

WILDWOOD

PIZZA PASTA GRILL

Allergen information Specials

Non Gluten Spring Menu V1.0

26.03.2019

At Wildwood we take the safety of our customers very seriously. The information provided on these pages refers to the allergens contained in the ingredients which make up the dishes found on the Non Gluten menu.

In most cases we will be able to modify dishes by removing ingredients or by replacing them with others. Please ask a member of our team who will be happy to help mix and match ingredients to suit your dietary requirements.

Please be aware that whilst every care is taken to ensure that food prepared in our kitchens remain free of allergens the chefs and manufactures of products handle other items. As a result there is a chance that items may contain a trace of other ingredients not noted on the information sheet.

Items marked **(F)** – These items are fried as part of the preparation or cooking process.

Due to offering a such wide selection of menu items the oil in our fryers will contain traces of allergens including gluten, nuts, peanuts, dairy, soya, sesame, fish, mollusc, crustacean, lupin, egg, mustard, sulphates and celery.

Starters

Gf Antipasti

Ingredient	Allergens
Buffalo Mozzarella	Milk
Buongusto Onions	
Coppa Ham	Milk
Courgettes	
Gluten Free Dough	
New Salad Leaf Mix (recipe)	
Pesto	Milk, Nuts - Pine Kern
Red Roasted Peppers	
Salad Mix Seasonal	
Salami Milano	
Speck	
Sun blushed Tomatoes	

Gf Brie (F)

Ingredient	Allergens
Brie	Milk, Sulphur Dioxide
Hazelnuts Shelled (F)	Nuts - Hazel
Honey	
Roasted Garlic (recipe)	

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Mains

Gf Margherita

Ingredient	Allergens
Basil Wildwood	
Gluten Free Dough	
Mozzarella	Milk
Pizza Sauce	Celery

Gf Double Pepperoni

Ingredient	Allergens
Gluten Free Dough	
Mozzarella	Milk
Pepperoni Sliced	Milk
Pizza Sauce	Celery
Thyme	

Wild Mushroom Risotto. 2019

Ingredient	Allergens
Butter	Milk
Cooking Wine White	Sulphur Dioxide
Hard Cheese	Egg, Milk
Mushroom Mix Tm	
Risotto Base New	Celery
Salt & Pepper Cooking	
Thyme	
Truffle Oil	
Vegetable Stock - Wildwood	Celery

Gf Baked Seabass (F)

Ingredient	Allergens
Butter	Milk
Edamame Beans Shelled	Soybeans
French Beans	
Lemons	
New Potatoes (F)	
Pesto	Milk, Nuts – Pine Kern
Salt & Pepper Cooking	
Seabass Filleted	Fish
Spinach	
Tarragon	
Vegetable Stock - Wildwood	Celery

Gf Caesar Chicken Salad

Ingredient	Allergens
Anchovies	Fish
Chicken - Half Boned	
Cos Lettuce	
Eggs	Egg
Extra Virgin Olive Oil	
Hard Cheese	Egg, Milk
Vinegar White	Sulphur Dioxide

Gf Carne

Ingredient	Allergens
Chorizo	Milk
Gluten Free Dough	
Harisa Paste	
Mozzarella	Milk
Pepperoni Sliced	Milk
Pizza Sauce Batch	Celery
Rice Flour New	
Salami Milano	
Speck	
Thyme	

Gf Pasta Norma

Ingredient	Allergens
Aubergine	
Basil Wildwood	
Cherry Tomatoes	
Crushed Chilli	
Garlic	
Gluten Free Casarecce (batch)	
Hard Cheese	Egg, Milk
Olive Oil Doro	
Salt & Pepper Cooking	
Spinach	
Tomato Sauce	Celery
Vegetable Stock - Wildwood	Celery

Gf Peri Pasta

Ingredient	Allergens
Butter	Milk
Cherry Tomatoes	
Elmlea (single Cream)	Milk
Garlic	
Gluten Free Casarecce (batch)	
Harisa Paste	
Peri Peri Chicken For Pizzas (recipe)	
Salt & Pepper Cooking	
Spinach	

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Gf Pomodoro

Ingredient	Allergens
Basil Wildwood	
Gluten Free Casarecce (batch)	
Salt & Pepper Cooking	
Tomato Sauce	Celery
X Parmesan Offered At Table	Egg, Milk

Gf 10oz Sirloin Steak (F)

Ingredient	Allergens
Chips Portion (F)	
Peppercorn Sauce	Celery, Fish, Milk, Soybeans
Rocket	
Sirloin 10oz	

Gf Bbq Ribs (F)

Ingredient	Allergens
Bbq Sauce Hol Deluxe	Celery, Mustard
Chips Portion (F)	
Ribs Wildwood	

Gf Peri Peri Chicken (F)

Ingredient	Allergens
Cajun Mayonnaise	Egg, Mustard
Chilli Oil (recipe)	
Chips Portion (F)	
Lemons	
Peri Peri Chicken	

Chicken And Beetroot Salad 2019

Ingredient	Allergens
Beetroot	
Broccoli Tender Stem	
Carrot	
Chicken - Half Boned	
Garlic	
Honey & Mustard Dressing	Mustard, Sulphur Dioxide
Olive Oil Doro	
Parsley Flat	
Red Chilli	
Salad Mix Seasonal	
Salsa Verde Bristol	Fish, Mustard, Sulphur Dioxide
Salt & Pepper Cooking	
Vinegar White	Sulphur Dioxide

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Gf Wild Mushroom Pizza

Ingredient	Allergens
Basil Wildwood	
Gluten Free Dough	
Mozzarella	Milk
Mushroom Mix Tm	
Pizza Sauce	Celery
Truffle Oil	

Seafood Risotto 2019

Ingredient	Allergens
Cooked Prawns	Crustaceans
Cooking Wine White	Sulphur Dioxide
Courgettes	
Crushed Chilli	
Lemon Juice	Sulphur Dioxide
Lemons	
Mussels	Molluscs
Olive Oil Doro	
Risotto Base New	Celery
Salt & Pepper Cooking	
Spinach	
Squid	Molluscs
Vegetable Stock - Wildwood	Celery

Wild Mushroom And Chicken Risotto 19

Ingredient	Allergens
Butter	Milk
Cooking Wine White	Sulphur Dioxide
Hard Cheese	Egg, Milk
Mushroom Mix Tm	
Pizza/ Pasta Chicken (recipe)	Mustard
Risotto Base New	Celery
Thyme	
Truffle Oil	
Vegetable Stock - Wildwood	Celery

Smoked Haddock Risotto 2019

Ingredient	Allergens
Butter	Milk
Cheddar Cheese	Milk, Sulphur Dioxide
Cooked Haddock (recipe)	Fish, Milk
Cracked Pepper Black	
Eggs	Egg
Frozen Peas	
Lemon Juice	Sulphur Dioxide
Lemons	
Risotto Base New	Celery
Spinach	
Vegetable Stock - Wildwood	Celery
Vinegar White	Sulphur Dioxide

Gf Ham And Rocket Pizza

Ingredient	Allergens
Gluten Free Dough	
Hard Cheese	Egg, Milk
Mozzarella	Milk
Onion Marmalade	
Pizza Sauce	Celery
Rice Flour New	
Rocket	
Speck	

Gf Cob Salad

Ingredient	Allergens
Avocado	
Bacon Streaky Smoked	
Cheddar Cheese	Milk, Sulphur Dioxide
Chicken - Half Boned	
Corn On The Cob	
New Salad Leaf Mix (recipe)	
Tortilla Chips 500g	

Gf Pasta Prawns

Ingredient	Allergens
Basil Wildwood	
Cooking Wine White	Sulphur Dioxide
Elmlea (single Cream)	Milk
Gluten Free Casarecce (batch)	
Olive Oil Doro	
Salt & Pepper Cooking	
Spaghetti With Prawns	Crustaceans
X Parmesan Offered At Table	Egg, Milk

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Sides

Chips Portion 2019 (F)

Ingredient	Allergens
Chips Portion (F)	
Rapeseed Oil (F)	

Mixed Salad. 2019

Ingredient	Allergens
Cherry Tomatoes	
Cucumber	
Olive Medley	
Onions Red	
Salad Mix Seasonal	

Broccoli & Green Beans 2019

Ingredient	Allergens
Broccoli	
Butter	Milk
French Beans	

Grilled Asparagus 2019

Ingredient	Allergens
Cooked Asparagus (recipe)	
Olive Oil Doro	
Salt & Pepper Cooking	

Triple Cooked Chips 2019 (F)

Ingredient	Allergens
Rapeseed Oil (F)	
Rosemary Salt	
Ultimate Fries (F)	

Rocket & Riserva Salad 19

Ingredient	Allergens
Extra Virgin Olive Oil	
Hard Cheese	Egg, Milk
Rocket	

Sweet Potato Fries 2019 (F)

Ingredient	Allergens
Mayonnaise	Egg, Mustard
Rapeseed Oil (F)	
Rosemary Salt	
Sweet Potato Fries (F)	

Desserts

Raspberry Sorbet 1 Scoop

Ingredient	Allergens
Sorbet - Raspberry	

Ice Cream Vanilla 1 Scoop

Ingredient	Allergens
Ice Cream-Vanilla	Milk

Ice Cream Choc 1 Scoop

Ingredient	Allergens
Ice Cream-Chocolate	Milk, Soybeans

Ice Cream Strawberry 1 Scoop

Ingredient	Allergens
Ice Cream - Strawberry	Milk

Lemon Sorbet 2019

Ingredient	Allergens
Sorbet - Lemon	

Mango Sorbet 1 Scoop

Ingredient	Allergens
Sorbet - Mango	

Eton Mess

Ingredient	Allergens
Double Cream	Milk
Frozen Berries	
Ice Cream-Vanilla	Milk
Meringues	Egg
Raspberry Puree	