

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 our dishes, we can often make them without specific allergens or substitute Dairy Free, Gluten Free, or sulphites items in dishes so please ask to see our specialist GF & Vegan menus too

(usually sulphites listed are in alcohol or dressing so can possibly be omitted. Egg is sometimes listed as it is a preservative in some hard Italian Cheeses. When this is the case, it can be omitted or substituted)

STARTERS

ZUPPA E PANE (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) Cereals, sulphites, celery

BRUSCHETTA FORZA (VGN, GFO*) Cereals, sulphites-optional

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

MOZZARELLA IN CARROZZA (V, GF) Sulphites, milk, celery

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

MELENZANE RIPIENI (GF, VGNO) Sulphites, celery, Milk-optional

SPIEDINI AL POLLO (GF) Milk, sulphites

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, VGNO)

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

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

(usually sulphites listed are in alcohol and so can possibly be omitted. Egg is sometimes listed as it is a preservative in some hard Italian Cheeses. When this is the case, it can be omitted or substituted)

CHEF'S RECOMMENDATIONS

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

PASTA DELLA CASA Cereals, celery, sulphites, egg

PORK MEDALLION Cereals, eggs, milk, mustard, sulphites

CHICKEN VAL D'OSTANO (GF) Milk, 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

POLLO AL AGLIO (GF) Milk, sulphites

GNOCCHI CLASSICO (V, VGN0) Milk, cereals

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 (none) green (none) tomato (sulphites in dressing)
Cheesy gratin pots (milk) Spinach, onion & garlic (none) Onion & mushrooms (sulphites)
Veg & potatoes (none) Chips (none) Garlic Mash (milk) Garlic Mayo (eggs, milk, mustard) Pesto (none)

PIZZAS

Regular Pizza (Cereals) LEGGERA (Cereals)

XL thin Romana base (Cereals) Homemade GF base (none)

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

PIZZA MARGHERITA- cereals, milk

RICCARDO- cereals, milk, sulphites

PIZZA PER VOI (VGN) Cereals

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

PIZZA GUSTO (VGN) cereals, sulphites

PIZZA TOTO- cereals, milk

PIZZA QUATTRO- cereals, milk

CALZONE- cereals, milk, celery, sulphites

EXTRA TOPPINGS:

Anchovies (fish) sausage (cereals, milk, mustard, sulphites) Italian salami (none) chorizo (milk) bacon (none)
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) spinach
(none) jalapenos (none) tuna (fish) aubergines (none) tomato (none) calamari (mollusc) Peeled King Prawns
(crustacean) Cheddar (milk) Goat's cheese (milk) Blue cheese (milk) garlic butter (none) Crushed garlic (none)
chilli flakes (none) Garlic Mayo (eggs, mustard, milk) Vegan Garlic Mayo (Soya, mustard) Pesto dips (none)

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PASTA & RISOTTO DISHES

NB; As well as any allergens listed, our pasta carries the following warning- *'May contain soya, mustard or egg'*

RISOTTO ARROSTO (VGN, V, GF) sulphites

SPAGHETTO AGLIO, OLIO, PEPPERONCINO (VGN) Cereals

TAGLIATELLE BASILICO (VGNO)

Cereal, celery, milk, sulphites, egg

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

PENNE SALUMIERI

Cereals, milk, celery, sulphites, egg

SPAGHETTI CARBONARA

Cereals, milk, sulphites, egg

CHICKEN RISOTTO (GF) milk

PENNE PIZZAIOLA (VGN)

Cereals, celery, sulphites

SPAGHETTI SYMPHONY (VGNO)

Cereals, crustaceans, fish, milk, sulphites, egg

CREPELLE (V, GF) milk, celery, sulphites

SEAFOOD TAGLIATELLE

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

PENNE AL FORNO

Cereals, milk, sulphites

CANNELLONI

Cereals, eggs, milk, celery, sulphites, egg

LASAGNE AL FORNO

Cereals, milk, sulphites, celery, egg

PAPPARDELLE AI PESTO (VGNO)

Cereals, sulphites, milk, egg

TAGLIATELLE N'DUJA

Cereal, celery, milk, sulphites, egg

SPAGHETTI ARRABIATA (V, VGN)

Cereals, celery, sulphites

POLPETTE CLASSICO

Cereals, milk, mustard, celery, sulphites, egg

POLPETTE AGLIO

Cereals, milk, mustard, sulphites, egg

RISOTTO PICCANTE (GF) Celery, sulphites, milk

PENNE VESUVIO (V)

Cereals, milk, celery, sulphites, egg

SPAGHETTI BOLOGNESE

Cereals, celery, sulphites, milk, egg

PENNE POSITANO

Cereals, milk, sulphites, egg

GNOCCHI CLASSICO

Cereals, milk, egg

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 about allergens

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 (none) 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, egg

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 (VO) Vegetarian optional (VGN) Vegan/Dairy free (VGO) Vegan/Dairy free optional (GF) Gluten Friendly

(usually sulphites listed are in alcohol and so can possibly be omitted. Egg is sometimes listed as it is a preservative in some hard Italian Cheeses. When this is the case, it can be omitted or substituted)

CHILDREN'S MENU

PIZZA MARGHERITA VGNO, DFO Cereals, milk

SPAGHETTI BOLOGNESE DFO Cereals, celery, sulphites, milk

SPAGHETTI CARBONARA Cereals, milk, sulphites, egg

CREAMY CHICKEN RISOTTO GF, DFO milk

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

PENNE ALLA PANNA Cereals, milk, celery. Sulphites, egg

CHICKEN BREAST NUGGETS Cereals, milk

BREADED CHEESE NUGGETS (GF) 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

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EXPRESS 'HAPPY HOUR' MENU

PLEASE NOTE;

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STARTERS

GOAT'S CHEESE AL FORNO (V, GF) Sulphites , milk
BRUSCHETTA CLASSICO (VGN, GFO) Cereals, sulphites
BRUSCHETTA FORZA (VGN, GFO) Cereals, sulphites-optional
EXPRESS DOUGH STICKS (V) Cereals, milk
BUDINO NERO Cereals, eggs, milk, mustard

MAIN COURSE

PIZZA MARGHERITA (V) Cereals, milk
RISOTTO CALABRESE (V, GF, VGNO) Milk, celery, sulphites, egg
PIZZA DIAVOLA Cereals, milk
PENNE VESUVIO (V) Cereals, milk, celery, sulphites, egg
CHICKEN & CHORIZO PIADINA Cereals, milk
MUSHROOM PIADINA (VGN) Cereals
TAGLIATELLE BASILICO (VGNO) Cereals, celery, milk, sulphites, egg-optional
SPAGHETTI ARRABIATA (V, VGN) Cereals, celery, sulphites
PIZZA AL POLLO Cereals, milk
CHICKEN RISOTTO (GF) milk
SPAGHETTI BOLOGNESE Cereals, celery, sulphites, egg, milk-optional
CREPPELLE (V) milk, celery, sulphites
PENNE PIZZAIOLA (VGN) Cereals, celery, sulphites
CANNELLONI Cereals, eggs, milk, celery, sulphites, egg
SPAGHETTI AGLIO, OLIO, PEPPERONCINO (VGN) Cereals
SPAGHETTI CARBONARA Cereals, sulphites, egg, milk

HOMEMADE DESSERTS

A LITTLE MESSY (GF) Eggs, milk
BERRY MESSY (VGN) (none)
MASCARPONE CHEESECAKE (V) Cereals, milk
TIRAMISU (V, GF) Milk, sulphites, egg
TRIPLE CHOCOLATE BROWNIE (GF) Eggs, milk
ITALIAN CHEESE & BISCUITS Milk, cereals

GF Highlights

All dishes on this menu are made with non gluten ingredients. Some are adapted from our usual recipes to make them GF so **please tell us if you do require them GF.** Although these dishes are Gluten Free, our kitchen is not, so there is a chance of cross-contamination. Please bear this in mind if you have a particularly high intolerance to gluten, thank you
(usually sulphites listed are in alcohol or dressing so it can possibly be omitted. Egg is sometimes listed as it is a preservative in some hard Italian Cheeses. When this is the case, it can be omitted or substituted)

STARTERS

POLLO PICCANTE (GF) Sulphites GF BREAD-None
SPIEDINI DI POLLO (GF) Sulphites, milk
ARANCINI (VGN, GF) Sulphites, celery
GOAT'S CHEESE AL FORNO (V, GF) Sulphites, milk
SEAFOOD MEDLEY (GF) celery, crustaceans, sulphites, molluscs GF BREAD-None
GF GARLIC BREAD (VGN, GF) None (with tomato & cheese - milk)
ZUPPA E PANE (GF) SOUP- Sulphites, celery GF BREAD-None

MAIN COURSES

CHICKEN RISOTTO (GF) milk
CREPELLE (V, GF) milk, celery, sulphites
CHICKEN VAL D'OSTANO (GF) Milk, sulphites
PIZZA SENZA (GF) milk (NB: the toppings you choose may contain allergens)
RISOTTO ARROSTO (VGN, V, GF) sulphites
SEAFOOD RISOTTO (GF) crustaceans, fish, milk, celery, sulphites, molluscs
KING PRAWN THERMIDOR (*WITH RICE*)(GF) crustaceans, milk, celery, mustard, sulphites
POLLO AL AGLIO (GF) Milk, sulphites
SALMON FILLET (GF) Crustaceans, fish, milk, celery, sulphites
RISOTTO SPAGNOLA (GF) Crustaceans, celery, sulphites
PASTA CARBONARA (GF) milk, sulphites, egg
POLLO N'DUJA (GF) Celery, sulphites

SIDES & EXTRAS: SALADS; Mixed (None) green (None) tomato (Sulphites in dressing) Seasoned chips (None) Cheesy gratin pots (Milk, sulphites) **LOADED FRIES;** pepperoni (milk) Dirty Vegan (sulphites) Garlic Gratins (Sulphites) Spinach, onion & garlic (Sulphites) Vegetables & potatoes (None) Onion & mushrooms (Sulphites) Garlic Mayo (Egg, milk, mustard) Vegan Garlic Mayo (Soya, mustard) Pesto (None)

HOMEMADE DESSERTS

STICKY TOFFEE PUDDING (V, GF, VGNO) Milk, sulphites
ETON MESS (V, GF, VGNO) Eggs, milk
ICE CREAM BOMBE (V, GF) Eggs, milk
TRIPLE CHOCOLATE BROWNIE (V, GF) Eggs, milk

VEGAN & DAIRY FREE HIGHLIGHTS

Vegan? These dishes have, or can be, adapted for Vegans but you must point out that you want the Vegan option. (usually sulphites listed are in alcohol or dressing so it can possibly be omitted. Egg is sometimes listed as it is a preservative in some hard Italian Cheeses. When this is the case, it can be omitted or substituted)

PLEASE NOTE:

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STARTERS

ARANCINI (VGN, GF) Sulphites, celery

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

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

BRUSCHETTA CLASSICO (GFO) Cereals, sulphites

BRUSCHETTA FORZA (VGN, GFO) Cereals, sulphites-optional

MELENZANE RIPIENI *Starter or sharer* (GF, VGN) Sulphites, celery

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

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) sulphites

PIZZA PER VOI (VGN, GFO) Cereals

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

MUSHROOM CARBONARA (GFO, VGN) Cereals, sulphites

PIZZA GUSTO (VGN) cereals, sulphites

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

MUSHROOM PIADINA (VGN) Cereals

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 in dressing) 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

STICKY TOFFEE PUDDING (VGN, GF) Sulphites

BERRY MESS (VGN, GF) None

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

IRISH COFFEE (VGN, GF) Sulphites

PARTY MENU

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STARTERS

STUFFED DOUGH BALLS (VGN) Cereal
ITALIAN CHEESE PARCELS (V, GF) Sulphites, milk, celery
FUNGHI TRIFOLATA (V, GFO) FUNGHI-None GARLIC BREAD-Cereal
CHORIZO RAGU (GF) Sulphites, celery
GARLIC PIZZA (VGN, V)-None
ITALIAN OLIVES (VGN, V) Cereal

MAIN COURSE

PIZZA MARGHERITA- cereals, milk
PENNE ARRABIATA (V, VGN) Cereals, celery, sulphites
PENNE BOLOGNESE Cereals, celery, sulphites, milk, egg
PENNE CARBONARA Cereals, milk, sulphites, egg
PENNE VESUVIO (V) Cereals, milk, celery, sulphites, egg
CHICKEN RISOTTO (GF) milk
POLPETTE CLASSICO Cereals, milk, mustard, celery, sulphites, egg
PENNE POSITANO Cereals, milk, sulphites, egg
CRESPELLE (V, GF) milk, celery, sulphites
PIZZA DIAVOLA Cereals, milk
TAGLIATELLE BASILICO (VGNO) Cereal, celery, milk, sulphites, egg
RISOTTO ARROSTO (VGN, V, GF) sulphites
PIZZA ROMANA Cereals, milk
CANNELLONI Cereals, eggs, milk, celery, sulphites, egg
PENNE SALUMIERI Cereals, milk, celery, sulphites, egg

PREMIUM MAIN COURSES

PORK MEDALLION Cereals, eggs, milk, mustard, sulphites
POLLO AL AGLIO (GF) Milk, sulphites
KING PRAWN THERMIDOR (GFO) Cereals, crustaceans, milk, celery, mustard, sulphites
PASTA DELLA CASA Cereals, celery, sulphites, egg

HANDMADE DESSERTS

MANGO CHEESECAKE (V) Cereals, milk
A LITTLE MESSY (V, GF, Vegan optional) Eggs, milk
TIRAMISU (GF, V) Milk, sulphites, egg
ITALIAN CHEESE & BISCUITS Milk, cereals
DIGESTIVE LIQUEURS; Amaretto, Limoncello or Amaro Averna (all contain sulphites)
TEA OR COFFEE None

V= vegetarian VGN= Vegan/Dairy free VGNO*= Vegan/Dairy free optional GF= Gluten Friendly
GFO*= GF optional (*may incur a small surcharge)