FRANCO MANCA

SOURDOUGH PIZZA

ALLERGEN LIST

NOVEMBER 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.

CATEGORIES

1. MAIN MENU PIZZAS.....2
2. MEAT SPECIALS SUMMER.....3
3. VEG SPECIALS SUMMER.....4
4. VEGAN SPECIAL PIZZAS.....4
5. FISH SPECIAL PIZZAS.....5
6. KID'S PIZZAS.....5
7. CORNICIONE DIPS.....5
8. SALADS & SIDES.....5
9. APERITIVO & SHARING.....6
10. BREADS & BITES.....6
11. GELATO & SORBETTO.....7
12. DESSERTS.....7
13. MEAT COOKED AND CURED.....8
14. CHEESES AND DAIRY.....8-9
15. BULKS & RECIPES.....9-10
16. FISH.....10
17. DRY STORE.....10-11
18. VEGETABLES & FRUIT.....12
19. SOFT DRINKS.....13
20. SPIRITS & COCKTAILS.....13
21. WINE + BEER.....14
22. COFFEES (WITH WHOLE MILK).....14
23. COFFEES (WITH OAT MILK).....14
24. PANUOZZO TRIAL (BAKER ST & STRATFORD)..15
25. PADELLINO TRIAL (BAKER ST ONLY).....15
26. FREQUENTLY ASKED QUESTIONS.....16

LEGEND

✔ = ALLERGEN PRESENT

(P)= PASTEURISED

(UNP)= UNPASTEURISED

GF= GLUTEN FREE IF ON A GLUTEN FREE BASE

VEGGIE= SUITABLE FOR VEGETARIANS

VEGAN= SUITABLE FOR VEGANS

WE HANDLE NUTS IN OUR PIZZERIAS

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

ALLERGEN LIST

NOVEMBER 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			✔ 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 - POTATO & GORGONZOLA (NEW)			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	yes	no	yes
12 - RAGU GENOVESE (NEW)			✔ Wheat flour	✔		✔ Cheese		✔							✔ Onions	✔	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 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							✔		✔ Onions	✔	no	no	yes
MEAT 310			✔ Wheat flour			✔ Cheese					✔ Mustard				✔ Onions & Garlic	✔	no	no	yes
MEAT 311			✔ Wheat flour	✔		✔ Cheese										✔	no	no	yes
MEAT 312			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 313			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	no	no	yes
MEAT 314			✔ Wheat flour	✔		✔ Cheese										✔	no	no	yes
MEAT 315			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 316			✔ Wheat flour			✔ Cheese									✔ Onions & Garlic	✔	no	no	yes
MEAT 317			✔ Wheat flour	✔		✔ Cheese									✔ Onions & Garlic		no	no	yes
MEAT 318			✔ Wheat flour			✔ Cheese									✔ Onions & Garlic	✔	no	no	yes
MEAT 319			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 320			✔ Wheat flour			✔ Cheese									✔ Onions & Garlic		no	no	no
MEAT 321			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 322			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 323			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 324			✔ Wheat flour			✔ Cheese							✔		✔ Garlic	✔	no	no	yes
MEAT 325			✔ Wheat flour			✔ Cheese										✔	no	no	yes
MEAT 326			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	no	no	yes
MEAT 327			✔ Wheat flour			✔ Cheese					✔ Mustard				✔ Onions & Garlic	✔	no	no	yes
MEAT 328 (XMAS 2026)			✔ Wheat flour	✔		✔ Cheese									✔ Onions & Garlic		no	no	yes
MEAT 329 (XMAS 2026)			✔ 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 401			✔ Wheat flour			✔ Cheese							✔		✔ Garlic	✔	yes	no	yes
VEG 402			✔ Wheat flour			✔ Cheese							✔		✔ Garlic	✔	yes	no	yes
VEG 403			✔ Wheat flour			✔ Cheese							✔		✔ Garlic	✔	yes	no	yes
VEG 404			✔ Wheat flour			✔ Cheese							✔		✔ Onions & Garlic	✔	yes	no	yes
VEG 405			✔ Wheat flour	✔		✔ Cheese						✔			✔ Onions		yes	no	yes
VEG 406			✔ Wheat flour			✔ Cheese							✔		✔ Onions & Garlic	✔	yes	no	yes
VEG 407			✔ Wheat flour			✔ Cheese										✔	yes	no	yes
VEG 408			✔ Wheat flour			✔ Cheese							✔		✔ Onions	✔	yes	no	yes
VEG 409			✔ Wheat flour	✔		✔ Cheese											yes	no	yes
VEG 410			✔ Wheat flour			✔ Cheese							✔		✔ Onions		yes	no	yes
VEG 411			✔ Wheat flour	✔		✔ Cheese									✔ Garlic	✔	yes	no	no
VEG 412	✔ Almonds		✔ Wheat flour	✔		✔ Cheese							✔		✔ Onions & Garlic	✔	yes	no	yes
VEG 413	✔ Almonds		✔ Wheat flour	✔		✔ Cheese							✔		✔ Onions & Garlic	✔	yes	no	yes
VEG 414 (XMAS 2026)	✔ Walnuts	✔	✔ 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			✔ Wheat flour										✔		✔ Onions & Garlic	✔	yes	yes	yes
VEGAN 602			✔ Wheat flour									✔	✔				yes	yes	yes
VEGAN 603			✔ Wheat flour									✔	✔		✔ Garlic	✔	yes	yes	yes
VEGAN 604			✔ Wheat flour									✔	✔			✔	yes	yes	yes
VEGAN 605			✔ Wheat flour									✔			✔ Garlic	✔	yes	yes	yes
VEGAN 606			✔ Wheat flour									✔				✔	yes	yes	yes
VEGAN 607			✔ Wheat flour									✔	✔		✔ Onions & Garlic	✔	yes	yes	yes
VEGAN 608			✔ Wheat flour									✔	✔		✔ Garlic	✔	yes	yes	yes
VEGAN 609			✔ Wheat flour									✔	✔		✔ Onions & Garlic	✔	yes	yes	yes
VEGAN 610			✔ Wheat flour									✔				✔	yes	yes	yes
VEGAN 611			✔ Wheat flour									✔	✔		✔ Garlic	✔	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
KIDS MARGHERITA			✔ Wheat flour			✔ Cheese										✔	yes	no	yes
KIDS HAM			✔ Wheat flour			✔ Cheese										✔	no	no	yes
KIDS CHORIZO (NEW)			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	no	no	yes
KIDS RAINBOW (NEW)			✔ Wheat flour			✔ Cheese							✔			✔	yes	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
SCOTCH BONNET CHILLI DIP													✔		✔ Onions & Garlic	✔	yes	yes	yes
HOT HONEY DIP																	yes	no	yes
SEMI DRIED TOMATO PESTO DIP (NEW)															✔ Garlic	✔	yes	yes	yes
GRANA & TRUFFLE DIP (NEW)			✔	✔		✔ Cheese						✔			✔ Onions		yes	no	no

8. Salads & Sides	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
MEDITERRANEAN CHICKEN SALAD (NEW)			✔ Barley & Cereals								✔ Mustard		✔		✔ Onions & Garlic	✔	no	no	no
MEDITERRANEAN ARTICHOKE SALAD (NEW)			✔ Barley & Cereals								✔ Mustard		✔		✔ Onions & Garlic	✔	yes	yes	no
TUNA SALAD (NEW)							✔ Tuna				✔ Mustard		✔		✔ Onions & Garlic	✔	no	no	yes
FRANCO'S SIDE SALAD (NEW)											✔ Mustard		✔		✔ Onions & Garlic	✔	yes	yes	yes
ROCKET SIDE SALAD				✔		✔ Cheese							✔				yes	no	yes
BAKED POTATOES SIDE W/ GRANA & TRUFFLE OIL (NEW)				✔		✔ Cheese											yes	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						✔		✔	✔			✔ Onions & Garlic		yes	yes	no
TARALLI			✔ Wheat flour						✔		✔	✔					yes	yes	no
SMOKED ALMONDS	✔ Almonds	✔													✔ Onions & Garlic		yes	yes	yes
MIXED MARINATED OLIVES																	yes	yes	yes
CHARCUTERIE PLATTER (NEW)			✔ Wheat flour	✔		✔ Cheese							✔		✔ Garlic	✔	no	no	no
ANTIPASTI PLATTER (NEW)			✔ Wheat flour	✔		✔ Cheese							✔		✔ Garlic	✔	yes	no	no
BURRATA CAPRESE (NEW)			✔ 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	no
GARLIC BREAD W/ TOMATO SAUCE			✔ Wheat flour												✔ Garlic	✔	yes	yes	no
GARLIC BREAD W/ TOMATO SAUCE & MOZZARELLA			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	yes	no	no
GOAT'S CHEESE & CARAMELISED ONION PIZZA BREAD (NEW)			✔ Wheat flour			✔ Cheese							✔		✔ Onions		yes	no	no
BURRATA AND 'NDUJA W/ CHERRY TOMATOES			✔ Wheat flour			✔ Cheese									✔ Garlic	✔	no	no	no
4 CHEESE FONDUTA (NEW)			✔ Wheat flour	✔		✔ Cheese						✔			✔ Onions		yes	no	no
BAKED SALSICCIA & FRIARIELLI BITE (NEW)				✔		✔ Cheese									✔ Onions & Garlic		no	no	yes
SPECK & GOAT'S CHEESE BRUSCHETTA (NEW)			✔ Wheat flour			✔ Cheese						✔			✔ Onions		no	no	no
MARINARA BRUSCHETTA			✔ Wheat flour										✔		✔ Garlic	✔	yes	yes	no

11. Gelato & Sorbetto	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF BASE?
MADAGASCAN VANILLA GELATO						✔											yes	no	yes
CHOCOLATE GELATO						✔						✔					yes	no	yes
STRAWBERRY GELATO (NEW)						✔											yes	no	yes
RASPBERRY SORBET																	yes	yes	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	no	yes
AFFOGATO - VANILLA ICE CREAM						✔											yes	no	yes
TIRAMISU' (NO ALCOHOL)			✔ Wheat flour	✔		✔						✔					yes	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
PANETTONE CLASSICO (XMAS 2026)			✔ Wheat & Barley	✔		✔							✔				yes	no	no
NUTELLA & BISCOFF PIZZETTA	✔ Hazelnuts		✔ Wheat flour			✔						✔					yes	no	no
CHOCOLATE MOUSSE CAKE			✔ Wheat flour	✔		✔						✔					yes	no	no
CANNOLI SICILIANI	✔ 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
CHORIZO (LARGE & SMALL) (NEW)															✔ Garlic		no	no	yes
SMOKED SPICY SALAMI															✔ Garlic		no	no	yes
COOKED ITALIAN HAM																	no	no	yes
SPECK / CURED PROSCIUTTO																	no	no	yes
PANCETTA ARROTOLATA															✔ Garlic		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																	no	no	yes
TUSCAN SAUSAGE															✔ Onions & Garlic		no	no	yes
SPICY PULLED LAMB											✔ Mustard				✔ Onions & Garlic	✔	no	no	yes
RAGU GENOVESE (NEW)								✔							✔ Onions		no	no	yes
MARINATED CHICKEN															✔ Onions & Garlic		no	no	yes
CICCIOLI																	no	no	yes
COPPA																	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 / GRATED HARD CHEESE (NEW)				✔		✔ 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
GORGONZOLA						✔ Cheese											yes	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?
RICOTTA SALATA						✔ Cheese											yes **(p)**	no	yes
BECHAMEL SAUCE						✔						✔			✔ Onions		yes	no	yes
GOAT'S CHEESE						✔ Cheese											yes	no	yes
BLUFFALO NOTZARELLA VEGAN CHEESE												✔					yes	yes	yes

15. 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
CARAMELISED RED ONION BULK													✔		✔ Onions		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
ROASTED POTATOES WITH ROSEMARY BULK (NEW)																	yes	yes	yes
SOURDOUGH BREAD/CAFONE BREAD			✔ Wheat flour														yes	yes	no
SEMI DRIED TOMATO PESTO (NEW)															✔ Garlic	✔	yes	yes	yes
TOMATO SAUCE BULK FOR PIZZA																✔	yes	yes	yes
TRUFFLE PESTO BASE			✔												✔ Garlic		yes	yes	no
TOASTED PINE KERNELS																	yes	yes	yes
ROASTED BUTTERNUT SQUASH (NEW)																	yes	yes	yes
GOAT'S CHEESE CREAM (NEW)						✔ Cheese						✔			✔ Onions		yes	no	yes
CRISPY GRANA (NEW)				✔		✔ Cheese											yes	no	yes
BASIL GRANA (NEW)				✔		✔ Cheese											yes	no	yes
FONDUTA BULK (NEW)				✔		✔ Cheese											yes	no	yes

Bulks + Recipes	NUTS	PEANUTS	GLUTEN	EGGS	CRUSTACEANS	MILK	FISH	CELERY	SESAME	LUPIN	MUSTARD	SOYA BEANS	SULPHITES	MOLLUSCS	ALLIUM	TOMATO	Veggie?	Vegan?	GF
AUBERGINE PARMIGIANA			✔ Wheat flour	✔		✔ Cheese									✔ Garlic	✔	yes	no	no
LEMON JUICE & ZEST																	yes	yes	yes
MIXED GRAINS (NEW)			✔ Barley														yes	yes	no
HOT HONEY & 'NDUJA SAUCE																	no	no	yes
PIZZA DOUGH / BIGA / CRISCITO			✔ Wheat flour								✔ Mustard		✔		✔ Onions & Garlic		yes	yes	yes
FRANCO'S DRESSING (NEW)															✔ Onions & Garlic		yes	yes	yes
PEAS & MINT DRESSING																	yes	no	yes
SWEET RICOTTA FOR CANNOLI						✔ Cheese						✔					yes	no	yes
MARINATED BULGUR AND QUINOA			✔ Wheat flour &														yes	yes	no
MARINATED MIXED PEPPERS																	yes	yes	yes
MARINARA TOMATOES MIX													✔		✔ Garlic	✔	yes	yes	yes
ONION & POTATO BASE (XMAS 2026)															✔ Onions & Garlic		yes	yes	yes
RADICCHIO SAUCE (XMAS 2026)															✔ Garlic		yes	yes	yes
MARINATED CAVOLO NERO (XMAS 2026)																	yes	yes	yes
MIXED PEPPER CREAM																	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 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
GRANELLA DI PISTACHIO	✔ Pistachios	✔															yes	yes	yes
CANNOLI SHELLS			✔ Wheat flour														yes	no	no
CASTER SUGAR																	yes	yes	yes
ORGANIC BULGUR & QUINOA			✔ Wheat flour &														yes	yes	no
ROASTED MIXED PEPPERS TIN																	yes	yes	yes
SEMOLINA (NEW)			✔ Wheat flour &														yes	yes	no
DARK CHOCOLATE DROPS												✔					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																	yes	yes	yes
PEARS (XMAS 2026)																	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
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																	yes	yes	yes
MARADONA LEMONADE																	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													✔				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 DRAUGHT			✔ Barley & Hops														yes	yes	no
NO LOGO PALE ALE DRAUGHT			✔ Barley & Hops														yes	yes	no
ICHNUSA BOTTLE			✔ Barley & Hops														no	no	no
BIRRA MORETTI / SALE DI MARE / BIRRA MURANO (NEW)			✔ Barley & Hops														yes	yes	no
BRIXTON PALE ALE (NEW)			✔ Barley & Hops														yes	yes	no
LUCKY SAINT - NO ALCHOHOL 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			✔ Wheat flour	✔		✔ Cheese									✔ Garlic	✔	no	no	no
FRANCO'S PAN PIZZA RICOTTA & SPINACH			✔ Wheat flour			✔ Cheese							✔		✔ Onions & Garlic	✔	yes	no	no

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, 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 and pulled lamb which are halal. We also have certificates for these 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, 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 askus@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 askus@francomanca.co.uk