

FULL INGREDIENT MENU

ASK ITALIAN SPRING 2025

Our main allergen guide covers the 14 allergens specified by the EU Food Information Regulations. However, we understand that people may want to avoid other food ingredients, therefore this menu shows the full ingredient declarations of a select number of our dishes. Please use this guide to inform your choice however we are unable to provide full information about our suppliers' allergen risks, including cross contact. In addition, our kitchens handle numerous ingredients and allergens and it is not possible for us to guarantee that our dishes will be allergen free.

Please check this information **every** time you visit our restaurant as we may have changed the recipe or the ingredients of one or more of our dishes.

If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email info@askitalian.co.uk

Section	Dish Name	Ingredient Declaration	Comments
Starters	Italian olives	Marinated Olives (Nocellara Olives, Salt, Water, Acidity Regulators (Lactic Acid, Citric Acid), Antioxidant (Ascorbic Acid), Extra Virgin Olive Oil, Oregano).	
Starters	Burrata Tricolore	Burrata Cheese (Milk, Milk Cream, Starter Culture, Vegetarian Rennet, Salt, Thickener (Glycerol), Stabilisers (Carboxy Methyl Cellulose, Carrageenan), Emulsifiers (Lactic Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids)), Baby Plum Tomatoes, Rocket, Slow-Roasted Tomatoes (Semidried Tomatoes, Rapeseed Oil, Garlic, Salt, Oregano), Extra Virgin Olive Oil, Ricotta Salata (Pasteurised Sheep Milk Whey, Salt, Acidity Regulator (Citric Acid)), Vegan Basil Pesto (Sunflower Oil, Basilico Genovese P.D.O, Rehydrated Potato Flakes, Extra Virgin Olive Oil, Sunflower Seeds, Pumpkin Seeds, Inactive Yeast, Lemon Juice, Pine Kernels, Garlic, Salt, Black Pepper, Antioxidant (Ascorbic Acid)), Basil, Salt & Pepper Mix (Sea Salt, Cracked Black Pepper), Extra Virgin Olive Oil.	
Starters	Garlic Bread	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes)), Vegan Garlic & Parsley Spread (Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colour (Beta-Carotene)), Rapeseed Oil, Garlic Puree, Garlic Granules, Salt, Parsley, Ground Black Pepper, Preservative (Citric Acid)), Maize Grits, White Rice, Parsley.	
Pasta	Fettuccine Bolognese	Beef Bolognese (Beef, Red Wine (Sulphites), Tomato Passata, Tomatoes, Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Stock (Beef Stock (Beef Extract, Beef, Beef Bone Stock, Water, Beef Fat), Maize Starch, Beet Sugar, Salt, Tomato Paste, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Rapeseed Oil, Yeast Extract, Garlic Puree, Lemon Juice From Concentrate, Glace Powder (Modified Maize Starch, Maize Starch, Maltodextrin, Salt, Sugar, Yeast Extract (Yeast Extract, Salt), Flavouring, Colour (Plain Caramel), Onion Powder, Dried Glucose Syrup, Tomato Powder, Ground Paprika, Rapeseed Oil, Ground Black Pepper, Ground Bay), Salt, White Wine Vinegar, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Anchovy Paste (Anchovy Paste (Fish), Refined Olive Oil, White Wine Vinegar), Vegetables (Onions, Parsnips), Potato Starch, Spices (Garlic, Lovage, Nutmeg), Basil, Oregano, Rosemary, Cracked Black Pepper), Armando Fettuccine (Durum Wheat Semolina), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), White Cooking Wine (Alcohol Reduced White Wine, Sugar, Colours (Plain Caramel, Sulphite Ammonia Caramel), Flavouring (Grape Skin Extract), Acidity Regulator (Citric Acid), Salt, Preservatives (Sulphur Dioxide, Sodium Metabisulphite, Potassium Sorbate), Stabilisers (Metatartaric Acid, Gum Arabic)), Parsley, Salt & Pepper (Sea Salt, Black Pepper), Rapeseed Oil.	Boiled in boilers where cross-contact may occur with Eggs, Gluten (Wheat).
Pasta	Non Gluten Bolognese	Beef Bolognese (Beef, Red Wine (Sulphites), Tomato Passata, Tomatoes, Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Stock (Beef Stock (Beef Extract, Beef, Beef Bone Stock, Water, Beef Fat), Maize Starch, Beet Sugar, Salt, Tomato Paste, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Rapeseed Oil, Yeast Extract, Garlic Puree, Lemon Juice From Concentrate, Glace Powder (Modified Maize Starch, Maize Starch, Maltodextrin, Salt, Sugar, Yeast Extract (Yeast Extract, Salt), Flavouring, Colour (Plain Caramel), Onion Powder, Dried Glucose Syrup, Tomato Powder, Ground Paprika, Rapeseed Oil, Ground Black Pepper, Ground Bay), Salt, White Wine Vinegar, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Anchovy Paste (Anchovy Paste (Fish), Refined Olive Oil, White Wine Vinegar), Vegetables (Onions, Parsnips), Potato Starch, Spices (Garlic, Lovage, Nutmeg), Basil, Oregano, Rosemary, Cracked Black Pepper), Non-Gluten Fusilli (Maize Flour, Corn Flour, Rice Flour, Water, Chickpea Flour, Sunflower Oil, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Cooking Wine (Alcohol Reduced Blended White Wine, Sugar, Flavours, Grape Skin Extract, Sea Salt, Colours (Sulphite Ammonia Caramel, Plain Caramel), Acidity Regulator (Citric Acid), Salt, Preservatives (Potassium Sorbate, Sulphur Dioxide, Sodium Metabisulphite)), Stabilisers (Metatartaric Acid, Gum Arabic)), Parsley, Salt & Pepper (Sea Salt, Black Pepper), Rapeseed Oil.	Non-Gluten pasta cooked separately to order.

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Pasta	Spaghetti Al Pomodoro	Spaghetti (Durum Wheat Semolina), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Tomato Sauce (Tomatoes, Salt, Basil, Oregano), Mozzarella (Mozzarella (Milk), Acidity Regulator (Citric Acid)), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Sunflower Oil, Extra Virgin Olive Oil, Rapeseed Oil), Salt & Pepper Mix (Salt, Cracked Black Pepper), Rapeseed Oil.	Boiled in boilers where cross-contact may occur with Eggs, Gluten (Wheat).
Pasta	Vegan Spaghetti Al Pomodoro	Spaghetti (Durum Wheat Semolina), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Tomato Sauce (Tomatoes, Salt, Basil, Oregano), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Extra Virgin Olive Oil, Garlic Puree & Oil Mix (Garlic Puree Pellets, Rapeseed Oil, Sunflower Oil, Extra Virgin Olive Oil), Salt & Pepper Mix (Sea Salt, Cracked Black Pepper), Rapeseed Oil.	Boiled in boilers where cross-contact may occur with Eggs, Gluten (Wheat).
Pasta	Non Gluten Pomodoro	Non-Gluten Fusilli (Maize Flour, Water, Chickpea Flour, Rice Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Tomato Sauce (Tomatoes, Salt, Basil, Oregano), Mozzarella (Mozzarella (Milk), Acidity Regulator (Citric Acid)), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Rapeseed Oil), Salt & Pepper Mix (Sea Salt, Cracked Black Pepper), Extra Virgin Olive Oil, Rapeseed Oil.	Non-Gluten pasta cooked separately to order.
Pasta	Non Gluten Vegan Al Pomodoro	Non-Gluten Fusilli (Maize Flour, Water, Chickpea Flour, Rice Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Tomato Sauce (Tomatoes, Salt, Basil, Oregano), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Rapeseed Oil), Salt & Pepper Mix (Sea Salt, Cracked Black Pepper), Extra Virgin Olive Oil, Rapeseed Oil.	Non-Gluten pasta cooked separately to order.
Pasta	Linguine Carbonara	Linguine Armando (Durum Wheat Semolina), Carbonara Sauce (Skimmed Milk, Water, Single Cream (Milk), Mascarpone Cheese (Milk) (Cream (Milk), Milk Proteins, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Preservative (Nisin)), Full Fat Soft Cheese (Milk), White Mature Cheddar Cheese (Milk), Pecorino And Regato Crumb Cheese Mix (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Butter (Milk), Modified Maize Starch, Rapeseed Oil, Garlic Purée, Cheese Stock Base (Processed Cheese Powder (Milk), Emulsifying Salt (Sodium Phosphates), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Carrot, Tomato), Sunflower Oil, Spices (Turmeric, White Pepper, Garlic, Mace, Nutmeg, Lovage), Lovage Extract), White Sugar, Yeast Extract, Salt, Thyme, Stabilisers (Xanthan Gum, Guar Gum), Emulsifier (Sunflower Lecithin), Black Pepper, Smoke Flavour), Smoked Pancetta Lardons (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke), Riserva (Milk), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Parsley, Salt & Pepper Mix (Sea Salt, Black Pepper), Rapeseed Oil, Gran Delizia Cheese (Milk).	Boiled in boilers where cross-contact may occur with Eggs, Gluten (Wheat).
Pasta	Non Gluten Carbonara	Non-Gluten Fusilli (Maize Flour, Water, Chickpea Flour, Corn Flour, Rice Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Carbonara Sauce (Skimmed Milk, Water, Single Cream (Milk), Mascarpone Cheese (Milk) (Cream (Milk), Milk Proteins, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Preservative (Nisin)), Full Fat Soft Cheese (Milk), White Mature Cheddar Cheese (Milk), Pecorino And Regato Crumb Cheese Mix (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Butter (Milk), Modified Maize Starch, Rapeseed Oil, Garlic Purée, Cheese Stock Base (Processed Cheese Powder (Milk), Emulsifying Salt (Sodium Phosphates), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Carrot, Tomato), Sunflower Oil, Spices (Turmeric, White Pepper, Garlic, Mace, Nutmeg, Lovage), Lovage Extract), White Sugar, Yeast Extract, Salt, Thyme, Stabilisers (Xanthan Gum, Guar Gum), Emulsifier (Sunflower Lecithin), Black Pepper, Smoke Flavour), Smoked Pancetta Lardons (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke), Riserva Block (Milk), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Parsley, Salt & Pepper Mix (Sea Salt, Black Pepper).	Non-Gluten pasta cooked separately to order.
Pizzas	Classic - Margherita	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Enzymes)), Diced Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, White Rice, Oregano.	
Pizzas	Vegan Classic Margherita	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Enzymes)), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano (Oregano), Lemon Juice, Thickener (Arabic Gum, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, White Rice, Oregano.	

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Pizzas	Non-Gluten Margherita	Non Gluten Pizza Base (Rice Starch, Maize Starch, Corn Starch, Tapioca Starch, Water, Potato Starch, Rice Flour, Sunflower Oil, Extra Virgin Olive Oil, Pea Flour, Vegetable Fibre (Potato, Rice, Psyllium, Flax, Lemon, Pea), Buckwheat Flour, Sugar, Millet Flour, Flaxseed Oil Panel Flour, Salt, Fresh Brewer's Yeast, Natural Flavourings, Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Raising Agents (Glucono-Delta-Lactone, Disodium Diphosphate, Sodium Hydrogen Carbonate)), Diced Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Oregano.	
Pizzas	Non Gluten Vegan - Margherita	Non Gluten Pizza Base (Rice Starch, Maize Starch, Corn Starch, Tapioca Starch, Water, Potato Starch, Rice Flour, Sunflower Oil, Extra Virgin Olive Oil, Pea Flour, Vegetable Fibre (Potato, Rice, Psyllium, Flax, Lemon, Pea), Buckwheat Flour, Sugar, Millet Flour, Flaxseed Oil Panel Flour, Salt, Fresh Brewer's Yeast, Natural Flavourings, Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Raising Agents (Glucono-Delta-Lactone, Disodium Diphosphate, Sodium Hydrogen Carbonate)), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano (Oregano), Lemon Juice, Thickeners (Arabic Gum, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Oregano.	
Pizzas	Classic - Stromboli	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Enzymes)), Diced Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Pepperoni (Pork, Pork Fat, Salt, Paprika Powder, Spices (Garlic, Cumin, Black Pepper, Chilli Powder), Dextrose, Acidity Regulator (Glucono-Delta-Lactone), Sugar, Antioxidants (Ascorbic Acid, Citric Acid, Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate), Stabilisers (Sodium Citrates, Triphosphates)), Maize Grits, White Rice, Oregano.	
Sides	Chips	Chips (Potatoes, Sunflower Oil, Batter (Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Modified Potato Starch, Dextrin, Rice Flour, Salt, Corn Starch, Turmeric Extract, Colour (Paprika Extract))), Garlic Mayo (Rapeseed Oil, Water, Pasteurised Liquid Egg, Acidity Regulator (Acetic Acid), Sugar, Modified Starch, Garlic, Salt, Stabiliser (Guar Gum), Spices (Mustard), Herb, Preservative (Potassium Sorbate), Stabiliser, Xanthan Gum, Antioxidant (Calcium Disodium)), Sea Salt, Cracked Black Pepper, Rapeseed Oil, Palm Oil.	Fried in a fryer where cross-contact may occur with Celery, Eggs, Fish, Gluten (Barley, Wheat), Milk, Molluscs, Mustard, Soya, Sulphites.
Desserts	Biscoff Cheesecake	Lotus Biscoff Cheesecake (Biscuit Base (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agent (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Double Cream (Milk), Reduced Fat Soft Cheese (Skimmed Milk, Cream (Milk), Permeate (Milk), Salt, Tapioca Starch, Stabiliser (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lotus Original Caramelised Biscuit Spread (Caramelised Biscuit (Wheat Flour, Sugar, Vegetable Oil (Rapeseed Oil, Palm Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)), Sugar, Full Fat Soft Cheese (Milk), Caramelised Biscuit (Wheat Flour, Sugar, Vegetable Oils (Rapeseed, Palm), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Starch (Maize), Partially Inverted Sugar Syrup, Milk, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate)), Cream (Milk), Salted Butter (Butter (Milk), Salt), Water, Partially Inverted Refiners Syrup, Glucose Syrup, Demerara Sugar, Brown Sugar, Modified Maize Starch, Rapeseed Oil, Colour (Ammonia Caramel), Stabiliser (Xanthan Gum), White Chocolate Curls (Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Sugar, Cocoa Butter, Whole Milk Powder, Whey Powder (Milk), Lactose (Milk), Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring.	
Desserts	Cherry & Clotted Cream Gelato	Whole Milk, Sugar, Double Cream (Milk), Clotted Cream (Milk), Amarena Cherry Sauce (Dried Glucose Syrup, Sugar, Candied Cherries (Cherries, Glucose-Fructose Syrup, Sour Black Cherry Juice, Acidity Regulator (Citric Acid), Vegetable Concentrate (Black Carrot, Hibiscus), Natural Flavourings), Water, Concentrated Amarena Cherry Juice, Acidity Regulator (Citric Acid), Thickener (Agar Agar, Pectin), Flavourings (Colour (Anthocyanins))), Dextrose, Skimmed Milk Powder, Cinnamon Biscuit (Wheat Flour, Sugar, Rapeseed Oil, Candied Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Cinnamon, Salt), Digestive Biscuit Crumble (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Sg (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agent (Sodium Carbonate), Salt), Vegetable Fat Sg (Shea Kernel Oil, Palm Oil, Emulsifier (Sunflower Lecithin)), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabiliser (Locust Bean Gum, Guar Gum, Carrageenan).	
Desserts	Salted Caramel Gelato	Water, Glucose Syrup, Sugar, Coconut Oil, Salted Caramel (Water, Sugar, Partially Inverted Refiners Syrup, Glucose Syrup, Corn Oil, Corn Starch, Vanilla Extract, Natural Flavourings, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Maltodextrin, Dextrose, Soya Protein, Colour (Plain Caramel), Sea Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Locust Bean Gum, Carrageenan, Guar Gum), Natural Flavourings.	
Desserts	Berry Sorbet	Mixed Berry Sorbet (Water, Strawberry Puree, Sugar, Glucose Syrup, Blackcurrant Puree, Raspberry Puree, Fructose, Maltodextrin, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Sweetener (Steviol Glycosides)).	
Desserts	Vanilla Gelato	Vanilla Gelato (Reconstituted Skimmed Milk Powder, Sugar, Vegetable Fats (Palm Kernel Oil, Palm Oil), Glucose Syrup, Whey Powder (Milk), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Natural Vanilla Flavouring, Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum), Exhausted Ground Vanilla Beans, Colour (Annatto Norbixin)).	

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Desserts	Chocolate Gelato	Chocolate Gelato (Reconstituted Skimmed Milk Powder (Milk), Sugar, Vegetable Fats (Palm Kernel Oil, Palm Oil), Cocoa Powder, Glucose Syrup, Whey Powder (Milk), Fat Reduced Cocoa Powder, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum, Xanthan Gum)).	
Kids Starters	Kids - Vegetable sticks, Bread Soldiers and Dip	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes)), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Maize Grits, White Rice, Salt & Pepper Mix (Sea Salt, Cracked Black Pepper), Rapeseed Oil, Carrots, Tomato Dip (Tomatoes, Salt, Basil, Oregano), Cucumbers.	
Kids Mains	Kids - Top Your Own Pizza Face	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes)), Diced Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, White Rice, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)), Pitted Cuquillos Nicoises Olives (Olives, Brine (Water, Vegetable Oils (Sunflower And Rapeseed Oil In Varying Proportions), Salt)), Oregano.	
Kids Mains	Vegan Kids - Top Your Own Pizza Face	Wildfarmed Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes)), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano, Lemon Juice, Thickeners (Arabic Gum,, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, White Rice, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)), Pitted Cuquillos Nicoises Olives (Olives, Brine (Water, Vegetable Oils (Sunflower And Rapeseed Oil In Varying Proportions), Salt)), Oregano.	
Kids Desserts	Kids - Frutti	Apples, Black Grapes.	

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