

Allergen Information | Core Menu | April 2018

Where 'Yes' is indicated, the dish contain the named allergen. IMPORTANT NOTE: The allergen may be present in more than one ingredient

Additional Information for Special Diets

Dish Name	Cereals containing Wheat/Gluten	Crustaceans and products thereof	Eggs and products thereof	Fish and products thereof	Peanuts and products thereof	Soya soybeans and products thereof	Milk and products thereof	Nuts	Celery and products thereof	Mustard and products thereof	Sesame Seeds and products thereof	Sulphites and Sulphur Dioxide (>10mg/Kg)	Lupin and products thereof	Molluscs and products thereof	Suitable for Lacto-Ovo Vegetarians?	Can you adapt for non-gluten diets?
Mixed Olives															Suitable	Suitable
Large Green Olives													Yes		Suitable	Suitable
Italian Breads	Yes - wheat, barley, oats, rye, millet					Yes						Yes			Suitable	Not suitable
Strada Garlic Bread	Yes - wheat, rye														Suitable	Not suitable
Mozzarella Flatbread	Yes - wheat, rye						Yes								Suitable	Not suitable
Napoli Flatbread	Yes - wheat, rye			Yes											Not Suitable	Not suitable
Genovese Flatbread	Yes - wheat, rye		Yes				Yes								Suitable	Not suitable
Caprese							Yes								Suitable	Suitable
Fritto Misto	Yes - wheat	Yes	Yes	Yes										Yes	Not suitable	Not suitable
Burrata							Yes					Yes			Suitable	Suitable
Antipasti	Yes - wheat, barley, oats, rye, millet						Yes						Yes		Not suitable	Not suitable
Vegetarian Antipasti	Yes - wheat, barley, oats, rye, millet						Yes						Yes		Suitable	Not suitable
Doughballs	Yes - wheat, rye						Yes								Not suitable	Not suitable
Potato & Leek Soup	Yes - wheat					Yes	Yes					Yes			Suitable	Not suitable
Tomato & Basil Soup	Yes - wheat					Yes			Yes						Suitable	Remove rosemary focaccia
Mushroom Soup	Yes - wheat					Yes	Yes								Suitable	Remove rosemary focaccia
Tomato Bruschetta	Yes - wheat					Yes									Suitable	Not suitable
Seared King Prawns	Yes - wheat	Yes				Yes	Yes					Yes			Not suitable	Remove focaccia
Arancini	Yes - wheat						Yes		Yes			Yes			Suitable	Not suitable
Cotto Ham & Funghi Pizza	Yes - wheat, rye						Yes								Not suitable	Not suitable
Rustica Pizza	Yes - wheat, rye						Yes								Not suitable	Not suitable
Margherita Pizza	Yes - wheat, rye						Yes								Suitable	Not suitable
Vesuvio Pizza	Yes - wheat, rye						Yes								Not suitable	Not suitable
Parma Pizza	Yes - wheat, rye						Yes								Not suitable	Not suitable

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Caprino Pizza	Yes - wheat, rye						Yes								Suitable	Not suitable
Fiorentina Pizza	Yes - wheat, rye		Yes				Yes								Suitable	Not suitable
Doppia Margherita	Yes - wheat, rye						Yes								Suitable	Not suitable
Calzone di Carne Piccante	Yes - wheat						Yes		Yes			Yes			Not suitable	Not suitable
Calzone Pollo Pesto	Yes - wheat		Yes				Yes					Yes			Not suitable	Not suitable
Toppings Roast courgettes, onions, roast aubergines, smoked peppers, mushrooms															Suitable	Suitable
Toppings Kalamata olives, semi-dried tomatoes															Suitable	Suitable
Toppings Mozzarella							Yes								Suitable	Suitable
Toppings Egg			Yes												Suitable	Suitable
Toppings Anchovies				Yes											Not suitable	Suitable
Toppings Prawns		Yes													Not suitable	Suitable
Toppings Cotto, N'duja, Luganica, Prosciutto															Not suitable	Suitable
Tagliatelle Bolognese	Yes - wheat		Yes			Yes	Yes		Yes			Yes			Non Suitable	Ask for non-gluten pasta and no pangrattato
Penne Pomodoro	Yes - wheat					Yes	Yes		Yes						Suitable	Ask for non-gluten pasta and no pangrattato
Tagliatelle Carbonara	Yes - wheat		Yes			Yes	Yes		Yes						Not suitable	Ask for non-gluten pasta
Seafood Linguine	Yes - wheat	Yes		Yes			Yes		Yes			Yes		Yes	Not suitable	Ask for non-gluten pasta
Chicken & Mushroom Strozzapreti	Yes - wheat					Yes	Yes		Yes						Non Suitable	Not suitable
Risotto Luganica	Yes - wheat					Yes	Yes		Yes			Yes			Not suitable	Ask for no pangrattato
Goats Cheese Risotto						Yes	Yes		Yes			Yes			Suitable	Suitable
Seafood Risotto		Yes		Yes		Yes	Yes		Yes			Yes		Yes	Not suitable	Suitable
Pollo Funghi							Yes								Not suitable	Suitable
8oz Sirloin Steak							Yes					Yes			Not suitable	Suitable
Peppercorn Sauce							Yes		Yes			Yes			Suitable	Suitable
Mushroom and Tarragon Sauce							Yes								Suitable	Suitable

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Classic Strada Burger	Yes - wheat		Yes			Yes	Yes		Yes			Yes			Not suitable	Not suitable
Burger toppings Mozz Cheese							Yes								Suitable	Suitable
Burger toppings onions, mushrooms or avocado															Suitable	Suitable
Burger toppings Crispy Pancetta															Not suitable	Suitable
Burger toppings Egg			Yes												Suitable	Suitable
Burger toppings N'Duja															Not suitable	Suitable
Saltimbocca						Yes	Yes		Yes			Yes			Not suitable	Suitable
Salmon Market Salad				Yes		Yes			Yes	Yes					Not suitable	Suitable
Seabass				Yes											Not suitable	Suitable
Chicken Caesar Salad	Yes - wheat & barley		Yes	Yes		Yes	Yes								Not suitable	Ask for no dressing or croutons
Super Food Salad	Yes - wheat					Yes		* Pine nuts	Yes	Yes	Yes				Suitable	Not suitable
Super Food Salad (Goats Cheese)	Yes - wheat					Yes	Yes	* Pine nuts	Yes	Yes	Yes				Suitable	Not suitable
Super Food Salad (Chicken)	Yes - wheat					Yes		* Pine nuts	Yes	Yes	Yes				Not suitable	Not suitable
Mixed Leaf & Parmesan Salad							Yes					Yes			Suitable	Suitable
House Salad										Yes					Suitable	Suitable
Garlic Kale							Yes								Suitable	Suitable
Skin - On Fries (no sauces included)															Suitable	Suitable
Rosemary Potatoes															Suitable	Suitable

PLEASE NOTE: * Pine nuts are a kernel and are therefore not one of the 14 allergens recognised in the legislation