

# Allergen Information

25.06.2024 V1.1



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

Dishes

DOES IT CONTAIN?																ARE THESE SUITABLE FOR?		PLEASE NOTE
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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			
Grand Pollo Milanese	✓				✓ Wheat & Barley				✓									

**ALFORNO**

Cannelloni	✓	*	*	*	✓ Wheat	✓	*	*	✓		*		*			✓		Pasteurised milk and eggs *May Contain
Carbonara	✓								✓									
Lasagna	✓	*	*	*	✓ Wheat	✓	*	*	*		✓		*					Pasteurised milk and eggs *May Contain
Melanzane	✓															✓		No Pasta
Pollo Pesto	✓								✓					✓				Made with Penne Pasta

Dishes

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**PIZZA**

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

# Dishes

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

Baked Vanilla Cheesecake (served with Vanilla Gelato or Mascarpone)	✓			✓ Wheat	*	✓	*		*			*	*			✓		
Berris & Dreams	✓								✓			"	*					Pasteurised milk and eggs *May contain
Chocolate Brownie (served with Vanilla Gelato or Mascarpone)	✓					✓			✓			* In Gelato only	*			✓		
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 Straciatella (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	*			✓		
Biscoff® Billionaire	✓			✓ Wheat	*	✓	*		✓			*	*			✓		*May contain
Raspberry Sorbet												*	*			✓	✓	
Tiramisu	✓			✓ Wheat		✓			*				*		✓ Marsala wine	✓		Pasteurised milk and eggs *May contain

Dishes

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

### Pasta

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

### 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	✓	✓	
Berry Mix																✓	✓	
Black Olives																✓	✓	Pitted
Breaded Chicken Breast					✓ 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)	✓					✓			✓				*			✓		
Chocolate Fudge Cake (ingredient)	*			✓ Wheat		✓			*							✓		*May Contain
Chocolate Fudge Icing (ingredient)	*															✓	✓	
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

Grain Mix				✓ Barley	✓											✓	✓	
Gran Milano	✓															✓		Pasteurised milk
Halloumi Bites (ingredient)	✓														✓			
Harissa dip														✓ Vinegar	✓	✓		
Honeycomb Cream Slice (ingredient)	✓			✓ Wheat		*			✓				*		✓		Pasteurised milk	
Houmous							✓								✓	✓		
House Dressing								✓						✓ Vinegar	✓	✓		
Icing Sugar						*									✓	✓	*May Contain	
Lasagna (ingredient)	✓	*	*	*	✓ Wheat	✓	*	*	*		✓		*					Pasteurised milk and eggs *May Contain



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## INGREDIENTS

Lotus Biscoff® Biscuit				✓ Wheat					✓							✓		
Lotus Biscoff® Sauce				✓ Wheat					✓							✓		
Marinated Green Olives																✓	✓	
Mascarpone	✓															✓		
Mozzarella	✓															✓		Pasterised milk *May Contain
Mushroom Arancini (ingredient)	✓	*		✓ Wheat	*	*		*	*		*							
Vegan Mozzarella Alternative														✓ Vinegar	✓	✓		
'Nduja Sausage																		
Pancetta Cubes																		
Penne Pasta																✓	✓	
Pepperoni																		
Pineapple Chunks					*			*			*					✓	✓	*May contain



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## INGREDIENTS

Polenta Chips (ingredient)				✓ Wheat												✓	✓	
Prosciutto (ingredient)																		
Rainbow Slaw (ingredient)					*			✓			*				✓ Vinegar	✓	✓	
Raspberry Sorbet (ingredient)												*	*			✓	✓	
Red Onion Chutney					✓										✓ Vinegar	✓	✓	
Roasted Peppers Red & Yellow																✓	✓	
Semolina Flour				✓ Wheat												✓	✓	*May contain
Smoky Chili Powder																✓	✓	
Spicy Beef																		
Sweet Red Pepper															✓ Vinegar	✓	✓	
Tiramisu (ingredient)	✓			✓ Wheat		✓			*				*		✓ Marsala Wine	✓		
Tomato & Chili Dip																✓	✓	
Tomato Sauce / Passata																✓	✓	
Tuna		✓																Pasteurised milk and eggs *May contain
Vanilla Cheesecake – Round (ingredient)	✓			✓ Wheat	*	✓	*		*			*	*			✓		
Whipped Cream	✓															✓		
White Chocolate Curls	✓								✓							✓		

# 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.



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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															✓	✓	✓	
Pimm's Summer Cup															✓			Suitable for vegans if served without the lemon & orange slice
Raspberry Cosmo Spritz															✓			Suitable for vegans if served without the lime wedge



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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					✓										✓	✓		
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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## RED WINE

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

## ROSÉ WINE

Organic Provence Rosé					✓										✓	✓	✓	
Pinot Grigio Blush					✓										✓	✓	✓	
Provence Rosé					✓										✓	✓		

## WHITE WINE

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 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
Sunshine Orange Cawston Presse																✓	✓	

# Drinks

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<b>HOT DRINKS</b>																			
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																	✓	✓	
<b>INDULGENCES</b>																			
Amaretto Coffee	✓															✓	✓		Suitable for vegans if served with Oat 'Milk'
Baileys Latte	✓															✓	✓		
Irish Coffee	✓															✓	✓		
Limoncello																✓	✓	✓	
<b>INGREDIENTS</b>																			
Chocolate Dusting																	✓	✓	
Chocolate Powder																	✓	✓	
Oat 'Milk'					✓ Oat												✓	✓	