to us as they are to you and those you care about. We want every guest to feel confident asking about allergens and dietary information when dining with us.

Our restaurant keeps a copy of this Allergen Information Guide on hand. You can also access it online by scanning the QR code below or the one found at the bottom of our menus.

Please note that our menu descriptions do not list every ingredient or allergen. Even if you have enjoyed a dish before, we ask that you always check the Allergen Information during each visit and let your server know about any allergies, intolerances, or dietary requirements when ordering.

For your safety, our team cannot recommend or confirm what is suitable for you to eat or drink.

HOW TO USE THIS GUIDE

Menu items are listed in rows along the left-hand side. If a dish contains an allergen in its ingredients, a '✓' will appear in the corresponding allergen column. A '*' indicates that an ingredient is made in a factory where the allergen is present, and we believe there is a significant risk of cross-contamination.

Dishes marked with (V) on our menus are prepared with vegetarian ingredients.

Because our suppliers work with many different ingredients and allergens, and our dishes are handmade in our busy kitchens, we cannot guarantee that any item will be 100% free from allergens or cross-contamination. For this reason, and as noted earlier, please always inform your server of any allergies, intolerances, or dietary requirements when ordering.

Please note: in the 'Ingredients' section of this guide, we do not list single, unprocessed ingredients such as eggs, tomatoes, peppers, oregano, or olive oil.

In line with the EU Food Information Regulation, we declare the 14 main allergens. In addition, we also list two others that our customers most frequently ask about: alcohol and pine kernels.

Scan for allergen and nutritional information



DISHES

DOES IT CONTAIN?	ARE THESE SUITABLE FOR?					PLEASE NOTE
	Vegan	Vegetarian	Tree Nuts	Peanuts	Celery	
BBQ Chicken Wings					✓	
Bruschetta	✓			✓ Wheat	★	✓
Calamari	★	★	★	✓ Wheat	★	★ May contain
Caprese	✓					✓
Dough Balls	✓			✓ Wheat	★	✓
Garlic Bread Mozzarella	✓			✓ Wheat	★	✓
Halloumi Bites	✓					✓
House Salad					✓	✓
Marinated Olives						✓
Mozzarella Sticks	✓			✓ Wheat		✓
Polenta Chips	★	★	★	★	✓ Wheat	✓
Rainbow Slaw				★	✓	✓
Slow-Roasted Tomatoes						✓
Milk/Dairy						✓
Fish						

Starters & Sides

BBQ Chicken Wings											
Bruschetta	✓			✓ Wheat			★			✓	
Calamari	★	★	★	✓ Wheat		★	✓	★			* May contain
Caprese	✓									✓	
Dough Balls	✓			✓ Wheat			★			✓	
Garlic Bread Mozzarella	✓			✓ Wheat			★			✓	
Halloumi Bites	✓									✓	
House Salad						✓				✓	✓
Marinated Olives										✓	✓
Mozzarella Sticks	✓			✓ Wheat						✓	
Polenta Chips	★	★	★	★	✓ Wheat	★				✓	✓
Rainbow Slaw					★		✓			✓	✓
Slow-Roasted Tomatoes										✓	✓
Milk/Dairy											
Fish											

DISHES

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

Salads

Beetroot & Goat's Cheese Salad	✓				✓			✓			✓	
Chicken Caesar	✓	✓			✓ Wheat	✓	✓	✓				
Niçoise		✓				✓	✓	✓				
Warm Chicken, Bacon & Avocado					✓							
Dough Sticks (option)					✓ Wheat				*		✓	✓

* May contain

Al Forno

Cannelloni	✓			✓ Wheat		✓		*	✓		✓	
Lasagne	✓			✓ Wheat		✓		*	*		✓	
Melanzane	✓										✓	
'Nduja & Mozzarella	✓			✓ Wheat				*	*			
Pollo Pesto	✓			✓ Wheat				*	✓			
Prawn Peperonata			✓		✓ Wheat			*	*			

* May contain

DISHES

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

Pizza

American	✓				✓ Wheat												
Cotto e Funghi	✓				✓ Wheat					★							
Double Pepperoni & Hot Honey	✓				✓ Wheat					★							
Garlic Mushroom	✓				✓ Wheat					★						✓	
Giardiniera	✓				✓ Wheat					★						✓	
Goat's Cheese & Caramelised Onion	✓				✓ Wheat					★						✓	
Hawaiian	✓				✓ Wheat					★							
Margherita	✓				✓ Wheat					★						✓	
Mezze	✓				✓ Wheat		✓			★						✓	
Pollo Cajun	✓				✓ Wheat	★				★							
Pollo Italiano	✓				✓ Wheat					✓							
Prosciutto	✓				✓ Wheat					★							
Quattro Formaggi	✓				✓ Wheat					★						Gorgonzola D.O.P contains animal rennet *May contain	
Tropean Hot	✓				✓ Wheat					★						* May contain	

* May contain

DISHES

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

Desserts

Baked Vanilla Cheesecake (served with Vanilla Gelato)	✓				✓ Wheat	*	✓	*		*	*	*	✓	
Biscoff® Billionaire Sundae	✓				✓ Wheat	*	✓	*		*	*	*	✓	
Chocolate Fudge Cake (served with Vanilla Gelato)	✓				✓ Wheat		✓			*	*	*	✓	
Classic Gelato – Salted Caramel	✓									✓		*	*	✓
Classic Gelato – Stracciatella	✓									✓		*	*	✓
Classic Gelato – Vanilla	✓									✓		*	*	✓
Double Belgian Chocolate Brownie	✓						✓			✓		*	*	✓
Honeycomb & Caramel Cream Slice	✓				✓ Wheat		*			✓		*	*	✓
Raspberry Sorbet	*											*	*	✓
Tiramisu	✓				✓ Wheat		✓			*		*	✓	
White Chocolate Blondie – NEW	✓				✓ Wheat		✓			✓		*	*	✓

* May contain

Dolce (not including drinks)

Affogato	✓											*	*	✓	
Double Belgian Chocolate Brownie	✓						✓			✓		*	*	✓	
Raspberry Sorbet	*											*	*	✓	

* May contain

DISHES

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

Kid's Menu

Starter

Dough Balls	✓				✓ Wheat				★				✓		*May contain
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Pizza

American	✓				✓ Wheat				★						
Ham & Mushroom	✓				✓ Wheat				★						*May contain
Margherita	✓				✓ Wheat				★				✓		
Pollo	✓				✓ Wheat				★						

Pasta

Bianca	✓				✓ Wheat				★	✓			✓		
Creamy Pesto	✓				✓ Wheat				★	✓			✓		*May contain
Napoletana	✓				✓ Wheat				★	✓			✓		

Desserts

Chocolate Brownie	✓					✓			✓			★	✓		
Pip Organic Ice Lolly															*May contain
Raspberry Sorbet	*											*	*	✓	✓
Sundae with Vanilla Gelato	✓								✓			*	*	✓	

INGREDIENTS

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

Ingredients

Anchovies – Brown	✓							
Artichokes							✓	✓
Aubergines							✓	✓
Bacon								
Balsamic Glaze			✓				✓	✓
Balsamic Vinegar			✓				✓	✓
Basil & Pine Kernel Pesto	✓						✓	
BBQ Sauce / Dip				✓			✓	
Béchamel	✓				✓		✓	
Beetroot – Roasted							✓	✓
Biscoff® Biscuits			✓ Wheat		✓		✓	✓
Biscoff® Sauce			✓ Wheat		✓		✓	✓
Black Olives							✓	✓
Burrata	✓						✓	
Caesar Dressing	✓	✓		✓	✓			Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice			*				✓	✓

INGREDIENTS

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

Ingredients

INGREDIENTS

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

Ingredients

Garlic Butter	✓	*			✓		Pasteurised milk *May contain
Garlic Oil					✓	✓	
Gelato Salted Caramel (ingredient)	✓			✓	*	*	
Gelato Stracciatella (ingredient)	✓			✓	*	*	
Gelato Vanilla (ingredient)	✓			*	*	*	
Gluten-Free Bases						✓	✓
Goat's Cheese	✓					✓	Pasteurised milk
Gorgonzola D.O.P.	✓						Pasteurised milk Contains animal rennet
Grain Mix		✓ Barley	✓			✓	✓
Gran Milano [Hard Cheese]	✓					✓	
Halloumi Bites (ingredient)	✓					✓	Pasteurised milk
Harissa Dip						✓	✓
Honeycomb & Caramel Cream Slice (ingredient)	✓	✓ Barley	*	✓	*	✓	Pasteurised milk *May Contain
Hot Honey						✓	
Houmous			✓			✓	✓
House Dressing			✓			✓	✓

INGREDIENTS

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

Ingredients

Icing Sugar		*		✓	✓			
Italian Tomato Dip/Sauce				✓	✓			
Lasagna (ingredient)	✓		✓ Wheat	✓	★	✓	Pasteurised milk & egg *May contain	
Marinated Green Olives					✓	✓		
Mozzarella	✓				✓	✓		
Mozzarella Sticks (ingredient)	✓		✓ Wheat			✓	Pasteurised milk	
'Nduja Sausage								
Penne Pasta			✓ Wheat	★	★	✓	✓	*May contain
Pepperoni Sausage								
Pineapple Chunks					✓	✓		
Plant-Based Mozzarella Alternative					✓	✓		
Polenta Chips (ingredient)	★	★	★	★	✓ Wheat	✓	✓	*May contain
Pretzel Pieces – NEW	★				✓ Wheat	✓	✓	
Prosciutto (ingredient)								
Raspberry Sorbet (ingredient)						★	✓	*May contain

INGREDIENTS

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

Ingredients

Red Onion Chutney											✓	✓	
Roasted Peppers											✓	✓	
Salted Caramel Sauce – NEW	✓										✓		Pasteurised cream
Semolina Flour					✓ Wheat						✓	✓	
Slow-Roasted Tomatoes											✓	✓	
Sweet Red Pepper											✓	✓	
Tiramisu (ingredient)	✓				✓ Wheat	✓		★		★	✓		Pasteurised milk & egg *May contain
Tomato & Chilli Dip											✓	✓	
Tomato Sauce / Passata											✓	✓	
Truffle Garlic Butter – NEW	✓										✓		Pasteurised milk Prepared in-house
Tuna			✓										
Vanilla Cheesecake (ingredient)	✓				✓ Wheat	★	✓	★		★	★	✓	Pasteurised milk & egg *May contain
Whipped Cream	✓										✓		Pasteurised milk
White Chocolate Blondie (ingredient) – NEW	✓				✓ Wheat	✓			✓			✓	Pasteurised milk & egg

Allergen Information

Drinks

Our allergen and suitability guide 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.

DRINKS

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

Cocktails

Aperol Spritz					✓	✓		Suitable for vegans if served without the orange slice
Espresso Martini						✓	✓	✓
Limoncello Spritz			✓			✓	✓	Suitable for vegans if served without the lemon slice
Passion Fruit Martini				✓ In Prosecco		✓	✓	✓
Frozen Cosmo Spritz						✓	✓	Suitable for vegans if served without the lime slice
Frozen Strawberry Daiquiri						✓	✓	✓

Champagne & Prosecco

Taittinger - NEW					✓	✓	✓	
Taittinger Rosé - NEW			✓			✓	✓	✓
Prosecco D.O.C., Veneto			✓			✓	✓	✓
Prosecco D.O.C. Rosé			✓			✓	✓	✓

Gin

Classic G&T					✓	✓		Suitable for vegans if served without the lime
Gin & Elderflower Pressé						✓	✓	✓
Rhubarb & Raspberry G&T						✓	✓	✓

DRINKS

	DOES IT CONTAIN?	ARE THESE SUITABLE FOR?			PLEASE NOTE
		Vegan	Vegetarian	Alcohol	
Barolo D.O.C.G		✓	✓	✓	
Chianti Riserva D.O.C.G		✓	✓	✓	
Malbec		✓	✓	✓	
Montepulciano d'Abruzzo D.O.C		✓	✓	✓	
Nero d'Avola Shiraz D.O.C		✓	✓	✓	
Pinot Noir	✓	✓	✓	✓	
Red Wine					
Chablis		✓	✓	✓	
Chardonnay		✓	✓	✓	
Gavi di Gavi D.O.C		✓	✓	✓	
Pinot Grigio D.O.C		✓	✓	✓	
Sauvignon Blanc		✓	✓	✓	
Soave D.O.C	✓	✓	✓	✓	
White Wine					
Pinot Grigio Blush		✓	✓	✓	
Provence Rosé - Organic		✓	✓	✓	
Rosé Wine					

DRINKS

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

Beer & Cider

Cornish Orchards Gold Cider				✓				✓	✓	✓
London Pride				✓ Barley				✓	✓	✓
Meantime Anytime IPA Draught				✓ Barley				✓	✓	✓
Peroni o.o [Non-alcoholic]				✓ Barley					✓	✓
Peroni Nastro Azzurro				✓ Barley				✓	✓	✓

Spirits & Liqueurs

Amaretto							✓	✓	✓
Bacardi							✓	✓	✓
Baileys	✓						✓	✓	
Jack Daniel's							✓	✓	✓
Jameson								✓	✓
Ketel One Vodka							✓	✓	✓
Limoncello							✓	✓	✓
Pimm's No.1				✓			✓	✓	

DRINKS

DOES IT CONTAIN?	ARE THESE SUITABLE FOR?				PLEASE NOTE
	Vegetarian	Vegan	Alcohol	Tree Nuts	
Cereals Containing Gluten					
Molluscs					
Crustaceans					
Fish					
Milk/Dairy					

Soft Drinks

Acqua Panna Still Water						✓		Suitable for vegans if served without lemon
Coca-Cola, Coke Zero & Diet Coke						✓		Suitable for vegans if served without lemon
Fanta						✓	✓	
Fever-Tree Refreshingly Light / Rhubarb & Raspberry Tonic						✓	✓	
Kid's Cartons						✓	✓	
Passion Fruit Still Lemonade						✓	✓	
Robinsons Apple / Blackcurrant						✓	✓	
San Pellegrino Aranciata Rossa / Limonata						✓	✓	
San Pellegrino Sparkling Water						✓		
Schweppes Soda Water / Lemonade						✓		Suitable for vegans if served without lemon
Schweppes Slimline Tonic Water						✓		
Sicilian Still Lemonade						✓	✓	
Sparkling Elderflower Presse						✓	✓	
Sparkling Raspberry Lemonade						✓	✓	
Sprite						✓		Suitable for vegans if served without lemon
Strawberry & Lime Blend (ingredient)						✓	✓	



DRINKS

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

Hot Drinks

Americano	★					✓	✓	
Americano with Oat Milk	★		GF Oat			✓	✓	*May contain
Cappuccino	✓					✓		
Cappuccino with Oat Milk	★		GF Oat			✓	✓	
Espresso	★					✓	✓	*May contain
Flat White	✓					✓		
Flat White with Oat Milk	★		GF Oat			✓	✓	*May contain
Hot Chocolate	✓					✓		
Hot Chocolate with Oat Milk	★		GF Oat			✓	✓	*May contain
Latte	✓					✓		
Latte with Oat Milk	★		GF Oat			✓	✓	*May contain
Macchiato	✓					✓		
Macchiato with Oat Milk	★		GF Oat			✓	✓	*May contain
Mocha	✓					✓		
Mocha with Oat Milk	★		GF Oat			✓	✓	*May contain
Tea	★					✓	✓	Suitable for vegans if served without milk / *May contain

Indulgences