

WILDWOOD

PIZZA PASTA GRILL

Allergen information

Spring Non- Gluten Menu 20

V1.0

05.03.2020

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 Spring 20 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.

For dishes served with fries and chips we offer an alternative which are oven baked, please ensure your sever is notified if you have a food allergy, intolerance or preference.

Starters

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
GLUTEN FREE BAKED CAMEMBERT							Yes							
GF BAKED MUSHROOMS 20										Almond, Hazelnut, Walnut				
NOCELLARA OLIVES														
OLIVES														
WILDWOOD SALAD							Yes		Yes				Yes	Yes

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See cover for details.

Pizza

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
GF PEPPERONI	Yes						Yes							
GF CARNE	Yes						Yes							
GF HAM AND ROCKET PIZZA	Yes			Yes			Yes							
GF MARGHERITA	Yes						Yes							
GF PIZZA CAPRICIOSA 20				Yes			Yes							
GF PIZZA COURGETTE AND GOATS 2019	Yes						Yes			Pine Nuts Kern				
GF PIZZA MEAT FEAST 20	Yes						Yes		Yes					Yes
GF PIZZA PRIMAVERA 2020							Yes			Pine Nuts Kern				

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Pasta

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CASARECCE BOLOGNESE 2019	Yes			Yes			Yes						Yes	Yes
CASARECCE CHORIZO CARBONARA 2019	Yes			Yes			Yes							
GF CARARECCE ARRABIATA	Yes													
GF PASTA NORMA	Yes			Yes			Yes							
GF PASTA PRAWNS			Yes				Yes							Yes
GF PERI PASTA							Yes							
GF POMODORO	Yes													

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Risotto

	Celer y	Cereal s With Gluten	Crust- acean s	Eg g	Fis h	Lupi n	Mil k	Mollusc s	Mustar d	Nut s	Peanut s	Sesam e	Soybean s	Sulphu r Dioxide
WILD MUSHROOM RISOTTO 19	Yes			Yes			Yes							Yes
CHICKEN & CHORIZO RISOTTO 2020	Yes			Yes			Yes		Yes				Yes	Yes
PANCETTA & BUTTERNUTSQUAS H RISOTTO	Yes													
SEAFOOD RISOTTO 2019	Yes		Yes					Yes						Yes
WILD MUSHROOM AND CHICKEN RISOTTO	Yes			Yes			Yes							Yes

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Grill

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
GF 10OZ SIRLOIN STEAK 2020 – SERVED WITH OVEN CHIPS														
GF BBQ RIBS 2020 – SERVED WITH OVEN CHIPS	Yes								Yes					
GF PERI PERI CHICKEN 20 – SERVED WITH OVEN CHIPS				Yes			Yes		Yes					
SEABASS 2020	Yes				Yes		Yes							Yes

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Salad

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
COBB SALAD 2019				Yes	Yes		Yes		Yes					Yes
GF CAESAR CHICKEN SALAD				Yes	Yes		Yes		Yes					Yes
GF SALMON CAESAR SALAD 20				Yes	Yes		Yes		Yes					Yes

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Sides

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
GREEN BEANS & BROCCOLI 2019							Yes							
MIXED SALAD. 2019														
OVEN CHIPS														
VEGAN & GF SIDE GREEN SALAD													Yes	

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Dessert

	Celery	Cereals With Gluten	Crust- aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
ETON MESS				Yes			Yes							
ICE CREAM VANILLA 1 SCOOP							Yes							
ICE CREAM CHOC 1 SCOOP							Yes						Yes	
ICE CREAM STRAWBERRY 1 SCOOP							Yes							
LEMON SORBET 2019														
MANGO SORBET 1 SCOOP														

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Starters

Gluten Free Baked Camembert

Ingredient	Allergens
Garlic	
Kids Gluten Free Dough	
Olive Oil Blend	
Rosemary	
Whole Baby Camembert	Milk

Nocellara Olives

Ingredient	Allergens
Olives Green Nocellara	

Wildwood Salad

Ingredient	Allergens
Artichokes Chargrilled	
Baby Gem Lettuce	
Edamame Beans Shelled	Soybeans
Goats Cheese	Milk
Honey & Mustard Dressing	Mustard, Sulphur Dioxide
Tarragon	

Olives

Ingredient	Allergens
Olive Medley	

Gf Baked Mushrooms 20

Ingredient	Allergens
Gluten Free Dough	
Mushroom Chestnut	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

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Grill

Seabass 2020

Ingredient	Allergens
Butter	Milk
Cannellini Beans	
Cherry Tomatoes	
Cherry Tomatoes Yellow	
Garlic	
Lemon Juice	Sulphur Dioxide
Lemons	
Olive Medley	
Olive Oil Blend	
Rice Flour New	
Salt & Pepper Cooking	
Seabass Filleted	Fish
Spinach	
Thyme	
Vegetable Stock - Wildwood	Celery

Gf 10oz Sirloin Steak 2020

Ingredient	Allergens
Oven Chips	
Rocket	
Rosemary Salt	
Sirloin 10oz	

Gf Peri Peri Chicken 20

Ingredient	Allergens
Cajun Mayonnaise	Egg, Mustard, Milk
Cherry Tomatoes	
Chilli Oil (recipe)	
Lemons	
Oven Chips	
Peri Peri Chicken (20 Portions)	
Rocket	

Gf BBQ Ribs 2020

Ingredient	Allergens
Bbq Sauce Hol Deluxe	Celery, Mustard
Cherry Tomatoes	
Oven Chips	
Ribs Wildwood	
Rocket	

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Pasta

Gf Pasta Prawns

Ingredient	Allergens
(uht Single Cream)	Milk
Basil Wildwood	
Cooking Wine White	Sulphur Dioxide
Gluten Free Casarecce (batch)	
Olive Oil Blend	
Salt & Pepper Cooking	
Spaghetti with Prawns	Crustaceans

Gf Pasta Norma

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

Gf Peri Pasta

Ingredient	Allergens
(uht Single Cream)	Milk
Butter	Milk
Cherry Tomatoes	
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	

Casarecce Bolognese 2019

Ingredient	Allergens
Bolognaise	Celery, Milk, Soybeans, Sulphur Dioxide
Gluten Free Casarecce (batch)	
Hard Cheese Block	Egg, Milk
Olive Oil Blend	
Parsley Flat	
Salt & Pepper Cooking	

Casarecce Chorizo Carbonara 2019

Ingredient	Allergens
Butter	Milk
Carbonara Sauce	Milk, Egg
Chorizo	Milk
Cooking Chorizo	Milk
Gluten Free Casarecce (batch)	
Mushroom Mix Tm	
Parsley Flat	
Salt & Pepper Cooking	
Vegetable Stock - Wildwood	Celery

Gf Cararecce Arrabiata

Ingredient	Allergens
Basil	
Garlic	
Gluten Free Casarecce (batch)	
Olive Oil Blend	
Red Chilli	
Salt & Pepper Cooking	
Tomato Sauce	Celery

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Pizza

Gf Ham and Rocket Pizza

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

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 Margherita

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

Gf Pepperoni

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

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Gf Pizza Courgette and Goats 2019

Ingredient	Allergens
Cherry bell Peppers	
Courgettes	
Flat Mushrooms	
Gluten Free Dough	
Goats Cheese	Milk
Mozzarella	Milk
Olive Medley	
Olive Oil Blend	
Pesto	Milk, Nuts - Pine Kern
Pine Nuts	Nuts - Pine Kern
Pizza Sauce Batch	Celery
Rice Flour New	
Salt & Pepper Cooking	

Gf Pizza Primavera 2020

Ingredient	Allergens
Artichokes Chargrilled	
Aubergine	
Cherrybell Peppers	
Gluten Free Dough	
Mozzarella	Milk
Olive Medley	
Pesto	Milk, Nuts - Pine Kern
Rice Flour New	
Roast Red Pepper Tapenade	
Rocket	

Gf Pizza Meat Feast 20

Ingredient	Allergens
Beef Meatballs	Milk, Sulphur Dioxide
Chorizo	Milk
Gluten Free Dough	
Mozzarella	Milk
Pancetta Diced	
Pepperoni Sliced	Milk
Pizza Sauce	Celery
Pizza/ Pasta Chicken (count)	Mustard
Rice Flour New	
Thyme	

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Gf Pizza Capriciosa 20

Ingredient	Allergens
Artichokes Chargrilled	
Eggs	Egg
Gluten Free Dough	
Mozzarella	Milk
Mushroom Mix Tm	
Olive Medley	
Parsley Flat	
Pumpkin Puree	
Rice Flour New	
Speck	

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Risotto

Wild Mushroom and Chicken Risotto

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

Seafood Risotto 2019

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

Wild Mushroom Risotto 19

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

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Pancetta & Butternut squash Risotto

Ingredient	Allergens
Butternut Squash Cube	
Crushed Chilli	
Olive Oil Blend	
Pancetta Diced	
Parsley Flat	
Pumpkin Puree	
Risotto Base New	Celery
Salt & Pepper Cooking	
Speck	
Vegetable Stock - Wildwood	Celery

Chicken & Chorizo Risotto 2020

Ingredient	Allergens
Butter	Milk
Cooking Chorizo	Milk
Cooking Wine White	Sulphur Dioxide
Edamame Beans Shelled	Soybeans
Garlic	
Hard Cheese Block	Egg, Milk
Harisa Paste	
Lemon Juice	Sulphur Dioxide
Lemons	
Parsley Flat	
Pizza/ Pasta Chicken	Mustard
Risotto Base New	Celery
Salt & Pepper Cooking	
Speck	
Vegetable Stock - Wildwood	Celery

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Sides

Mixed Salad. 2019

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

Green Beans & Broccoli 2019

Ingredient	Allergens
Broccoli	
Butter	Milk
French Beans	

Oven Chips

Ingredient	Allergens
Olive Oil Blend	
Oven Chips	

Vegan & Gf Side Green Salad

Ingredient	Allergens
Baby Gem Lettuce	
Cucumber	
Edamame Beans Shelled	Soybeans

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Salad

Gf Caesar Chicken Salad

Ingredient	Allergens
Anchovies	Fish
Baby Gem Lettuce	
Chicken - Half Boned	
Eggs	Egg
Gluten Free Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Hard Cheese Shavings	Egg, Milk

Cobb Salad 2019

Ingredient	Allergens
Baby Gem Lettuce	
Bacon Streaky Smoked	
Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Cheddar Cheese	Milk, Sulphur Dioxide
Chicken - Half Boned	
Corn on The Cob	
French Beans	
Tortilla Chips 500g	

Gf Salmon Caesar Salad 20

Ingredient	Allergens
Anchovies	Fish
Baby Gem Lettuce	
Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Eggs	Egg
Hard Cheese Shavings	Egg, Milk
Salmon Fillet	Fish

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Dessert

Eton Mess

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

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	

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