

## DISHES NOT SUITABLE FOR THOSE WHO HAVE ALLERGIES OR ARE INTOLERANT TO:-

DISH (without Parmesan)	ALLERGY OR INTOLERANCE						
	Meat Poultry and Fish	Dairy products	Pork	Beef	Seafood	Nuts	Elderly, Infirm or Pregnant
<b>PASTA</b>							
ARRIABBATA						X	
AGLIO ARROSTITO						X	
POMODORO e MASCARPONE		X				X	
CARBONARA	X	X	X			X	
BOLOGNAISE	X	X	X	X		X	
POLLO ABBRUZZO	X	X				X	
POLLO e SPINACI	X					X	
POLLO PESTO ROSSO	X	X				X	
QUATTRO FORMAGGI	X	X				X	X
PEPPERONI	X		X	X		X	
<b>RISOTTO</b>							
FUNGHI SELVATICI		X				X	
POMODORO		X				X	

### PLEASE NOTE - IF ADDING PARMESAN TO A DISH - IT IS **NOT** VEGETARIAN

**NB** Fresh Italy have ensured that our suppliers' standard operating procedures for the storage and handling of nuts and unrefined sesame seed on their sites are designed to minimize the risk of cross contamination with our products. However, due to the fact that some sites do handle ingredients which can contain nuts, seeds or their derivatives, and due to the origins of some of the raw materials supplied, we **cannot guarantee an absolute absence** of these materials within the end product.

**NB** Our Bolognese has a very small amount of milk protein in the stock, thus making it unsuitable for dairy intolerant people.

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	Meat Poultry and Fish	Dairy products	Pork	Beef	Seafood	Nuts	Elderly, Infirm or Pregnant
RAVIOLI	X	X	X	X		X	
LASAGNE	X	X	X	X		X	
POLLO PICCANTE	X	X				X	
<b>SOUP</b>							
MINISTRONE						X	
TOMATO & BASIL						X	
<b>SALADS</b>							
POLLO CESARE	X	X				X	
TRICOLORE	X	X				X	
PESTO PASTA	X (PARMESAN)	X				X	
<b>SIDE SALADS</b>							
GREEN SALAD						X	
MOZARELLA & TOM		X				X	
ROCKET,TOM,PARM	X (PARMESAN)	X				X	
FORMAGGIO	X (GRANA PADANO)	X				X	
BOCONCINI MOZARELLA		X				X	
<b>DESSERTS</b>							
CHOCOLATE MOUSSE		X		X (gelatine)		X	
CHOCOLATE TART		X				X	
LEMON TART		X				X	
RASPBERRY PANNACOTTA	X	X		X (gelatine)		X	

## PASTA DISHES

<p><b>AGLIO ARROSTITO</b> – Penne pasta , <b>Pomodoro sauce</b> (Tomato, Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper ) <b>Roasted garlic, Flat Leaf Parsley</b></p>
<p><b>ARRIABATA</b> – Penne pasta, <b>Chilli</b>, White wine vinegar, <b>Pomodoro sauce</b> (Tomato, Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper )</p>
<p><b>CARBONARA</b> – Penne pasta, <b>Carbonara sauce</b> (Double Cream, Buttermilk Roasted Pancetta , Onion, Hard Cheese, Egg Yolk, Olive Oil, Crispy Bacon, Garlic Puree, Chicken Stock , Parsley, Lemon Juice, Oregano)</p>
<p><b>BOLOGNAISE</b> - - Penne pasta, <b>Bolognese sauce</b> (Beef , Tomato , Water, Onion, Tomato Paste, Red Wine, Beef Stock, Carrot, Celery, Extra Virgin Olive Oil, Veal Stock, Salt, Garlic Puree, Red Wine Concentrate, Starch, Basil, Oregano, Black Pepper, Bay Leaf.)</p>
<p><b>POMODORO e MASCARPONE</b> - Penne pasta, <b>Pomodoro sauce</b> (Tomato, Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper )<b>Mascarpone cheese</b></p>
<p><b>QUATTRO FORMAGGI</b> – Penne pasta, <b>Gorgonzola, Mascarpone, Parmesan, Grana Padano Cheese, White sauce</b> (Milk, Double Cream, Hard Cheese, Egg Yolk, Butter, Onion, White Pepper), <b>Flat Leaf Parsley</b></p>
<p><b>POLLO ABRUZZO</b> – Penne pasta , <b>Chicken, Peas, Abruzzo sauce</b> (Double Cream Yellow Pepper, Onion, Mozzarella Cheese, Hard cheese, Olive Oil, Basil, Butter, Sugar, Salt, Lemon Juice, Garlic Puree, Vegetable Bouillon, Paprika, Tarragon, Rosemary, Red Chilli, Chilli Powder, Cinnamon, Garlic Powder, Onion Powder, Black Pepper, Nutmeg, Saffron Powder).</p>
<p><b>POLLO e SPINACI</b> - Penne pasta, <b>Pomodoro sauce</b> (Tomato, Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper ), <b>Chicken, Fresh Spinach.</b></p>
<p><b>POLLO PESTO ROSSO</b> - Penne pasta , <b>Chicken, White sauce</b>, (Milk, Double Cream, Hard Cheese, Egg Yolk, Butter, Onion, White Pepper), <b>Red Pesto</b> ( Italian Basil ,Water, Tomato Puree ,Sunflower Seed Oil, Medium Fat Hard Cheese, Sun-Dried Tomatoes, Sea Salt, Modified Maize Starch, Cashew Nuts, Garlic, Pine Kernels, Lactic Acid)</p>
<p><b>PEPPERONI</b> – Penne pasta, <b>Pepperoni</b> (Pork, pork fat, beef , salt, spices, pork rind) <b>Pomodoro sauce</b> (Tomato, Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper), <b>Chilli</b> ,white wine vinegar.</p>

**NB Penne Pasta** contains Durum Wheat, Water and Sunflower oil

## RISOTTO DISHES

**FUNGHI SELVATICO** (*Wild Mushroom risotto*) - Water, Mushroom, Arborio Rice , Double Cream, Onion, White Wine, Shiitake Mushroom , Chestnut Mushroom , Vegetable Oil, Mushroom Stock , Salt, Bouillon (Contains Wheat), Dried Porcini Mushroom , Garlic Puree, Oregano, Porcini Mushroom Powder , Basil, Black Pepper, Bay Leaf.

**POMODORO e BASILICO** (*Tomato and basil risotto*) - Arborio Rice, Tomato, Onion, Double Cream, Celery, White Wine, Sundried Tomato Paste, Tomato Paste, Medium Fat Hard Cheese, Olive Oil, Starch, Salt, Basil, Lemon Juice, Garlic Puree, Vegetable Bouillon (inc wheat), Oregano, Black Pepper, Bay Leaf.

## RAVIOLI

**TRADITIONAL RAVIOLI - Blanched Traditional Ravioli** (*PASTA*: [Wheat flour, Durum Wheat Semolina, Whole Egg], *FILLING*: Mortadella [Pork, Beef, Salt,] Breadcrumbs, Garlic Puree, Herbs, Salt, Olive Oil, Spices, Sunflower Oil.

## LASAGNE

**LASAGNE – Pasta Sheet** (Durum wheat & water), **Bolognese sauce** (Beef , Tomato , Water, Onion, Tomato Paste, Red Wine, Beef Stock, Carrot, Celery, Extra Virgin Olive Oil, Veal Stock, Salt, Garlic Puree, Red Wine Concentrate, Starch, Basil, Oregano, Black Pepper, Bay Leaf.) **White sauce** (Milk, Water, Double Cream, Medium Fat Hard Cheese, Egg Yolk, Butter, Onion, Lemon Juice, Salt, White Pepper.) **Parmesan**

**POLLO PICCANTE al FORNO - Pomodoro sauce** (Tomato , Olive Oil, Tomato Paste, Onion, Garlic Puree, Sugar, Sun Dried Tomato Paste, Salt, Black Pepper), **Penne pasta**, **White sauce** (Milk, Water, Double Cream, Medium Fat Hard Cheese, Egg Yolk, Butter, Onion, Lemon Juice, Salt, White Pepper), **Chicken**, **Fresh Spinach**, **Parmesan**, **Chilli** ,white wine vinegar.

## SOUPS

**MINISTRONE** – Water, Tomato Passata, Cannellini beans (8%), Pasta (6%), Peas, Cabbage, Red Pepper, Celery, Onion, Olive Oil, Vegetable Stock, Basil, Salt, Paprika, Garlic, Oregano, Thyme, Black Pepper.

**TOMATO & BASIL** - Tomato (40%), Water, Potato, Tomato Paste, Onion, Sugar, Olive Oil, White Wine, Salt, Maize Starch, White Wine Vinegar, Garlic Puree, Basil (0.3%), Fennel, Vegetable Bouillon, Parsley, Lemon Juice, Yeast Extract, Bay Leaf, Thyme.

## SALADS

**POLLO CESARE** – **Cos Lettuce, Chicken breast, Croutons** (Focaccia bread, olive oil), **Caesar dressing** ( Mayonnaise, Parmesan, Garlic Puree, Olive Oil, Anchovies, Parsley, Salt, Black pepper) **Parmesan**

**TRICOLORE** – **Cos lettuce, Mixed Leaves, Mozzarella, Tomatoes, Balsamic Dressing** (Balsamic Vinegar, Olive Oil), **Onion, Parmesan, Basil**

**PESTO PENNE** – **Penne Pasta, Tomatoes, Mayonnaise, Lettuce, Pesto** (Basil, Sunflower Oil, Olive Oil, Parsley, Vegetarian Grana ,Garlic Puree, Pine Kernels, Salt, Black pepper) **Pine Nuts**

## WARM SALADS

**POLLO CESARE** – **Cos Lettuce, Mixed Leaves, Chicken breast, Croutons** (Focaccia bread, olive oil), **Caesar dressing** (Mayonnaise, Parmesan, Garlic Puree, Olive Oil, Anchovies, Parsley, Salt, Black pepper) **Parmesan**

**AVOCADO e PANCETTA** – **Cos Lettuce, Mixed Leaves, Avocado, Croutons** (Focaccia bread, olive oil), **Smoked**

**Bacon, Balsamic Dressing** (Balsamic Vinegar, Olive Oil),Parmesan

## **SIDE SALADS**

**GREEN SIDE SALAD** – Cos leaf, Mixed leaf, Cucumber, **Balsamic Dressing** (Balsamic Vinegar, Olive Oil),

**MOZARELLA, TOMATO & BASIL** – Mozzarella, Tomato, Basil, **Balsamic Dressing** (Balsamic Vinegar, Olive Oil),

**ROCKET,TOMATO & PARMESAN** – Cos leaf, Rocket, Tomato, **Balsamic Dressing** (Balsamic Vinegar, Olive Oil),**Red onion, Parmesan**

**FORMAGGIO** - Cos leaf, Mixed leaf, Grana Padano Cheese, Cherry Tomatoes, Basil Leaf, **Balsamic Dressing** (Balsamic Vinegar, Olive Oil),

**BOCONCINI MOZARELLA** - Cos leaf, Mixed leaf, Mozzarella Cheese, Cherry Tomatoes, Basil Leaf, **Balsamic Dressing** (Balsamic Vinegar, Olive Oil),

## **DESSERTS**

**CHOCOLATE MOUSSE** – Cream, Belgian Chocolate, Chocolate, Glucose Syrup, Sugar, Glucose Syrup, Water, Gelatine

**CHOCOLATE TART** – Cream, Belgian Chocolate, Wheat flour, Egg Yolk, Icing Sugar, Whole Milk, Butter, Margarine, Whole Egg, Chocolate Scroll, Water, Salt, Vanilla flavour

**LEMON TART** – Wheat flour, Cream, Sugar, Whole Egg, Water, Icing Sugar, Lemon juice, Egg Yolk, Apricot Jam, Butter, Margarine, Cornflour, Dusting Sugar, Soft Gel, Emulsifiers E475,E471,Xanthan Gum E415,Salt, Vanilla flavour, Pectin.

**RASPBERRY PANNACOTTA** – Cream, Raspberry Topping, Sugar, Water, Glucose Syrup, Vanilla flavour, Gelatine