

# Allergen Information

15.04.2025 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***





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

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

\*May contain



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## SALADS

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

## AL FORNO

Cannelloni	✓	*	*	*	✓ Wheat	✓	*	*	✓		*		*			✓		
Chicken Parmigiana	✓				✓ Wheat & Barley			*	*									*May Contain
Lasagna	✓	*	*	*	✓ Wheat	✓	*	*	*		✓		*					
Melanzane	✓															✓		No Pasta
Pollo Pesto	✓				✓ Wheat			*	✓					✓				*May Contain



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## PIZZA

American	✓			✓ Wheat					*										
Cotto e Funghi	✓			✓ Wheat					*										*May contain
Garlic Mushrooms	✓			✓ Wheat					*							✓			
Giardiniera	✓			✓ Wheat					*							✓			
Hawaiian	✓			✓ Wheat					*						✓ Vinegar				
Manzo	✓			✓ Wheat					*						✓ Vinegar				
Margherita	✓			✓ Wheat					*							✓			
Mezze	✓			✓ Wheat			✓		*						✓ Vinegar	✓			
Pollo Cajun	✓			✓ Wheat	*				*						✓ Vinegar				
Pollo Italiano	✓			✓ Wheat					✓					✓					
Prosciutto	✓			✓ Wheat					*										
Quattro Formaggi	✓			✓ Wheat					*										Gorgonzola D.O.P contains animal rennet *May contain
Tropean Hot (New Recipe)	✓			✓ Wheat					*						✓ Vinegar				
Verdure	✓			✓ Wheat					*						✓ Vinegar	✓			*May contain



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## DESSERTS

Baked Vanilla Cheesecake (served with Vanilla Gelato or Mascarpone)	✓			✓ Wheat	*	✓	*		*			*	*			✓		*May contain
Berries & Dreams	✓								✓			"	*			✓		
Chocolate Fudge Cake (served with Vanilla Gelato or Mascarpone) (New)	✓			✓ Wheat		✓			* In Gelato only			* In Gelato only	*			✓		
Classic Gelato Salted Caramel (served with Chocolate Straws)	✓								✓			*	*			✓		
Classic Gelato Straciatella (served with Chocolate Straws)	✓								✓			*	*			✓		
Classic Gelato Vanilla (served with Chocolate Straws)	✓								✓			*	*			✓		
Double Belgian Chocolate Brownie (New)	✓					✓			✓			* In Gelato only	*			✓		
Honeycomb & Caramel Cream Slice	✓			✓ Wheat		*			✓			* In Gelato only	*			✓		
Biscoff® Billionaire	✓			✓ Wheat	*	✓	*		✓			*	*			✓		
Raspberry Sorbet												*	*			✓	✓	
Tiramisu	✓			✓ Wheat		✓			*				*		✓ Marsala wine	✓		

Dishes

DOES IT CONTAIN?															ARE THESE SUITABLE FOR?		PLEASE NOTE	
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DOLCE (not including Drinks)

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



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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
Ham & Mushrooms	✓				✓ Wheat				*									
Margherita	✓				✓ Wheat				*						✓			
Pollo	✓				✓ Wheat				*									

### Pasta

Bianca (New Recipe)	✓				✓ Wheat			*	✓							✓		*May contain
Creamy Pesto (New Recipe)	✓				✓ Wheat			*	✓							✓		
Napoletana (New Recipe)	✓				✓ Wheat			*	✓							✓		

### Desserts

Double Belgian 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																✓	✓	
Aubergines																✓	✓	
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	✓	✓	
Berry Mix																✓	✓	
Black Olives																✓	✓	Pitted
Breaded Chicken Breast					✓ Wheat & Barley				✓									
Caesar Dressing	✓	✓				✓		✓							✓ Vinegar			Unpasteurised Parmesan cheese / Pasteurised eggs
Cajun Spice					*											✓	✓	*May Contain
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)	✓					✓			✓				*			✓		
Chocolate Fudge Cake (ingredient)	*			✓ Wheat		✓			*							✓		*May Contain
Chocolate Fudge Icing (ingredient)	*															✓	✓	
Chocolate Sauce																✓	✓	
Chocolate Straw	*								✓							✓		*May Contain
Chocolate Twists (NEW)	✓								*							✓		*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

Grain Mix					✓ Barley	✓										✓	✓	
Gran Milano	✓															✓		Pasteurised milk
Halloumi Bites (ingredient)	✓															✓		
Harissa dip															✓ Vinegar	✓	✓	
Honeycomb & Caramel Cream Slice (ingredient)	✓				✓ Wheat	*			✓						*	✓		Pasteurised milk *May Contain
Hot Honey																✓		
Houmous							✓									✓	✓	
House Dressing								✓							✓ Vinegar	✓	✓	
Icing Sugar						*										✓	✓	*May Contain
Italian Tomato Dip																✓	✓	
Jalapeño Peppers															✓ Vinegar	✓	✓	
Lasagna (ingredient)	✓	*	*	*	✓ Wheat	✓	*	*	*		✓				*			Pasteurised milk and eggs *May Contain
Lotus Biscoff® Biscuit					✓ Wheat				✓							✓		
Lotus Biscoff® Sauce					✓ Wheat				✓							✓		
Marinated Green Olives																✓	✓	
Mascarpone	✓															✓		Pasteurised milk

Mozzarella	✓																✓		
Mozzarella Sticks (New)	✓				✓ Wheat												✓		

Ingredients

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INGREDIENTS																			
Nduja Sausage																			
Penne Pasta (New)				✓ Wheat				*	*							✓	✓	* May Contain	
Pepperoni																			
Pineapple Chunks																✓	✓		
Plant Based Mozzarella Alternative															✓ Vinegar	✓	✓		
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												✓	✓		
Smoky Chili Powder																✓	✓		
Spicy Beef																			

Sweet Red Pepper																	✓ Vinegar	✓	✓	
Tiramisu (ingredient)	✓				✓ Wheat		✓		*				*				✓ Marsala Wine	✓		

Ingredients

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INGREDIENTS																			
Tomato & Chili Dip																	✓	✓	
Tomato Sauce / Passata																	✓	✓	
Tuna		✓																	
Vanilla Cheesecake – Round (ingredient)	✓				✓ Wheat	*	✓	*	*			*	*				✓		Pasteurised milk and eggs *May contain
Whipped Cream	✓																✓		Pasteurised milk and eggs

# 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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<b>BEER &amp; CIDER</b>																			
Cornish Orchards Gold Cider						✓										✓	✓	✓	
London Pride					✓ Barley											✓		✓	
Meantime Anytime IPA Draught					✓ Barley											✓	✓	✓	
Peroni Nastro Azzurro 0.0 [Non-alcoholic]					✓ Barley												✓	✓	
Peroni Nastro Azzurro & Draught					✓ Barley											✓	✓	✓	
<b>PROSECCO</b>																			
Prosecco, Veneto						✓										✓	✓	✓	
Prosecco D.O.C Rosé						✓										✓	✓	✓	
<b>COCKTAILS</b>																			
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																✓	✓	✓	
Raspberry Cosmo Spritz																✓			Suitable for vegans if served without the lime wedge
Strawberry Daiquiri (NEW)						✓										✓	✓		Suitable for vegans if served without lime



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<b>GIN</b>																			
Classic G&T (New Recipe)																✓	✓		
Gin & Elderflower Pressé																✓	✓	✓	
Rhubarb & Raspberry G&T																✓	✓	✓	
<b>SPIRITS &amp; LIQUEURS</b>																			
Amaretto																✓	✓	✓	
Bacardi																✓	✓		
Baileys	✓															✓	✓		
Campari						✓										✓	✓		
Jack Daniel's																✓	✓	✓	
Jameson																✓	✓	✓	
Ketel One Vodka																✓	✓		Suitable for vegans if served without the lemon slice
Limoncello																✓	✓	✓	
Pimm's No.1						✓										✓	✓		





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<b>RED WINE</b>																			
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						✓										✓	✓	✓	
<b>ROSÉ WINE</b>																			
Organic Provence Rosé						✓										✓	✓	✓	
Pinot Grigio Blush						✓										✓	✓	✓	
Provence Rosé						✓										✓	✓		
<b>WHITE WINE</b>																			
Chablis						✓										✓	✓	✓	
Chardonnay						✓										✓	✓	✓	
Gavi di Gavi D.O.C						✓										✓	✓	✓	
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 Rhubarb & Raspberry Tonic (New)																✓	✓	
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 [Belvoir]																✓	✓	
Sparkling Raspberry Lemonade [Belvoir]																✓	✓	
Sprite																✓		
Strawberry & Lime Blend (New)																✓	✓	
Sunshine Orange Cawston Presse																✓	✓	



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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												✓	✓	