| Dish Title | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur dioxide |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LARGE GREEN OLIVES | | | | | | | | | | | | | | |
| MOZZARELLA FLATBREAD | Y | | | | | | | M | | Y | | | | Y |
| ITALIAN BREADS Ciabatta, focaccia paffuto, garlic bread, grissini, extra virgin olive oil & balsamic vinegar | Y | | | | | | M | M | M | M | | | M | Y |
| AGLIO FLATBREAD mozzarella | Y | | | | | | | M | | | | | | Y |
| GENOVESE FLATBREAD Passata, oregano & basil pesto | Y | | | | | | | | | | | | | |
| TRUFFLE ARANCINI rosemary and garlic mayo | Y | | | | | | | | Y | Y | | | | Y |
| BRUSCHETTA, cherry tomatoes, rocket and basil pesto | Y | | | | M | | M | M | M | Y | | M | M | |
| GF BRUSCHETTA, cherry tomatoes, rocket and basil pesto | M | | | | M | | M | M | Y | Y | | M | M | |
| BURRATA,datterini tomato, basil and red onion | | | | | | | | | | Y | | | | Y |
| CRISPY SQUID Sriracha mayo, paprika | Y | | Y | | | | | M | Y | | | | | |
| VEGETABLE ANTIPASTI Marinated grilled vegetables, olives, buffalo mozzarella, ciabatta & tapenade | Y | | | | | | M | M | M | M | | | M | |
| ANTIPASTI Cured meats, olives, buffalo mozzarella, sun-dried tomatoes, ciabatta & tapenade | Y | | | | | | M | M | M | Y | | | M | Y |
| ANTIPASTI TO SHARE Cured meats, olives, buffalo mozzarella, sun-dried tomatoes, ciabatta & tapenade | Y | | | | | | M | M | M | Y | | | M | Y |
| VEGETABLE ANTIPASTI TO SHARE Marinated grilled vegetables, olives, buffalo mozzarella, ciabatta & tapenade | Y | | | | | | M | M | M | Y | | | M | Y |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SEARED KING PRAWNS Chilli, garlic & parsley | | Y | | | | | | | | | | | | Y |
| CHICKEN & MUSHROOM STROZZAPRETI Chicken, mushroom, tarragon, salsa verde & Parmesan | | | | | | | | | | Y | Y | | | Y |
| BUCATINI CARBONARA Pancetta, egg, black pepper & Parmesan | Y | M | | M | | | M | M | M | Y | M | M | | |
| PAPPARDELLE BOLOGNESE Beef ragu & red wine | M | M | | M | | | M | M | M | Y | Y | M | | Y |
| PENNE POMODORO San Marzano tomato, buffalo mozzarella | | | | | | | | | | | Y | | | Y |
| SEAFOOD LINGUINE Mussels, squid, prawns, capers,tomatoes & chilli | Y | Y | Y | M | | | M | M | Y | Y | M | M | | Y |
| SPINACH & RICOTTA RAVIOLI Sun-dried tomato & basil | | | | | | | | | | | | | | Y |
| SPICY PORK & 'NDUJA RAGU Rigatoni, pecorino | Y | M | | M | | | M | M | | Y | Y | M | | |
| RISOTTO FUNGHI E TARTUFO Mixed mushroom, truffle cream, parsley gremolata and vegetarian parmesan | | | | | | | | | | Y | Y | | | Y |
| RISOTTO LUGANICA, pancetta, mushrooms, gramolata, parmesan | | | | | | | | | | Y | Y | | | Y |
| POLLO FUNGHI Grilled chicken, creamy mushroom sauce, baby spinach, garlic & rosemary potatoes | | | | | | | | | | Y | | | | Y |
| 8oz BRITISH SIRLOIN STEAK Rocket, tomato & Parmesan salad & skinny fries | | | | | | | | | | Y | | | | |
| STRADA BURGER 7oz British beef patty, lettuce, tomato, mayo, spianata piccante, Cheddar & fries | Y | | | | | | | M | Y | Y | M | M | M | Y |
| CHICKEN MILANESE Crispy panko chicken, garlic & herb potatoes, rocket & Parmesan | Y | | | | | | | | Y | Y | | | | Y |
| ITALIAN STEAK FRITES Flat iron steak, skinny fries, rocket, tomato & Parmesan salad | | | | | | | | | | Y | | | | Y |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| PAN FRIED BREAM with cherry tomato sauce, olives, capers & basil,herbed fregola | Y | | | Y | M | | M | M | | | | M | M | Y |
| GF PAN FRIED BREAM with cherry tomato sauce, olives, capers & basil,herbed fregola | M | | | Y | M | | M | M | | | | M | M | Y |
| MARGHERITA Tomato, mozzarella & basil | Y | | | | | | | M | | Y | | | | |
| VESUVIO Tomato, mozzarella, 'nduja, pepperoni, rocket, chilli & smoked peppers | Y | | | | | | | M | | Y | | | | |
| PARMA Tomato, buffalo mozzarella, Prosciutto & rocket | Y | | | | | | | M | | | | | | |
| PROSCIUTTO COTTO HAM & FUNGHI Tomato, mozzarella, ham,mushrooms, black olives & oregano | Y | | | | M | | M | M | | Y | | M | M | |
| CAMPAGNOLA Tomato, mozzarella, mushroom, aubergine, peppers, courgette, rocket & basil pesto | Y | | | | | | | M | | Y | | | | |
| SALSICCIA & FRIARIELLI Fennel pork sausage, friarielli, tomato sauce,chilli & mozzarella | Y | | | | | | | | | Y | | | | Y |
| CAESAR SALAD Lettuce, croutons, crisp pancetta, Parmesan & anchovy dressing | Y | | | Y | | | M | M | Y | Y | | | M | Y |
| CHICKEN CAESAR SALAD Lettuce, croutons, crisp pancetta, Parmesan & anchovy dressing | Y | | | Y | | | M | M | Y | Y | | | M | Y |
| GOAT CHEESE CAESAR SALAD Lettuce, croutons, crisp pancetta, Parmesan & anchovy dressing | Y | | | Y | | | M | M | Y | Y | | | M | Y |
| CHICKEN SUPERGREEN SALAD Tenderstem broccoli, roasted beetroot, market leaves, herbed mixed quinoa, chilli & toasted seeds | | | | | | | | | | | | | Y | |
| GOAT CHEESE SUPERGREEN SALAD Tenderstem broccoli, roasted beetroot, market leaves, herbed mixed quinoa, chilli & toasted seeds | | | | | | | | | | Y | | | Y | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SUPERGREEN SALAD Tenderstem broccoli, roasted beetroot, market leaves, herbed mixed quinoa, chilli & toasted seeds | | | | | | | | | | | | | Y | |
| TENDERSTEM BROCCOLI Chilli & garlic | | | | | | | | | | Y | | | | Y |
| SKINNY FRIES Sea salt | | | | | | | | | | | | | | |
| HOUSE SALAD Seasonal leaves, cucumber, heritage tomatoes & basil | | | | | | | | | | | | | | |
| ROASTED NEW POTATOES Garlic, olive oil, rosemary & sea salt | | | | | | | | | | | | | | Y |
| TRUFFLE FRIES Truffle oil, sea salt & Bella Lodi | | | | | | | | | | | | | | |
| SAUTEED SPINACH, butter and parmesan | | | | | | | | | | Y | | | | |
| CHERRY TOMATO & ONION SALAD, red onion, Calabrian oregano and basil | | | | | | | | | | | | | | |
| CHOCOLATE FONDANT Salted caramel ice cream | Y | | | | M | | M | Y | Y | Y | | | M | M |
| TIRAMISU Espresso soaked sponge, mascarpone & cocoa | | | | | | | Y | | | | | | | |
| STICKY TOFFEE PUDDING Toffee sauce, vanilla ice cream | M | | | | M | | M | M | M | Y | | | M | M |
| BUDINO Caramel set custard | | | | | | | | | Y | Y | | | | |
| VANILLA CHEESECAKE Mixed berries compote & orange | M | | | | | | M | M | Y | Y | | | | M |
| Affogato ice cream | M | | | | M | | M | M | M | Y | | | M | M |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vanilla ice cream | M | | | | M | | M | M | M | Y | | | M | M |
| Chocolate ice cream | | | | | | | | Y | | | | | | |
| Mango sobert | | | | | | | | | | | | | | |
| Lemon sobert | | | | | | | | | | | | | | |
| Strawberry ice cream | | | | | | | | | | Y | | | | |
| Salted caramel ice cream | M | | | | M | | M | M | M | Y | | | M | M |
| Raspberry sorbet | | | | | | | | | | | | | | |
| Add olives | | | | | | | | | | | | | | |
| Add chilli | | | | | | | | | | | | | | |
| Add pepperoni | | | | | | | | | | Y | | | | |
| Add prosciutto | | | | | | | | | | | | | | |
| Add buffalo mozzarella | | | | | | | | | | | | | | |
| Add chicken | | | | | | | | | | | | | | |
| Add tomatoes | | | | | | | | | | | | | | |
| Add rocket | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Add cheese | | | | | | | | | | Y | | | | |
| Add goats cheese | | | | | | | | | | Y | | | | |
| Add burrata | | | | | | | | | | Y | | | | |
| Add trout | | | | Y | | | | | | | | | | |
| Add onions | | | | | | | | | | | | | | |
| Add peppercorn sauce | | | | | | | | | | Y | | | | |
| Add capers | | | | | | | | | | | | | | |
| RISOTTO ALLA PESCATORA, squid, king prawns, mussels, cherry tomatoes,parsley and basil | | Y | Y | | | | | | | Y | Y | | | Y |
| 10oz RIB EYE STEAK, rocket salad, peppercorn sauce, served with choice of | | | | | | | | | | Y | | | | Y |
| 28oz COTE DE BOEUF TO SHARE, rocket, peppercorn sauce, served with a choice of | M | | | | M | | M | M | | Y | | M | M | Y |
| BRAISED OX CHEEK,red wine sauce, creamy mashed potato | | | | | | | | | | Y | | | | Y |
| FRITTO MISTO DI PESCE, Crispy squid, king prawns & red mullet, tomato powder, Calabrian chilli & lemon mayo | Y | Y | Y | Y | | | | M | Y | | Y | | | Y |
| TORTELLONI PUMPKIN, butter and crispy sage, Calabrian chilli oil | | | | | | | | | | | | | | |
| WILD MUSHROOM & TRUFFLE BURRATA PIZZA, mozzarella & truffle béchamel sauce | Y | | | | | | | Y | | Y | | | | Y |