



































































<p>  Contains   May Contain   Removable                 </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>02. Full menu - Starters and Sharers</b>															
Baked Dough Balls			Barley  Kamut  Oats  Rye  Spelt  Wheat 					 							
Beer Battered Cajun King Prawns			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 											

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															















**02. Full menu - Starters and Sharers**

BEER BATTERED FISH GOUJONS			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓	Crab Ⓜ Crayfish Ⓜ Lobster Ⓜ Prawns Ⓜ	✓	✓	Ⓜ	✓	Clams Ⓜ Cuttlefish Ⓜ Mussels Ⓜ Octopus Ⓜ Oysters Ⓜ Scallops Ⓜ Snails Ⓜ Squid Ⓜ Whelks Ⓜ	✓			Ⓜ	✓		
Bruschetta - Squash, Ricotta & Sage			Barley ✓ Kamut ✓ Oats ✓ Rye ✓ Spelt ✓ Wheat ✓					✓					✓			
BRUSCHETTA - TOMATO, BASIL & OLIVE			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓					✓					✓	Ⓜ		
BUTTERMILK COURGETTE FRITTI			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓		✓			✓		Ⓜ			✓	Ⓜ		

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															


**02. Full menu - Starters and Sharers**




























CAMEMBERT			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓				Ⓜ	✓						Ⓜ	Ⓜ	
CRISPY CALAMARI			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓	Crab Ⓜ Crayfish Ⓜ Lobster Ⓜ Prawns Ⓜ	✓	Ⓜ	Ⓜ		Clams Ⓜ Cuttlefish Ⓜ Mussels Ⓜ Octopus Ⓜ Oysters Ⓜ Scallops Ⓜ Squid ✓ Whelks Ⓜ	✓				Ⓜ	Ⓜ	
GARLIC & HERB PINSA			Barley ✓ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓				Ⓜ	✓						Ⓜ	Ⓜ	
GARLIC & MOZZARELLA PINSA			Barley ✓ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓				Ⓜ	✓						Ⓜ		















<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															

**02. Full menu - Starters and Sharers**

HOT HONEY CHICKEN STRIPS			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat ✓		✓		Ⓜ	✓		✓			Ⓜ	✓	Ⓜ	
Mussels - CALABRIAN (no bread)				Crab ✓ Crayfish ✓ Lobster ✓ Prawns ✓		✓			Clams Ⓜ Cuttlefish Ⓜ Mussels ✓ Octopus Ⓜ Oysters Ⓜ Scallops Ⓜ Snails Ⓜ Squid Ⓜ Whelks Ⓜ						✓	
Mussels - Mariniere (no bread)				Crab ✓ Crayfish ✓ Lobster ✓ Prawns ✓		✓		✓	Clams Ⓜ Cuttlefish Ⓜ Mussels ✓ Octopus Ⓜ Oysters Ⓜ Scallops Ⓜ Snails Ⓜ Squid Ⓜ Whelks Ⓜ					✓		















<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
02. Full menu - Starters and Sharers																
Mussels - Thermidor (no bread)				Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 							
Nocellara Olives																
SMOKED ALMONDS																Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
WOOD ROASTED VEGETABLES			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 	

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>02. Full menu - Starters and Sharers</b>															
Zerodegrees Arancini			Barley  Kamut  Oats  Rye  Spelt  Wheat 												

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p>																
<b>Menu Dishes</b>	<b>NO ALLERGENS</b>	<b>CELERY &amp; CELERIAC</b>	<b>CEREALS CONTAINING GLUTEN</b>	<b>CRUSTACEAN</b>	<b>EGGS</b>	<b>FISH</b>	<b>LUPIN</b>	<b>MILK</b>	<b>MOLLUSCS</b>	<b>MUSTARD</b>	<b>PEANUTS</b>	<b>SESAME SEEDS</b>	<b>SOYA</b>	<b>SULPHUR DIOXIDE (SULPHITES)</b>	<b>TREE NUTS</b>	
																

**03. Full menu - Pasta & Risotto**























































ARRABBIATA RIGATONI			<ul style="list-style-type: none"> <li>Barley ✓</li> <li>Kamut ✓</li> <li>Oats ✓</li> <li>Rye ✓</li> <li>Spelt ✓</li> <li>Wheat ✓</li> </ul>		✓								✓	✓	
BEEF & PORK LASAGNE		✓	<ul style="list-style-type: none"> <li>Barley Ⓜ</li> <li>Kamut Ⓜ</li> <li>Oats Ⓜ</li> <li>Rye Ⓜ</li> <li>Spelt Ⓜ</li> <li>Wheat ✓</li> </ul>		✓		Ⓜ	✓					✓	Ⓜ	
CHICKEN & NDUJA PASTA			<ul style="list-style-type: none"> <li>Barley Ⓜ</li> <li>Kamut Ⓜ</li> <li>Oats Ⓜ</li> <li>Rye Ⓜ</li> <li>Spelt Ⓜ</li> <li>Wheat ✓</li> </ul>		✓		Ⓜ	✓		Ⓜ			✓	Ⓜ	
GUIANCIALE CARBONARA LINGUINE			<ul style="list-style-type: none"> <li>Barley ✓</li> <li>Kamut ✓</li> <li>Oats ✓</li> <li>Rye ✓</li> <li>Spelt ✓</li> <li>Wheat ✓</li> </ul>		✓			✓					✓	✓	

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															









**03. Full menu - Pasta & Risotto**


























King Prawn Linguine			<ul style="list-style-type: none"> <li>Barley ✓</li> <li>Kamut ✓</li> <li>Oats ✓</li> <li>Rye ✓</li> <li>Spelt ✓</li> <li>Wheat ✓</li> </ul>	<ul style="list-style-type: none"> <li>Crab ✓</li> <li>Crayfish ✓</li> <li>Lobster ✓</li> <li>Prawns ✓</li> </ul>	✓	✓		✓					✓	✓		
Seafood Linguine			<ul style="list-style-type: none"> <li>Barley ✓</li> <li>Kamut ✓</li> <li>Oats ✓</li> <li>Rye ✓</li> <li>Spelt ✓</li> <li>Wheat ✓</li> </ul>	<ul style="list-style-type: none"> <li>Crab ✓</li> <li>Crayfish ✓</li> <li>Lobster ✓</li> <li>Prawns ✓</li> </ul>	✓	✓		✓	<ul style="list-style-type: none"> <li>Clams ✓</li> <li>Cuttlefish ✓</li> <li>Mussels ✓</li> <li>Octopus ✓</li> <li>Oysters ✓</li> <li>Scallops ✓</li> <li>Snails ✓</li> <li>Squid ✓</li> <li>Whelks ✓</li> </ul>				✓	✓		
WILD MUSHROOM PAPPAREDELLE		Ⓜ	<ul style="list-style-type: none"> <li>Barley Ⓜ</li> <li>Kamut Ⓜ</li> <li>Oats Ⓜ</li> <li>Rye Ⓜ</li> <li>Spelt Ⓜ</li> <li>Wheat ✓</li> </ul>				Ⓜ						Ⓜ	✓	Ⓜ	














































































































<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
<b>05. Full menu - Classic Pizzas</b>																
Braised Beef Pizza			Barley  Kamut  Oats  Rye  Spelt  Wheat 													Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Carbonara Pizza			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
CHICKEN PARMIGIANA PIZZA			Barley  Kamut  Oats  Rye  Spelt  Wheat 					 								

















<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
<b>05. Full menu - Classic Pizzas</b>																
MARINARA PIZZA			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Pear & Gorgonzola Pizza			Barley  Kamut  Oats  Rye  Spelt  Wheat 													Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Spicy Sausage, Salami, Pepperoni & Nduja Pizza			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
WILD MUSHROOM & TRUFFLE PIZZA			Barley  Kamut  Oats  Rye  Spelt  Wheat 													

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
05. Full menu - Classic Pizzas															
Wood Roasted Aubergine Pizza			Barley  Kamut  Oats  Rye  Spelt  Wheat 					 							




<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>07. Full menu - mussels</b>															
Mussels - CALABRIAN (no bread)				Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						
Mussels - Mariniere (no bread)				Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						
Mussels - Thermidor (no bread)				Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						






















<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>08. Full menu - Sides</b>															
Add Extra Chicken															
Add Parma Ham															
Add Seafood				Crab   Crayfish   Lobster   Prawns  		 			Clams   Cuttlefish   Mussels   Octopus   Oysters   Scallops   Snails   Squid   Whelks  						
BUTTERMILK COURGETTE FRITTI			Barley  Kamut  Oats  Rye  Spelt  Wheat 												
CHEESE FRIES															
Dip - Garlic, Basil & Honey															
Dip - HOT HONEY JALAPENO															
Dip - Marinara															
GORGONZOLA MAYONNAISE															
LOADED FRIES															

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p>																	
<b>Menu Dishes</b>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS		
																	

















































**08. Full menu - Sides**























NDUJA MAYONNAISE			Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat Ⓜ		✓		Ⓜ	Ⓜ		Ⓜ				Ⓜ	Ⓜ			
Nocellara Olives	✓																	
parmesan & rosemary fries					✓			✓		Ⓜ				Ⓜ	Ⓜ			
PECORINO, CHIVE & TRUFFLE MAYONNAISE FRIES		Ⓜ			Ⓡ ✓			✓		Ⓜ					✓			
Sweet potato fries	✓																	
TOMATO OLIVE SALAD								✓						Ⓜ	Ⓜ			
Upgrade to Buffalo Mozzarella								✓										
WEDGE SALAD		Ⓜ	Barley Ⓜ Kamut Ⓜ Oats Ⓜ Rye Ⓜ Spelt Ⓜ Wheat Ⓜ		✓	Ⓜ		✓		✓		Ⓜ	✓	Ⓜ	Ⓜ			

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>09. Full menu - Desserts</b>															
Affogato															Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
BANANA SPLIT			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Chocolate Vegan Truffle Torte															Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
<b>09. Full menu - Desserts</b>																
DOUGH BALLS DESSERT			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
Honeycomb Ice Cream																Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
LEMON POSSET																
Lemon Sorbet																
Mango Sorbet																
Nutella Banoffee Pie			Barley  Kamut  Oats  Rye  Spelt  Wheat 													Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>09. Full menu - Desserts</b>															
Rum and Raisin Ice Cream															Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Strawberry ice cream															Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
TIRAMISU			Barley  Kamut  Oats  Rye  Spelt  Wheat 												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
<b>Pizza Sandwiches</b>																
AUBERGINE SANDWICH			Barley  Kamut  Oats  Rye  Spelt  Wheat 													
FENNEL SAUSAGE & PEPPER PIZZA SANDWICH			Barley  Kamut  Oats  Rye  Spelt  Wheat 													Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
FISH FINGER PIZZA SANDWICH			Barley  Kamut  Oats  Rye  Spelt  Wheat 	Crab  Crayfish  Lobster  Prawns 					Clams  Cuttlefish  Mussels  Octopus  Oysters  Scallops  Snails  Squid  Whelks 						Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 	

<p>  Contains   May Contain   Removable         </p> <p><b>Menu Dishes</b></p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
<b>Pizza Sandwiches</b>															
HOT HONEY CHICKEN SANDWICH			Barley  Kamut  Oats  Rye  Spelt  Wheat 