

CASA ROMANA ALLERGEN MENU

Please look for your corresponding dish to see if the allergens in it affect you.

The current list of all 14 allergens that have to be highlighted are; **celery**, **cereals (containing gluten**, such as wheat, barley & oats), **eggs**, **fish**, **lupin**, **milk**, **soya/soya beans**, **mustard**, **crustaceans** (such as prawns, crabs and lobsters), **molluscs** (such as mussels & oysters) **peanuts**, **sesame**, **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **nuts** (tree nuts such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

We are allergy aware and even though this menu shows the allergens contained in the dishes, we can often make them without or substitute Dairy Free Milks and Cheese OR Gluten Free items into dishes so please ask to see our specialist dietary menus too

STARTERS

ZUPPA (V, VGN, GFO*) Soup (celery, sulphites) bread and butter (cereals, milk)

ARANCINI (V, GF, VGNO) Sulphites , celery, milk-(optional)

BUDINO NERO Cereals, eggs, milk, mustard

GAMBERONI (GFO*) Cereals, celery, crustaceans, sulphites

BRUSCHETTA CLASSICO (VGN, GFO*) Cereals, sulphites , celery

BRUSCHETTA FORZA (VGN, GFO*) Cereals

GOAT'S CHEESE AL FORNO (V, GF) Sulphites , milk

GNOCCHI CLASSICO (V, VGN0) Milk, cereals , sulphites

FAGOTTINI (GF) Sulphites

SPIEDINI AL POLLO (GF) Milk, sulphites (main course also contains celery in risotto)

SEAFOOD MEDLEY (GFO*)

Cereals, celery, crustaceans, sulphites, molluscs

ANTIPASTO (GFO*)

Cereals, milk, celery, sulphites

POLLO PICCANTE (GFO*)

Cereals, sulphites

OLIVES (V, GFO*)

Cereals, sulphites

CHEESY DOUGH STICKS (V, VGNO)

Cereals, milk

GARLIC PIZZA (V, VG, NO)

Pizza base- Cereals, sulphites

TOPPINGS; TOMATO (no allergens) PLAIN (no allergens) PESTO (no allergens) Cheese (milk)

GARLIC BREAD (V, VGN, GFO*)

Toasted garlic bread- Cereals, sulphites

TOPPINGS; TOMATO (no allergens) PLAIN (no allergens) PESTO (no allergens) Cheese (milk)

CHEF'S RECOMMENDATIONS

PLEASE ASK ABOUT ANY ALLERGENS IN OUR 'CHEF SPECIALS' AS THESE ARE CHANGED OFTEN

TAGLIATELLE DELLA CASA Cereals, celery, sulphites

PORK MEDALLION Cereals, eggs, milk, mustard, sulphites

CHICKEN VAL D'OSTANO (GF) Milk, celery, sulphites

KING PRAWN THERMIDOR (GFO) Cereals, crustaceans, milk, celery, mustard, sulphites

PENNE PEPE NERO Cereals, milk, mustard, sulphites

POLLO N'DUJA (GF) Celery, sulphites

PAPPARDELLE DELLO CHEF (GFO) Milk, sulphites, cereals, egg

SPIEDINI AL POLLO (GF) Milk, sulphites, celery

GNOCCHI CLASSICO (V, VGN0) Milk, cereals, sulphites

RISOTTO SPAGNOLA (GF) Crustaceans, celery, sulphites

SALMON FILLET (GF) Crustaceans, fish, milk, celery, sulphites

SIDES & EXTRAS; LOADED FRIES; CHEESY CARBONARA (cereals, milk, sulphites) PEPPERONI (milk)
DIRTY VEGAN (sulphites) Dressed Salads; Mixed (no allergens) green (no allergens) tomato (sulphites)
Cheesy gratin pots (milk) Spinach, onion & garlic (none) Onion & mushrooms (sulphites)
Vegetables & potatoes (none) Seasoned chips (none) Garlic Mash (milk) Garlic Mayo (eggs) Pesto (none)

PIZZAS

Regular Pizza (Cereals, sulphites) LEGGERA (Cereals, sulphites)

XL thin Romana base (Cereals, sulphites) Homemade GF base (sulphites)

PIZZA N,DUJA- cereals, milk, sulphites, egg

PIZZA MARGHERITA- cereals, milk, sulphites

RICCARDO- cereals, milk, sulphites

PIZZA PER VOI (VGN) Cereals, sulphites

PIZZA PESCATORE- Cereals, milk, sulphites, crustaceans, fish, molluscs

PIZZA GUSTO (VGN) cereals, celery, sulphites

PIZZA TOTO- cereals, milk, sulphites

PIZZA QUATTRO- cereals, milk, sulphites

CALZONE- cereals, milk, sulphites

EXTRA TOPPINGS:

Anchovies (fish) Italian salami (none) chorizo (none) bacon (sulphites) egg (egg) capers (none)
chicken (none) ham (none) mushroom (none) olives (none) onion (none) peppers (none) pepperoni (none)
pineapple (none) prawns (crustacean) prosciutto (none) mussels (mollusc) sausage (cereals, milk) spinach
(none) jalapenos (none) tuna (fish) aubergines (none) tomato (none) calamari (mollusc) Peeled King Prawns
(crustacean) Cheddar (milk) Goat's cheese (milk) or Blue cheese (milk) garlic butter (none) Crushed garlic
(none) chilli flakes (none) Garlic Mayo (eggs) Vegan Garlic Mayo (Soya) Pesto dips (none)

PASTA & RISOTTO DISHES

NB; As well as the below allergens, our pasta carries the following warning– *‘May contain soya, mustard or egg’*

RISOTTO ARROSTO (VGN, V, GF)

Celery, sulphites

SPAGHETTO AGLIO, OLIO, PEPPERONCINO (VGN)

Cereals

TAGLIATELLE BASILICO (VGNO)

Cereal, celery, milk, sulphites

RISOTTO CALABRESE (V, GF, VGNO)

Milk, celery, sulphites

PENNE SALUMIERI

Cereals, milk, celery, sulphites

SPAGHETTI CARBONARA

Cereals, milk, sulphites

CHICKEN RISOTTO (GF)

Celery, milk, sulphites

PENNE PIZZAIOLA (VGN)

Cereals, celery, sulphites

SPAGHETTI SYMPHONY (VGNO)

Cereals, crustaceans, fish, milk, sulphites

CRESPELLE (V)

Cereals, eggs, milk, celery, sulphites

SEAFOOD TAGLIATELLE

Cereals, crustaceans, fish, milk, celery, sulphites, molluscs

PENNE AL FORNO

Cereals, milk, sulphites

CANNELLONI

Cereals, eggs, milk, celery, sulphites

LASAGNE AL FORNO

Cereals, milk, sulphites, celery, egg

PENNE AI PESTO (VGNO)

Cereals, sulphites, milk

TAGLIATELLE N'DUJA

Cereal, celery, milk, sulphites

SPAGHETTI ARRABIATA (V, VGN)

Cereals, celery, sulphites

POLPETTE CLASSICO

Cereals, milk, mustard, celery, sulphites

POLPETTE FUNGHI

Cereals, milk, celery, mustard, sulphites

RISOTTO PICCANTE (GF)

Celery, sulphites, milk

PENNE VESUVIO (V)

Cereals, milk, celery, sulphites

SPAGHETTI BOLOGNESE

Cereals, celery, sulphites

NB; This is an example of our dessert offerings and you may be offered a different choice at the time of your visit so please ask the chef

HOMEMADE DESSERTS

MANGO & WHITE CHOCOLATE ETON MESS (GF, V, Vegan optional)

Egg, milk

APPLE CRUMBLE (V)

Cereals, milk

ICE CREAM BOMBE (GF, V)

Egg, milk

CUMBERLAND STICKY TOFFEE PUDDING (GF, V, Vegan optional)

Pudding (sulphites) ice cream and cream (milk) Toffee sauce (sulphites)

CHEESE & WINE

Cereals, milk, sulphites

DOLCETTI - LITTLE

TRIPLE CHOCOLATE BROWNIE (V, GF)

Milk, eggs

TIRAMISU (GF, V)

Milk, sulphites

MASCARPONE & MANGO CHEESECAKE (V)

Cereals, milk

A LITTLE MESSY (V, GF, Vegan optional)

Eggs, milk

BERRY MESS (VGN)

(NONE)

LUXURY ICE CREAMS, SORBETS & VEGAN ICES

May contain Milk, cereals or soya

Ask your waiter about today's choice of flavours

(V) vegetarian (V0) Vegetarian optional (VGN) Vegan/Dairy free (VGO) Vegan/Dairy free optional (GF) Gluten Friendly

CHILDREN'S MENU

PIZZA MARGHERITA VGNO, DFO Cereals, milk, sulphites

SPAGHETTI BOLOGNESE DFO Cereals, celery, sulphites

SPAGHETTI CARBONARA Cereals, milk, sulphites

CREAMY CHICKEN RISOTTO GF, DFO Celery, milk, sulphites

SPAGHETTI NAPOLI V, VGN, DFO Cereals, celery, sulphites

PENNE ALLA PANNA Cereals, milk, celery. sulphites

CHICKEN BREAST NUGGETS Cereals, milk

SPAGHETTI AL BURRO Cereals, milk

PENNE PESTO (VGN, DF) Cereals

DESSERTS

TOFFEE SUNDAE V, GF Milk, eggs

DOUBLE SCOOP ICE CREAM SUNDAE V, GF Milk

TRIPLE CHOCOLATE BROWNIE Milk, eggs

EXPRESS 'HAPPY HOUR' MENU

PLEASE NOTE:

As well as the below allergens, *ALL* our pasta carries the following warning– '*May contain soya, mustard or egg*'

STARTERS

GOAT'S CHEESE AL FORNO (V, GF) Sulphites , milk

BRUSCHETTA CLASSICO (VGN, GFO) Cereals, sulphites

BRUSCHETTA FORZA (VGN, GFO) Cereals

EXPRESS DOUGH STICKS (V) Cereals, milk

BUDINO NERO Cereals, eggs, milk, mustard

MAIN COURSE

PIZZA MARGHERITA (V) Cereals, milk, sulphites

RISOTTO CALABRESE (V, GF, VGNO) Milk, celery, sulphites

PIZZA DIAVOLA Cereals, milk, sulphites

PENNE VESUVIO (V) Cereals, milk, celery, sulphites

CHICKEN & CHORIZO PIADINA Cereals, milk, sulphites

MUSHROOM PIADINA (VGN) Cereals, celery, sulphites

TAGLIATELLE BASILICO (VGNO) Cereals, celery, milk, sulphites

SPAGHETTI ARRABIATA (V, VGN) Cereals, celery, sulphites

PIZZA AL POLLO Cereals, milk, sulphites

CHICKEN RISOTTO (GF) Celery, milk, sulphites

SPAGHETTI BOLOGNESE Cereals, celery, sulphites

CRESPELLE (V) Cereals, eggs, milk, celery, sulphites

PENNE PIZZAIOLA (VGN) Cereals, celery, sulphites

CANNELLONI Cereals, eggs, milk, celery, sulphites

SPAGHETTI AGLIO, OLIO, PEPPERONCINO (VGN) Cereals

HOMEMADE DESSERTS

A LITTLE MESSY (GF) Eggs, milk, sulphites

BERRY MESSY (VGN) Sulphites

MASCARPONE CHEESECAKE (V) Cereals, milk

TIRAMISU (V, GF) Milk

ITALIAN CHEESE & BISCUITS Milk, cereals

GF Highlights

All dishes on this menu are made with non gluten ingredients

Here are some dishes that are made with non gluten ingredients. Some may be adapted from our usual recipe to make them free from gluten so **please point out that you require them GF**. This may incur a small surcharge. Although the ingredients are Gluten Free, our kitchen is not, so there is a small chance of cross contamination. Please bear this in mind if you have a particularly high intolerance, thank you



STARTERS

POLLO PICCANTE (GF) Sulphites GF BREAD-Sulphites

FAGOTTINI (GF) Sulphites

ARANCINI (VGN, GF) Sulphites, celery

GOAT'S CHEESE AL FORNO (V, GF) Sulphites, milk

SEAFOOD MEDLEY (GF) Cereals, celery, crustaceans, sulphites, molluscs GF BREAD-Sulphites

GF GARLIC BREAD (VGN, GF) Sulphites (with tomato & cheese - Sulphites, milk)

GF GARLIC CHEESE PIZZA Sulphites, milk

MAIN COURSES

CHICKEN RISOTTO (GF) milk, sulphites

CHICKEN VAL D'OSTANO (GF) Milk, sulphites

PIZZA SENZA (GF) Sulphites, milk (NB: the toppings you choose may contain allergens)

RISOTTO ARROSTO (VGN, V, GF) Celery, sulphites

SEAFOOD RISOTTO (GF) crustaceans, fish, milk, celery, sulphites, molluscs

KING PRAWN THERMIDOR (*WITH RICE*)(GF) crustaceans, milk, celery, mustard, sulphites

SALMON FILLET (GF) Crustaceans, fish, milk, celery, sulphites

RISOTTO SPAGNOLA (GF) Crustaceans, celery, sulphites

PASTA CARBONARA (GF) milk, sulphites

POLLO N'DUJA (GF) Celery, sulphites

<p><u>SIDES & EXTRAS:</u> SALADS; Mixed (None) green (None) tomato (Sulphites) Cheesy gratin potatoes (Milk, sulphites) LOADED FRIES; pepperoni (milk) Dirty Vegan (sulphites) Garlic Gratins (Sulphites) Spinach, onion & garlic (Sulphites) Vegetables & potatoes (None) Seasoned chips (None) Onion & mushrooms (Sulphites) Garlic Mayo (Egg) Vegan Garlic Mayo (Soya) Pesto (None)</p>

HOMEMADE DESSERTS

STICKY TOFFEE PUDDING (V, GF, VGNO) Milk, sulphites

ETON MESS (V, GF, VGNO) Eggs, milk, sulphites

ICE CREAM BOMBE (V, GF) Eggs, milk

TRIPLE CHOCOLATE BROWNIE (V, GF) Eggs, milk

VEGAN & DAIRY FREE HIGHLIGHTS

“Home-made” Adjective; made or prepared by traditional methods by oneself

Vegan? These dishes have, or can be, adapted for Vegans but you must point out that you want the Vegan option.

PLEASE NOTE:

As well as the below allergens, *ALL* our pasta carries the following warning– ‘*May contain soya, mustard or egg*’

STARTERS

ARANCINI (VGN, GF) Sulphites

ZUPPA (VGN) Soup (celery, cereals, sulphites) bread (cereals, sulphites)

GARLIC DOUGH STICKS (VGN) Cereals, sulphites VEGAN PESTO DIP (None)

BRUSCHETTA CLASSICO (GFO) Cereals, sulphites

BRUSCHETTA FORZA (VGN, GFO) Cereals

PIZZA ALL’AGLIO (V, VGNO) Pizza base- Cereals, sulphites

TOPPINGS; TOMATO (None) PLAIN (None) PESTO (None) Dairy Free Cheese (None)

ITALIAN OLIVES (VGN) Cereals, sulphites

MAIN COURSES

MUSHROOM CANNELLONI (VGN) Celery, cereals, sulphites

TAGLIATELLE NAPOLITANO (VGN, GFO) Cereals, celery, sulphites

RISOTTO ARROSTO (VGN, V, GF) Celery, sulphites

PIZZA PER VOI (VGN, GFO) Cereals, sulphites

SPAGHETTI AGLIO, OLIO, PEPPERONCINO (VGN, GFO) Cereals

MUSHROOM CARBONARA (GFO, VGN) Cereals, sulphites

PIZZA GUSTO (VGN) cereals, celery, sulphites

PENNE PIZZAIOLA (VGN, GFO) Cereals, celery, sulphites

MUSHROOM PIADINA (VGN) Cereals, celery, sulphites

MELENZANE (VGN, GF) Celery, sulphites

SPAGHETTI ARRABIATA (VGN, GFO) Cereals, celery, sulphites

SIDES AND EXTRAS (all GF. Ask for them Vegan/dairy free please)

SALADS; Mixed (None) green (None) tomato (Sulphites) Garlic Gratin Potatoes (Sulphites)

LOADED FRIES; Dirty Vegan (sulphites) Fried onion & mushrooms (Sulphites)

Veg & potatoes (None) Hand seasoned chips (None) Basil Pesto (None)

HOMEMADE DESSERTS

APPLE CRUMBLE (VGN) Cereals, sulphites

STICKY TOFFEE PUDDING (VGN, GF) Sulphites

BERRY MESS (VGN, GF) Sulphites

CHOCOLATE BROWNIE (VGN, GF) Sulphites, soya, nuts

IRISH COFFEE (VGN, GF) Sulphites