

**FRANCO MANCA**  
SOURDOUGH PIZZA  
**ALLERGEN LIST**  
**MARCH 2026 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
- MC = MAY CONTAIN
- (P) = PASTEURISED
- (UNP) = UNPASTEURISED
- GF = GLUTEN FREE IF ON A GLUTEN FREE BASE
- VEGGIE = SUITABLE FOR VEGETARIANS

**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**

# ALLERGEN LIST

# FRANCO MANCA

MARCH 2026 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 - 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 - RAGU NAPOLETANO			✓ Wheat flour	✓		✓ Cheese		✓							✓ Onions & Garlic	✓	no	no	yes
9 - TRE PORCELLINI			✓ Wheat flour			✓ Cheese									✓ Onions & 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 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									✓ Onions & Garlic		no	no	yes
MEAT 305			✓ Wheat flour			✓ Cheese									✓ Onions & 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										✓	no	no	yes
MEAT 310			✓ Wheat flour			✓ Cheese									✓ Onions & 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		✓							✓ Onions & Garlic	✓	no	no	yes
MEAT 316	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Onions & 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 Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MEAT 320			✓Wheat flour			✓Cheese									✓ Onions & Garlic		no	no	no
MEAT 321	✓ Almonds	✓	✓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	yes
MEAT 324			✓Wheat flour			✓Cheese							✓		✓Garlic	✓	no	no	yes
MEAT 325			✓Wheat flour			✓Cheese									✓Garlic		no	no	no
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									✓ Onions & Garlic		no	no	yes
MEAT 332	✓ Walnuts		✓Wheat flour			✓Cheese									✓Garlic		no	no	yes
MEAT 333 - XMAS 2025	✓ Almonds	✓	✓Wheat flour			✓Cheese						✓			✓Garlic		no	no	yes
MEAT 334 - ERRICO PORZIO (NEW)	✓ Pistachios	✓	✓Wheat flour	✓		✓Cheese						✓			✓ Onions & Garlic		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							✓		✓Garlic	✓	yes	no	yes
VEG 403			✓Wheat flour			✓Cheese							✓		✓ Onions	✓	yes	no	yes
VEG 404	✓ Almonds		✓Wheat flour	✓		✓Cheese							✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 405			✓Wheat flour			✓Cheese							✓		✓ Onions	✓	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 - HALLOWEEN 2025			✓Wheat flour	✓		✓Cheese						✓	✓		✓ Onions & Garlic	✓	yes	no	yes
VEG 414 - SPICY MARGHERITA (NEW)			✓Wheat flour			✓Cheese							✓		✓Garlic	✓	yes	no	yes
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 Special Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
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 (NEW)			✓ Wheat flour										✓		✓ Onions		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	a	no	no	no
Fish Special 2 - YELLOWFIN TUNA			✓ Wheat flour			✓	✓ Tuna & Anchovies		✓		✓ Mustard		✓		✓ Onions	a	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			✓ Oats								✓ Mustard	✓	✓		✓ Onions & Garlic	✓	yes	yes	no
ROCKET SIDE SALAD				✓		✓ Cheese							✓				yes	no	yes
CHICKEN SALAD			✓ Oats & Barley	✓							✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	no
ARTICHOKE SALAD			✓ Oats & Barley								✓ Mustard		✓		✓ Onions & Garlic	✓	yes	yes	no
BURRATA CAPRESE SALAD			✓ 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, MIXED MARINATED OLIVES	✓ Almonds	✓	✓ Wheat flour						✓		✓	✓			✓ Garlic		yes	yes	no
TARALLI			✓ Wheat flour						✓		✓	✓					yes	yes	no
SMOKED ALMONDS	✓ Almonds	✓													✓ Garlic		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
SALSICCIA & FRIARIELLI				✓		✓ Cheese									✓ Garlic		no	no	yes
5 CHEESE TRUFFLE FONDUTA			✓ Wheat flour	✓		✓ Cheese						✓					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
PISTACHIO TIRAMISU' (NEW)	✓	✓	✓ Wheat flour	✓		✓						✓					yes	no	no
TIRAMISU' (NO ALCOHOL)			✓ Wheat flour	✓		✓						✓					yes (p)	no	no
BASQUE CHEESECAKE			✓ Wheat flour	✓		✓							✓				yes	no	no
VANILLA CHEESECAKE W/ AMARENA			✓ Wheat flour	✓		✓							✓				yes	yes	no
AMARENA CHERRIES			✓ Wheat flour										✓				yes	yes	yes
SWEETZA - NUTELLA & BISCOFF PIZZETTA	✓ Hazelnuts		✓ 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																	no	no	yes
CURED PROSCIUTTO																	no	no	yes
PANCETTA ARROTOLATA																	no	no	yes
SALAMI CAMPAGNOLO																	no	no	yes
AMATRICIANA SAUCE													✓		✓ Onions & Garlic	✓	no	no	yes
SPICY 'NDUJA FROM SPILINGA																	no (p)	no	yes
MORTADELLA BOLOGNA IGP																	no	no	yes
VENTRICINA SALAMI (NEW)																	no	no	yes
GUANCIALE																	no	no	yes
SPECK/CRISPY SPECK																	no	no	yes
FREE-RANGE CHICKEN THIGHS															✓ Onions & Garlic		no	no	yes
TUSCAN SAUSAGE															✓ Onions & Garlic		no	no	yes
SLICED BACON																	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
RAGU NAPOLETANO								✓							✓ Onions & Garlic	✓	no	no	yes
MARINATED CHICKEN (NEW)															✓ Onions & Garlic		no	no	yes
CICCIOLI (NEW)																	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
VEGETARIAN GRANA CHEESE				✓		✓ Cheese											yes (p)	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											yes (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
SMOKED PROVOLA CHEESE						✓ Cheese											yes (p)	no	yes
RICOTTA SALATA						✓ Cheese											yes (p)	no	yes
PECORINO DRESSING						✓ Cheese											no (p)	no	yes
BECHAMEL SAUCE						✓						✓					yes	no	yes
FONDUTA BULK				✓		✓ Cheese						✓					yes	no	yes
ZAFFERANO & GRANA DRESSING				✓		✓ Cheese						✓					yes	no	yes
PROVOLA DI AGEROLA (NEW)						✓ Cheese											yes	no	yes
BLUFFALO NOTZARELLA VEGAN CHEESE (NEW)												✓					yes	yes	yes
12. Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
BASIL PESTO	✓ Almonds			✓		✓ Cheese									✓ Garlic		yes	no	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
COOKED AUBERGINE BULK FOR PIZZA																✓	yes	yes	yes
PIZZA OVEN ROASTED BABY PLUM TOMATOES																✓	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
COOKED TOMATO SAUCE BULK																✓	yes	yes	yes
GARLIC DIP															✓ Garlic		yes	yes	yes
NDUJA DIP																	no	no	yes
SCOTCH BONNET CHILLI DIP													✓		✓ Garlic	✓	yes	yes	yes
HOT HONEY DIP																	yes	no	yes
STILTON DIP						✓ Cheese											yes	no	yes
TUNA DRESSING						✓	✓ Tuna & Anchovies		✓		✓ Mustard		✓				no	no	yes
PIZZA DOUGH BULK			✓ Wheat flour														yes	yes	no
PISTACHIO DRESSING (NEW)	✓ Pistachios	✓		✓		✓						✓					yes	no	yes
POTATOES WITH ONIONS BULK															✓ Onions		yes	yes	yes
RED & YELLOW PEPPERS CREAM BASE															✓ Garlic		yes	yes	yes
SOURDOUGH BREAD/CAFONE BREAD			✓ Wheat flour														yes	yes	no
VEGAN BASIL PESTO (N)	✓ Almonds							tusca							✓ Garlic		yes	yes	yes
TOMATO SAUCE BULK FOR PIZZA																a	yes	yes	yes
ROASTED POTATOES WITH ROSEMARY & THYME																	yes	yes	yes
FRESH PARSLEY																	yes	yes	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	a	yes	no	no
ARTICHOKE PATE													✓		✓ Garlic		yes	yes	yes
LEMON JUICE & ZEST																	yes	yes	yes
MARINATED ROASTED BABY PLUM TOMATO													✓			✓	yes	yes	yes
MIXED GRAINS			✓ Barley														yes	yes	no
HOT HONEY & 'NDUJA SAUCE																	no	no	yes
FRANCO'S GREEN DRESSING			✓ Oats												✓ Onions & Garlic		yes	yes	no
FRANCO'S CALABRIAN DRESSING			✓ Oats	✓							✓				✓ Onions & Garlic	✓	yes	no	no
CITRUS DRESSING (NEW)											✓ Mustard		✓		✓ Onions & Garlic		yes	yes	yes
BIGA (NEW)			✓ Wheat flour														yes	yes	no
PIZZA DOUGH (NEW)			✓ Wheat flour														yes	yes	no
CRISCITO (NEW)			✓ Wheat flour														yes	yes	no
13. 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

14. Dry Store	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
ARTICHOKES GRILLED													✓		✓ Garlic		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
FINE SEA SALT																	yes	yes	yes
FRIARIELLI/WILD BROCCOLI													✓		✓ Garlic		yes	yes	yes
GLUTEN FREE PIZZA BASE																	yes	yes	yes
SPICY GREEK PEPPERS													✓				yes	yes	yes
HONEY ORGANIC/ROQUITO HOT HONEY																	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
OLIVE OIL																	yes	yes	yes
OREGANO																	yes	yes	yes
ORGANIC SUGAR																	yes	yes	yes
RED PIENNOLO TOMATO D.O.P.																	✓	yes	yes
YELLOW TOMATO PACCHETELLE/PASSATA																	✓	yes	yes
ORGANIC RAPESEED OIL 1LT																	yes	yes	no
SAN MARZANO TOMATO D.O.P.																	✓	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
TROPEA RED ONIONS													✓		✓ Onions		yes	yes	yes
DRY CHILLI THREADS																	yes	yes	yes
FRIARIELLI CREAM															✓ Onions & Garlic		yes	yes	yes
CRUSCO PEPPERS CREAM																	yes	yes	yes
LOTUS BISCOFF CRUMBS			✓ Wheat flour									✓					yes	yes	no
ICING SUGAR																	yes	yes	yes

15. 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
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 FRESH OR WILTED																	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
VINE TOMATOES																✓	yes	yes	yes
16. 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
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
STILL/SPARKLING 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
MANDARINO AL LIMONE																	yes	yes	yes
DASH RASBERRY SPARKLING WATER																	yes	yes	yes
BOTIVO																	yes	no	yes

17. 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													✓				yes	yes	yes
HUGO SPRITZ													✓				yes	yes	yes
MOJITO																	yes	yes	yes
BLACKBERRY SPRITZ													✓				yes	yes	yes
18. 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)																	yes	yes	yes
SANGIOVESE (NA.TI.VO.)													✓ Wine				yes	yes	yes
MONTEPULCIANO (FRANCESCO CIRELLI)													✓ Wine				yes	yes	yes
SYRAH DELLA MORA DOP (NORMANNO)													✓ Wine				yes	yes	yes
PINOT GRIGIO (NA.TI.VO. - WHITE)													✓ Wine				yes	yes	yes
TREBBIANO (FRANCESCO CIRELLI)													✓ Wine				yes	yes	yes
INSOLIA (TENUTE NORMANNO)													✓ Wine				yes	yes	yes
GRILLO DELLA MORA (NORMANNO)													✓ Wine				yes	yes	yes
PROSECCO ORGANIC													✓ Wine				yes	yes	yes
NERO D'AVOLA ROSATO (TENUTE NORMANNO)													✓ Wine				yes	yes	yes
ORANGE (FRANCESCO CIRELLI)													✓ 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
GALIPETTE CIDRE													✓				yes	yes	yes

19. 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						✓ Milk											yes	no	yes
CAFFE LATTE/FLAT WHITE						✓ Milk											yes	no	yes
CAPPUCCINO						✓ Milk											yes	no	yes
DBL ESPRESSO MACCHIATO						✓ Milk											yes	no	yes
DOUBLE ESPRESSO																	yes	yes	yes
ESPRESSO																	yes	yes	yes
ESPRESSO MACCHIATO						✓ Milk											yes	no	yes
FRESH MINT TEA/ENGLISH BREAKFAST TEA																	yes	yes	yes
20. 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
21. 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 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
22. Padellino & Panuozzo Trial (Baker St Only)	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
FRANCO'S MEAT PANUOZZO N.1 (NEW)			✓ Wheat flour			✓ Cheese											no	no	no
FRANCO'S MEAT PANUOZZO N.2 (NEW)			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	no	no	no
FRANCO'S VEG PANUOZZO N.1 (NEW)			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
FRANCO'S PAN PIZZA NAPOLETANA (NEW)			✓ Wheat flour				✓ Anchovies						✓		✓ Garlic	✓	no	no	no
FRANCO'S PAN PIZZA AMATRICIANA (NEW)			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	no	no	no
FRANCO'S PAN PIZZA RICOTTA & SPINACH (NEW)			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	no

23. Spring Menu 2026 - TRIAL SITES ONLY	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
8 -MEZZALUNA (NEW)			✓ Wheat flour	✓		✓ Cheese										✓	no	no	no
12 - AGNELINO (NEW)			✓ Wheat flour			✓ Cheese					✓ Mustard				✓ Onions & Garlic	✓	no	no	yes
MEDITERRANEAN CHICKEN SALAD (NEW)			✓ Wheat flour & Cereals								✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	no
MEDITERRANEAN ARTICHOKE SALAD (NEW)			✓ Wheat flour & Cereals								✓ Mustard		✓		✓ Onions & Garlic	✓	yes	yes	no
TUNA SALAD (NEW)							✓				✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	yes
BURRATA CAPRESE SALAD (NEW)	✓ Almonds	✓	✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
FRANCO'S SIDE SALAD (NEW)											✓ Mustard		✓		✓ Onions & Garlic	✓	yes	yes	yes
MARINARA BRUSCHETTA (NEW)			✓ Wheat flour										✓		✓ Garlic	✓	yes	yes	no
TUSCAN SAUSAGE & CRUSCO PEPPRS (NEW)				✓		✓ Cheese									✓ Onions & Garlic		no	no	yes
CANNOLI SICILIANI (NEW)	✓ Pistachios	✓	✓ Wheat flour & Cereals			✓ Cheese						✓					no	no	no
CHARCUTERIE PLATTER (NEW)			✓ Wheat flour	✓		✓ Cheese			✓		✓ Mustard	✓	✓			✓	no	no	no
VEG PLATTER (NEW)			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
BRUSCHETTA NAPOLETANA (NEW)			✓ Wheat flour			✓ Cheese	✓						✓		✓ Garlic	✓	no	no	no
SPRING MENU BULKS TRIAL SITES ONLY	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
SPICY LAMB (NEW)											✓ Mustard				✓ Onions & Garlic	✓	no	no	yes
PEAS DRESSING (NEW)																	yes	no	yes
SWEET RICOTTA FOR CANNOLI (NEW)						✓ Cheese						✓					yes	no	yes
CITRUS DRESSING (NEW)											✓ Mustard		✓		✓ Onions & Garlic		yes	yes	yes
MARINATED BULGUR AND QUINOA (NEW)			✓ Wheat flour & Cereals														yes	yes	no
MARINATED MIX PEPPERS (NEW)																	yes	yes	yes
MARINARA TOMATOES (NEW)													✓		✓ Garlic	✓	yes	yes	yes
PEAS FROZEN (NEW)																	yes	no	yes
GRANELLA DI PISTACHIO (NEW)	✓ Pistachios	✓															yes	yes	yes
GUSCI DI CANNOLI (NEW)			✓ Wheat flour														no	no	no
PANE CARASAU (NEW)			✓ Wheat flour & Cereals														yes	yes	no
ORGANIC BULGUR & QUINOA (NEW)			✓ Wheat flour & Cereals														yes	yes	no
MIX PEPPERS TIN FIAMMANTE (NEW)																	yes	yes	yes
CASTER SUGAR (NEW)																	yes	yes	yes
DARK CHOCOLATE DROPS (NEW)												✓					yes	yes	yes

<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, 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>HALAL</b>	Where can I find the nutritional information on your menu?	We have our nutritional information available online or on our main menu.
<b>NUTRITIONAL INFORMATION</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).

<b>CALORIE CONTENT</b>	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, 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 askus@francomanca.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 askus@francomanca.co.uk