

WILDWOOD

PIZZA PASTA GRILL

Allergen information

Spring Vegan 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	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BAKED MUSHROOMS 2019		Wheat								Almond, Hazelnut, Walnut			Yes	
CIABATTA BREAD		Wheat												Yes
GARLIC & ROSEMARY BREAD 2019		Wheat												
VEGAN BRUSCHETTA CAPRESE		Wheat											Yes	Yes
VEGAN WILDWOOD SALAD													Yes	

Mains

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
VEGAN BURGER 20 with OVEN CHIPS									Yes				Yes	
VEGAN GRILLED GOATS CHEESE & MUSHROOM SALAD		Wheat								Hazelnut			Yes	Yes
VEGAN PHILLY SANDWICH with OVEN CHIPS		Wheat							Yes				Yes	Yes
VEGAN ROASTED VEG 2020	Yes													

Pizza

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
VEGAN MARGHERITA	Yes	Wheat											Yes	
VEGAN MUSHROOM & GRILLED SWEET CORNS	Yes	Wheat												
VEGAN SUPER VEGGIE PIZZA		Wheat											Yes	

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Pasta

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
PENNE ARRABIATA	Yes	Wheat												
VEGAN MUSHROOM RISOTTO.	Yes													Yes
VEGAN PENNE ALLA NORMA 2020	Yes	Wheat												Yes
VEGAN POMODORO SPAGHETTI	Yes	Wheat												
VEGAN SPAGHETTI	Yes													

Sides

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
VEGAN & GF SIDE GREEN SALAD													Yes	

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Starters

Garlic & Rosemary Bread 2019

Ingredient	Allergens	Suitability
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat	
Garlic Spread		
Rice Flour New		
Rosemary		

Vegan Bruschetta Caprese

Ingredient	Allergens	Suitability
Avocado		
Balsamic Glaze		
Bruschetta Caprese Batch		
Lemon Juice	Sulphur Dioxide	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans	

Baked Mushrooms 2019

Ingredient	Allergens	Suitability
Mushroom Chestnut		
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal	

Nocellara Olives

Ingredient	Allergens	Suitability
Olives Green Nocellara		

Ciabatta Bread

Ingredient	Allergens	Suitability
Balsamic Vinegar	Sulphur Dioxide	
Ciabatta Roll	Cereals With Gluten - Wheat	
Extra Virgin Olive Oil		
Roast Red Pepper Tapenade		

Olives

Ingredient	Allergens	Suitability
Olive Medley		

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Vegan Wildwood Salad

Ingredient	Allergens	Suitability
Artichokes Chargrilled		
Baby Gem Lettuce		
Edamame Beans Shelled	Soybeans	
Tarragon		

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Pizza

Vegan Margherita

Ingredient	Allergens	Suitability
Basil Wildwood		
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat	
Pizza Sauce	Celery	
Vegan Cheese	Soybeans	

Vegan Super Veggie Pizza

Ingredient	Allergens	Suitability
Artichokes Chargrilled		
Basil		
Chargrilled Aubergine		
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat	
Olive Medley		
Red & Yellow Roquito Peppers		
Rice Flour New		
Roast Red Pepper Tapenade		
Rocket		
Sunblushed Tomatoes		
Vegan Cheese	Soybeans	

Vegan Mushroom & Grilled Sweet Corns

Ingredient	Allergens	Suitability
Cherrybell Peppers		
Corn On The Cob		
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat	
Flat Mushrooms		
Onions Red		
Pizza Sauce	Celery	
Thyme		

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Pasta

Vegan Spaghetti

Ingredient	Allergens	Suitability
Basil Wildwood		
Courgettes		
Garlic		
Lemons		
Olive Oil Blend		
Red Chilli		
Salt & Pepper Cooking		
Sunblushed Tomatoes		
Veg Stock Powdered	Celery	

Vegan Mushroom Risotto.

Ingredient	Allergens	Suitability
Cooking Wine White	Sulphur Dioxide	
Mushroom Mix Tm		
Risotto Base New	Celery	
Salt & Pepper Cooking		
Thyme		
Truffle Oil		
Vegetable Stock - Wildwood	Celery	

Penne Arrabiata

Ingredient	Allergens	Suitability
Basil		
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat	
Garlic		
Olive Oil Blend		
Red Chilli		
Salt & Pepper Cooking		
Tomato Sauce	Celery	

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Vegan Pomodoro Spaghetti

Ingredient	Allergens	Suitability
Basil Wildwood		
Cooked Spaghetti	Cereals With Gluten - Wheat	
Olive Oil Blend		
Salt & Pepper Cooking		
Tomato Sauce	Celery	

Vegan Penne Alla Norma 2020

Ingredient	Allergens	Suitability
Aubergine		
Basil Wildwood		
Cherry Tomatoes		
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat	
Crushed Chilli		
Garlic		
Olive Oil Blend		
Oregano		
Salt & Pepper Cooking		
Spinach		
Tomato Sauce	Celery	
Vegetable Stock - Wildwood	Celery	
Vinegar White	Sulphur Dioxide	

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Mains

Vegan Philly Sandwich

Ingredient	Allergens	Suitability
Baby Gem Lettuce		
Cherry Tomatoes		
Chimichurri Dressing	Sulphur Dioxide	
Olive Oil Blend		
Oven Chips		
Oyster Mushroom Philly Mix Batch		
Rocket		
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans	
Vegan Cheese	Soybeans	
Vegan Mayo	Mustard, Soybeans	

Vegan Burger 20

Ingredient	Allergens	Suitability
Baby Gem Lettuce		
Beyond Meat Burger		
Olive Oil Blend		
Onions Red		
Oven Chips		
Rapeseed Oil		
Tomatoes Beef		
Vegan Burger Bun.		
Vegan Cheese	Soybeans	
Vegan Mayo	Mustard, Soybeans	

Vegan Roasted Veg 2020

Ingredient	Allergens	Suitability
Aubergine		
Basil Wildwood		
Broccoli		
Butternut Squash Cube		
Garlic		
Harisa Paste		
Olive Oil Blend		
Pumpkin Seed		

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Red Roasted Peppers

Tomato Sauce	Celery
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Vegan Grilled Goats Cheese& Mushroom Salad

Ingredient	Allergens	Suitability
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Balsamic Vinegar	Sulphur Dioxide	
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Courgettes

Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans	
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Extra Virgin Olive Oil

Flat Mushrooms

Hazelnuts Shelled	Nuts - Hazel	
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New Salad Leaf Mix (recipe)

Olive Oil Blend

Onion Marmelade

Red Pepper

Rocket

Salt & Pepper Cooking

Spinach

Thyme

Vegan Cheese	Soybeans	
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Yellow Pepper

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Sides

Mixed Salad. 2019

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

Vegan Broccoli & Green Beans

Ingredient	Allergens	Suitability
Broccoli		
French Beans		

Oven Chips

Ingredient	Allergens	Suitability
Olive Oil Blend		
Oven Chips		

Vegan &Gf Side Green Salad

Ingredient	Allergens	Suitability
Baby Gem Lettuce		
Cucumber		
Edamame Beans Shelled	Soybeans	

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Dessert

Lemon Sorbet 2019

Ingredient	Allergens	Suitability
Sorbet - Lemon		

Mango Sorbet 1 Scoop

Ingredient	Allergens	Suitability
Sorbet - Mango		

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