

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 01/07/22

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	WHEAT														
ITALIAN FRIES	WHEAT TRACES*														*From fryers when not dedicated

PANINIS

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
POLPETTE	WHEAT				✓	✓									
CAPRESE	WHEAT				✓										
SAN DANIELE	WHEAT				✓										
ARRABBIATA	WHEAT														
PESTO	WHEAT										✓*				*Contains walnuts

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
BREAKFAST CALZONE VERDURE	WHEAT				✓	✓									
PANCAKES	WHEAT				✓	✓									
PANCAKES WITH NUTELLA	WHEAT				✓	✓					✓*				*Contains hazelnut