

P R O O V E

ALLERGEN MENU

The following tables contain food and drink items we sell that contain allergens. A tick in the box indicates the ingredient is present...

UPDATED 25/03/23

SMALL PLATES

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
OLIVES															
BREAD BASKET	WHEAT														
DOUGH BITES	WHEAT														
GARLIC BREAD	WHEAT														
GARLIC BREAD WITH CHEESE	WHEAT				✓										
GARLIC BREAD WITH TOMATO SAUCE	WHEAT						✓								
ITALIAN FRIES	WHEAT TRACES*														*From fryers when not dedicated

SMALL PLATES

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ARANCINI VEG	WHEAT			✓	✓										
ARANCINI MEAT	WHEAT			✓	✓		✓*								*Ragu contains red wine
CROCCHETTE	WHEAT				✓	✓									
BRUSCHETTA TOMATO	WHEAT				✓										
BRUSCHETTA MUSHROOMS	WHEAT				✓										
PARMIGIANO DI MELANZANE	WHEAT				✓										
BURRATA	WHEAT				✓		✓*								Balsamic glaze contains Sulphites

SMALL PLATES

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RUCOLA					✓		✓*								*Balsamic vinegar contains Sulphite
GIARDINO							✓*	✓							*Proove dressing contains Sulphites
CAPRESE					✓										
ANTIPASTO SHARING VERDURE	WHEAT				✓		✓*				✓*				*Balsamic glaze contains sulphites * Pesto dip contains Walnuts
ANTIPASTO SHARING CARNI	WHEAT				✓		✓*				✓*				*Balsamic glaze contains sulphites * Pesto dip contains Walnuts

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
CAPRESE	WHEAT				✓										
SAN DANIELE	WHEAT				✓										
ARRABIATA	WHEAT														
PESTO	WHEAT										✓*				* Pesto dip contains Walnuts

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
VANILLA ICE CREAM					✓										*May contain hazelnut, pistachio and egg
HAZELNUT ICE CREAM					✓						✓*				*Contains hazelnut - May contain pistachio and egg
CHOCOLATE ICE CREAM					✓										*May contain milk, hazelnut, pistachio and egg
STRAWBERRY SORBET															*May contain milk, hazelnut, pistachio and egg
LEMON SORBET															*May contain milk, hazelnut, pistachio and egg
CARAIBI LIME SORBET															*May contain milk, hazelnut, pistachio and egg

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
BROWNIE					✓	✓									
ANGIOLETTI DOLCE	WHEAT	✓			✓						✓*				*Contains hazelnut
BOMBOLONI	WHEAT	✓			✓						✓*				*Contains hazelnut
NOCCIOLA CHEESECAKE	WHEAT	✓			✓						✓*				*Contains hazelnut
BISCOFF CHEESECAKE	WHEAT	✓													
TIRAMISÚ	WHEAT				✓	✓									*Contains Alcohol in Amaretto
TIRAMISÚ BROOMHILL	WHEAT				✓										*Contains Alcohol in Amaretto

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PIZZA DOLCE BASE	WHEAT														
PIZZA DOLCE BASE ADD NUTELLA		✓			✓						✓*				*Contains hazelnut
PIZZA DOLCE BASE ADD BISCOFF	WHEAT	✓													
PIZZA DOLCE BASE ADD PISTACHIO											✓*				*Contains pistachio
PIZZA DOLCE BASE ADD OREO	WHEAT	✓			✓*										*May contain milk
PIZZA DOLCE BASE ADD KINDER BUENO	WHEAT	✓			✓						✓*				*Contains hazelnut
PIZZA DOLCE BASE ADD CHOCOLATE SAUCE		✓			✓						✓*				*May contain Hazelnut

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BREAKFAST CALZONE VERDURE	WHEAT				✓	✓									
PANCAKES	WHEAT				✓	✓									
PANCAKES WITH NUTELLA	WHEAT	✓			✓	✓					✓*				*Contains hazelnut