

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 05/01/2024

SMALL PLATES

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
OLIVES															
DOUGH BITES	WHEAT														
GARLIC BREAD	WHEAT														
GARLIC BREAD WITH CHEESE	WHEAT				✓										
GARLIC BREAD WITH TOMATO SAUCE	WHEAT						✓*								*Balsamic glaze contains sulphites
ITALIAN FRIES	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			✓	✓	✓					✓*				* Pesto contains walnuts
ARANCINI MEAT	WHEAT			✓	✓	✓	✓*								*Ragu contains red wine
CROCCHETTE	WHEAT				✓	✓									
BRUSCHETTA TOMATO	WHEAT				✓										
BRUSCHETTA MUSHROOMS	WHEAT				✓										
PARMIGIANO DI MELANZANE					✓										
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 and mustard
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				✓										
ARRABBIATA	WHEAT				✓										
PESTO	WHEAT				✓						✓*				*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 walnut, pistachio, almond and egg
CHOCOLATE ICE CREAM					✓										*May contain hazelnut, walnut, pistachio, almond and egg
STRAWBERRY SORBET															*May contain milk, hazelnut, pistachio and egg
LEMON SORBET															*May contain hazelnut, pistachio, egg and milk
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
PIZZA DOLCE BASE	WHEAT														
PIZZA DOLCE BASE ADD NUTELLA	WHEAT	✓			✓						✓*				*Contains hazelnut
PIZZA DOLCE BASE ADD BISCOFF	WHEAT	✓													
PIZZA DOLCE BASE ADD PISTACHIO	WHEAT										✓*				*Contains pistachio
PIZZA DOLCE BASE ADD OREO	WHEAT	✓													*May contain milk
PIZZA DOLCE BASE ADD KINDER BUENO	WHEAT	✓			✓						✓*				*Contains hazelnut
PIZZA DOLCE BASE ADD WHITE CHOCOLATE SAUCE	WHEAT	✓			✓										*May contain traces of nuts

VEGAN MENU

DISH	CEREALS CONTAINING GLUTEN	SOYA	LUPIN	CELERY	MILK	EGG	SULPHITES	MUSTARD	SESAME	PEANUTS	NUTS	CRUSTACEANS	FISH	MOLLUSCS	NOTES
OLIVES															
DOUGH BITES	WHEAT														
GARLIC BREAD	WHEAT														
GARLIC BREAD WITH TOMATO	WHEAT						✓*								*Balsamic glaze contains sulphites
GARLIC BREAD WITH VEGAN MOZZARELLA	WHEAT														
PARMIGIANO DI MELANZANE VEGAN															
ITALIAN FRIES	WHEAT TRACES*														*From fryers when not dedicated

