

FRANCO MANCA
Sourdough Pizza

ALLERGEN LIST

NOVEMBER 2023 v1

IMPORTANT PLEASE READ BEFORE ORDERING

Allergies and special dietary requirements are taken very seriously at Franco Manca. We work closely with our suppliers to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly.

We therefore ask that you inform your waiter before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes.

Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our suppliers or products which may be produced in an environment with other allergens.

Where an allergen ingredient is included as part of the recipe, this will be specified and indicated by a tick, however it is possible that dishes may contain traces of other allergens not included on the main ingredients list. Please ask to speak with a Manager for more information. **PLEASE NOTE RASPBERRY AND LEMON SORBET ARE MADE AT A SITE THAT HANDLES EGG, MILK, NUTS AND PEANUTS, SO THEY MAY CONTAINS TRACES OF THESE PRODUCTS.**

CATEGORIES

1. MAIN MENU PIZZA
2. MEAT SPECIALS SUMMER
3. MEAT SPECIALS WINTER
4. VEG SPECIALS SUMMER
5. VEG SPECIALS WINTER
6. VEGAN SPECIAL PIZZAS
7. FISH SPECIAL PIZZAS
8. SIDES AND MAIN SALADS
9. BITES AND SIDES
10. ICE CREAM
11. DESSERTS
12. MEAT COOKED AND CURED
13. CHEESES AND DAIRY
14. BULK RECIPES
15. FISH
16. DRY STORE
17. VEGETABLES + FRUIT
18. SOFT DRINK
19. SPIRITS
20. WINE + BEER
21. COFFEES
22. BITES FOR TAKEAWAY
23. KIDS' MENU

LEGEND

✓ = ALLERGEN PRESENT

MC= MAY CONTAIN TRACES

(P)= PASTEURISED

(UNP)= UNPASTEURISED

GF= GLUTEN FREE IF ON A GLUTEN FREE BASE

VEGGIE= SUITABLE FOR VEGETARIANS

VEGAN= SUITABLE FOR VEGANS

ALLERGENS

1. NUTS
2. PEANUTS
3. GLUTEN
4. EGG
5. CRUSTACEAN
6. MILK
7. FISH
8. CELERY
9. SESAME
10. LUPIN
11. MUSTARD
12. SOYA
13. SULPHITES
14. MOLLUSCS
15. ALLIUM (GARLIC, LEEKS AND ONIONS)
16. TOMATOES

OUR FLOUR MAY CONTAIN
TRACES OF SOYA AND MUSTARD AND OUR SALAD
DRESSING MAY CONTAIN TRACES OF NUTS

ALLERGEN LIST

FRANCO MANCA

NOVEMBER 2023 V1

1. Main Menu Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
1 - MARINARA			✓ Wheat flour								✓	✓			✓ Garlic	✓	yes	yes	yes
2 - MARGHERITA			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
2 - WITH BUFFALO MOZZARELLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
3 SUMMER - COURGETTE AND HALLOUMI (NEW)			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
3 WINTER - POTATOES AND HALLOUMI	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Onions & Garlic	✓	yes	no	yes
4 - HAM RICOTTA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
5 - NAPOLETANA			✓ Wheat flour			✓ Cheese	✓ Anchovies				✓	✓	✓ wine		✓ Garlic	✓	no	no	yes
6 - CHORIZO			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
7 - LIGHTLY SMOKED BEECHWOOD SPICY SALAMI			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	no	no	yes
8 - BEEF RAGU', CRISPY PANCETTA AND CHEESE SAUCE			✓ Wheat flour			✓ Cheese		✓			✓	✓	✓ wine		✓ Onions & Garlic	✓	no	no	yes
9- GUANCIALE EGG YOLK			✓ Wheat flour	✓		✓ Cheese					✓	✓					no	no	yes
10- PARMACOTTO HAM			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
15- SARDINES AND SPINACH (NEW)			✓ Wheat flour				✓ Sardines				✓	✓	✓		✓ Garlic	✓	no	no	no
2. Pizza Specials Meat Summer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 101			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 102			✓ Wheat flour	✓		✓ Cheese					✓	✓				✓	no	no	no
MEAT 103			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 104			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic		no	no	no
MEAT 105			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	no
MEAT 106			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 107			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 108			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 109			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	no
MEAT 110			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
MEAT 111			✓ Wheat flour	✓		✓ Cheese					✓	✓				✓	no	no	yes
MEAT 112			✓ Wheat flour			✓ Cheese					✓	✓			✓ Onions	✓	no	no	yes
MEAT 113			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 114			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 115			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓				no	no	yes
MEAT 116	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	no	no	no
MEAT 117	✓		✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 118			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions & Garlic		no	no	no
MEAT 119			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 120	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic		no	no	yes
MEAT 121			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	no

Pizza Special Meat Summer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 122			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 123			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 124			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
MEAT 125			✓ Wheat flour			✓ Cheese					✓	✓			✓ Onions & Garlic	✓	no	no	yes
MEAT 126			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 127			✓ Wheat flour			✓ Cheese		✓			✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 128			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	no	no	yes
MEAT 129			✓ Wheat flour			✓ Cheese		✓			✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 130			✓ Wheat flour			✓ Cheese		✓			✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 131			✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 132	✓		✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 133	✓		✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 134	✓		✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 135			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
MEAT 136			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 137			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 138			✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 139 (CHICKEN SHAWARMA)	✓		✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 140			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 141			✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
3. Pizza Special Meat Winter	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 301			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 302			✓ Wheat flour	✓		✓ Cheese					✓	✓				✓	no	no	yes
MEAT 303			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 304			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic		no	no	yes
MEAT 305			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 306			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 307			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 308			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 309			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 310			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
MEAT 311			✓ Wheat flour	✓		✓ Cheese					✓	✓				✓	no	no	yes
MEAT 312			✓ Wheat flour			✓ Cheese					✓	✓			✓ Onions	✓	no	no	yes
MEAT 313			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 314			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 315			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓			✓	no	no	yes
MEAT 316	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
MEAT 317			✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 318			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	no	no	yes
MEAT 319			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 320	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic		no	no	yes

Pizza Special Meat Winter	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 321			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
MEAT 322			✓ Wheat flour			✓ Cheese					✓	✓			✓ Onions	✓	no	no	yes
MEAT 323	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓					no	no	yes
MEAT 324			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 325			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 326			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 327			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 328			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 329			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Garlic	✓	no	no	yes
MEAT 330			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 331			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Garlic		no	no	yes
MEAT 332			✓ Wheat flour			✓ Cheese					✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 334			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	no	no	yes
MEAT 335			✓ Wheat flour			✓ Cheese					✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 336			✓ Wheat flour			✓ Cheese					✓	✓	✓ wine		✓ Onions	✓	no	no	yes
MEAT 337			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic		no	no	no
MEAT 338 (XMAS 23)			✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Onions & Garlic	✓	no	no	yes
MEAT 339	✓		✓ Wheat flour			✓ Cheese					✓	✓					no	no	yes
MEAT 340	✓		✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	no	no	yes
MEAT 341			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 342			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 343			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
MEAT 344			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 345			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
MEAT 346			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	no	no	yes
4. Pizza Specials Veg Summer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
VEG 201	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 202			✓ Wheat flour			✓ Cheese					✓	✓	✓ wine			✓	yes	no	yes
VEG 203			✓ Wheat flour			✓ Cheese					✓	✓	✓ wine		✓ Garlic	✓	yes	no	yes
VEG 204	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 205	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 206			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 207	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓ wine		✓ Onions & Garlic	✓	yes	no	yes
VEG 208			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
VEG 209	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 210			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes

Pizza Specials Veg Summer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
VEG 211			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
VEG 212			✓ Wheat flour			✓ Cheese					✓	✓			✓ Onions & Garlic	✓	yes	no	yes
VEG 213			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions		yes	no	yes
VEG 214	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 215			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 216	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓ wine		✓ Garlic	✓	yes	no	yes
VEG 217			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 218			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 219	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
VEG 220	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
VEG 221		✓	✓ Wheat flour			✓ Cheese					✓	✓					yes	no	yes
VEG 222			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 223			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 224	✓		✓ Wheat flour			✓ Cheese					✓	✓	✓				yes	no	yes
VEG 225			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	no
5. Pizza Specials Veg Winter	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
VEG 401	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Garlic		yes	no	yes
VEG 402			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 403			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 404	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 405			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 406	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 407			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
VEG 408			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 409 (XMAS 23)			✓ Wheat flour	✓		✓ Cheese					✓	✓					yes	no	yes
VEG 410			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions		yes	no	yes
VEG 411	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 412			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 413	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Garlic	✓	yes	no	yes
VEG 414			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 415			✓ Wheat flour			✓ Cheese					✓	✓	✓		✓ Onions	✓	yes	no	yes
VEG 416	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
VEG 417	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
VEG 418	✓		✓ Wheat flour			✓ Cheese					✓	✓					yes	no	yes
VEG 419			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	yes
VEG 420			✓ Wheat flour			✓ Cheese					✓	✓	✓				yes	no	yes
VEG 421			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	no
VEG 422			✓ Wheat flour			✓ Cheese					✓	✓					yes	no	no

6. Vegan Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
VEGAN 601	✓		✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	yes
VEGAN 602			✓ Wheat flour								✓	✓	✓				yes	yes	yes
VEGAN 603			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	yes
VEGAN 604			✓ Wheat flour								✓	✓	✓		✓ Onions	✓	yes	yes	yes
VEGAN 605	✓		✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	yes
VEGAN 606			✓ Wheat flour								✓	✓	✓		✓ Garlic	✓	yes	yes	yes
VEGAN 607			✓ Wheat flour								✓	✓	✓			✓	yes	yes	yes
VEGAN 608			✓ Wheat flour								✓	✓	✓		✓ Onions	✓	yes	yes	yes
VEGAN 609			✓ Wheat flour								✓	✓	✓			✓	yes	yes	yes
VEGAN 610			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
VEGAN 611			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic		yes	yes	no
VEGAN 612			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
VEGAN 613			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
VEGAN 614			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
VEGAN 615			✓ Wheat flour								✓	✓	✓		✓ Onions	✓	yes	yes	yes
VEGAN 616 (XMAS 23)			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic		yes	yes	no
7. Fish Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
Fish Special 1 - SARDINES			✓ Wheat flour				✓ Sardines				✓	✓	✓		✓ Garlic	✓	no	no	no
Fish Special 2 - YELLOWFIN TUNA			✓ Wheat flour			✓	✓ Tuna & Anchovies				✓	✓	✓		✓ Onions	✓	no	no	yes
Fish Special 3 - SMOKED SALMON (XMAS 23)			✓ Wheat flour			✓ Cheese	✓ Salmon & Mullet				✓	✓			✓ Onions		yes	no	yes
8. Salads	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
MIXED SALAD MEDIUM - FRANCO & LLOYD	✓			✓		✓ Cheese			✓		✓ Mustard	✓	✓			✓	yes	no	yes
TUNA SALAD						✓	✓ Tuna & Anchovies				✓ Mustard		✓		✓ Onions	✓	no	no	yes
MIXED SALAD SMALL	✓								✓		✓ Mustard	✓	✓			✓	yes	no	yes
ORANGE, FENNEL & HAZELNUT SALAD	✓														✓ Onions		yes	yes	yes
LIGHTLY SPICED CHICKEN SALAD	✓					✓ Cheese			✓		✓ Mustard	✓	✓		✓ Garlic		no	no	yes
VEG SALAD - BUTTERNUT SQUASH (WINTER)	✓					✓ Cheese			✓		✓ Mustard	✓	✓				yes	no	yes

9. Bites and Sides	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
BAKED AUBERGINE PARMIGIANA				✓		✓ Cheese										✓	yes	no	yes
BAKED SAUSAGE & WILD BROCCOLI						✓ Cheese							✓ wine		✓ Garlic	✓	no	no	yes
BAKED SPICY LAMB WITH POTATOES						✓ Cheese					✓				✓ Onions & Garlic	✓	no	no	yes
SPICY PLANT BASED MEATBALLS (XMAS 23)			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
BRESAOLA, WILD ROCKET & GRANA				✓		✓ Cheese											no	no	yes
BRUSCHETTA W/ PLUM TOMATOES			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	no
BRUSCHETTA BURRATA & 'NDUJA			✓ Wheat flour	✓		✓ Cheese					✓	✓					no	no	no
BUFFALO & MORTADELLA BOLOGNA						✓ Cheese										✓	no	no	yes
BUFFALO & BRITISH BRESAOLA						✓ Cheese										✓	no	no	yes
BUFFALO & COPPA						✓ Cheese										✓	no	no	yes
BUFFALO & WILD FENNEL SALAMI						✓ Cheese										✓	no	no	yes
BUFFALO & CURED PROSCIUTTO						✓ Cheese										✓	no	no	yes
BURRATA AND NDUJA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA, ROCKET & PLUM TOMATOES			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	no
BUFFALO MOZZARELLA WITH TOMATOES BITE			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	no
SMOKED BURRATA & BRITISH BRESAOLA						✓ Cheese										✓	no	no	yes
BURRATA & BRITISH BRESAOLA						✓ Cheese					✓	✓				✓	no	no	yes
SMOKED BURRATA & WILD FENNEL SALAMI						✓ Cheese										✓	no	no	yes
BURRATA & WILD FENNEL SALAMI						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & MORTADELLA BOLOGNA						✓ Cheese										✓	no	no	yes
BURRATA & MORTADELLA BOLOGNA						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & COPPA						✓ Cheese										✓	no	no	yes
BURRATA & VENTRICINA SALAMI						✓ Cheese										✓	no	no	yes
BUFFALO & VENTRICINA SALAMI						✓ Cheese										✓	no	no	yes
BURRATA & COPPA						✓ Cheese										✓	no	no	yes
BURRATA, ARTICHOKE, DRY SAN MARZANO			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	no
BAKED POTATOES, CHORIZO, TOMATO & MOZZARELLA						✓ Cheese									✓ Onions & Garlic	✓	no	no	yes
BAKED POTATOES, 'NDUJA, TOMATO & MOZZARELLA						✓ Cheese									✓ Onions	✓	no	no	yes
PIZZA BREAD SALT & ROSEMARY			✓ Wheat flour								✓	✓					yes	yes	yes
GARLIC BREAD			✓ Wheat flour								✓	✓			✓ Garlic	✓	yes	yes	yes
GARLIC BREAD & MOZZARELLA			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic	✓	yes	no	yes
PLATTER OF CURED MEAT (NEW)			✓ Wheat flour	✓		✓ Cheese					✓	✓					no	no	no
NOCELLARA GREEN OLIVES										✓							yes	yes	yes
BURRATA & CURED PROSCIUTTO						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & CURED PROSCIUTTO						✓ Cheese										✓	no	no	yes
PIZZA BREAD, BUFFALO, DRY SAN MARZANO TOMATOES & ARTICHOKE			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	no

Bites and Sides	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
FONDUTA WITH BREAD (XMAS 23)			✓ Wheat flour			✓ Cheese					✓	✓					no	no	no
PIZZA BREAD, PROSCIUTTO & GRANA			✓ Wheat flour	✓		✓ Cheese					✓	✓	✓			✓	no	no	no
BAKED BRUSCHETTA W/ PROSOCIANO			✓ Wheat flour								✓	✓			✓ Garlic	✓	yes	yes	no
TRUFFLE BURRATA & PORCHETTA ON SOURDOUGH			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic		yes	no	no
OLIVE TAPENADE, BURRATA & BABY PLUM TOMATO ON SOURDOUGH BREAD			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	no
VEGETARIAN PLATTER (WINTER)			✓ Wheat flour			✓ Cheese					✓	✓	✓			✓	yes	no	no
TUSCAN FENNEL SAUSAGE AND BUFFALO BRUSCHETTA			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic		no	no	yes
BUFFALO OR BURRATA MOZZARELLA & MARINATED TOMATO SALAD						✓ Cheese										✓	yes	no	yes
BEEF RAGU' AL FORNO			✓ Wheat flour	✓		✓ Cheese		✓			✓	✓	✓		✓ Onions & Garlic	✓	no	no	no
BRUSCHETTA WITH BURRATA & PANCETTA			✓ Wheat flour			✓ Cheese					✓	✓			✓ Garlic		no	no	no
BAKED FREE RANGE CHICKEN BITE				✓		✓ Cheese							✓		✓ Garlic	✓	no	no	yes
MORTADELLA , BURRATA & PISTACHIO (XMAS 23)	✓					✓ Cheese										✓	no	no	yes
10. Ice Cream - DISOTTO (NEW)	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MADAGASCAN VANILLA ICE CREAM	MC	MC	MC	MC		✓						MC	MC				yes	no	yes
CHOCOLATE SEA SALT ICE CREAM	MC	MC		MC		✓						✓	MC				yes	no	yes
VEGAN SALTED CARAMEL ICE CREAM												✓					yes	yes	yes
VEGAN CHOCOLATE & BLOOD ORANGE ICE CREAM												✓					yes	yes	yes
RASPBERRY SORBET	MC	MC	MC	MC		MC						MC	MC				yes	yes	yes
SICILIAN LEMON SORBET	MC	MC	MC	MC		MC						MC	MC				yes	yes	yes
Ice Cream - NORTHERN BLOC																			
VEGAN CHOCOLATE & BLOOD ORANGE ICE CREAM	MC	MC				MC											yes	yes	yes
VEGAN CARAMEL SEA SALT ICE CREAM	MC	MC				MC											yes	yes	yes
MADAGASCAN BOURBON VANILLA ICE CREAM	MC	MC				✓											yes	no	yes
CHOCOLATE ICE CREAM	MC	MC				✓											yes	no	yes
SICILIAN LEMON SORBET	MC	MC				MC											yes	yes	yes
Ice Cream - MARINE ICE																			
RASPBERRY SORBET	MC	MC				MC											yes	yes	yes
11. Desserts	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
AFFOGATO - CHOCOLATE ICE CREAM	MC	MC		✓		✓											yes (p)	no	yes
AFFOGATO - VANILLA ICE CREAM	MC	MC		✓		✓											yes (p)	no	yes
CHOCOLATE & HAZELNUT CAKE	✓	✓	✓ Wheat flour	✓		✓						✓					yes	no	no
LEMON SORBET WITH LIMONCELLO	MC	MC		MC		MC							✓				yes	no	yes
LEMON & ALMOND CAKE (BY ITSELF)	✓		✓ Wheat flour	✓								✓					yes	no	no
LEMON CAKE W/ YOGHURT & HONEY	✓		✓ Wheat flour	✓		✓						✓					yes	no	no

Desserts	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MIXED BERRIES																	yes	no	no
PECAN CARAMEL CHEESECAKE (NEW)	✓	✓	✓	✓		✓			✓			✓					no	no	no
CANNOLI W/ PISTACHIO OR HAZELNUT	✓		✓	✓		✓						✓	✓				yes	no	no
TIRAMISU' (NO ALCOHOL)	✓		✓ Wheat flour	✓		✓						✓					yes (p)	no	no
TARTUFO CLASSICO (XMAS 23) (contains alcohol)	✓		✓	✓		✓						✓					yes	no	no
12. Meats Cooked & Cured	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
COPPA OR CAPOCOLLO (CURED PORK)																	no	no	yes
CHORIZO DRY & SEMI DRY						✓ Lactose									✓ Garlic		no	no	yes
CRISPY PANCETTA AFFUMICATA																	no	no	yes
NEAPOLITAN GENOVESE MEAT RAGU								✓					✓		✓ Onions		no	no	yes
BEECHWOOD SMOKED SPICY SALAMI															✓ Garlic		no	no	yes
COOKED ITALIAN HAM / PARMACOTTO HAM																	no	no	yes
LIGHTLY SPICED CHICKEN (STRATFORD ONLY)													✓		✓ Garlic	✓	no	no	yes
CURED BRESAOLA FROM VALTELLINA IGP																	no	no	yes
CURED PROSCIUTTO																	no	no	yes
FREE RANGE SPICY LAMB SAUSAGE															✓ Garlic		no	no	yes
ROAST BEEF															✓ Garlic		no	no	yes
PORCHETTA																	no	no	yes
LIGHTLY SPICED PANCETTA OR PANCETTA TESA (NEW)																	no	no	yes
SALAMI NAPOLI																	no	no	yes
SLOW COOKED BEEF RAGU'								✓					✓		✓ Onions & Garlic	✓	no	no	yes
SPICY 'NDUJA FROM SPILINGA																	no (p)	no	yes
SPICY 'NDUJA WITH HONEY																	no (p)	no	yes
MORTADELLA BOLOGNA IGP																	no	no	yes
VENTRICINA SALAMI																	no	no	yes
WILD FENNEL SALAMI																	no	no	yes
FREE RANGE YORKSHIRE FENNEL SAUSAGE													✓ wine		✓ Garlic		no	no	yes
TUSCAN FENNEL SAUSAGE															✓ Garlic		no	no	yes
MARINATED SPICY BEEF BULK															✓ Garlic		no	no	yes
FREE-RANGE CHICKEN MARINATED WITH SPICES															✓ Garlic		no	no	yes
GUANCIALE																	no	no	yes
PULLED LAMB															✓ Onions & Garlic	✓	no	no	yes
13. Cheese and Dairy	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
BUFFALO MOZZARELLA						✓ Cheese											yes (p)	no	yes
BURRATA						✓ Cheese											yes (p)	no	yes
SMOKED BURRATA						✓ Cheese											yes (p)	no	yes
VEGETARIAN GRANA CHEESE				✓		✓ Cheese											yes (p)	no	yes
TALEGGIO D.O.P.						✓ Cheese											no	no	yes
CHEESE SAUCE (NEW)						✓ Cheese											no	no	yes

Cheese and Dairy	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
COLSTON BASSETT STILTON						✓ Cheese											yes (p)	no	yes
DOUBLE CREAM						✓											yes (p)	no	yes
EGG WHITE				✓													yes (p)	no	yes
EGG YOLK				✓													yes (p)	no	yes
HARD GOAT'S CHEESE						✓ Cheese											yes (p)	no	yes
TRADITIONAL GOAT'S HALLOUMI						✓ Cheese											yes (p)	no	yes
OAT MILK			✓														yes	yes	no
MILK						✓											yes (p)	no	yes
MOZZARELLA VEG (FOR PIZZA)						✓ Cheese											yes (p)	no	yes
RICOTTA						✓ Cheese											yes (p)	no	yes
BOCCONCINI MOZZARELLA PEARLS (NEW)						✓ Cheese											yes (p)	no	yes
STILTON DIP						✓ Cheese											no (p)	no	yes
VIOLIFE or PROSOCIANO VEGAN CHEESE																	yes	yes	yes
TRUFFLE BURRATA			✓			✓ Cheese									✓ Garlic		yes (p)	no	no
MASCARPONE BULK						✓ Cheese											yes (p)	no	yes
YOGHURT GREEK						✓											yes (p)	no	yes
NUTCRACKER MIX						✓											yes	no	yes
14. Bults + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
ASPARAGUS BULK																	yes	yes	yes
AUBERGINE BULK FOR BITES																	yes	yes	yes
BASIL PESTO OR BEETROOT PESTO	✓			✓		✓ Cheese									✓ Garlic		yes	no	yes
BEETROOT AND POTATOES BASE (BULK)																	yes	yes	yes
BUTTERNUT SQUASH BASE/BULK																	yes	yes	yes
BLACK TRUFFLE BURRATA			✓			✓ Cheese									✓ Garlic		yes	no	no
BREADCRUMBS (NEW)			✓														yes	yes	no
CARAMELISED RED ONION BULK													✓		✓ Onions		yes	yes	yes
CANNELLINI BEANS																	yes	yes	yes
CAULIFLOWER CREAM BASE																	yes	yes	yes
COOKED AUBERGINE BULK FOR PIZZA																✓	yes	yes	yes
PIZZA OVEN ROASTED BABY PLUM TOMATOES																✓	yes	yes	yes
MARINATED BABY PLUM TOMATOES																✓	yes	yes	yes
PLANT BASED MINCE (ON IT'S OWN)			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic		yes	yes	no
SPICY PLANT BASED MINCE BULK			✓ Wheat flour								✓	✓	✓		✓ Onions & Garlic		yes	yes	no
COOKED TOMATO SAUCE BULK																✓	yes	yes	yes
CRISCITO			✓ Wheat flour								✓	✓					yes	yes	no
GARLIC DIP															✓ Garlic		yes	yes	yes
NDUJA DIP																	no	no	yes
SCOTCH BONNET CHILLI DIP													✓		✓ Garlic	✓	yes	yes	yes
HOUSE DRESSING	✓								✓		✓ Mustard	✓	✓				yes	no	yes
TUNA DRESSING						✓	✓ Tuna & Anchovies				✓		✓				no	no	yes

Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
POTATO PUREE BULK						✓											no	no	yes
PIZZA DOUGH BULK			✓ Wheat flour								✓	✓					yes	yes	no
OLIVE TAPENADE													✓				yes	yes	yes
POMEGRANATE																	yes	yes	yes
POTATOES WITH ONIONS BULK															✓ Onions		yes	yes	yes
RED & YELLOW PEPPERS CREAM BASE															✓ Garlic		yes	yes	yes
COURGETTE CREAM BASE				✓		✓ Cheese											yes	no	yes
ROASTED COURGETTES																	yes	yes	yes
ROASTED GRANULATED HAZELNUTS	✓																yes	yes	yes
SALAD MIX BULK																	yes	yes	yes
RAW BEETROOT & PRE-COOKED BEETROOT																	yes	yes	yes
SOURDOUGH BREAD/CAFONE BREAD			✓ Wheat flour								✓	✓					yes	yes	no
SPICY WATERCRESS VEGAN PESTO	✓														✓ Garlic		yes	yes	yes
SWEET POTATOES BULK																	yes	yes	yes
WHITE ONIONS AND TOMATO BULK															✓ Onions	✓	yes	yes	yes
TOMATO SAUCE BULK FOR PIZZA																✓	yes	yes	yes
WATERCRESS PESTO	✓			✓		✓									✓ Garlic		yes	no	yes
WILD GARLIC PESTO	✓			✓		✓ Cheese									✓ Garlic		yes	no	yes
ROASTED POTATOES WITH ROSEMARY																	yes	yes	yes
ROASTED PURPLE CARROTS BULK																	yes	yes	yes
SPICED MARINATED CHICKEN BULK															✓ Garlic		no	no	yes
PIZZA OVEN ROASTED BABY PLUM TOMATOES																✓	yes	yes	yes
GARLIC ROASTED WITH HERBS BULK															✓ Garlic		yes	yes	yes
TOMATO AND GARLIC SAUCE BULK															✓ Garlic	✓	yes	yes	yes
FRESH PARSLEY																	yes	yes	yes
DRIED CRANBERRIES & SULTANAS BULK																	yes	yes	yes
YELLOW TOMATO PASSATA W/ CHILLI SAUCE													✓		✓ Garlic	✓	yes	yes	yes
ROASTED PUMPKIN & SUNFLOWER SEEDS																	yes	yes	yes
ROASTED TOMATO & 'NDUJA SAUCE				✓												✓	no	no	yes
PARSLEY & MINT DRESSING																	yes	yes	yes
WILD BROCCOLI PESTO BASE				✓		✓ Cheese							✓		✓ Garlic		yes	no	yes
TRUFFLE PESTO BASE			✓												✓ Garlic		yes	yes	no
SPICY 'NDUJA AND HONEY BULK						✓											no	no	yes
BROCCOLI CREAM BASE																	yes	yes	yes
GREEN BEANS BULK																	yes	yes	yes
MARINATED SPICY CAVOLO NERO BULK																	yes	yes	yes
PORCINI MUSHROOMS																	yes	yes	yes
CHIVES															✓ Onions		yes	yes	yes
NOELJITO MIX																	yes	no	yes

15. Fish	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
CANTABRIAN ANCHOVIES							✓ Anchovies										no	no	yes
YELLOWFIN TUNA							✓ Tuna										no	no	yes
SARDINES							✓ Sardines										no	no	yes
SMOKED SALMON							✓ Salmon										no	no	yes
BOTTARGA							✓ Mullet										no	no	yes
16. Dry Store	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
ARTICHOKES GRILLED													✓				yes	yes	yes
BALSAMIC VINEGAR													✓				yes	yes	yes
PISTACHIO	✓																yes	yes	yes
PUMPKIN SEEDS																	yes	yes	yes
ROASTED HAZELNUTS	✓																yes	yes	yes
BLACK TRUFFLE PASTE			✓												✓ Garlic		yes	yes	no
BLANCHED ALMONDS	✓ Almonds																yes	yes	yes
CAPERS AND ROASTED CAPERS																	yes	yes	yes
CHILLI OIL																	yes	yes	yes
CIDER VINEGAR													✓				yes	yes	yes
ESCAROLE													✓		✓ Garlic		yes	yes	yes
CRUSHED CHILLI & DRY CHILLI FOR OIL BOTTLES																	yes	yes	yes
DRY SAN MARZANO TOMATOES													✓			✓	yes	yes	yes
BALSAMIC VINEGAR AND OIL													✓				yes	yes	yes
ORGANIC OIL AND LEMON DRESSING																	yes	no	yes
FINE SEA SALT																	yes	yes	yes
FRIARIELLI/WILD BROCCOLI													✓		✓ Garlic		yes	yes	yes
GARLIC OIL															✓ Garlic		yes	yes	yes
GLUTEN FREE PIZZA BASE																	yes	yes	yes
GREEN PEPPERS FROM VESUVIO													✓				yes	yes	yes
PIQUILLO PEPPERS													✓				yes	yes	yes
SPICY GREEK PEPPERS													✓				yes	yes	yes
HONEY ORGANIC																	yes	no	yes
KALAMATA BLACK OLIVES													✓				yes	yes	yes
MUSTARD DIJON COLMAN'S (NEW)											✓ Mustard		✓				yes	yes	yes
MUSTARD SEEDS BLACK											✓ Mustard						yes	yes	yes
MUSTARD SEEDS YELLOW											✓ Mustard						yes	yes	yes
NOCELLARA GREEN OLIVES										✓							yes	yes	yes
NUTMEG - FROM SAINSBURY'S ONLY																	yes	yes	yes
OLIVE OIL (NOT ORGANIC)																	yes	yes	yes
OREGANO																	yes	yes	yes
ICING SUGAR																	yes	yes	yes
ORGANIC SUGAR																	yes	yes	yes
PIENNOLO D.O.P. RED & YELLOW																✓	yes	yes	yes
PIVETTI FLOUR TYPE 0 FLOUR			✓ Wheat flour								✓	✓					yes	yes	no
HEYGATES BRITISH FLOUR			✓ Wheat flour									✓					yes	yes	no
ORGANIC RAPESEED OIL 1LT									✓			✓					yes	yes	yes

Dry Store	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
RICE FLOUR																	yes	yes	yes
SAN MARZANO TOMATO D.O.P.																✓	yes	yes	yes
SAVOIARDI			✓ Wheat flour	✓		✓						✓					yes	no	no
TOMATOES FROM GRAGNANO																✓	yes	yes	yes
RAPESEED OIL 20LT FOR WOODEN PLATTERS																	yes	yes	yes
WHOLE BLACK PEPPER																	yes	yes	yes
TRUFFLE OIL																	yes	yes	yes
17. Vegetables + Fruit	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
AUBERGINE																	yes	yes	yes
BUTTERNUT SQUASH																	yes	yes	yes
CHERRY OR PLUM TOMATOES																✓	yes	yes	yes
COURGETTES																	yes	yes	yes
GARLIC															✓ Garlic		yes	yes	yes
GREEN CHILLI																	yes	yes	yes
LEMONS																	yes	yes	yes
LIMES																	yes	yes	yes
MINT																	yes	yes	yes
MIXED PEPPERS (RED & YELLOW)																	yes	yes	yes
MIXED LEAF SALAD																	yes	yes	yes
MIXED WILD MUSHROOMS																	yes	yes	yes
ORANGE																	yes	yes	yes
FENNEL (NEW)																	yes	yes	yes
RED CHILLI																	yes	yes	yes
RED ONIONS															✓ Onions		yes	yes	yes
SCOTCH BONNET CHILLI																	yes	yes	yes
SPINACH WILTED																	yes	yes	yes
BRUSSELS SPROUTS (NEW)																	yes	yes	yes
TENDERSTEM BROCCOLI (NEW)																	yes	yes	yes
CAULIFLOWER																	yes	yes	yes
3 CHILLI MIX																	yes	yes	yes
WATERCRESS																	yes	yes	yes
SHALLOTS															✓ Onions		yes	yes	yes
WHITE ONIONS															✓ Onions		yes	yes	yes
WHITE POTATOES																	yes	yes	yes
WILD ROCKET																	yes	yes	yes
POMEGRANATE (NEW)																	yes	yes	yes
BEETROOT PRE-COOKED																	yes	yes	yes
18. Soft Drinks	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
APPLE JUICE																	yes	yes	yes
FEVER TREE LIGHT TONIC WATER																	yes	yes	yes
FILTERED TAP WATER																	yes	yes	yes

Soft Drinks	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
COKE - DIET COKE - COKE ZERO																	yes	yes	yes
SAN PELLEGRINO CANS (LIMONATA/ARanciata)																	yes	yes	yes
FEVER TREE LEMONADE																	yes	yes	yes
IRN-BRU																	yes	yes	yes
ORANGE JUICE																	yes	no	yes
ORGANIC LEMONADE																	yes	no	yes
SPARKLING WATER																	yes	yes	yes
STILL WATER																	yes	yes	yes
SYRUP FOR LEMONADE																	yes	no	yes
SAN PELLEGRINO TONICS																	yes	yes	yes
NOELITO (XMAS 23)																	yes	no	yes
19. Spirits	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
APEROL																	yes	yes	yes
APEROL SPRITZ													✓				yes	yes	yes
CAPTAIN MORGAN RUM																	yes	yes	yes
SIPSMITH VODKA 40%																	yes	yes	yes
EAU DE VIE																	yes	yes	yes
GIN AND TONIC																	yes	yes	yes
LIMONCELLO																	yes	no	yes
NEGRONI & NEGRONI SBAGLIATO													✓				no	no	yes
SIPSMITH GIN																	yes	yes	yes
AMARO DEL CAPO																	yes	yes	yes
FRANGELICO	✓																yes	yes	yes
THE FRANCO NUTCRACKER (XMAS 23)	✓					✓											yes	no	yes
LIMONCELLO SPRITZ (XMAS 23)													✓				yes	no	yes
20. Wine + Beer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
NERO D'AVOLA (TENUTE NORMANNO - RED)													✓ wine				yes	yes	yes
DOLCETTO (CARLIN DE PAOLO - RED)													✓ wine				yes	yes	yes
SANGIOVESE (NA.TI.VO. - RED)													✓ wine				yes	yes	yes
MONTEPULCIANO (FRANCESCO CIRELLI - RED)													✓ wine				yes	yes	yes
SYRAH DELLA MORA DOP (NORMANNO - RED)													✓ wine				yes	yes	yes
CATARRATO (TENUTE NORMANNO - WHITE)													✓ wine				yes	yes	yes
CORTESE (CARLIN DE PAOLO - WHITE)													✓ wine				yes	yes	yes
PINOT GRIGIO (NA.TI.VO. - WHITE)													✓ wine				yes	yes	yes
TREBBIANO (FRANCESCO CIRELLI - WHITE)													✓ wine				yes	yes	yes
INSOLIA (TENUTE NORMANNO - WHITE)													✓ wine				yes	yes	yes
GRILLO DELLA MORA (NORMANNO - WHITE)													✓ wine				yes	yes	yes
PROSECCO ORGANIC													✓ wine				yes	yes	yes
NERO D'AVOLA ROSATO (TENUTE NORMANNO)													✓ wine				yes	yes	yes
NO LOGO CIDER													✓				yes	yes	yes

Wine + Beer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
NO LOGO LAGER BTL/DRAUGHT - BITBURGER			✓ Barley & Hops														yes	yes	no
NO LOGO PALE ALE BTL/DRAUGHT			✓ Barley & Hops														yes	yes	no
ENZO LAGER BEER			✓ Barley & Hops														yes	yes	no
DARK REVOLUTION SO LA			✓ Barley & Hops														yes	yes	no
WILD BEER CO - BIBBLE			✓ Barley & Hops														yes	yes	no
ROOSTERS - 24/7			✓ Barley & Hops														yes	yes	no
WEST BERKSHIRE INDIA SESSION ALE			✓ Barley & Hops & Maize														yes	yes	no
OAKHAM BEST FRIEND SESSION ALE			✓ Barley & Hops														no	no	no
PURITY - LONGHORN IPA			✓ Barley & Hops														yes	yes	no
PILOT - BLOND			✓ Barley & Hops														yes	yes	no
ALPHABET - CHARLIE			✓ Barley & Hops														yes	yes	no
21. Coffee (with Whole Milk)	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
AMERICANO COFFEE																	yes	yes	yes
WHITE AMERICANO COFFEE						✓											yes	no	yes
CAFFE LATTE/FLAT WHITE						✓											yes	no	yes
CAPPUCCINO						✓											yes	no	yes
DBL ESPRESSO MACCHIATO						✓											yes	no	yes
DOUBLE ESPRESSO																	yes	yes	yes
ESPRESSO																	yes	yes	yes
ESPRESSO MACCHIATO						✓											yes	no	yes
FRESH MINT TEA/ENGLISH BREAKFAST TEA																	yes	yes	yes
22. Bites TAKEAWAY	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
BUFFALO MOZZARELLA & MORTADELLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BUFFALO MOZZARELLA & BRESAOLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BUFFALO MOZZARELLA & COPPA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BUFFALO MOZZARELLA & FENNEL SALAMI			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BUFFALO MOZZARELLA & PROSCIUTTO			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & BRESAOLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
SMOKED BURRATA & BRESAOLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & FENNEL SALAMI			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
SMOKED BURRATA & FENNEL SALAMI			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & MORTADELLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
SMOKED BURRATA & MORTADELLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & VENTRICINA SALAMI			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no

Bites TAKEAWAY	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
BUFFALO MOZZARELLA & VENTRICINA SALAMI			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & COPPA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
SMOKED BURRATA & COPPA			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
BURRATA & PROSCIUTTO			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
SMOKED BURRATA & PROSCIUTTO			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	no
FRANCO'S PANUOZZO COPPA	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic		no	no	no
FRANCO'S PANUOZZO PROSCIUTTO	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓			✓ Garlic		no	no	no
FRANCO'S PANUOZZO VEGGIE	✓		✓ Wheat flour	✓		✓ Cheese					✓	✓	✓		✓ Garlic		yes	no	no
23. Kids' Menu	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
NUMBER 11 - TOMATO MOZZARELLA			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
NUMBER 12 - HAM			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes
NUMBER 13 - WILD MUSHROOM			✓ Wheat flour			✓ Cheese					✓	✓				✓	yes	no	yes
NUMBER 14 - DRY CHORIZO			✓ Wheat flour			✓ Cheese					✓	✓				✓	no	no	yes

GLUTEN FREE	Do you do gluten free pizzas?										Yes! The base is gluten free, however as the pizza will be sharing the oven with our sourdough in our busy pizzeria, we cannot guarantee the complete absence of flour. Also please note NOT all ingredients are gluten free.						
	Is your GF base made of sourdough or different dough?										Our gluten free base is not sourdough, but our customers still love it! The main ingredients are: water, corn starch, rice flour, potato starch, sunflower oil and fresh yeast						
	Is your gluten free pizza suitable for coeliacs?										Unfortunately not. We have controls in place, however due to the airbourne flour particles within our kitchen, we cannot guarantee the complete absence of gluten in the finished product.						
ALLERGY	I have a food allergy. Can I eat in your restaurant?										Please ensure you notify your server of any allergies when ordering. Our teams will communicate your needs to our Pizzaioli who will take steps to reduce the chance of contamination, including using dedicated ingredients, thorough handwashing, cleaning of the preparation area and equipment.						
	Do you have an allergen menu/list? How can the allergen information for the daily specials be found?										Yes, you can find our allergen menu on our website and a copy is available in all our pizzerias. All of our daily specials are included in this allergen list, just ask your server when ordering and we will provide you a copy. Or for takeaway, find out via our QR code stickers on all takeaway packaging.						
	Is there any garlic or onion in your tomato sauce?										No, just organic tomatoes. Nothing else.						
CHEESES	Are your cheeses pasteurised?										All our cheeses are pasteurised. Please always check with your server when ordering as some products might change.						
	Are your cheeses vegetarian?										Some are and some not. We have cheeses made with veg rennet and meat rennet. Please always check with your server when ordering as some products might change.						
HALAL	Are your meats halal?										We serve free range spicy lamb sausage which is halal. We also have certificates for this if you wish to see them.						
DOUGH/YEAST	Do you add or use yeast in your dough?										We only use natural mother yeast which is over 200 years old.						
	Can I have some of your dough/mother yeast?										Unfortunately we are not allowed to give this out for health & safety reasons. It's also our special secret recipe.						
NUTRITIONAL INFORMATION	Where can I find the nutritional information on your menu?										We have our nutritional information available online or on our main menu.						

CALORIE CONTENT	Why don't you provide calorie information for everything you sell or offer?	We do not need to provide calorie information for the following: -Specials, or dishes on the menu for less than 30 days over the course of a year -Condiments provided for the customers to add to their food (chilli & garlic oil and black pepper) -Drinks containing more than 1.2% abv (this applies to all our alcoholic drinks) -Where a customer has amended or altered a dish to their unique requirements (eg. added or removed toppings).
	How many calories are in a pizza if I swap the sourdough base to a GF base?	You can work that out by calculating the following: Our Sourdough base has 518 kcal and our GF base has 571 kcal. This means if you swap to a GF base the calorie content is increased by 53kcal
GIFT CARDS	Do you sell gifts cards?	Yes! You can buy Franco Manca gift cards in all our pizzerias or online. Minimum value is £10 and you can find all of the info on our website.