

WILDWOOD

PIZZA PASTA GRILL

Allergen information

Spring/Summer Menu 21

V1.7

26.07.2021

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/Summer menu 21.

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.

Note that whilst peanuts are not present as an ingredient in any dishes, they are used for special menu items and are handled in our kitchen with the greatest care.

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 BRIE APR 2021		Rye, Wheat					Yes			Hazelnut				Yes
BAKED VEGAN MEATBALLS APR 2021	Yes	Wheat											Yes	Yes
CALAMARI APR 2021 (F)		Wheat		Yes			Yes	Yes	Yes				Yes	Yes
GARLIC TIGER PRAWNS APR 2021	Yes	Rye, Wheat	Yes				Yes							Yes
HALF MOZZARELLA GARLIC BREAD APR 2021		Wheat					Yes							Yes
HALF MOZZARELLA GARLIC BREAD NO ONION APR 2021		Wheat					Yes							
HALF ROSEMARY GARLIC BREAD APR 2021		Wheat												
HALF TOMATO PESTO GARLIC BREAD APR 2021		Wheat								Almond, Hazelnut, Walnut				
HALF VEGAN CHEESE GARLIC BREAD APR 2021		Wheat												Yes
HALF VEGAN CHEESE GARLIC BREAD NO ONION APR 2021		Wheat												
MARINATED OLIVES APR 2021														
MOZZARELLA GARLIC BREAD APR 2021		Wheat					Yes							Yes
MOZZARELLA GARLIC BREAD NO ONION APR 2021		Wheat					Yes							
MUSHROOM ARANCINI APR 2021 (F)	Yes	Wheat					Yes						Yes	Yes
ROSEMARY GARLIC BREAD APR 2021		Wheat												
STUFFED MUSHROOMS APR 2021		Wheat							Yes	Almond, Hazelnut, Walnut			Yes	
TOMATO PESTO GARLIC BREAD APR 2021		Wheat								Almond, Hazelnut, Walnut				

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
VEGAN CHEESE GARLIC BREAD APR 2021		Wheat												Yes
VEGAN CHEESE GARLIC BREAD NO ONION APR 2021		Wheat												

SALADS

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CAESAR SALAD APR 2021		Wheat, Rye		Yes	Yes		Yes		Yes				Yes	Yes
COBB SALAD APR 2021				Yes	Yes		Yes		Yes					Yes
GRILLED GOATS CHEESE & MUSHROOM SALAD APR 2021		Wheat					Yes			Hazelnut				Yes
OPTION SALAD CHICKEN APR 2021														
OPTION SALAD HALLOUMI APR 2021							Yes							
OPTION SALAD SALMON APR 2021	Yes				Yes									
SUPERFOOD SALAD APR 2021		Wheat, Barley								Almond, Hazelnut, Walnut			Yes	

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

PIZZA

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
PIZZA DOUBLE PEPPERONI APR 2021		Wheat					Yes							
PIZZA GRILLED COURGETTE & GOATS CHEESE APR 2021		Wheat					Yes			Almond, Hazelnut, Pine Nuts, Kern, Walnut				
PIZZA HOI SIN DUCK APR 2021		Wheat					Yes					Yes	Yes	
PIZZA MARGHERITA APR 2021		Wheat					Yes							
PIZZA PICCANTE CARNE APR 2021		Wheat					Yes							
PIZZA SMOKED HAM & ROCKET PIZZA APR 2021		Wheat					Yes							Yes

ARTISAN PIZZAS

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
ARTISAN CALABRESE PIZZA APR 2021		Wheat					Yes							
ARTISAN PHILLY CHEESESTEAK PIZZA APR 2021		Wheat					Yes							Yes
ARTISAN PRIMAVERA APR 2021		Wheat					Yes			Almond, Hazelnut, Walnut				

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

LARGE PIZZA

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
LARGE COURGETTE AND GOATS CHEESE APR 2021		Wheat					Yes			Almond, Hazelnut, Pine Nuts Kern, Walnut				
LARGE DOUBLE PEPPERONI APR 2021		Wheat					Yes							
LARGE HOI SIN DUCK APR 2021		Wheat					Yes					Yes	Yes	
LARGE MARGHERITA APR 2021		Wheat					Yes							
LARGE PICCANTE CARNE APR 2021		Wheat					Yes							
LARGE SMOKED HAM & ROCKET APR 2021		Wheat					Yes							Yes

CALZONE

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CALZONE CHICKEN & MEATBALLS APR 2021	Yes	Wheat					Yes		Yes				Yes	Yes
CALZONE SAUSAGE, PEPPERONI & CHICKEN APR 2021	Yes	Wheat					Yes		Yes					Yes
CALZONE VEGAN MEATBALLS APR 2021	Yes	Wheat											Yes	Yes

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PASTA

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CLASSIC SPAGHETTI POMODORO APR 2021	Yes	Wheat					Yes							
LASAGNE APR 2021	Yes	Wheat		Yes			Yes						Yes	
OVEN BAKED CHICKEN & MUSHROOM PENNE APR 2021	Yes	Wheat					Yes		Yes					
PENNE ALLA NORMA APR 2021	Yes	Wheat					Yes							Yes
PENNE ARRABIATA APR 2021	Yes	Wheat					Yes							
PERI PERI CHICKEN PENNE APR 2021		Wheat					Yes							
SPAGHETTI CARBONARA APR 2021		Wheat					Yes							
SPAGHETTI WITH MEATBALLS APR 2021	Yes	Wheat												Yes
SPAGHETTI WITH VEGAN MEATBALLS APR 2021	Yes	Wheat											Yes	Yes
TRADITIONAL BOLOGNESE APR 2021	Yes	Wheat					Yes						Yes	Yes
VEGAN LASAGNA APR 2021	Yes	Oats, Wheat											Yes	

RISOTTO

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHICKEN & CHORIZO RISOTTO APR 2021	Yes						Yes		Yes				Yes	Yes
EXTRA CAJUN CHICKEN APR 2021									Yes					
FUNGHI RISOTTO APR 2021	Yes						Yes							Yes
SEAFOOD RISOTTO APR 2021	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
100Z SIRLOIN STEAK APR 2021(F)	Yes	Wheat		Yes	Yes		Yes		Yes				Yes	
BUTTERMILK CHICKEN BURGER APR 2021 (F)	Yes	Wheat		Yes			Yes		Yes				Yes	
CLASSIC CHEESEBURGER APR 2021 (F)	Yes	Wheat		Yes			Yes		Yes				Yes	
FULL RACK OF RIBS APR 2021 (F)	Yes			Yes			Yes		Yes				Yes	
PERI PERI CHICKEN APR 2021 (F)	Yes			Yes			Yes		Yes					
PHILLY CHEESESTEAK SANDWICH APR 2021 (F)	Yes	Rye, Wheat		Yes			Yes		Yes				Yes	Yes
ROASTED SEABASS APR 2021 (F)	Yes				Yes								Yes	Yes
VEGAN BURGER APR 2021		Wheat							Yes				Yes	

SIDES

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
COLESLAW APR 2021									Yes				Yes	
CRISPY HALLOUMI APR 2021	Yes						Yes							
FRIES APR 2021 (F)														
MIXED SALAD APR 2021									Yes					Yes
SWEET POTATO FRIES APR 2021 (F)														

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DESSERTS

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
HOT CHOCOLATE ORANGE BROWNIE APR 2021		Wheat		Yes			Yes						Yes	
ICE CREAM CHOCOLATE APR 2021							Yes						Yes	
ICE CREAM MINT CHOCOLATE APR 2021							Yes						Yes	
ICE CREAM STRAWBERRY APR 2021							Yes							
ICE CREAM VANILLA APR 2021							Yes							
ICE-CREAM CHOCOLATE FUDGE TUB 500ML T/A		Wheat		Yes			Yes						Yes	
ICE-CREAM SALTED CARAMEL TUB 500ML T/A							Yes						Yes	
ICECREAM-CHOCOLATE TUB							Yes						Yes	
LOTUS BISCUIT CHEESECAKE APR 2021		Wheat					Yes						Yes	
LEMON TART		Wheat		Yes			Yes							
SORBET- LEMON TUB 125ML														
STICKY TOFFEE PUDDING APR 2021		Wheat		Yes			Yes							
TIRAMISU APR 2021		Wheat		Yes			Yes						Yes	
WARM BANOFFEE CAKE APR 2021		Wheat		Yes			Yes							
WARM COOKIE DOUGH APR 2021		Wheat		Yes			Yes							

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Starters

Mozzarella Garlic Bread No Onion Apr 2021

Ingredient	Allergens
Garlic Spread	
Mozzarella	Milk
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat

Vegan Cheese Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Onion Marmelade	Sulphur Dioxide
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Vegan Cheese	

Vegan Cheese Garlic Bread No Onion Apr 2021

Ingredient	Allergens
Garlic Spread	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Vegan Cheese	

Half Vegan Cheese Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Onion Marmelade	Sulphur Dioxide
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Vegan Cheese	

Half Vegan Cheese Garlic Bread No Onion Apr 2021

Ingredient	Allergens
Garlic Spread	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Vegan Cheese	

Half Mozzarella Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Mozzarella	Milk
Onion Marmelade	Sulphur Dioxide
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat

Half Mozzarella Garlic Bread No Onion Apr 2021

Ingredient	Allergens
Garlic Spread	
Mozzarella	Milk
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat

Half Tomato Pesto Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

Half Rosemary Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Rosemary	

Mushroom Arancini Apr 2021 (F)

Ingredient	Allergens
Hard Cheese Block	Milk
Mushroom Arancini	Celery, Cereals With Gluten - Wheat, Milk, Soybeans, Sulphur Dioxide
Olive Oil Blend	
Rocket	
Salt & Pepper Cooking	
Tomato Sauce	Celery

Mozzarella Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Mozzarella	Milk
Onion Marmelade	Sulphur Dioxide
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat

Tomato Pesto Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

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Rosemary Garlic Bread Apr 2021

Ingredient	Allergens
Garlic Spread	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Rosemary	

Marinated Olives Apr 2021

Ingredient	Allergens
Olive Medley	

Calamari Apr 2021 (F)

Ingredient	Allergens
Calamari Rings	Milk, Molluscs
Calamari Squid Mix	Cereals With Gluten - Wheat, Soybeans, Sulphur Dioxide
Lemons	
Peri Peri Mayo 2021	Egg, Milk, Mustard
Red Chilli	
Spring Onion	

Baked Vegan Meatballs Apr 2021

Ingredient	Allergens
Crushed Chilli	
Garlic	
Olive Oil Blend	
Onion Marmelade	Sulphur Dioxide
Rosemary	
Salt & Pepper Cooking	
Sourdough	Cereals With Gluten – Wheat, Rye
Tomato Sauce	Celery
Vegan Cheese	
Vegan Meatballs	Soybeans

Stuffed Mushrooms Apr 2021

Ingredient	Allergens
Stuffed V Mushrooms	Cereals With Gluten, Cereals With Gluten - Wheat
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal
Vegan Mayo	Mustard, Soybeans

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Garlic Tiger Prawns Apr 2021

Ingredient	Allergens
Butter	Milk
Chopped Coriander	
Cooked Tiger Prawns	Crustaceans
Garlic	
Harisa Paste	
Lemon Juice	Sulphur Dioxide
Olive Oil Blend	
Red Chilli	
Salt & Pepper Cooking	
Sourdough Bread	Cereals With Gluten - Rye, Cereals With Gluten - Wheat
Vegetable Stock - Wildwood	Celery

Baked Brie Apr 2021

Ingredient	Allergens
Brie	Milk, Sulphur Dioxide
Ground Black Pepper	
Hazelnuts Shelled	Nuts - Hazel
Honey	
Roasted Garlic (recipe)	
Sourdough Bread	Cereals With Gluten - Rye, Cereals With Gluten - Wheat

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PIZZA

Pizza Grilled Courgette & Goats Cheese Apr 2021

Ingredient	Allergens
Cherrybell Peppers	
Flat Mushrooms	
Goats Cheese	Milk
Grilled Courgette Slices	
Mozzarella	Milk
Olive Medley	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Roasted Pine Nuts	Nuts - Pine s Kern
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

Pizza Smoked Ham & Rocket Pizza Apr 2021

Ingredient	Allergens
Hard Cheese Block	Milk
Mozzarella	Milk
Onion Marmelade	Sulphur Dioxide
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Rocket	
Speck	

Pizza Hoi Sin Duck Apr 2021

Ingredient	Allergens
Coriander	
Cucumber	
Duck Sauce	Cereals With Gluten - Wheat, Sesame, Soybeans
Marinated Duck	Cereals With Gluten - Wheat, Sesame, Soybeans
Mozzarella	Milk
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Spring Onion	

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Pizza Piccante Carne Apr 2021

Ingredient	Allergens
Chorizo	Milk
Harisa Paste	
Mozzarella	Milk
Oregano	
Pepperoni Sliced	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Salami Milano	
Speck	
Thyme	

Pizza Double Pepperoni Apr 2021

Ingredient	Allergens
Mozzarella	Milk
Oregano	
Pepperoni Sliced	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Thyme	

Pizza Margherita Apr 2021

Ingredient	Allergens
Basil	
Mozzarella	Milk
Mozzarella Whole	Milk
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	

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ARTISAN PIZZAS

Artisan Philly Cheesesteak Pizza Apr 2021

Ingredient	Allergens
Cherry Tomatoes	
Chimichurri Dressing	Sulphur Dioxide
Hard Cheese Block	Milk
Lemon Dressing W	
Monterey Jack Cheese	Milk
Mozzarella	Milk
Onions Red	
Philly Steak	Sulphur Dioxide
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Rocket	

Artisan Grilled Vegetable Primavera Apr 2021

Ingredient	Allergens
Artichokes Chargrilled	
Aubergine	
Cherrybell Peppers	
Hard Cheese Block	Milk
Mozzarella	Milk
Olives - Black	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten - Wheat
Roast Red Pepper Tapenade	
Rocket	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

Artisan Calabrese Pizza Apr 2021

Ingredient	Allergens
Calabrese Picante Sausage	Milk
Cherrybell Peppers	
Hard Cheese Block	Milk
Mozzarella	Milk
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Rocket	
Salami Milano	
Speck	

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

CALZONE

Calzone Vegan Meatballs Apr 2021

Ingredient	Allergens
Aubergine	
Mushroom Salad Dressing	Sulphur Dioxide
Cherrybell Peppers	
Garlic Spread	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce	
Pumpkin Seed	
Red Chilli	
Tomato Sauce	Celery
Vegan Cheese	
Vegan Meatballs	Soybeans

Calzone Sausage,Pepperoni & Chicken Apr 2021

Ingredient	Allergens
Mushroom Salad Dressing	Sulphur Dioxide
Cumberland Sausage	Cereals With Gluten - Wheat, Sulphur Dioxide
Flat Mushrooms	
Garlic Spread	
Hard Cheese Block	Milk
Mozzarella	Milk
Onion Marmelade	Sulphur Dioxide
Pepperoni Sliced	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Sliced Cajun Chicken	Mustard
Thyme	
Tomato Sauce	Celery

Items marked **(F)**: These items are fried as part of the preparation or cooking process.
See cover for details.

Calzone Chicken & Meatballs Apr 2021

Ingredient	Allergens
Beef Meatballs	Cereals With Gluten - Wheat
Bolognaise	Celery, Milk, Soybeans, Sulphur Dioxide
Mushroom Salad Dressing	Sulphur Dioxide
Flat Mushrooms	
Garlic Spread	
Hard Cheese Block	Milk
Mozzarella	Milk
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Red Chilli	
Sliced Cajun Chicken	Mustard
Tomato Sauce	Celery

LARGE PIZZA

Large Margherita Apr 2021

Ingredient	Allergens
Basil	
Mozzarella	Milk
Mozzarella Whole	Milk
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	

Large Smoked Ham & Rocket Apr 2021

Ingredient	Allergens
Hard Cheese Block	Milk
Mozzarella	Milk
Onion Marmelade	Sulphur Dioxide
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Rocket	
Speck	

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

Large Hoi Sin Duck Apr 2021

Ingredient	Allergens
Chopped Coriander	
Cucumber	
Duck Sauce	Cereals With Gluten - Wheat, Sesame, Soybeans
Marinated Duck	Cereals With Gluten - Wheat, Sesame, Soybeans
Mozzarella	Milk
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Spring Onion	

Large Double Pepperoni Apr 2021

Ingredient	Allergens
Mozzarella	Milk
Oregano	
Pepperoni Sliced	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Thyme	

Large Piccante Carne Apr 2021

Ingredient	Allergens
Chorizo	Milk
Harisa Paste	
Mozzarella	Milk
Oregano	
Pepperoni Sliced	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Salami Milano	
Speck	
Thyme	

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

Large Courgette And Goats Cheese Apr 2021

Ingredient	Allergens
Cherrybell Peppers	
Flat Mushrooms	
Goats Cheese	Milk
Grilled Courgette Slices	
Mozzarella	Milk
Olive Medley	
Oregano	
Pizza Dough (count) 2021	Cereals With Gluten, Cereals With Gluten - Wheat
Pizza Sauce Batch	
Roasted Pine Nuts	Nuts - Pine s Kern
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

SALADS

Caesar Salad Apr 2021

Ingredient	Allergens
Baby Gem Lettuce	
Brown Anchovie	Fish
Caesar Dressing Sp2020	Egg, Fish, Milk, Mustard, Sulphur Dioxide, Soybeans
Croutons Sourdough	Cereals With Gluten – Wheat, Rye
Eggs	Egg
Hard Cheese Block	Milk

Option Salad Chicken Apr 2021

Ingredient	Allergens
Chicken Fillet Steak	
Olive Oil Blend	
Salt & Pepper Cooking	

Option Salad Halloumi Apr 2021

Ingredient	Allergens
Halloumi Cheese	Milk

Option Salad Salmon Apr 2021

Ingredient	Allergens
Olive Oil Blend	
Salmon Fillet X 10	Fish
Salt & Pepper Cooking	
Vegetable Stock - Wildwood	Celery

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

Superfood Salad Apr 2021

Ingredient	Allergens
Artichokes Chargrilled	
Cherry Tomatoes	
Chickpeas Tin	
Cucumber	
Edamame Beans Shelled	Soybeans
Lemons	
Mint	
Grains	Cereals With Gluten - Wheat, Barley
Pomegranate	
Pumpkin Seed	
Rocket	
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

Grilled Goats Cheese & Mushroom Salad Apr 2021

Ingredient	Allergens
Courgettes	
Croutons Sourdough	Cereals With Gluten – Wheat, Rye
Flat Mushrooms	
Goats Cheese	Milk
Hazelnuts Shelled	Nuts - Hazel
Mixed Leaves	
Mushroom Salad Dressing	Sulphur Dioxide
Olive Oil Blend	
Onion Marmelade	Sulphur Dioxide
Red Pepper	
Rocket	
Salt & Pepper Cooking	
Spinach	
Yellow Pepper	

Cobb Salad Apr 2021

Ingredient	Allergens
Baby Gem Lettuce	
Bacon Streaky Smoked	
Caesar Dressing Sp2020	Egg, Fish, Milk, Mustard, Sulphur Dioxide, Soybeans
Cheddar Cheese	Milk
Chicken Fillet Steak	
Corn On The Cob	
French Beans	
Salt & Pepper Cooking	
Tortilla Chips 500g	

Items marked **(F)**: These items are fried as part of the preparation or cooking process. See cover for details.

PASTA

Spaghetti With Vegan Meatballs Apr 2021

Ingredient	Allergens
Cooked Spaghetti	Cereals With Gluten - Wheat
Garlic	
Olive Oil Blend	
Onion Marmelade	Sulphur Dioxide
Red Chilli	
Red Cooking Wine	Sulphur Dioxide
Rosemary	
Salt & Pepper Cooking	
Tomato Sauce	Celery
Vegan Meatballs	Soybeans

Vegan Lasagna Apr 2021

Ingredient	Allergens
Basil	
Vegan Cheese	
Vegan Lasagne Prepared	Celery, Cereals With Gluten - Oats, Cereals With Gluten - Wheat, Soybeans

Spaghetti Carbonara Apr 2021

Ingredient	Allergens
(uht Single Cream)	Milk
Breadcrumbs	Cereals With Gluten
Butter	Milk
Chopped Parsley	
Cooked Pancetta	
Cooked Spaghetti	Cereals With Gluten - Wheat
Crispy Speck	
Hard Cheese Block	Milk
Olive Oil Blend	
Salt & Pepper Cooking	

Lasagne Apr 2021

Ingredient	Allergens
Lasagne Prepared	Celery, Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Parsley Flat	
Triple Blend Cheese	Milk

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Penne Arrabiata Apr 2021

Ingredient	Allergens
Chopped Parsley	
Cooked Penne	Cereals With Gluten - Wheat
Crushed Chilli	
Garlic	
Olive Oil Blend	
Parsley Flat	
Roasted Red Chilli	
Salt & Pepper Cooking	
Tomato Sauce	Celery

Penne Alla Norma Apr 2021

Ingredient	Allergens
Aubergine	
Basil	
Cherry Tomatoes	
Cooked Penne	Cereals With Gluten - Wheat
Crushed Chilli	
Garlic	
Hard Cheese Block	Milk
Olive Oil Blend	
Oregano	
Salt & Pepper Cooking	
Spinach	
Tomato Sauce	Celery
White Wine Vinegar	Sulphur Dioxide

Peri Peri Chicken Penne Apr 2021

Ingredient	Allergens
(uht Single Cream)	Milk
Butter	Milk
Cherry Tomatoes	
Cooked Penne	Cereals With Gluten - Wheat
Garlic	
Harisa Paste	
Roasted Red Chilli	
Salt & Pepper Cooking	
Sliced Peri Chicken	
Spinach	

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Spaghetti With Meatballs Apr 2021

Ingredient	Allergens
Beef Meatballs	Cereals With Gluten - Wheat
Cooked Spaghetti	Cereals With Gluten - Wheat
Garlic	
Olive Oil Blend	
Onion Marmelade	Sulphur Dioxide
Parsley Flat	
Red Chilli	
Red Cooking Wine	Sulphur Dioxide
Rosemary	
Salt & Pepper Cooking	
Tomato Sauce	Celery

Oven Baked Chicken & Mushroom Penne Apr 2021

Ingredient	Allergens
Butter	Milk
Cooked Penne	Cereals With Gluten - Wheat
Mushroom Mix (500g Batch) 2021	
Mushroom Sauce Mix (recipe) 2021	Celery, Milk
Parsley Flat	
Salt & Pepper Cooking	
Sliced Cajun Chicken	Mustard
Triple Blend Cheese	Milk

Traditional Bolognese Apr 2021

Ingredient	Allergens
Bolognaise	Celery, Milk, Soybeans, Sulphur Dioxide
Chopped Parsley	
Cooked Spaghetti/Cooked Malfaldi	Cereals With Gluten - Wheat
Olive Oil Blend	
Parsley Flat	
Salt & Pepper Cooking	

Classic Spaghetti Pomodoro Apr 2021

Ingredient	Allergens
Basil	
Buffalo Mozzarella New	Milk
Cooked Spaghetti	Cereals With Gluten - Wheat
Olive Oil Blend	
Salt & Pepper Cooking	
Tomato Sauce	Celery

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RISOTTO

Extra Cajun Chicken Apr 2021

Ingredient	Allergens
Sliced Cajun Chicken	Mustard

Funghi Risotto Apr 2021

Ingredient	Allergens
Butter	Milk
Crispy Hard Cheese	Milk
Hard Cheese Block	Milk
Mushroom Mix (500g Batch) 2021	
Risotto Base New (1kg) 2021	Celery
Rocket	
Salt & Pepper Cooking	
Thyme	
Truffle Oil	
Vegetable Stock - Wildwood	Celery
White Cooking Wine	Sulphur Dioxide

Chicken & Chorizo Risotto Apr 2021 (F)

Ingredient	Allergens
Butter	Milk
Chopped Parsley	
Chorizo	Milk
Crispy Speck (F)	
Edamame Beans Shelled	Soybeans
Garlic	
Hard Cheese Block	Milk
Harisa Paste	
Lemon Juice	Sulphur Dioxide
Parsley Flat	
Risotto Base New (1kg) 2021	Celery
Salt & Pepper Cooking	
Sliced Cajun Chicken	Mustard
Vegetable Stock - Wildwood	Celery
White Cooking Wine	Sulphur Dioxide

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Seafood Risotto Apr 2021

Ingredient	Allergens
Chopped Parsley	
Frozen Peas	
Garlic	
Harisa Paste	
Lemon Dressing W	
Lemons	
Olive Oil Blend	
Risotto Base New (1kg) 2021	Celery
Rocket	
Salt & Pepper Cooking	
Seafood Mix	Crustaceans, Molluscs
Shallots	
Tomato Sauce	Celery
Vegetable Stock - Wildwood	Celery
White Cooking Wine	Sulphur Dioxide

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GRILL

Classic Cheeseburger Apr 2021 (F)

Ingredient	Allergens
Baby Gem Lettuce	
Burger 4 Oz	
Burger Bun	Cereals With Gluten – Wheat, Egg, Milk
Burger Sauce	Cereals With Gluten - Wheat, Egg, Mustard
Coleslaw	Mustard, Soybeans
Monterey Jack Cheese	Milk
Rosemary Fries (F)	
Tomatoes Beef	

Buttermilk Chicken Burger Apr 2021 (F)

Ingredient	Allergens
Baby Gem Lettuce	
Buffalo Mozzarella New	Milk
Burger Bun	Cereals With Gluten – Wheat, Egg, Milk
Buttermilk Chicken Batch (10 Fillet) 2021 (F)	Cereals With Gluten, Cereals With Gluten - Wheat, Milk, Mustard
Coleslaw	Mustard, Soybeans
Mayonnaise	Egg, Milk, Mustard
Rosemary Fries (F)	
Tomatoes Beef	

Vegan Burger Apr 2021

Ingredient	Allergens
Baby Gem Lettuce	
Beyond Meat Burger	Soybeans
Burger Bun	Cereals With Gluten - Wheat
Coleslaw	Mustard, Soybeans
Olive Oil Blend	
Onions Red	
Salt & Pepper Cooking	
Tomatoes Beef	
Vegan Cheese	
Vegan Mayo	Mustard, Soybeans

Full Rack Of Ribs Apr 2021 (F)

Ingredient	Allergens
Bbq Sauce Hol Deluxe	Celery, Mustard
Coleslaw	Mustard, Soybeans
Corn On The Cob	
Prepped Ribs 2021	Celery, Mustard
Rosemary Fries (F)	

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Peri Peri Chicken Apr 2021 (F)

Ingredient	Allergens
Lemon Dressing W	
Peri Peri Chicken (20 Portions) 2021	
Peri Peri Marinade Central	
Peri Peri Mayo 2021	Egg, Milk, Mustard
Rocket	
Rosemary Fries (F)	

Philly Cheesesteak Sandwich Apr 2021 (F)

Ingredient	Allergens
Baby Gem Lettuce	
Chimichurri Dressing	Sulphur Dioxide
Coleslaw	Mustard, Soybeans
Mayonnaise	Egg, Milk, Mustard
Monterey Jack Cheese	Milk
Olive Oil Blend	
Onions Red	
Philly Steak	Sulphur Dioxide
Rosemary Fries (F)	
Sourdough Bread	Cereals With Gluten - Rye, Cereals With Gluten - Wheat

10oz Sirloin Steak Apr 2021 (F)

Ingredient	Allergens
Lemon Dressing W	
Marinated Sirloin	
Peppercorn Sauce	Celery, Cereals With Gluten - Wheat, Fish, Milk, Soybeans
Rocket	
Rosemary Fries (F)	
Salt & Pepper Cooking	

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Roasted Seabass Apr 2021 (F)

Ingredient	Allergens
Broccoli Tender Stem	
Cherry Tomatoes	
Edamame Beans Shelled	Soybeans
Frozen Peas	
Garlic	
Lemons	
New Potatoes (F)	
Olive Oil Blend	
Red Chilli	
Rice Flour New	
Salt & Pepper Cooking	
Seabass Filleted	Fish
Shallots	
Spinach	
Vegetable Stock - Wildwood	Celery
White Cooking Wine	Sulphur Dioxide

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SIDES

Coleslaw Apr 2021

Ingredient	Allergens
Coleslaw	Mustard, Soybeans

Fries Apr 2021 (F)

Ingredient	Allergens
Chips Portion (recipe) (F)	
Rosemary Salt	

Sweet Potato Fries Apr 2021 (F)

Ingredient	Allergens
Rosemary Salt	
Sweet Fries (recipe) (F)	

Mixed Salad Apr 2021

Ingredient	Allergens
Cherry Tomatoes	
Cucumber	
Mixed Leaves	
Olive Medley	
Onions Red	
Roasted Red Pepper	
Salad Dressing – French/Mushroom *	Mustard, Sulphur Dioxide

- Please check with your server which dressing is being used.

Crispy Halloumi Apr 2021

Ingredient	Allergens
Halloumi Fries.	Milk
Tomato Sauce	Celery

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DESSERTS

Warm Banoffee Cake Apr 2021

Ingredient	Allergens
Banana Cake	Cereals With Gluten - Wheat, Egg, Milk
Ice Cream-Vanilla	Milk
Icing Sugar	
Mint	

Tiramisu Apr 2021

Ingredient	Allergens
Drinking Chocolate	Milk
Mint	
Tiramisu	Cereals With Gluten - Wheat, Egg, Milk, Soybeans

Lotus Biscuit Cheesecake Apr 2021

Ingredient	Allergens
Icing Sugar	
Lotus Biscoff Cheesecake	Cereals With Gluten - Wheat, Milk, Soybeans
Mint	
Salted Caramel Sauce	Milk

Ice Cream Vanilla Apr 2021

Ingredient	Allergens
Ice Cream-Vanilla	Milk

Ice Cream Chocolate Apr 2021

Ingredient	Allergens
Ice Cream-Chocolate	Milk, Soybeans

Ice Cream Strawberry Apr 2021

Ingredient	Allergens
Ice Cream - Strawberry	Milk

Ice Cream Mint Chocolate Apr 2021

Ingredient	Allergens
Ice Cream-Mint Choc Chip	Milk, Soybeans

Sticky Toffee Pudding Apr 2021

Ingredient	Allergens
Ice Cream-Vanilla	Milk
Icing Sugar	
Mint	
Sticky Toffee Pudding	Cereals With Gluten - Wheat, Egg, Milk

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Warm Cookie Dough Apr 2021

Ingredient	Allergens
Cookie Dough	Cereals With Gluten - Wheat, Egg, Milk
Ice Cream-Vanilla	Milk
Icing Sugar	

Lemon Tart

Ingredient	Allergens
Lemon tart	Cereals With Gluten - Wheat, Egg, Milk
Raspberry sauce	
Mint	
Icing Sugar	

Hot Chocolate Orange Brownie Apr 2021

Ingredient	Allergens
Chocolate Orange Brownie X 6	Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Chocolate Sauce	
Ice Cream-Vanilla	Milk
Icing Sugar	
Mint	

Icecream-Chocolate Tub

Ingredient	Allergens
Icecream-Chocolate Tub 125ml	Milk, Soybeans

Sorbet- Lemon Tub 125ml

Ingredient	Allergens
Sorbet- Lemon Tub 125ml	

Ice-Cream Salted Caramel Tub 500ml T/A

Ingredient	Allergens
Ice-Cream Salted Caramel Tub 500ml	Milk, Soybeans

Ice-Cream Chocolate Fudge Tub 500ml T/A

Ingredient	Allergens
Ice-Cream Choc Fudge Tub 500ml	Milk, Soybeans, Cereals With Gluten - Wheat

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