

FULL INGREDIENT MENU - FOR PADDINGTON AND WORTHING ONLY

If you are eating in any other restaurants – please do NOT use this guide. We have a separate full ingredients menu for these sites.

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 Regulator (Lactic Acid, Citric Acid), Antioxidant (Ascorbic Acid), Extra Virgin Olive Oil, Oregano)	
Starters	Burrata Tricolore	Burrata (Burrata (Milk), Thickeners (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 (Semi Dried Tomatoes, Rapeseed Oil, Garlic, Salt, Oregano), Extra Virgin Olive Oil, Ricotta Salata (Pasteurised Sheep's Milk, Acidity Regulator (Citric Acid)), 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, Sea Salt, Black Pepper.	
Starters	Garlic Pizzetta Bread	Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Olive Oil, Yeast, Sugar, Flour Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Flour Treatment Agent (Ascorbic Acid), Rapeseed Oil, Enzymes), 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), White Rice, Extra Virgin Olive Oil, Parsley.	
Pasta	Ragu alla Bolognese	Egg Bigoli (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Liquid Free Range Pasteurised Egg, Water), Beef Bolognese (Slow-Cooked Beef Brisket, Slow Cooked Beef Rib, Red Wine (Sulphites), Slow Roasted Tomatoes (Tomatoes, Rapeseed Oil, Salt, Garlic Powder, Dried Oregano), Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Glaze (Concentrated Juices Of Beef, Corn Starch, Beet Sugar, Salt, Tomato Puree, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Modified Maize Starch, Garlic Purée, Lemon Juice From Concentrate, Salt, White Wine Vinegar, Porcini Mushrooms, Balsamic Vinegar (Red Wine Vinegar, Grape Must Concentrate), Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Anchovy Paste (Matured Salted Anchovies (Fish), Olive Oil, White Wine Vinegar), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Natural Roasted Onion Flavouring), Basil, Oregano, Rosemary, Black Pepper), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Italian Hard Cheese (Milk), Butter (Milk), Rapeseed Oil, Parsley, Sea Salt, Black Pepper,	Pasta boiled with other ingredients/allergens.
Pasta	Non Gluten - Ragu alla Bolognese	Non-Gluten Containing Fusilli Pasta (Maize Flour, Water, Chickpea Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Beef Bolognese (Slow-Cooked Beef Brisket, Slow Cooked Beef Rib, Red Wine (Sulphites), Slow Roasted Tomatoes (Tomatoes, Rapeseed Oil, Salt, Garlic Powder, Dried Oregano), Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Glaze (Concentrated Juices Of Beef, Corn Starch, Beet Sugar, Salt, Tomato Puree, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Modified Maize Starch, Garlic Purée, Lemon Juice From Concentrate, Salt, White Wine Vinegar, Porcini Mushrooms, Balsamic Vinegar (Red Wine Vinegar, Grape Must Concentrate), Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Anchovy Paste (Matured Salted Anchovies (Fish), Olive Oil, White Wine Vinegar), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Natural Roasted Onion Flavouring), Basil, Oregano, Rosemary, Black Pepper), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Italian Hard Cheese (Milk), Butter (Milk), Rapeseed Oil, Parsley, Sea Salt, Black Pepper,	Non-Gluten containing fusilli pasta cooked separately to order.

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Pasta	Carbonara alla Romana	Carbonara Sauce (Water, Skimmed Milk, Single Cream (Milk), Vintage Cheddar Cheese (Milk), Pecorino And Regato Crumb Mix Cheese (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Modified Tapioca Starch, Garlic Purée, Cheddar Cheese Stock (Dried Glucose Syrup, Cheese Powder (Milk), Water, Yeast Extract, Salt, Sunflower Oil, Emulsifying Salts (Disodium Phosphate), Natural Flavourings, Maltodextrin), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Sunflower Oil, Spices (Ground Turmeric, White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Ground Lovage), Lovage Extract), Sugar, Yeast Extract, Salt, Sunflower Oil, Free Range Egg Yolk Powder, Rapeseed Oil, Cracked Black Pepper, Ground Turmeric), Frilly Tagliatelle (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Free Range Pasteurised Egg, Water), Smoked Pancetta (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke.), Italian Hard Cheese (Milk), Rapeseed Oil, Sea Salt, Black Pepper.	Pasta boiled with other ingredients/allergens.
Pasta	Non Gluten - Carbonara alla Romana	Non-Gluten Containing Fusilli Pasta (Maize Flour, Water, Chickpea Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Carbonara Sauce (Water, Skimmed Milk, Single Cream (Milk), Vintage Cheddar Cheese (Milk), Pecorino And Regato Crumb Mix Cheese (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Modified Tapioca Starch, Garlic Purée, Cheddar Cheese Stock (Dried Glucose Syrup, Cheese Powder (Milk), Water, Yeast Extract, Salt, Sunflower Oil, Emulsifying Salts (Disodium Phosphate), Natural Flavourings, Maltodextrin), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Sunflower Oil, Spices (Ground Turmeric, White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Ground Lovage), Lovage Extract), Sugar, Yeast Extract, Salt, Sunflower Oil, Free Range Egg Yolk Powder, Rapeseed Oil, Cracked Black Pepper, Ground Turmeric), Smoked Pancetta (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke.), Italian Hard Cheese (Milk), Rapeseed Oil, Sea Salt, Black Pepper.	Non-Gluten containing fusilli pasta cooked separately to order.
Pasta	Pomodoro	Pomodoro Sauce (Tomatoes, Salt, Basil, Oregano, Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Mezzi Pasta (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Durum Wheat Semolina, Water), Semi Dried Tomatoes, Rapeseed Oil, Garlic, Salt, Oregano, Extra Virgin Olive Oil, Garlic, Basil, Sea Salt, Black Pepper.	Pasta boiled with other ingredients/allergens.
Pasta	Non Gluten - Pomodoro	Pomodoro Sauce (Tomatoes, Salt, Basil, Oregano, Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Non-Gluten Containing Fusilli Pasta (Maize Flour, Water, Chickpea Flour, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Semi Dried Tomatoes, Rapeseed Oil, Garlic, Salt, Oregano, Extra Virgin Olive Oil, Garlic, Basil, Sea Salt, Black Pepper.	Non-Gluten containing fusilli pasta cooked separately to order.
Pizzas	Margherita	Wildfarmed Flour Dough (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Olive Oil, Yeast, Sugar, Flour Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Flour Treatment Agent (Ascorbic Acid), Rapeseed Oil)), Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose), Acidity Regulator (Citric Acid)), White Rice, Sauce (Tomatoes, Salt, Basil, Oregano), Extra Virgin Olive Oil, Basil, Oregano.	
Pizzas	Non Gluten - Margherita	Non-Gluten Containing Pizza Base (Water, Maize Starch, Potato Starch, Rice Flour, Sunflower Oil, Tapioca Starch, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Buckwheat Flour, Sugar, Pea Flour, Flavouring, Millet Flour, Flaxseed Meal, Pea Fibre, Potato Fibre, Rice Fibre, Psyllium Fibre, Salt), Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose), Acidity Regulator (Citric Acid)), Sauce (Tomatoes, Salt, Basil, Oregano), Basil, Oregano, Extra Virgin Olive Oil.	
Pizzas	Vegan - Margherita	Wildfarmed Flour Dough (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Olive Oil, Yeast, Sugar, Flour Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Flour Treatment Agent (Ascorbic Acid), Rapeseed Oil), 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)), Sauce (Tomatoes, Salt, Basil, Oregano), White Rice, Extra Virgin Olive Oil, Basil, Oregano.	
Pizzas	Non Gluten Vegan - Margherita	Non-Gluten Containing Pizza Base (Water, Maize Starch, Potato Starch, Rice Flour, Sunflower Oil, Tapioca Starch, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Buckwheat Flour, Sugar, Pea Flour, Flavouring, Millet Flour, Flaxseed Meal, Pea Fibre, Potato Fibre, Rice Fibre, Psyllium Fibre, Salt), 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)), Sauce (Tomatoes, Salt, Basil, Oregano), White Rice, Extra Virgin Olive Oil, Basil, Oregano.	

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Pizzas	Stromboli	Wildfarmed Flour Dough (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Olive Oil, Yeast, Sugar, Flour Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Flour Treatment Agent (Ascorbic Acid), Rapeseed Oil)), Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Sauce (Tomatoes, Salt, Basil, Oregano), Pepperoni (Pork, Pork Fat, Salt, Paprika Powder, Spices (Garlic, Cumin, Black Pepper, Caraway Seeds), Acidity Regulator (Glucono-Delta-Lactone), Sugar, Antioxidants (Ascorbic Acid, Citric Acid), Preservative (Sodium Nitrite), Stabiliser (Sodium Citrates)), White Rice, Extra Virgin Olive Oil, Oregano.	
Sides	Chips	Chips (Potatoes, Sunflower Oil, Batter (Wheat Flour (With Calcium, Iron, Niacin, Thiamine), Modified Starch, Rice Flour, Salt, Corn Starch, Turmeric Extract, Colour (Paprika Extract), Raising Agents (Sodium Bicarbonate, Disodium Diphosphate))), 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)), Red Bell Pepper Granules, Salt, Garlic Powder, Yeast Extract, Ground Oregano, Ground Rosemary, Roasted Garlic Granules, Ground Paprika, Red Bell Pepper, Oregano Leaves, Rubbed Rosemary, Parsley Flakes, Oak Smoked Sea Salt, Cracked Black Pepper, Ground Black Pepper, Rapeseed Oil, Palm Oil, Salt.	
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 Colour), 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	Biscoff Cheesecake	Lotus Biscoff Cheesecake (Biscuit Base (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Double Cream (Milk), Reduced Fat Soft Cheese (Skimmed Milk, Cream (Milk), Permeate (Milk), Salt, Tapioca Starch, Stabilisers (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lotus Original Caramelised Biscuit Spread (Caramelised Biscuit (Wheat Flour, Sugar, Vegetable Oils (Rapeseed, Palm), 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 (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.	
Kids Starters	Kids - Crinkly Veggie Dippers	Carrots, Cucumber, Sauce (Tomatoes, Salt, Basil, Oregano).	
Kids Mains	Kids - Top Your Own Pizza Face	Wildfarmed Flour 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)), Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Baby Plum Tomatoes, Maize Grits, White Rice, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)).	
Kids Mains	Vegan - Kids Top Your Own Pizza Face	Wildfarmed Flour 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)), 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), Baby Plum Tomatoes, Maize Grits, White Rice, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maize Starch, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)).	
Kids Desserts	Kids - Frutti	Apples, Black Grapes.	