

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





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	Vegetarian	Vegan	

Starters & Sides

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




<div><div></div><div>DISHES</div></div>	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	Vegetarian	Vegan	
Salads																	
Beetroot & Goat's Cheese Salad	✓					✓			✓						✓		
Chicken Caesar	✓	✓			✓ Wheat	✓	✓		✓								
Niçoise		✓				✓	✓		✓								
Warm Chicken, Bacon & Avocado						✓											
Dough Sticks (option)					✓ Wheat					*					✓	✓	* May contain
Al Forno																	
Cannelloni	✓				✓ Wheat		✓		*	✓					✓		* May contain
Lasagne	✓				✓ Wheat		✓		*	*		✓					
Melanzane	✓														✓		
'Nduja & Mozzarella	✓				✓ Wheat				*	*							* May contain
Pollo Pesto	✓				✓ Wheat				*	✓							
Prawn Peperonata			✓		✓ Wheat				*	*							



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Pizza																	
American	✓				✓ Wheat					*							* May contain
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



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Desserts																	
Baked Vanilla Cheesecake (served with Vanilla Gelato)	✓				✓ Wheat	*	✓	*		*			*	*	✓		* May contain
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		✓			✓			*	*	✓		
Dolce (not including drinks)																	
Affogato	✓												*	*	✓		* May contain
Double Belgian Chocolate Brownie	✓						✓			✓				*	✓		
Raspberry Sorbet	*												*	*	✓	✓	



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Kid's Menu																	
Starter																	
Dough Balls	✓				✓ Wheat					*					✓		*May contain
Pizza																	
American	✓				✓ Wheat					*							*May contain
Ham & Mushroom	✓				✓ Wheat					*							
Margherita	✓				✓ Wheat					*				✓			
Pollo	✓				✓ Wheat					*							
Pasta																	
Bianca	✓				✓ Wheat				*	✓					✓		*May contain
Creamy Pesto	✓				✓ Wheat				*	✓					✓		
Napoletana	✓				✓ Wheat				*	✓					✓		
Desserts																	
Chocolate Brownie	✓						✓			✓				*	✓		*May contain
Pip Organic Ice Lolly																	
Raspberry Sorbet	*												*	*	✓	✓	
Sundae with Vanilla Gelato	✓									✓			*	*	✓		



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



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Ingredients																	
Calabrese Sausage D.O.P.																	*May contain
Calamari (ingredient)	*	*	*	✓	✓ Wheat		*			*							
Cannelloni (ingredient)	✓				✓ Wheat		✓		*	*					✓		Pasteurised milk & egg *May contain
Capers															✓	✓	
Chicken Breast																	
Chicken Wings (ingredient)																	
Chocolate Brownie (ingredient)	✓						✓			✓				*	✓		
Chocolate Fudge Cake (ingredient)	*				✓ Wheat		✓			*					✓		*May contain
Chocolate Icing (for Chocolate Fudge Cake)	*														✓	✓	
Chocolate Sauce										✓					✓	✓	
Chocolate Twists	✓									*					✓		Pasteurised milk *May contain
Croutons					✓ Wheat										✓	✓	
Double Cream	✓														✓		Pasteurised milk
Dough					✓ Wheat					*					✓	✓	*May contain
Fruit Coulis															✓	✓	



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Garlic Butter	✓				*										✓		Pasteurised milk *May contain
Garlic Oil															✓	✓	
Gelato Salted Caramel (ingredient)	✓									✓			*	*	✓		Pasteurised milk *May contain
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]	✓														✓		Pasteurised milk
Halloumi Bites (ingredient)	✓														✓		
Harissa Dip															✓	✓	
Honeycomb & Caramel Cream Slice (ingredient)	✓				✓ Barley		*			✓				*	✓		Pasteurised milk *May Contain
Hot Honey															✓		
Houmous								✓							✓	✓	
House Dressing									✓						✓	✓	



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



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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.



<div><div></div><div>DRINKS</div></div>	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	Alcohol	Vegetarian	Vegan	
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															✓	✓	✓	




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Red Wine																		
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						✓									✓	✓	✓	
White Wine																		
Chablis						✓									✓	✓	✓	
Chardonnay						✓									✓	✓	✓	
Gavi di Gavi D.O.C						✓									✓	✓	✓	
Pinot Grigio D.O.C						✓									✓	✓	✓	
Sauvignon Blanc						✓									✓	✓	✓	
Soave D.O.C						✓									✓	✓	✓	
Rosé Wine																		
Pinot Grigio Blush						✓									✓	✓	✓	
Provence Rosé - Organic						✓									✓	✓	✓	



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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						✓									✓	✓		



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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																✓		
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)																✓	✓	



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Hot Drinks

Americano	*														✓	✓	*May contain
Americano with Oat Milk	*				GF Oat										✓	✓	
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

Amaretto Coffee	✓													✓	✓		
Baileys Latte	✓													✓	✓		
Irish Coffee	✓													✓	✓		