



We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. Allergy data detailed in the table below has been derived from specifications obtained from the suppliers of our products. We have taken all reasonable steps to ensure that this table is accurate.

We **CANNOT** guarantee that any products is "100% FREE FROM" any allergen because of the risk of unexpected cross-contamination.

ALLERGENS														
	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYABEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS (SHELLFIS)
<b>STARTERS/BREADS</b>														
LENTIL SOUP									✓					
BOWL OF MARINATED OLIVES														
PIZZA BREAD WITH HERBS	✓													
PIZZA BREAD WITH OLIVES	✓													
GARLIC BREAD	✓													
GARLIC BREAD WITH OLIVES	✓													
CIRO'S TOMATO BREAD	✓											✓		
CHEESE BREAD	✓						✓							
CHEESE BREAD WITH GARLIC	✓						✓							
CHEESE BREAD TOPPED WITH ROCKET	✓						✓							
BRUSCHETTA	✓													
MOZZARELLA DI BUFFALO & PROSCIUTTO DI PARMA							✓					✓		
SMALL GARLIC MUSHROOMS							✓							
CIRO'S SPECIAL														
THE ITALIAN JOB	✓						✓					✓		
MEDITERRANEAN PLATTER	✓						✓					✓		
BURRATA							✓					✓		
<b>SPECIAL SEAFOOD STARTERS</b>														
AVOCADO CON GAMBERI		✓		✓				✓				✓		✓
BABY SQUID				✓								✓		✓
SEAFOOD ITALIAN STYLE		✓		✓					✓			✓		✓
SMOKED SALMON		✓		✓					✓			✓		✓
<b>SIDE SALADS</b>														
ITALIAN SALAD DRESSING/SINATRA			✓	✓						✓				
GREEN SALAD			✓							✓		✓		
TOMATO & ONION SALAD														
MIXED SALAD			✓	✓						✓		✓		
MOZZARELLA & TOMATO SALAD							✓							
<b>LARGE SALADS</b>														
CAESAR SALAD	✓		✓	✓			✓			✓		✓		
POMODORO INSALATA	✓		✓				✓	✓		✓		✓		
MOZZARELLA & TOMATO SALAD							✓							
SPECIAL CHOPPED SALAD			✓					✓		✓		✓		
NICOISE SALAD	✓		✓	✓						✓		✓		
RUCOLA SALAD							✓					✓		
INSALATA DI GAMBERI		✓		✓										
TRICOLORE SALAD	✓						✓					✓		
POLLO INSALATA										✓		✓		
CHICKEN CAESAR SALAD	✓		✓	✓			✓			✓		✓		
TRICOLORE SALAD WITH CHICKEN	✓						✓	✓		✓		✓		
ORGANIC SALAD							✓			✓		✓		
<b>SALAD DRESSINGS</b>														
ITALIAN SALAD DRESSING										✓		✓		
SINATRA DRESSING			✓							✓		✓		
CAESAR DRESSING			✓	✓						✓		✓		



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ALLERGENS														
DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYABEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS (SHELLFISH)
<b>PASTAS</b>														
VEGETARIAN CANNELLONI	✓		✓				✓	✓					✓	
TORTELLINI AI FUNGHI	✓		✓				✓					✓	✓	
RAVIOLI CON RICOTTA & SPINACI	✓		✓				✓					✓	✓	
VEGETARIAN LASAGNE	✓		✓				✓	✓	✓				✓	
LASAGNE	✓		✓				✓	✓	✓				✓	
<b>SPECIAL DISHES</b>														
LARGE GARLIC MUSHROOMS	✓						✓							
MELANZANE PARMIGIANA	✓		✓				✓							
CAJUN CHICKEN BREAST	✓									✓		✓		
POLLO ALLA DIAVOLA	✓									✓		✓		
POLPETTE DI CARNE	✓		✓				✓		✓	✓		✓	✓	
CHILLI CON CARNE	✓								✓	✓				
POLLO DELLO CHEF	✓					✓				✓				
POLLO AI FUNGHI	✓						✓			✓				
<b>PIZZAS</b>														
GLUTEN FREE PIZZA BASE														
MARGHERITA	✓						✓					✓		
PROSCIUTTO	✓						✓					✓		
MUSHROOM	✓						✓					✓		
NAPOLI	✓			✓			✓					✓		
AMERICAN HOT	✓						✓					✓		
HAWAIIAN	✓						✓					✓		
VEGETARIAN	✓						✓					✓		
QUATTRO FORMAGGI	✓						✓					✓		
VESUVIO	✓		✓				✓					✓		
CAPRICCIOSA	✓		✓	✓			✓					✓		
FOUR SEASONS	✓			✓			✓					✓		
POMODORO	✓						✓					✓		
CATERINA	✓						✓					✓		
NEPTUNE	✓			✓			✓					✓		
SICILIANA	✓			✓			✓					✓		
AMAR	✓						✓		✓			✓		
CALZONE	✓						✓					✓		
CHEF'S CALZONE	✓						✓					✓		
GEORGIA	✓						✓					✓		
PUTTANESCA	✓			✓			✓					✓		
HARLEY	✓						✓					✓		
TRINIDAD HOT	✓						✓	✓				✓		
PADRINO	✓						✓					✓		
FIorentINA	✓		✓				✓					✓		
CAPRI PIZZA	✓						✓					✓		
SEAFOOD PIZZA	✓	✓		✓			✓					✓		✓
PARMA HAM	✓						✓					✓		
VEGAN PIZZA	✓						✓	✓				✓		
TEXAS RANGERS	✓		✓				✓					✓	✓	
BBQ CHICKEN PIZZA	✓						✓	✓				✓		





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DRINK	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYABEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS (SHELLFISH)
<b>BEER</b>														
PERONI	✓													
<b>CHAMPAGNE</b>														
NV PROSECCO DRY FIOLE												✓		
PROSECCO, ZONIN												✓		
HOUSE CHAMPAGNE BRUT												✓		
VEUVE CLIQUOT												✓		
PIPER HEIDSIECK BRUT												✓		
PIPER HEIDSIECK ROSE												✓		
LAURENT PERRIER ROSE												✓		
DOM PERIGNON												✓		
CRISTAL LOUIS ROEDERER												✓		
<b>WHITE WINES</b>														
CUVEE DEL POGGIO HOUSE WHITE												✓		
MESTA VERDEJO ORGANIC												✓		
GAVI DI GAVI, FONTANA FREDDA												✓		
VERMENTINO DI TOSCANA												✓		
CHARDONNAY												✓		
PINOT GRIGIO												✓		
SAUVIGNON BLANC												✓		
CHABLIS DOMAINE DE VAUROUX												✓		
PULIGNY MONTRACHET												✓		
SANCERRE, REINE BLANCHE												✓		
<b>ROSE WINE</b>														
MATEUS												✓		
PINOT GRIGIO BLUSH												✓		
ROSE CHATEAU D'ESCLANS												✓		
<b>RED WINES</b>														
POGGIO AL SOLE (HOUSE RED)												✓		
NERO D'AVOLA SICILIA												✓		
PINOT NOIR IGT												✓		
MONTEPULCIANO D'ABRUZZO												✓		
MALBECK MELODIAS												✓		
CHIANTI CLASSICO DOCG (FLASK)												✓		
RIOJA RESERVA												✓		
CHIANTI CLASSICO DOCG RISERVA												✓		
PIMITIVO IGT PUGLIA												✓		
MERLOT MEZZACORONA												✓		
BAROLO FONTANAFREDDA												✓		
BRUNELLO DI MONTALCINO IL POGGIONE												✓		
AMARONE CLASSICO												✓		
TIGNANELLO												✓		