

Allergen Information

Strada August 2024 | Version 1.2

Bread & Nibbles	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Aglio Flatbread	• wheat										•					Yes	Yes	No
Genovese Flatbread	• wheat										•					Yes	Yes	No
Italian Breads	• wheat, oat, barley										•		•			Yes	No	No
Large Green Olives																Yes	Yes	Yes
Mozzarella Flatbread	• wheat							•			•					Yes	No	No

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a **red dot** indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a **purple diamond** indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a **grey box** indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Antipasti	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Antipasti for 1	• wheat, oat, barley							•							•	No	No	No
Antipasti for 2	• wheat, oat, barley							•							•	No	No	No
Vegetable Antipasti for 1	• wheat							•					•		•	Yes	No	No
Vegetable Antipasti for 2	• wheat							•					•		•	Yes	No	No
Arancini Diavola & Garlic Mayo	• wheat			•		◇	◇	•	•		◇	•	•		• Thermised	No	No	No
Tomato Bruschetta Garlic & Basil	• wheat															Yes	Yes	No
Crispy Squid	• wheat			◇		•	•	◇	•	•	•	•	•			No	No	No
Seared King Prawns	• wheat				•											No	No	No
Caprese Salad								•								Yes	No	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a **red dot** indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◇ a **purple diamond** indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a **grey box** indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Dish Name	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Chicken & Mushroom Strozzapreti	• wheat							•				•	•		•	No	No	No
Risotto Pescatora					•	•		•					•			No	No	Yes
Pappardelle Bolognese	• wheat							•	•			•	•		•	No	No	No
Bucatini Carbonara	• wheat							•	•			•				No	No	No
Penne Pomodoro	• wheat							•				•				Yes	No	No
Risotto Primavera								•					•		•	Yes	No	Yes
Seafood Linguine	• wheat				•	•		•	•				•			No	No	No
Rigatoni Ragu Pugliese, Spicy Pork Ragu & Tenderstem Broccoli	• wheat							•	•			•	•		• Thermised	No	No	No
Spinach & Ricotta Ravioli, Tomato & Basil	• wheat							•	•						• Thermised	Yes	No	No

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Pizza	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Cotto Ham & Fungi	• wheat							•			•					No	No	No
Salsiccia e Friarielli Tomato	• wheat							•			•					No	No	No
Parma	• wheat							•			•					No	No	No
Margherita	• wheat							•			•					Yes	No	No
Campagnola	• wheat							•			•					Yes	No	No
Vesuvio	• wheat							•			•					No	No	No

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

• a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.

◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.

■ a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Add Ons	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Add Anchovies				•												No	No	Yes
Add Buffalo Mozzarella								•								Yes	No	No
Add Cotto Ham																No	No	Yes
Add Free Range Egg									•							Yes	No	Yes
Add Mushrooms																Yes	Yes	Yes
Add Spicy 'Nduja																No	No	Yes
Add Olives																Yes	Yes	Yes
Add Prosciutto																No	No	Yes
Add Smoked Peppers																Yes	Yes	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Mains & Grill	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Salmon Chickpeas Green Beans & Salsa Verde				•									•			No	No	Yes
Pollo Funghi								•					•			No	No	Yes
Chicken Milanese	• wheat							•	•						•	No	No	No
Italian Steak & Frites	◇			◇		◇	◇	•	◇	◇	◇	◇	◇		•	No	No	Yes
Seabass				•												No	No	Yes
British Sirloin Steak	◇			◇		◇	◇	•	◇	◇	◇	◇	◇		•	No	No	Yes
Strada Burger	• wheat			◇		◇	◇	•	•	◇	◇	◇	◇			No	No	No
Add Piri Piri Sauce																Yes	Yes	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◇ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Salad	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Caesar Salad	• wheat			•				•	•						•	No	No	No
Caesar Salad with Chicken	• wheat			•				•	•						•	No	No	No
Caesar Salad with Goats Cheese	• wheat			•				•	•						•	No	No	No
Caesar Salad with Salmon	• wheat			•				•	•						•	No	No	No
Superfood Salad							•			•						Yes	Yes	Yes
Superfood Salad with Chicken							•			•						No	No	Yes
Superfood Salad with Goats Cheese							•	•		•						Yes	No	Yes
Superfood Salad with Salmon				•			•			•						No	No	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Sides	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Tender Stem Broccoli																Yes	Yes	Yes
Green Beans																Yes	Yes	Yes
Roasted New Potatoes																Yes	Yes	Yes
Skinny Fries	◇			◇		◇	◇	◇	◇	◇	◇	◇	◇			Yes	Yes	Yes
Truffle Fries	◇			◇		◇	◇	●	◇	◇	◇	◇	◇		●	Yes	No	Yes
Sicilian Tomato & Onion Salad																Yes	Yes	Yes
House Salad, Market Lettuce, Cucumber, Baby Tomatoes & Basil																Yes	Yes	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◇ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Desserts	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Chocolate Fondant	• wheat							•	•		•					Yes	No	No
Chocolate Ice Cream								•	•		•					Yes	No	Yes
Lemon Sorbet																Yes	Yes	Yes
Mango Sorbet																Yes	Yes	Yes
Raspberry Sorbet																Yes	Yes	Yes
Tiramisu	• wheat							•	•		•					Yes	No	No
Salted Caramel Ice Cream								•	•							Yes	No	Yes
Sticky Toffee Pudding	• wheat							•	•		•		•			Yes	No	No

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Desserts		This dish contains														Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Cheesecake & Berry Compote	• wheat, barley							•	•		•					Yes	No	No
Strawberry Ice Cream								•	•							Yes	No	Yes
Vanilla Ice Cream								•	•							Yes	No	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

• a **red dot** indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.

◊ a **purple diamond** indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.

■ a **grey box** indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Kids Starters	This dish contains															Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Grissini	• wheat, oat, barley														No	No	No	
Veggie Sticks															Yes	Yes	Yes	

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- **a red dot** indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◆ **a purple diamond** indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- **a grey box** indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Kids Mains	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Baked Market Fish	◇			•		◇	◇	◇	◇	◇	◇	◇	◇			No	No	Yes
Chargrill Chicken	◇			◇		◇	◇	◇	◇	◇	◇	◇	◇			No	No	Yes
Penne Pomodoro	• wheat															No	No	No
Margherita Pizza	• wheat										•					Yes	No	No
Pasta Carbonara	• wheat															No	No	No
Tagliatelle Bolognese	• wheat															No	No	No

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◇ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.

Allergen Information

Strada August 2024 | Version 1.2

Kids Desserts	This dish contains															Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Unpasteurised Cheese	Vegetarian	Vegan	Non-Gluten diets
Chocolate & Hazelnut Pizzeta	• wheat		• hazelnut					•			•					Yes	No	No
Fresh Fruit																Yes	Yes	Yes
Ice Lolly - Apple																Yes	Yes	Yes
Ice Lolly - Berry																Yes	Yes	Yes
Vanilla Ice Cream								•	•							Yes	No	Yes
Strawberry Ice Cream								•	•							Yes	No	Yes
Chocolate Ice Cream								•	•		•					Yes	No	Yes

* pine nuts are actually a kernel and not a recognised allergen.

Guide to symbols

- a red dot indicates that the allergen is present in the dish. The allergen may appear in more than one ingredient and it may not be immediately obvious, for example; the allergen could be hidden in a sauce.
- ◊ a purple diamond indicates that during preparation a piece of equipment, such as a fryer, is also used for another dish which may also contain this allergen.
- a grey box indicates that the allergen is contained in a simple ingredient and the dish can be modified to remove it. Please ask your server for more details

IMPORTANT NOTE: Please be aware that although the allergens may not be contained in the ingredients of your dish, they may still be present in the kitchen environment and cannot be removed entirely. Therefore, please ensure your server is aware of your allergy or intolerance. This is so that the order can be properly communicated to the kitchen team and they, in turn, can take extra steps to prevent any possible cross-contamination.

In accordance with the law, Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm.