

**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
<b>OLIVES</b>															
<b>BREAD BASKET</b>	WHEAT														
<b>DOUGH BITES</b>	WHEAT														
<b>GARLIC BREAD</b>	WHEAT														
<b>GARLIC BREAD WITH CHEESE</b>	WHEAT				✓										
<b>GARLIC BREAD WITH TOMATO SAUCE</b>	WHEAT						✓								
<b>ITALIAN FRIES</b>	WHEAT TRACES*														*From fryers when not dedicated

# SMALL PLATES

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
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

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





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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



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<b>BROWNIE</b>					✓	✓									
<b>ANGIOLETTI DOLCE</b>	WHEAT	✓			✓						✓*				*Contains hazelnut
<b>BOMBOLONI</b>	WHEAT	✓			✓						✓*				*Contains hazelnut
<b>NOCCIOLA CHEESECAKE</b>	WHEAT	✓*			✓						✓*				*Contains hazelnut
<b>TIRAMISÚ</b>	WHEAT				✓	✓									*Contains Alcohol in Amaretto
<b>TIRAMISÚ BROOMHILL</b>	WHEAT				✓										*Contains Alcohol in Amaretto

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





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<b>BREAKFAST CALZONE VERDURE</b>	WHEAT				✓	✓									
<b>PANCAKES</b>	WHEAT				✓	✓									
<b>PANCAKES WITH NUTELLA</b>	WHEAT	✓			✓	✓					✓*				*Contains hazelnut