

**FRANCO MANCA**  
SOVRODOUGH PIZZA  
**ALLERGEN LIST**  
JUNE 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
- (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 PIZZERIAS**

# ALLERGEN LIST

JUNE 2026 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
2 - WITH VEGAN CHEESE			✓ Wheat flour									✓				✓	yes	yes	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 - MEZZALUNA (NEW)			✓ Wheat flour	✓		✓ Cheese										✓	no	no	no
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 - PULLED LAMB (NEW)			✓ Wheat flour			✓ Cheese					✓ Mustard				✓ Onions & Garlic	✓	no	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									✓ Onions & Garlic	✓	no	no	yes
MEAT 111			✓ 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										✓	no	no	yes
MEAT 116			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 117			✓ Wheat flour			✓ Cheese											no	no	yes
MEAT 118			✓ Wheat flour			✓ Cheese									✓ Onions & Garlic	✓	no	no	yes
MEAT 119			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 120			✓ Wheat flour			✓ Cheese										✓	no	no	yes
MEAT 121	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Onions & Garlic	✓	no	no	yes
MEAT 122	✓ Pistachios	✓	✓ Wheat flour	✓		✓ Cheese											no	no	yes
MEAT 123			✓ Wheat flour	✓		✓ Cheese									✓ Onions & Garlic		no	no	yes
MEAT 124			✓ 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 201	✓ Almonds		✓ Wheat flour	✓		✓ Cheese									✓ Onions & Garlic	✓	yes	no	yes
VEG 202			✓ Wheat flour			✓ Cheese							✓		✓ Garlic	✓	yes	no	yes
VEG 203			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	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							✓		✓ Onions	✓	yes	no	yes
VEG 211			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
VEG 212			✓ Wheat flour			✓ Cheese											yes	no	yes
VEG 213			✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions		yes	no	yes
VEG 214	✓ Almonds		✓ Wheat flour	✓		✓ Cheese							✓		✓ Onions & 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 605	✓ Almonds		✓ Wheat flour										✓		✓ Onions & Garlic	✓	yes	yes	yes
VEGAN 606			✓ Wheat flour									✓	✓			✓	yes	yes	yes
VEGAN 607			✓ Wheat flour										✓			✓	yes	yes	yes
VEGAN 608			✓ 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 - TONNO			✓ Wheat flour			✓ Cheese	✓ Tuna & Anchovies						✓		✓ Garlic	✓	no	no	yes
Fish Special 2 - TUNA & SPINACH			✓ Wheat flour			✓ Yoghurt	✓ Tuna & Anchovies		✓		✓ Mustard		✓		✓ Onions	✓	no	no	yes

6. Kid's Pizzas	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
13 - KIDS MARGHERITA			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
14 - KIDS HAM			✓ Wheat flour			✓ Cheese										✓	no	no	yes
15 - KIDS MUSHROOM			✓ Wheat flour			✓ Cheese										✓	yes	no	yes
16 - KIDS CHORIZO			✓ Wheat flour			✓ Cheese										✓	no	no	yes

7. Cornicione Dips	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
GARLIC DIP															✓ Garlic		yes	yes	yes
NDUJA DIP																	no	no	yes
SCOTCH BONNET CHILLI DIP													✓		✓ Onions & Garlic	✓	yes	yes	yes
HOT HONEY																	yes	no	yes
BASIL PESTO (N)	✓ Almonds			✓		✓ Cheese									✓ Garlic		yes	no	yes

8. Salads	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
FRANCO'S SIDE SALAD (NEW)											✓ Mustard		✓		✓ Onions & Garlic	✓	yes	yes	yes
ROCKET SIDE SALAD				✓		✓ Cheese							✓				yes	no	yes
MEDITERRANEAN CHICKEN SALAD (NEW)			✓ Wheat & Cereals								✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	no
MEDITERRANEAN ARTICHOKE SALAD (NEW)			✓ Wheat & Cereals								✓ Mustard		✓		✓ Onions & Garlic	✓	yes	yes	no
TUNA SALAD (NEW)							✓				✓ Mustard		✓		✓ Onions & Garlic	✓	no	no	yes

9. Aperitivo & Sharing	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 (NEW)			✓ Wheat flour	✓		✓ Cheese							✓			✓	no	no	no
ANTIPASTI PLATTER (NEW)			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no
BURRATA CAPRESE SALAD (NEW)	✓ Almonds	✓	✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no

10. Bread & Bites	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
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/ BABY PLUM TOMATOES (NEW)			✓ Wheat flour			✓ Cheese									✓ Garlic	✓	no	no	no
BAKED AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
TUSCAN SAUSAGE & CRUSCO PEPPERS (NEW)				✓		✓ Cheese									✓ Onions & Garlic		no	no	yes
BRUSCHETTA NAPOLETANA (NEW)			✓ Wheat flour			✓ Cheese	✓						✓		✓ Garlic	✓	no	no	no
MARINARA BRUSCHETTA (NEW)			✓ Wheat flour										✓		✓ Garlic	✓	yes	yes	no

11. Ice Cream & Sorbet	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

12. 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'	✓	✓	✓ Wheat flour	✓		✓						✓					yes	no	no
TIRAMISU' (NO ALCOHOL)			✓ Wheat flour	✓		✓						✓					yes (p)	no	no
STRAWBERRY TIRAMISU' (NEW)			✓ Wheat flour	✓		✓						✓					yes (p)	no	no
BASQUE CHEESECAKE W/ AMARENA			✓ Wheat flour	✓		✓							✓				yes	no	no
VANILLA CHEESECAKE W/ AMARENA			✓ Wheat flour	✓		✓							✓				yes	no	no
AMARENA CHERRIES			✓ Wheat flour										✓				yes	yes	yes
SWEETZA - NUTELLA & BISCOFF PIZZETTA	✓ Hazelnuts		✓ Wheat flour			✓						✓					no	no	no
CHOCOLATE MOUSSE CAKE (NEW)			✓ Wheat flour	✓		✓						✓					yes	no	no
CANNOLI SICILIANI (NEW)	✓ Pistachios	✓	✓ Wheat flour & Cereals			✓ Cheese						✓					yes	no	no

13. 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 PROSCIUTTO																	no	no	yes
PANCETTA ARROTOLATA																	no	no	yes
SALAMI NAPOLI																	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
TUSCAN SAUSAGE															✓ Onions & Garlic		no	no	yes
SPICY PULLED LAMB (NEW)											✓ Mustard				✓ Onions & Garlic	✓	no	no	yes
RAGU NAPOLETANO								✓							✓ Onions & Garlic	✓	no	no	yes
MARINATED CHICKEN															✓ Onions & Garlic		no	no	yes
CICCIOLI (NEW)																	no	no	yes

14. 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 / SMOKED BURRATA						✓ Cheese											yes (p)	no	yes
VEGETARIAN GRANA CHEESE				✓		✓ Cheese											yes (p)	no	yes
EGG WHITE / EGG YOLK				✓													yes (p)	no	yes
OAT MILK																	yes	yes	no
WHOLE MILK						✓											yes (p)	no	yes
MOZZARELLA VEG (FOR PIZZA)						✓ Cheese											yes (p)	no	yes
RICOTTA						✓ Cheese											yes (p)	no	yes
VIOLIFE VEGAN CHEESE																	yes	yes	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?
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
BECHAMEL SAUCE						✓						✓					yes	no	yes
PROVOLA DI AGEROLA						✓ Cheese											no	no	yes
BLUFFALO NOTZARELLA VEGAN CHEESE (NEW)												✓					yes	yes	yes

15. Bults + 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
COOKED TOMATO SAUCE BULK																✓	yes	yes	yes
TUNA DRESSING						✓	✓ Tuna & Anchovies		✓		✓ Mustard		✓				no	no	yes
PIZZA DOUGH BULK			✓ Wheat flour														yes	yes	no
PISTACHIO DRESSING (N)	✓ Pistachios	✓		✓		✓						✓					yes	no	yes
POTATOES WITH ONIONS BULK															✓ Onions		yes	yes	yes
SOURDOUGH BREAD/CAFONE BREAD			✓ Wheat flour														yes	yes	no
VEGAN BASIL PESTO (N)	✓ Almonds														✓ Garlic		yes	yes	yes
TOMATO SAUCE BULK FOR PIZZA																✓	yes	yes	yes
TRUFFLE PESTO BASE			✓												✓ Garlic		yes	yes	no
PISTACHIO CREAM (FOR PIZZA) (N)	✓ Pistachios			✓		✓											no	no	yes

Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
TOASTED PINE KERNELS																	yes	yes	yes
AUBERGINE PARMIGIANA			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	yes	no	no
LEMON JUICE & ZEST																	yes	yes	yes
MIXED GRAINS			✓ Barley														yes	yes	no
HOT HONEY & 'NDUJA SAUCE																	no	no	yes
PIZZA DOUGH / BIGA / CRISCITO			✓ Wheat flour								✓ Mustard		✓		✓ Onions & Garlic		yes	yes	yes
CITRUS DRESSING (NEW)											✓ Mustard		✓		✓ Onions & Garlic		yes	yes	yes
PEAS & MINT DRESSING (NEW)																	yes	no	yes
SWEET RICOTTA FOR CANNOLI (NEW)						✓ Cheese						✓					yes	no	yes
MARINATED BULGUR AND QUINOA (NEW)			✓ wheat flour & Grains														yes	yes	no
MARINATED MIXED PEPPERS (NEW)																	yes	yes	yes
MARINARA TOMATOES MIX (NEW)													✓		✓ Garlic	✓	yes	yes	yes

16. 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

17. 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
CHILLI FLAKES / DRY CHILLI / CHILLI THREADS																	yes	yes	yes
DRY SAN MARZANO TOMATOES													✓			✓	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
FINE SEA SALT																	yes	yes	yes
FRIARIELLI / WILD BROCCOLI													✓		✓ Garlic		yes	yes	yes
GLUTEN FREE PIZZA BASE																	yes	yes	yes
HONEY ORGANIC / ROQUITO HOT HONEY																	yes	no	yes
KALAMATA BLACK OLIVES													✓				yes	yes	yes
OLIVE OIL																	yes	yes	yes
OREGANO																	yes	yes	yes
ORGANIC SUGAR / ICING SUGAR																	yes	yes	yes
RED PIENNOLO TOMATO D.O.P.																✓	yes	yes	yes
YELLOW TOMATO / PASSATA																✓	yes	yes	yes
SAN MARZANO TOMATO D.O.P.																✓	yes	yes	yes
SAVOIARDI			✓ Wheat flour	✓		✓						✓					yes	no	no
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
FRIARIELLI CREAM															✓ Onions & Garlic		yes	yes	yes
CRUSCO PEPPERS CREAM																	yes	yes	yes
LOTUS BISCOFF CRUMBS			✓ Wheat flour									✓					yes	yes	no
GRANELLA DI PISTACHIO (NEW)	✓ Pistachios	✓															yes	yes	yes
CANNOLI SHELLS (NEW)			✓ Wheat flour														yes	no	no
CASTER SUGAR (NEW)																	yes	yes	yes
ORGANIC BULGUR & QUINOA (NEW)			✓ wheat flour & Quinoa														yes	yes	no
ROASTED MIXED PEPPERS TIN (NEW)																	yes	yes	yes
DARK CHOCOLATE DROPS (NEW)												✓					yes	yes	yes
STRAWBERRY JAM (NEW)												✓					yes	yes	yes

18. 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
BABY PLUM / VINE TOMATOES																✓	yes	yes	yes
GARLIC															✓ Garlic		yes	yes	yes
GREEN CHILLI / RED CHILLI / SCOTCH BONNET																	yes	yes	yes
LEMONS																	yes	yes	yes
LIMES																	yes	yes	yes
MINT																	yes	yes	yes
MIXED WILD MUSHROOMS																	yes	yes	yes
ORANGE																	yes	yes	yes
RED ONIONS / WHITE ONIONS / SHALLOTS																✓ Onions	yes	yes	yes
SPINACH FRESH OR WILTED																	yes	yes	yes
3 CHILLI MIX																	yes	yes	yes
WHITE POTATOES																	yes	yes	yes
WILD ROCKET																	yes	yes	yes
PEAS FROZEN (NEW)																	yes	yes	yes
STRAWBERRIES (NEW)																	yes	yes	yes

19. 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
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 HOMEMADE LEMONADE																	yes	no	yes
STILL/SPARKLING WATER																	yes	yes	yes
SYRUP FOR LEMONADE																	yes	no	yes
SAN PELLEGRINO TONICS																	yes	yes	yes
NOJITO																	yes	no	yes
CRODINO / DASH RASPBERRY																	yes	yes	yes
BOTIVO																	yes	no	yes
PINK GRAPEFRUIT JUICE																	yes	yes	yes
FREEGLIDER SPRITZ (NEW)																	yes	yes	yes
MARADONA LEMONADE (NEW)																	yes	yes	yes

20. Spirits & Cocktails	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
APEROL SPRITZ													✓				yes	yes	yes
CAPTAIN MORGAN RUM																	yes	yes	yes
SIPSMITH VODKA / GIN / FREEGLIDER																	yes	yes	yes
LIMONCELLO																	yes	no	yes
NEGRONI & NEGRONI SBAGLIATO													✓				no	no	yes
AMARO DEL CAPO / FRANGELICO																	yes	yes	yes
LIMONCELLO SPRITZ													✓				yes	no	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 (BROADGATE ONLY)																	yes	yes	yes
MARADONA SPRITZ (NEW)													✓				yes	yes	yes

21. 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 - ROSSO													✓				yes	yes	yes
SANGIOVESE - ROSSO													✓				yes	yes	yes
MONTEPULCIANO - ROSSO													✓				yes	yes	yes
SYRAH - ROSSO													✓				yes	yes	yes
PINOT GRIGIO - BIANCO													✓				yes	yes	yes
TREBBIANO - BIANCO													✓				yes	yes	yes
INSOLIA - BIANCO													✓				yes	yes	yes
GRILLO - BIANCO													✓				yes	yes	yes
PROSECCO ORGANIC													✓				yes	yes	yes
NERO D'AVOLA / PINOT GRIGIO - ROSATO													✓				yes	yes	yes
TREBBIANO - ORANGE													✓				yes	yes	yes
NO LOGO LAGER BTL/DRAUGHT			✓ Barley & Hops														yes	yes	no
NO LOGO PALE ALE BTL/DRAUGHT			✓ Barley & Hops														yes	yes	no
LUCKY SAINT - NO ALCOHOL BEER			✓ Barley & Hops														yes	yes	no
GALIPETTE CIDRE													✓				yes	yes	yes

22. 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

23. Coffee (with Oat Milk)	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
WHITE AMERICANO COFFEE																	yes	yes	yes
CAFFE LATTE / FLAT WHITE																	yes	yes	yes
CAPPUCCINO																	yes	yes	yes
ESPRESSO MACCHIATO / DBL																	yes	yes	yes

24. Panuozzo Trial (BAKER ST & STRATFORD)	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			✓ Wheat flour			✓ Cheese											no	no	no
FRANCO'S MEAT PANUOZZO N.2			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	no	no	no
FRANCO'S VEG PANUOZZO N.1			✓ Wheat flour	✓		✓ Cheese							✓		✓ Garlic	✓	yes	no	no

25. Padellino 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 PAN PIZZA NAPOLETANA			✓ Wheat flour				✓ Anchovies						✓		✓ Garlic	✓	no	no	no
FRANCO'S PAN PIZZA AMATRICIANA			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	no	no	no
FRANCO'S PAN PIZZA SPICY BURRATA (NEW)			✓ Wheat flour	✓		✓ Cheese									✓ Garlic	✓	no	no	no
FRANCO'S PAN PIZZA RICOTTA & SPINACH			✓ Wheat flour			✓ Cheese							✓		✓ Onions & Garlic	✓	yes	no	no

<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 and pulled lamb which are halal. We also have certificates for these 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, 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