



FRANCO MANCA
SOURDOUGH PIZZA
ALLERGEN LIST
JULY 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

JULY 2025 v1

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?
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 - FRANCO'S O.G. MARGHERITA			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
4 - PROSCIUTTO FUNGHI			✓ Wheat flour			✓ Cheese										✓	no	no	yes
5 - NAPOLI			✓ 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 & Garlic	✓	no	no	yes
9 - TONNO			✓ Wheat flour			✓ Cheese	✓ Tuna & Anchovies						✓		✓ Garlic	✓	no	no	yes
10 - TRUFFLE BURRATA			✓ Wheat flour			✓ Cheese									✓ Garlic		yes	no	no
11 - PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
12 - CINQUE FORMAGGI			✓ Wheat flour			✓ Cheese											yes	no	yes
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 101			✓ Wheat flour			✓ Cheese									✓ Onions	✓	no	no	yes
MEAT 102			✓ Wheat flour			✓ Cheese									✓ Onions	✓	no	no	yes
MEAT 103			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 104			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	no
MEAT 105			✓ Wheat flour	✓		✓ Cheese											no	no	yes
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										✓	no	no	yes
MEAT 110			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 111	✓ Walnuts		✓ Wheat flour			✓ Cheese											no	no	yes
MEAT 112			✓ Wheat flour			✓ Cheese							✓			✓	no	no	yes
MEAT 113			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 114			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 115			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	yes
MEAT 116			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 117			✓ Wheat flour			✓ Cheese											no	no	yes
MEAT 118	✓ Pistachios		✓ Wheat flour	✓		✓ Cheese											no	no	yes
MEAT 119			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 120			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 121			✓ Wheat flour	✓		✓ Cheese										✓	no	no	yes
MEAT 122 - MORTADELLA PISTACHIO	✓ Pistachios		✓ Wheat flour	✓		✓ Cheese											no	no	yes
MEAT 123 - SOURDOUGH CUP 25 (NEW)			✓ Wheat flour			✓ Cheese							✓			✓	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 201	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 202			✓ Wheat flour			✓ Cheese							✓		✓ Garlic	✓	yes	no	yes
VEG 203			✓ Wheat flour			✓ Cheese							✓			✓	yes	no	yes
VEG 204	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 205	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 206			✓ Wheat flour			✓ Cheese							✓			✓	yes	no	yes
VEG 207	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 208			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
VEG 209			✓ Wheat flour	✓		✓ Cheese											yes	no	yes
VEG 210			✓ Wheat flour			✓ Cheese							✓			✓	yes	no	yes
VEG 211			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 212			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 213			✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions		yes	no	yes
VEG 214	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 215			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 216	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	yes
VEG 217			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 218			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 219	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	yes
VEG 220			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	yes	no	no
VEG 221			✓ Wheat flour			✓ Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 222			✓ 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
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

6. Salads	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
FRANCO'S SIDE SALAD									✓		✓ Mustard	✓	✓		✓ Garlic	✓	yes	yes	yes
ROCKET SIDE SALAD				✓		✓ Cheese							✓				yes	no	yes
SUMMER SALAD (ARTICHOKES)									✓		✓ Mustard	✓	✓		✓ Onions & Garlic	✓	yes	yes	yes
SUMMER SALAD (CHICKEN)									✓		✓ Mustard	✓	✓		✓ Onions & Garlic	✓	no	no	yes
TUNA SALAD							✓ Tuna & Anchovies		✓		✓ Mustard	✓	✓		✓ Onions & Garlic	✓	no	no	yes
BURRATA CAPRESE SALAD	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
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
TRIO OF TARALLI, SMOKED ALMONDS, MIXED MARINATED OLIVES	✓ Almonds	✓	✓ Wheat flour						✓		✓	✓			✓ Garlic		yes	yes	no
TARALLI			✓ Wheat flour						✓		✓	✓					yes	yes	no
SMOKED ALMONDS	✓ Almonds	✓													✓ Garlic		yes	yes	yes
NOCELLARA GREEN OLIVES										✓							yes	yes	yes
MIXED MARINATED OLIVES																	yes	yes	yes
CHARCUTERIE PLATTER			✓ Wheat flour	✓		✓ Cheese											no	no	no
ANTIPASTI PLATTER			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
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
BURRATA AND 'NDUJA W/ SEMI DRIED TOMATOES			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	no
BAKED AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
POLLO ALLA PIZZAIOLA - PULLED CHICKEN						✓ Cheese							✓			✓	no	no	yes
POLLO ALLA PIZZAIOLA - CHICKEN THIGHS						✓ Cheese							✓		✓ Onions & Garlic	✓	no	no	yes
BRUSCHETTA WITH BURRATA & ANCHOVIES			✓ Wheat flour			✓ Cheese	✓ Anchovies									✓	no	no	no
BRUSCHETTA WITH ARTICHOKE PATE			✓ Wheat flour										✓		✓ Garlic	✓	yes	yes	no
8. Ice Cream	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
RASPBERRY SORBET																	yes	yes	yes
SICILIAN LEMON SORBET																	yes	yes	yes
PISTACHIO ICE CREAM	✓ Pistachios					✓											yes	no	yes

9. 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 W/ ICE CREAM	✓ Hazelnuts & Almonds	✓	✓ Wheat flour	✓		✓						✓					yes	no	no
LEMON SORBET WITH LIMONCELLO													✓				yes	no	yes
TIRAMISU' (NO ALCOHOL)			✓ Wheat flour	✓		✓						✓					yes (p)	no	no
SALTED CARAMEL SAUCE						✓											yes	no	yes
VANILLA CHEESECAKE W/ AMARENA			✓ Wheat flour	✓		✓							✓				yes	yes	no
AMARENA CHERRIES													✓				yes	yes	yes
BASQUE CHEESECAKE			✓ Wheat flour	✓		✓											yes	no	no
SWEETZA - PISTACHIO & NUTELLA PIZZETTA	✓ Hazelnuts & Pistachios		✓ Wheat flour			✓						✓					no	no	no
10. 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
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																	no	no	yes
SPECK/CRISPY SPECK																	no	no	yes
FREE-RANGE CHICKEN THIGHS															✓ 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
PULLED CHICKEN																	no	no	yes
11. 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

Cheese and Dairy	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
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						✓											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
SMOKED PROVOLA CHEESE						✓ Cheese											yes (p)	no	yes
RICOTTA SALATA						✓ Cheese											yes (p)	no	yes
PECORINO DRESSING (NEW)						✓ 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

Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
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
SOYDOUGH 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
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	✓ Hazelnuts					✓						✓					yes	no	yes
PISTACHIO CREAM	✓ Pistachios			✓		✓											no	no	yes
TOASTED PINE KERNELS																	yes	yes	yes
AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
CAPER DRESSING							✓ Anchovies								✓ Garlic		no	no	yes
ARTICHOKE PATE													✓		✓ Garlic		yes	yes	yes
LEMON JUICE & ZEST																	yes	yes	yes
MARINATED PULLED CHICKEN													✓				no	no	yes
MARINATED CHICKEN THIGHS (NEW)													✓		✓ Onions & Garlic		no	no	yes
PECORINO DRESSING (NEW)						✓ Cheese											no	no	yes
MARINATED ROASTED BABY PLUM TOMATO (NEW)													✓			✓	yes	yes	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
Dry Store	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
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/PASSATA (NEW)																✓	yes	yes	yes
ORGANIC RAPESEED OIL 1LT									✓			✓					yes	yes	yes
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/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
WHITE BALSAMIC CONDIMENT													✓				yes	yes	yes
ROQUITO HOT HONEY																	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
BEETROOT PRE-COOKED																	yes	yes	yes
VINE TOMATOES (NEW)																✓	yes	yes	yes
ASPARAGUS (NEW)																	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
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

Soft Drinks	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
NOJITO/STRAWBERRY NOJITO																	yes	no	yes
CRODINO																	yes	yes	yes
MANDARINO AL LIMONE																	yes	yes	yes
DASH RASPBERRY SPARKLING WATER (NEW)																	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																	yes	yes	yes
MOTH DRINKS - MARGARITA																	yes	yes	yes
MOTH DRINKS - NEGRONI													✓				yes	yes	yes
SARTI SPRITZ													✓				yes	yes	yes
CAMPARI SPRITZ (NEW)													✓				yes	yes	yes
HUGO SPRITZ (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
ORANGE (FRANCESCO CIRELLI) (NEW)													✓ wine				yes	yes	yes
NO LOGO LAGER BTL/DRAUGHT - BITBURGER			✓ Barley & Hops														yes	yes	no
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
GAUPETTE 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?
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 13 - TOMATO MOZZARELLA			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
NUMBER 14 - HAM			✓ Wheat flour			✓ Cheese										✓	no	no	yes
NUMBER 15 - WILD MUSHROOM			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
NUMBER 16 - DRY CHORIZO			✓ Wheat flour			✓ Cheese										✓	no	no	yes

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 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.
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 chicken 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.
FRANCO MANCA APP	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.
FRANCO AT HOME	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.
MASTERCLASS	Do you run pizza masterclasses?	Yes! Please check our website for more information.
CHARITY	Do you support local schools and charities with vouchers?	Yes, please check our website for more information or contact askuse@francomanca.co.uk
ACCESSIBILITY	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.
CONTACT US	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 askuse@francomanca.co.uk