

# FRANCO MANCA

SOVRDOUGH PIZZA

## ALLERGEN LIST

### APRIL 2025 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.

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### LEGEND

✓ = ALLERGEN PRESENT

(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

**WE HANDLE NUTS IN OUR**  
**PIZZERIA AND INSIDE OUR OVENS**

# ALLERGEN LIST

JANUARY 2025 v2

## FRANCO MANCA

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?
0 - THE OG MARGHERITA (SELECTED SITES ONLY) (NEW)			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
1 - MARGHERITA			✓ 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 - POTATOES, STILTON, SEASONAL PESTO (N)	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
4 - HAM RICOTTA			✓ Wheat flour			✓ Cheese										✓	no	no	yes
5 - NAPOLETANA			✓ Wheat flour			✓ Cheese	✓ Anchovies						✓		✓ Garlic	✓	no	no	yes
6 - CHORIZO			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	yes
7 - LIGHTLY SMOKED SPICY SALAMI			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	no	no	yes
8 - AMATRICIANA			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	no	no	yes
9 - BEEF CARPACCIO, GRANA, ROCKET			✓ Wheat flour	✓		✓ Cheese											no	no	yes
10 - TRUFFLE PESTO, SMOKED BURRATA			✓ Wheat flour			✓ Cheese									✓ Garlic		yes	no	no
2. Meat Special Pizzas	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	✓ Almonds		✓ 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	✓ Walnuts		✓ Wheat flour	✓		✓ Cheese									✓ Garlic		no	no	yes
MEAT 321			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	yes
MEAT 322			✓ Wheat flour			✓ Cheese									✓ Onions	✓	no	no	yes
MEAT 323			✓ Wheat flour	✓		✓ Cheese									✓ Onions & Garlic		no	no	no
MEAT 324			✓ Wheat flour			✓ Cheese							✓		✓ Garlic	✓	no	no	yes

Meat Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 325			✓ Wheat flour			✓ Cheese											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	✓ Walnuts		✓ Wheat flour			✓ Cheese									✓ Garlic		no	no	yes
MEAT 334			✓ Wheat flour			✓ Cheese							✓			✓	no	no	yes
MEAT 335			✓ Wheat flour			✓ Cheese									✓ Garlic		no	no	yes
MEAT 336	✓ Walnuts		✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	yes
MEAT 337			✓ Wheat flour			✓ Cheese									✓ Garlic		no	no	no
MEAT 338			✓ Wheat flour	✓		✓ Cheese									✓ Onions & Garlic	✓	no	no	yes
MEAT 339			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 340	✓ Walnuts		✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	no	no	yes
MEAT 341			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	no	no	yes
MEAT 342			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	no	no	yes
3. Vegetarian Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
VEG 401	✓ Almonds		✓ 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	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 405			✓ Wheat flour			✓ Cheese							✓			✓	yes	no	yes
VEG 406	✓ Almonds		✓ 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			✓ Wheat flour	✓		✓ Cheese											yes	no	yes
VEG 410			✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions		yes	no	yes
VEG 411	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 412			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 413	✓ Almonds		✓ 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	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 417	✓ Walnuts		✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 418			✓ Wheat flour			✓ Cheese							✓		✓ Garlic	✓	yes	no	yes
VEG 419			✓ Wheat flour			✓ Cheese							✓			✓	yes	no	yes
VEG 420			✓ Wheat flour			✓ Cheese							✓				yes	no	yes
VEG 421	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	no

4. 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	✓ Almonds		✓ 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	✓ Almonds		✓ 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
5. 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		✓		✓ Mustard		✓		✓ Onions	✓	no	no	yes
Fish Special 3 - SMOKED SALMON			✓ Wheat flour			✓ Cheese	✓ Salmon & Mullet								✓ Onions		yes	no	yes
Fish Special 4 - SOURDOUGH CUP 2023			✓ Wheat flour			✓ Cheese	✓ Anchovies						✓		✓ Onions		no	no	yes
6. Salads	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
SIDE SALAD MEDIUM				✓		✓ Cheese			✓		✓ Mustard	✓	✓		✓ Garlic	✓	yes	no	yes
SIDE SALAD SMALL									✓		✓ Mustard	✓	✓		✓ Garlic	✓	yes	yes	yes
PESTO CHICKEN SALAD (N) (WINTER)	✓ Almonds & Walnuts			✓		✓ Cheese			✓		✓ Mustard	✓	✓		✓ Onions & Garlic		no	no	yes
TUNA SALAD						✓	✓ Tuna & Anchovies		✓		✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	yes
VEG SALAD - BUTTERNUT SQUASH (WINTER)	✓ Walnuts					✓ Cheese			✓		✓ Mustard	✓	✓		✓ Garlic	✓	yes	no	yes
7. Main Menu Bites	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
TRIO OF TARALLI, SMOKED ALMONDS, NOCELLARA OLIVES	✓ Almonds	✓	✓ Wheat flour						✓	✓	✓	✓			✓ Garlic		yes	yes	no
TARALLI			✓ Wheat flour						✓		✓	✓					yes	yes	no

Main Menu Bites	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
SMOKED ALMONDS	✓ Almonds	✓													✓ Garlic		yes	yes	yes
NOCELLARA GREEN OLIVES										✓							yes	yes	yes
PIZZA BREAD SALT & ROSEMARY			✓ Wheat flour														yes	yes	yes
GARLIC BREAD W/ TOMATO SAUCE			✓ Wheat flour												✓ Garlic	✓	yes	yes	yes
GARLIC BREAD W/ TOMATO SAUCE & MOZZARELLA			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	yes	no	yes
GARLIC BREAD WITH MOZZARELLA & PESTO (N)	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic		yes	no	yes
PLATTER OF CURED MEAT			✓ Wheat flour	✓		✓ Cheese											no	no	no
VEGETARIAN PLATTER (WINTER) (NEW)			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
ITALIAN SMOKED BEEF PLATTER				✓		✓ Cheese											no	no	yes
BURRATA AND 'NDUJA W/ SEMI DRIED TOMATOES			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	no
BUFFALO MOZZARELLA & CURED PROSCIUTTO W/ SEMI DRIED TOMATOES						✓ Cheese									✓ Garlic	✓	no	no	yes
BAKED AUBERGINE PARMIGIANA				✓		✓ Cheese										✓	yes	no	yes
BAKED FREE RANGE PESTO CHICKEN BITE (N)	✓ Almonds			✓		✓ Cheese									✓ Onions & Garlic	✓	no	no	yes
ROASTED PEPPERS BRUSCHETTA (NEW)			✓ Wheat flour			✓ Cheese									✓ Garlic		yes	no	no
8. Bites & Sides	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
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			✓ 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 & BRESAOLA						✓ Cheese										✓	no	no	yes
BUFFALO & SALAMI CAMPAGNOLO						✓ Cheese										✓	no	no	yes
BURRATA, ROCKET & PLUM TOMATOES			✓ Wheat flour			✓ Cheese										✓	yes	no	no
SMOKED BURRATA & BRESAOLA						✓ Cheese										✓	no	no	yes
BURRATA & BRESAOLA						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & SALAMI CAMPAGNOLO						✓ Cheese										✓	no	no	yes
BURRATA & SALAMI CAMPAGNOLO						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & MORTADELLA BOLOGNA						✓ Cheese										✓	no	no	yes
BURRATA & MORTADELLA BOLOGNA						✓ Cheese										✓	no	no	yes
BURRATA & VENTRICINA SALAMI						✓ Cheese										✓	no	no	yes
BUFFALO & VENTRICINA SALAMI						✓ 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

Bites & Sides	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
BAKED POTATOES, 'NDUJA, TOMATO & MOZZARELLA						✓ Cheese									✓ Onions	✓	no	no	yes
BURRATA & CURED PROSCIUTTO						✓ Cheese										✓	no	no	yes
SMOKED BURRATA & CURED PROSCIUTTO						✓ Cheese										✓	no	no	yes
PIZZA BREAD, BUFFALO, DRY SAN MARZANO TOMATOES & ARTICHOKES			✓ Wheat flour			✓ Cheese							✓		✓	✓	yes	no	no
FONDUTA WITH BREAD			✓ 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
BUFFALO OR BURRATA MOZZARELLA & MARINATED TOMATO SALAD						✓ Cheese										✓	yes	no	yes
BUFFALO MOZZARELLA OR BURRATA WITH TOMATOES BITE			✓ Wheat flour			✓ Cheese										✓	yes	no	no
SMOKED BURRATA, WATERCRESS, BABY PLUM TOMATOES						✓ Cheese										✓	yes	no	yes
TRUFFLE FONDUTA			✓ Wheat flour			✓ Cheese											no	no	no
9. Ice Cream - DISOTTO	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						✓											yes	no	yes
CHOCOLATE SEA SALT ICE CREAM						✓						✓					yes	no	yes
VEGAN SALTED CARAMEL ICE CREAM												✓					yes	yes	yes
VEGAN CHOCOLATE & BLOOD ORANGE ICE CREAM												✓					yes	yes	yes
RASPBERRY SORBET																	yes	yes	yes
SICILIAN LEMON SORBET																	yes	yes	yes
10. 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						✓						✓					yes (p)	no	yes
AFFOGATO - VANILLA ICE CREAM						✓											yes (p)	no	yes
CHOCOLATE & HAZELNUT CAKE	✓ Hazelnuts	✓	✓ Wheat flour	✓		✓						✓					yes	no	no
LEMON SORBET WITH LIMONCELLO													✓				yes	no	yes
PECAN CARAMEL CHEESECAKE	✓ Pecans	✓	✓	✓		✓			✓			✓					no	no	no
TIRAMISU' (NO ALCOHOL)			✓ Wheat flour	✓		✓						✓					yes (p)	no	no
VANILLA CHEESECAKE W/ SALTED CARAMEL			✓ Wheat flour	✓		✓											yes	no	no
SALTED CARAMEL SAUCE						✓											yes	no	yes
SWEETZA - PISTACHIO & NUTELLA PIZZETTA (NEW)	✓ Hazelnuts & Pistachios		✓ Wheat flour			✓						✓					no	no	no
11. Meats Cooked & Cured	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
CHORIZO DRY & SEMI DRY						✓ Lactose									✓ Garlic		no	no	yes
SMOKED SPICY SALAMI															✓ Garlic		no	no	yes
COOKED ITALIAN HAM																	no	no	yes

Meats Cooked & Cured	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
CURED BRESAOLA FROM VALTELLINA IGP																	no	no	yes
CURED PROSCIUTTO																	no	no	yes
FREE RANGE SPICY LAMB SAUSAGE															✓ Garlic		no	no	Yes
PORCHETTA																	no	no	yes
PANCETTA ARROTOLATA																	no	no	yes
SALAMI CAMPAGNOLO																	no	no	yes
AMATRICIANA SAUCE													✓		✓ Onions	✓	no	no	yes
SPICY 'NDUJA FROM SPILINGA																	no (p)	no	yes
MORTADELLA BOLOGNA IGP																	no	no	yes
VENTRICINA SALAMI																	no	no	yes
FREE-RANGE CHICKEN MARINATED WITH SPICES															✓ Garlic		no	no	yes
GUANCIALE																	no	no	yes
ITALIAN SMOKED BEEF (NEW)																	no	no	yes
SPECK																	no	no	yes
FREE-RANGE CHICKEN THIGHS (WINTER 2024)															✓ Onions & Garlic		no	no	yes
FREE-RANGE CHICKEN WITH PESTO (N)	✓ Almonds			✓		✓ Cheese									✓ Onions & Garlic		no	no	yes
WILD BOAR AND PORK SAUSAGE																	no	no	yes
<b>12. Cheese and Dairy</b>	<b>NUTS</b>	<b>PEANUTS</b>	<b>GLUTEN</b>	<b>EGGS</b>	<b>CRUSTACEANS</b>	<b>MILK</b>	<b>FISH</b>	<b>CELERY</b>	<b>SESAME</b>	<b>LUPIN</b>	<b>MUSTARD</b>	<b>SOYA BEANS</b>	<b>SULPHITES</b>	<b>MOLLUSCS</b>	<b>ALLIUM</b>	<b>TOMATO</b>	<b>Veggie?</b>	<b>Vegan?</b>	<b>GF BASE?</b>
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
COLSTON BASSETT STILTON						✓ Cheese											yes (p)	no	yes
DOUBLE CREAM / WHIPPED CREAM (NEW)						✓											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
STILTON DIP						✓ Cheese											no (p)	no	yes
VIOLIFE VEGAN CHEESE																	yes	yes	yes
TRUFFLE BURRATA			✓			✓ Cheese									✓ Garlic		yes (p)	no	no
YOGHURT GREEK						✓											yes (p)	no	yes
PECORINO ROMANO D.O.P						✓ Cheese											no (p)	no	yes
CACIO E PEPE DIP						✓ Cheese											no (p)	no	yes

13. Bults + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
AUBERGINE BULK FOR BITES																	yes	yes	yes
BASIL PESTO	✓ Almonds			✓		✓ Cheese									✓ Garlic		yes	no	yes
BEETROOT PESTO	✓ Walnuts			✓		✓ 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
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
CACIO E PEPE DIP						✓ Cheese											no (p)	no	yes
FRANCO'S HOUSE DRESSING (WINTER 24)									✓		✓ Mustard	✓	✓				yes	yes	yes
TUNA DRESSING						✓	✓ Tuna & Anchovies		✓		✓ Mustard		✓				no	no	yes
PIZZA DOUGH BULK			✓ Wheat flour														yes	yes	no
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
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	✓ Almonds														✓ Garlic		yes	yes	yes
VEGAN BASIL PESTO	✓ Almonds														✓ Garlic		yes	yes	yes
WHITE ONIONS AND TOMATO BULK															✓ Onions	✓	yes	yes	yes
TOMATO SAUCE BULK FOR PIZZA																✓	yes	yes	yes
WATERCRESS PESTO	✓ Almonds			✓		✓									✓ Garlic		yes	no	yes
WILD GARLIC PESTO	✓ Almonds			✓		✓ Cheese									✓ Garlic		yes	no	yes
ROASTED POTATOES WITH ROSEMARY																	yes	yes	yes
FRESH PARSLEY																	yes	yes	yes
YELLOW TOMATO PASSATA W/ CHILLI SAUCE													✓		✓ Garlic	✓	yes	yes	yes
ROASTED TOMATO & 'NDUJA SAUCE				✓												✓	no	no	yes
PARSLEY & MINT DRESSING																	yes	yes	yes



Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
WILD BROCCOLI PESTO BASE				✓		✓ Cheese							✓		✓ Garlic		yes	no	yes
TRUFFLE PESTO BASE			✓												✓ Garlic		yes	yes	no
ROASTED MIXED PEPPERS W/ GARLIC & CAPERS															✓ Garlic		yes	yes	yes
NUTELLA BULK (NEW)	✓ Hazelnuts					✓						✓					yes	no	yes
PISTACHIO CREAM BULK (NEW)	✓ Pistachios					✓											no	no	yes
14. 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
15. Dry Store	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
ARTICHOKES GRILLED (NEW DEC 2024)													✓		✓		yes	yes	yes
ARTICHOKES GRILLED													✓				yes	yes	yes
BALSAMIC VINEGAR													✓				yes	yes	yes
BLACK TRUFFLE PASTE			✓												✓ Garlic		yes	yes	no
BLANCHED ALMONDS	✓ Almonds																yes	yes	yes
CAPERS IN SALT																	yes	yes	yes
CHILLI OIL																	yes	yes	yes
CIDER VINEGAR													✓				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
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											✓ Mustard		✓				yes	yes	yes
MUSTARD SEEDS BLACK											✓ Mustard						yes	yes	yes
MUSTARD SEEDS YELLOW											✓ Mustard						yes	yes	yes
NUTMEG - FROM SAINSBURY'S ONLY																	yes	yes	yes
OLIVE OIL																	yes	yes	yes
OREGANO																	yes	yes	yes
ORGANIC SUGAR																	yes	yes	yes
RED PIENNOLO TOMATO D.O.P.																✓	yes	yes	yes
YELLOW TOMATO PACCHETELLE																✓	yes	yes	yes
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
SAN MARZANO TOMATO D.O.P.																✓	yes	yes	yes
SAVOIARDI			✓ Wheat flour	✓		✓						✓					yes	no	no
RAPESEED OIL 20LT FOR WOODEN PLATTERS																	yes	yes	yes
WHOLE BLACK PEPPER																	yes	yes	yes
CRACKED BLACK PEPPER																	yes	yes	yes
TRUFFLE OIL																	yes	yes	yes
WILDFARMED FLOUR TYPE 0			✓ Wheat flour														yes	yes	no
SEMI DRIED TOMATOES															✓ Garlic	✓	yes	yes	yes
AGAVE NECTAR																	yes	yes	yes
SALTED CARAMEL SAUCE						✓											yes	no	yes
16. 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
RED CHILLI																	yes	yes	yes
RED ONIONS															✓ Onions		yes	yes	yes
SCOTCH BONNET CHILLI																	yes	yes	yes
SPINACH WILTED																	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
BETROOT PRE-COOKED																	yes	yes	yes
17. 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 (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
NOJITO/STRAWBERRY NOJITO																	yes	no	yes
CRODINO																	yes	yes	yes
18. 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
LIMONCELLO SPRITZ													✓				yes	no	yes
MOTH DRINKS - ESPRESSO MARTINI (NEW)																	yes	yes	yes
MOTH DRINKS - MARGARITA (NEW)																	yes	yes	yes
MOTH DRINKS - NEGRONI (NEW)													✓				yes	yes	yes
19. 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
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
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 LAGER BTL/DRAUGHT - BITBURGER			✓ Barley & Hops														yes	yes	no

Wine + Beer	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
NO LOGO PALE ALE BTL/DRAUGHT			✓ Barley & Hops														yes	yes	no
WILD WAVE ENGLISH CIDER													✓				yes	yes	yes
LUCKY SAINT - NO ALCOHOL BEER			✓ Barley & Hops														yes	yes	no
GALIPETTE CIDRE													✓				yes	yes	yes
20. 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
21. 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 & SALAMI CAMPAGNOLO			✓ 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 & SALAMI CAMPAGNOLO			✓ 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
BUFFALO MOZZARELLA & VENTRICINA SALAMI			✓ 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 CHORIZO	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic		no	no	no
FRANCO'S PANUOZZO PROSCIUTTO	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic		no	no	no
FRANCO'S PANUOZZO VEGGIE	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic		yes	no	no
22. 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

23. Summer Trial Menu	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
TOASTED PINE NUTS	✓ Pine Nuts																yes	yes	yes
ASPARAGUS																	yes	yes	yes
VINE TOMATOES																✓	yes	yes	yes
MIXED BABY PLUM TOMATOES																✓	yes	yes	yes
SMOKED PROVOLA CHEESE						✓ Cheese											yes	no	yes
RICOTTA SALATA						✓ Cheese											yes	no	yes
AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Onions	✓	yes	no	no
CAPER DRESSING							✓ Anchovies								✓ Garlic		no	no	yes
LEMON JUICE & ZEST																	yes	yes	yes
WHITE BALSAMIC													✓				yes	yes	yes
ROQUITO HOT HONEY																	yes	no	yes
Summer Trial Bites	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MIXED MARINATED OLIVES										✓					✓ Garlic		yes	yes	yes
AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Onions	✓	yes	no	no
BRUSCHETTA W/ BURRATA & ANCHOVIES			✓ Wheat flour			✓ Cheese	✓ Anchovies									✓	no	no	no
ROASTED ARTICHOKE BITE													✓		✓ Garlic	✓	yes	yes	yes
CHARCUTERIE PLATTER			✓ Wheat flour	✓		✓ Cheese											no	no	no
ANTIPASTI PLATTER			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
HOT HONEY DIP																	yes	no	yes
Summer Trial Pizzas & Salads	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
NUMBER 3 - O.G. MARGHERITA			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
NUMBER 9 - TONNO			✓ Wheat flour			✓ Cheese	✓ Tuna & Anchovies						✓		✓ Garlic	✓	no	no	yes
NUMBER 11 - PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Onions	✓	yes	no	no
NUMBER 12 - CINQUE FORMAGGI			✓ Wheat flour			✓ Cheese											yes	no	yes
SUMMER SALAD WITH CHICKEN	✓ Pine Nuts								✓		✓	✓	✓		✓ Onions	✓	no	no	yes
SUMMER SALAD WITH ARTICHOKE	✓ Pine Nuts								✓		✓	✓	✓		✓ Onions	✓	yes	yes	yes
TUNA SALAD							✓ Tuna & Anchovies		✓		✓	✓	✓		✓ Onions & Garlic	✓	no	no	yes
CAPRESE SALAD	✓ Almonds & Pine Nuts			✓		✓ Cheese									✓ Garlic	✓	yes	no	yes
FRANCO SIDE SALAD									✓		✓	✓	✓		✓ Garlic	✓	yes	yes	yes
ROCKET SALAD				✓		✓ Cheese							✓				yes	no	yes
Summer Trial Desserts	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
BASQUE CHEESECAKE			✓ Wheat flour	✓		✓											yes	no	no
AMARENA CHERRIES																	yes	yes	yes

<b>GLUTEN FREE</b>	Do you do gluten free pizzas?	Yes! We have Gluten Free bases available, 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 airborne flour particles within our kitchen, we cannot guarantee the complete absence of gluten in the finished product.
<b>ALLERGY</b>	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 and a little sea salt. Nothing else.
	I saw that you handle nuts in your pizzeria and in your ovens, can I eat safely with a nut allergy?	While we take every precaution when preparing food for someone with an allergy, there is always a risk of cross contamination as we handle nut products in our pizzeria. We cannot 100% guarantee no contamination from nut products.
<b>CHEESES</b>	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.
<b>HALAL</b>	Are your meats halal?	We serve free range chicken which is halal. We also have certificates for this if you wish to see them.
<b>DOUGH/YEAST</b>	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.

<b>NUTRITIONAL INFORMATION</b>	Where can I find the nutritional information on your menu?	We have our nutritional information available online or on our main menu.
<b>CALORIE CONTENT</b>	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.
<b>GIFT CARDS</b>	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.
<b>FRANCO MANCA APP</b>	What is the Franco Manca App?	Our Franco Manca App is free to use and available to download on any smartphone. It works like a loyalty card - come and visit us 6 times and get a pizza on the house! Students get a bonus 2 Stamps so they only need to visit 4 times to receive a free pizza. You can also use it to order Click & Collect from any of our pizzerias.
<b>FRANCO AT HOME</b>	Do you sell any products to take home?	We have available in all of our pizzeria - Franco's Chilli Oil, Garlic Oil, and Franco Manca Flour for you to buy and use at home.
	Can I make a Franco Manca Pizza at home?	Yes! We have a Franco Manca Cookbook available on Amazon, so you can make your own from scratch OR you could buy one (or more!) of our range of Cook at Home pizzas which are available in selected UK supermarkets.
<b>MASTERCLASS</b>	Do you run pizza masterclasses?	Yes! Please check our website for more information.
<b>CHARITY</b>	Do you support local schools and charities with vouchers?	Yes, please check our website for more information or contact askusefrancoanca.co.uk
<b>ACCESSIBILITY</b>	Do you have Braille menus for customers that are visually impaired?	You can find an accessible menu on the "Good Food Talks" platform. They have a dedicated website or a mobile app.
<b>CONTACT US</b>	Can I write to you or contact your head office?	Write to us at Franco Manca, 1st Floor, 50-51 Berwick Street, London, W1F 8SJ, England or askusefrancoanca.co.uk

