



**ALLERGY GUIDE**  
**UPDATED JULY 2023**



## ALLERGEN INFORMATION & DIETARY GUIDE

### THIS GUIDE

This guide lists what allergenic ingredients are contained in each of our dishes

The guide also shows whether or not the dishes are suitable for vegetarian or vegan customers

At the bottom of this page is a key which explains how the guide works. You will find the same key in the same place at the bottom of each page in this guide

### GLUTEN

Most of our dishes include ingredients that contain gluten, but we are able to modify some recipes to remove these ingredients or replace them

Gluten is found in cereals such as wheat, barley and rye, so for details of which these dishes we are able to modify, please refer to the [cereals containing gluten](#) page in the modification guide

### ALLERGENIC INGREDIENTS FEATURED IN THIS GUIDE IN ACCORDANCE WITH THE EU FOOD INFORMATION REGULATIONS ARE

- Celery
- Cereals including gluten
  - Including wheat (such as spelt & khorasan), rye, barley & oats
- Crustaceans
  - Such as prawns, crabs & lobster
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
  - Such as mussels, oysters & squid
- Mustard
- Tree nuts
  - Including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachio & macadamia nuts
- Peanuts
- Sesame seeds
- Soybeans
- Sulphur dioxide & sulphates (if they are at a concentration of more than 10 parts per million)



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**A BLUE BOX** | means that the dish can be modified to remove the specific allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information



**A PURPLE ASTERISK** | means that the dish is fried in the same oil or cooked using shared equipment that may also be used to fry/cook other dishes that include the specified allergenic ingredient

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| STARTERS                | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |          |                             | SUITABLE FOR? |       |
|-------------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|---------------|-------|
|                         | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN    | VEGAN |
| BRUSCHETTA              |                    | ●                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| PARMA HAM CROSTINI      |                    | ●                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | NO            | NO    |
| HALLOUMI FRIES          |                    | *                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| MOZZARELLA PARCEL       |                    | ●                 |             | ●    |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| CREAMY GARLIC MUSHROOMS |                    | ●                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| SALSICCIA ALLA GRIGLIA  |                    |                   |             |      |      |       |      |          | ●       |           |         |              |          |                             | NO            | NO    |
| FISH CAKE               |                    | ●                 |             |      | ●    |       | ●    |          | ●       |           |         |              |          | ●                           | NO            | NO    |
| CHEVRE GRILL            |                    | ●                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| CALAMARI                |                    | ●                 |             | ●    |      |       | ●    | ●        | ●       |           |         |              | ●        |                             | NO            | NO    |
| WHITEBAIT               |                    | ●                 |             | ●    | ●    |       | ●    |          | ●       |           |         |              |          |                             | NO            | NO    |
| FUNGHI FRITTI           |                    | ●                 |             | ●    |      |       |      |          | ●       |           |         |              |          |                             | NO            | NO    |
| FALAFEL & HUMMUS        |                    |                   |             |      |      |       |      |          |         |           |         | ●            |          |                             | NO            | NO    |
| CREAMY KING PRAWNS      |                    | ●                 | ●           |      |      |       | ●    |          |         |           |         |              |          |                             | NO            | NO    |
| POLPETTE                |                    | ●                 |             |      |      |       |      |          |         |           |         |              |          |                             | NO            | NO    |
| BREAD BASKET            |                    | ●                 |             |      |      |       | ●    |          |         |           |         |              |          |                             | NO            | NO    |
| GARLIC BREAD            |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| CHEESE GARLIC BREAD     |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |

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| PASTA                  | THIS DISH CONTAINS |                           |             |      |      |       |      |          |         |           |         |              |                                    | SUITABLE FOR?               |            |       |
|------------------------|--------------------|---------------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|------------------------------------|-----------------------------|------------|-------|
|                        | CELERY             | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS                           | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN | VEGAN |
| ARRABBIATA             |                    | ●                         |             |      |      |       |      |          | ●       |           |         |              | ●<br><i>( in pasta &amp; oil )</i> |                             | YES        | YES   |
| BOLOGNESE              | ●                  | ●                         |             |      |      |       |      |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| PENNE PACCE            |                    | ●                         |             |      |      |       | ●    |          | ●       |           |         |              | ●<br><i>( in pasta &amp; oil )</i> |                             | NO         | NO    |
| CARBONARA              |                    | ●                         |             |      |      |       | ●    |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| LASAGNE                | ●                  | ●                         |             |      |      |       | ●    |          |         | ●         |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| POLLO PICANTE          |                    | ●                         |             |      |      |       | ●    |          | ●       |           |         |              | ●<br><i>( in pasta &amp; oil )</i> |                             | NO         | NO    |
| TAGLIATELLE ALLA POLLO |                    | ●                         |             |      |      |       | ●    |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| LINGUINE AL SALMONE    |                    | ●                         |             |      | ●    |       | ●    |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| KING PRAWN LINGUINE    |                    | ●                         | ●           |      |      |       |      |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| CRAB & LOBSTER RAVIOLI |                    |                           | ●           | ●    | ●    |       | ●    | ●        |         | ●         |         |              |                                    | ●                           | NO         | NO    |
| RISOTTO VEGETARIANO    |                    | ●                         |             |      |      |       |      |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | YES        | YES   |
| LINGUINE DI MARE       |                    | ●                         | ●           |      | ●    |       | ●    | ●        |         |           |         |              | ●<br><i>( in oil )</i>             |                             | NO         | NO    |
| WILD MUSHROOM LINGUINE |                    | ●                         |             |      |      |       | ●    |          |         |           |         |              | ●<br><i>( in oil )</i>             |                             | YES        | YES   |

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| PIZZA              | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |          | SUITABLE FOR?               |            |       |
|--------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|------------|-------|
|                    | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN | VEGAN |
| MARGHERITA         |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES        | NO    |
| QUATTRO FORMAGGI   |                    | ●                 |             | ●    |      |       | ●    |          |         | ●         |         |              |          |                             | YES        | NO    |
| PEPPERONI          |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | NO         | NO    |
| VEGETARIAN CLASSIC |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES        | NO    |
| VEGAN              |                    | ●                 |             |      |      |       |      |          |         |           |         |              |          |                             | YES        | YES   |
| INFERNO            |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | NO         | NO    |
| HAWAIIAN           |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | NO         | NO    |
| CASA RONI          |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES        | NO    |
| BBQ MARINATO       |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | NO         | NO    |
| CALAZONE CARNE     | ●                  | ●                 |             | ●    |      |       | ●    |          | ●       |           |         |              | ●        |                             | NO         | NO    |
| SEAFOOD            |                    | ●                 | ●           | ●    | ●    |       | ●    | ●        |         |           |         |              |          |                             | NO         | NO    |

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| MEAT & FISH              | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |          |                             | SUITABLE FOR? |       |
|--------------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|---------------|-------|
|                          | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN    | VEGAN |
| RIBEYE STEAK             |                    | *                 |             |      |      |       |      |          |         |           |         |              |          |                             | NO            | NO    |
| SIRLOIN STEAK            |                    | *                 |             |      |      |       |      |          |         |           |         |              |          |                             | NO            | NO    |
| LAMB CHOPS               |                    | •                 |             | •    |      |       | •    | •        |         |           |         |              |          |                             | NO            | NO    |
| LAMB SHANK               |                    | •                 |             |      |      |       | •    |          |         |           |         |              |          |                             | NO            | NO    |
| SALT & PEPPER CHICKEN    |                    | •                 |             | •    |      |       | •    |          |         |           |         | •            | •        |                             | NO            | NO    |
| SHISH DI POLLO           |                    | •                 |             | •    |      |       | •    | •        |         |           |         |              | •        |                             | NO            | NO    |
| CHICKEN MILANESE         |                    | •                 |             | •    |      |       | •    |          |         |           |         |              | •        | •                           | NO            | NO    |
| GRILLED CHICKEN          |                    | •                 |             |      |      |       |      | •        |         |           |         |              |          |                             | NO            | NO    |
| GRILLED DUCK             |                    |                   |             |      |      |       |      |          |         |           |         |              | •        |                             | NO            | NO    |
| GRILLED SALMON           |                    |                   |             |      | •    |       | •    |          |         |           |         |              | •        |                             | NO            | NO    |
| SALT & PEPPER KING PRAWN |                    | •                 | •           | •    |      |       | •    |          |         |           |         | •            | •        |                             | NO            | NO    |
| SEABASS                  |                    | *                 |             |      | •    |       | •    | •        |         |           |         |              | •        |                             | NO            | NO    |

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| BURGERS & SALADS |        | THIS DISH CONTAINS        |             |      |      |       |      |          |         |           |         |              |          |                             | SUITABLE FOR? |       |
|------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|---------------|-------|
| DISH             | CELERY | CEREALS CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN    | VEGAN |
| BEEF BURGER      |        | ●                         |             | ●    |      |       | ●    |          | ■       |           |         |              |          |                             | NO            | NO    |
| CHICKEN BURGER   |        | ●                         |             | ●    |      |       | ●    |          | ■       |           |         |              |          |                             | NO            | NO    |
| HALLOUMI BURGER  |        | ●                         |             | ●    |      |       | ●    |          | ■       |           |         |              |          |                             | YES           | NO    |
| VEGAN BURGER     |        | ●                         |             |      |      |       |      |          |         |           |         |              | ●        | ●                           | YES           | YES   |
| CAESAR SALAD     |        | ■                         |             | ■    |      |       | ■    |          |         |           |         |              | ●        |                             | NO            | NO    |
| HALLOUMI SALAD   |        |                           |             |      |      |       | ●    |          | ■       |           |         |              |          |                             | YES           | NO    |
| SALMON SALAD     |        |                           |             |      | ●    |       |      |          | ■       |           |         |              | ●        |                             | NO            | NO    |

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| SIDE ORDERS          | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |          | SUITABLE FOR?               |            |       |
|----------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|------------|-------|
|                      | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN | VEGAN |
| MIXED SALAD          |                    |                   |             |      |      |       |      |          | ●       |           |         |              |          |                             | YES        | YES   |
| TOMATO & ONION SALAD |                    |                   |             |      |      |       |      |          | ●       |           |         |              |          |                             | YES        | YES   |
| GREEN BEANS          |                    |                   |             |      |      |       |      |          |         |           |         |              | ●        |                             | YES        | YES   |
| BROCCOLI             |                    |                   |             |      |      |       |      |          |         |           |         |              | ●        |                             | YES        | YES   |
| HALLOUMI BITES       |                    | *                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES        | NO    |
| CHUNKY CHIPS         |                    | *                 |             |      |      |       |      |          |         |           |         |              |          |                             | YES        | YES   |
| SWEET POTATO FRIES   |                    | *                 |             |      |      |       |      |          |         |           |         |              |          |                             | YES        | YES   |
| SALT & PEPPER CHIPS  |                    | *                 |             |      |      |       |      |          |         |           |         | ●            | ●        |                             | YES        | YES   |

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| KIDS MENU               | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |                    | SUITABLE FOR?               |            |       |
|-------------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|--------------------|-----------------------------|------------|-------|
|                         | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS           | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN | VEGAN |
| CHICKEN NUGGETS & CHIPS |                    | *                 |             |      |      |       |      |          |         |           |         |              |                    |                             | NO         | NO    |
| FISH FINGERS & CHIPS    |                    | *                 |             |      | ●    |       |      |          |         |           |         |              |                    |                             | NO         | NO    |
| MARGHERITA PIZZA        |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |                    |                             | YES        | NO    |
| PEPPERONI PIZZA         |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |                    |                             | NO         | NO    |
| HAWAIIAN PIZZA          |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |                    |                             | NO         | NO    |
| CHEESE BURGER           |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |                    |                             | NO         | NO    |
| PENNE POMODORO          |                    | ●                 |             |      |      |       |      | ●        |         |           |         | ●            | ( in pasta & oil ) |                             | YES        | YES   |
| PENNE BOLOGNESE         | ●                  | ●                 |             |      |      |       |      | ●        |         |           |         | ●            | ( in pasta & oil ) |                             | NO         | NO    |
| PENNE CARBONARA         |                    | ●                 |             |      |      |       | ●    | ●        |         |           |         | ●            | ( in pasta & oil ) |                             | NO         | NO    |

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| DESSERTS              | THIS DISH CONTAINS |                   |             |      |      |       |      |          |         |           |         |              |          |                             | SUITABLE FOR? |       |
|-----------------------|--------------------|-------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------------|----------|-----------------------------|---------------|-------|
|                       | CELERY             | CONTAINING GLUTEN | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | TREE NUTS | PEANUTS | SESAME SEEDS | SOYBEANS | SULPHUR DIOXIDE & SULPHITES | VEGETARIAN    | VEGAN |
| VANILLA ICE CREAM     |                    |                   |             |      |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| STRAWBERRY ICE CREAM  |                    |                   |             |      |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| CHOCOLATE ICE CREAM   |                    |                   |             |      |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| MINT ICE CREAM        |                    |                   |             |      |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| BISCOFF CHEESECAKE    |                    | ●                 |             |      |      |       | ●    |          |         |           |         |              | ●        |                             | YES           | NO    |
| CHOCOLATE BROWNIE     |                    |                   |             | ●    |      |       | ●    |          |         |           |         |              | ●        |                             | YES           | NO    |
| STICKY TOFFEE PUDDING |                    |                   |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| PROFITEROLES          |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              | ●        |                             | YES           | NO    |
| LEMON MERINGUE PIE    |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |
| BAKLAVA               |                    | ●                 |             |      |      |       | ●    |          | ●       |           |         |              |          |                             | YES           | NO    |
| TIRAMISU              |                    | ●                 |             | ●    |      |       | ●    |          |         |           |         |              | ●        |                             | YES           | NO    |
| AFFOGATO              |                    |                   |             |      |      |       | ●    |          |         |           |         |              |          |                             | YES           | NO    |

● **A RED DOT** | means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

■ **A BLUE BOX** | means that the dish can be modified to remove the specific allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information

\* **A PURPLE ASTERISK** | means that the dish is fried in the same oil or cooked using shared equipment that may also be used to fry/cook other dishes that include the specified allergenic ingredient

**PLEASE NOTE** | the contents of this allergy guide are for informational purposes only and are not a substitute for medical advice, diagnosis or treatment. whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and so we cannot guarantee that dishes are 100% free of these