



ALLERGEN MENU



We've designed this menu to make it as easy as possible for you to see exactly what's in our food. If you have any questions at all, simply ask the manager and they'll be happy to help you find something that suits your special dietary needs.



suitable for vegetarians



contains nuts



contains gluten/ gluten containing ingredients



contains fish, shellfish, molluscs



contains dairy



contains egg



contains soya



contains alcohol

We're very careful to make sure that we list every ingredient in our cooking, though it's sadly impossible for us to guarantee our busy kitchens are 100% allergen free.

If you have any specific concerns, let us know and we'll do our best to help.

Antipasti

Mixed olives



Goddess olives



Arancini



Bruschetta Formaggio di Capra



Calamari



Garlic bread



Tomato pesto bread



Dough sticks



Gamberoni Arrosto



Bruschetta al Pomodoro



Antipasti Zizzi



Antipasti Zizzi Vegetarian



Garlic bread with cheese



Italian bread bucket



Insalate

Superfood



Bietole e Ricotta



Tricolore



Bistecca e Funghi



Pasta



Our pasta contains wheat, but we also serve Dove's Farm organic gluten free pasta, so just ask if you would like us to make any of our pasta dishes with it.

Pasta Sauces

Pomodoro



Penne alla Vodka



Rigatoni con Pollo e Funghi



Linguine ai Gamberi



Pesto



Casareccia Pollo Piccante



Bolognese



Carbonara



Strozzapreti Pesto Rosso



Ravioli di Capra



Polpette Spinaci



Ravioli di Ragu



Squid Ink Linguine



Spaghetti Arrabiata n'Duja



Risotto

Zucca e Pancetta



Pesce



Funghi



Funghi e pollo

**Al Forno**

Penne della Casa



Lasagne al Forno



Aubergine Parmigiana

**Secondi**Lamb Shoulder
(none)

Seabass al Cartoccio



Fish Stew



Pollo Prosciutto



Pork Belly

**Desserts**

Torta Zizzi (without Gelato)



Chocolate Melt (without Gelato)



Pannacotta



Torta Cioccolata (without Gelato)



Affogato



Torta Amaretti



Gelato Topping - Fruit Compote



Gelato Topping - Chocolate Ganache



Tiramisu



Grissini e cioccolata

Gelato - please see allergen tables
for detailed information

Gelato con Fritelle



Sorbet



Torta Limone



Gelato Topping - Amaretti Biscuit



Our pizza base contains gluten, but in selected restaurants we have a gluten free pizza base. Please ask the manager for details.

Classic Pizza

Margherita



Quattro Stagioni



Funghi



Pollo al Rosmarino



Diavola



Fiorentina

**Rustica Pizza**

Mezzo e mezzo



Mare e Monti



Trentino



Agro Dolce



Piccante



Primavera



Skinny Primavera



Sofia



Skinny Pollo



Skinny Bufala

**Calzone**

Carne piccante

**Calzon'Pizza**

Salsiccia



Clarissa

**Sides**

Tuscan Potatoes



Rocket salad



Fine Green Beans



Mixed salad



Courgette Fritti



Spring Greens



Cicchetti

Saccotini Vegetarian



Insalata Caprese



Bruschetta al Funghi



Polpette al Pomodoro



Gamberi



Arancini



Aubergine Involtini



Steak Tagliata



Saccotini Carne



Italian Bread Bucket



Spiedini di Pollo

(none)

Bambini

Before You Start

Dough Sticks



Mini Pizza

Margherita



Pepperoni



Pasta Sauce

Pomodoro



Polpette



Bolognese



Burro



Pasta (Penne or Spaghetti)



Our pasta contains wheat, but we also serve Dove's Farm organic gluten free pasta, so just ask if you would like us to make any of our pasta dishes with it (except when with Polpette).

Desserts

Ice Cream (all flavours)



Grissini e Cioccolata



		Does it contain?						Is it suitable for?		
Menu Item	Milk, Dairy, Whey & Lactose	Fish, Shellfish, Molluscs	Gluten	Egg	Nuts	Soya	Alcohol Only	Vegetarians	Vegans	Comments
BEFORE YOU START										
Mixed Olives	No	No	No	No	No	Yes, from Harissa Paste	No	Yes	Yes	None
Goddess Olives	No	No	No	No	No	No	No	Yes	Yes	None
Dough Sticks with Garlic Aioli	Yes, from garlic butter	No	Yes, from dough	Yes, from aioli	No	No	No	Yes	No	To make suitable for vegans make dough sticks substitute the garlic spread and aioli for olive oil
ANTIPASTI										
Garlic Bread	Yes, from garlic butter	No	Yes, from dough	No	No	No	No	Yes	No	None
Tomato Pesto Bread	Yes, cheese in pesto	No	Yes, from dough	No	Yes, pinenuts in pesto	No	No	Yes	No	None
Garlic Bread with Cheese	Yes, from mozzarella, riserva and garlic butter	No	Yes, from dough	Yes, from riserva	No	No	No	Yes	No	None
Bruschetta al Pomodoro	No	No	Yes, from ciabatta	No	No	No	No	Yes	Yes	None
Arancini	Yes, from mozzarella and riserva	No	Yes, from bread-crumbs	Yes, from riserva	No	Yes, from bread-crumbs	No	Yes	No	None
Bruschetta Formaggio di Capra	Yes, from goats cheese	No	Yes, from ciabatta	No	No	No	No	Yes	No	None
Italian Bread Bucket	Yes, from garlic butter	No	Yes, from breads	No	No	No	No	Yes	No	To make suitable for vegans serve without dough sticks
Antipasto Zizzi - Meat	Yes, from mozzarella, grana padana, milk powder in salami and garlic butter on dough sticks	No	Yes, from dough sticks	Yes, from grana padana	No	Yes, from mixed olives	No	No	No	Remove the dough stick to make this suitable for coeliacs
Antipasto Zizzi - Vegetarian	Yes, from mozzarella and garlic butter on dough sticks	No	Yes, from dough sticks	No	No	Yes, from mixed olives	No	Yes	No	Remove the dough sticks to make this suitable for coeliacs
Antipasto - Mezzo Mezzo	Yes, from Mozzarella, grana padana, milk powder in salami and garlic butter on dough sticks	No	Yes, from dough sticks	Yes, from grana padana	No	Yes, from mixed olives	No	No	No	Remove the dough sticks to make this suitable for coeliacs
Gamberoni Arrosto	Yes, from butter	Yes, from prawns and fish stock	No	No	No	No	No	No	No	None
Calamari	No	Yes, squid rings	Yes, seasoned flour	Yes, from aioli	No	No	No	No	No	None
SIGNATURE PASTA										
Penne in Vodka	Yes, from cream and riserva cheese	Yes, prawns	Yes, from penne pasta only	Yes, from riserva	No	No	Yes, Vodka	No	No	Suitable for coeliacs with our gluten free fusilli
Rigatoni con Pollo e Funghi	No	No	Yes, from rigatoni only	No	No	Yes, from chicken	No	No	No	Suitable for coeliacs with our gluten free fusilli
Strozzapreti Pesto Rosso	Yes, from crème fraiche and cheese in red pesto	No	Yes, from casareccia pasta only	No	No	Yes, from chicken and piccante sauce	No	No	No	Suitable for coeliacs with our gluten free fusilli
Casareccia con Pollo Picante	Yes, cream	No	Yes, from casareccia pasta only	No	No	Yes, from chicken and piccante sauce	No	No	No	Suitable for coeliacs with our gluten free fusilli
Linguine ai Gamberi	Yes, from butter	Yes, prawns and fish stock	Yes, from Linguine	No	No	No	Yes, added cooking white wine	No	No	Suitable for coeliacs with our gluten free fusilli
Polpette Spinaci	Yes, from ricotta, mozzarella and butter	No	Yes, from ciabatta, bread-crumbs and linguine	No	No	Yes, from bread-crumbs	No	Yes	No	None
Ravioli di Ragu	No	No	Yes, from ravioli	Yes, from ravioli	No	No	Yes	No	No	None
Ravioli di Capra	Yes, from cheese in pesto and ravioli	No	Yes, from ravioli	Yes, from ravioli	Yes, from pinenuts in pesto	No	No	No	No	This product contains a goats cheese made with animal rennet
Squid Ink Linguine	No	Yes, from ink linguine, squid & fish stock	Yes, from ink linguine	No	No	No	Yes, added cooking white wine	No	No	Suitable for coeliacs with our gluten free fusilli
Spaghetti Arrabiata n'Duja	Yes, from mascarpone	No	Yes, from spaghetti	No	No	No	No	No	No	Suitable for coeliacs with our gluten free fusilli
CLASSIC PASTA										
Carbonara (Sauce Only)	Yes, from cream and riserva cheese	No	No	Yes, from riserva	No	No	No	No	No	Pasta only contains wheat/gluten, Can be served with gluten free fusilli.
Bolognese (Sauce Only)	Yes, from butter & ragu	No	No	No	No	No	Yes, red wine from ragu	No	No	Pasta only contains wheat/gluten, Can be served with gluten free fusilli.
Pomodoro (Sauce Only)	Yes, from mozzarella	No	No	No	No	No	No	Yes	No	Pasta only contains wheat/gluten, Can be served with gluten free fusilli. Can be made suitable for vegans if served without buffalo mozzarella

Does it contain?											Is it suitable for?		Comments
Menu Item	Milk, Dairy, Whey & Lactose	Fish, Shellfish, Molluscs	Gluten	Egg	Nuts	Soya	Alcohol Only	Vegetarians	Vegans				
RISOTTO & AL FORNO													
Zucca e Pancetta Risotto	Yes, riserva, mascarpone, butter and pumpkin puree	No	No	Yes, from riserva	No	No	Yes, added cooking white wine	No	No	None			
Risotto Funghi	Yes, from butter and riserva	No	No	Yes, from riserva	No	No	No	Yes	No	None			
Risotto Funghi e Pollo	Yes, from butter and riserva	No	No	Yes, from riserva	No	Yes, from chicken	No	No	No	None			
Risotto di Pesce	Yes, from butter	Yes, seafood and fish stock	No	No	No	No	Yes, added cooking white wine	No	No	None			
Penne della Casa	Yes, from riserva and mushroom sauce	No	Yes, from penne	Yes, from riserva	No	Yes, from chicken	Yes, white wine in mushroom sauce	No	No	Suitable for coeliacs with our gluten free fusilli			
Lasagne al Forno	Yes, in lasagne and riserva	Yes, anchovies in lasagne	Yes, wheat in lasagne	Yes, from lasagne and riserva	No	No	Yes, red wine in lasagne	No	No	None			
Aubergine Parmigiana	Yes, from riserva & mozzarella	No	Yes, from bread-crumb mix	Yes, from riserva in breadcrumb mix	No	No	No	Yes	No	None			
SECONDI													
Lamb Shoulder	No	No	No	No	No	No	No	No	No	None			
Sea Bass al Cartoccio	No	Yes, seafood and fish stock	No	No	No	No	No	No	No	None			
Pork Belly	Yes, from butter for cooked spring greens	No	No	No	No	No	No	No	No	None			
Fish Stew	No	Yes, seafood and fish stock	Yes, from ciabatta	No	No	No	Yes, added cooking white wine	No	No	None			
Pollo Prosciutto	Yes, from butter	No	Yes, seasoned flour	No	No	No	Yes, added cooking white wine	No	No	None			
CALZONE & PIZZA													
Calzone carne Piccante	Yes, from mozzarella, ragu, garlic butter and riserva	No	Yes, from dough and meatballs	Yes, from riserva	No	Yes, from chicken and piccante sauce	Yes, red wine in ragu	No	No	None			
Calzone Clarissa	Yes, from mozzarella, goats cheese, garlic butter and riserva	No	Yes, from dough	Yes, from riserva	Yes, pinenuts in caponata	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Salsiccia Calzon'Pizza	Yes, from mozzarella, mascarpone, pesto, garlic butter and riserva	No	Yes, from dough	Yes, from riserva	Yes, pinenuts in pesto	No	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Skinny Bufala	Yes, from mozzarella	No	Yes, from dough	No	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Skinny Primavera	Yes, from mozzarella and goats cheese	No	Yes, from dough	No	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Skinny Pollo	Yes, from mozzarella	No	Yes, from dough	No	No	Yes, from piccante chicken	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Sofia	Yes, from mozzarella	No	Yes, from dough	No	No	Yes, from chicken and piccante sauce	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Fiorentina	Yes, from mozzarella, ricotta and riserva	No	Yes, from dough	Yes, from added egg and riserva	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Trentino	Yes, mozzarella and riserva	No	Yes, from dough	Yes, from riserva	No	No	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Margherita	Yes, from mozzarella	No	Yes, from dough	No	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Diavola	Yes, from mozzarella	No	Yes, from dough	No	No	No	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Funghi	Yes, from mozzarella	No	Yes, from dough	No	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Quattro Stragioni	Yes, from mozzarella and lactose in ham	No	Yes, from dough	No	No	No	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Pollo al Rosmarino	Yes, from mozzarella and goats cheese	No	Yes, from dough	No	No	Yes, from chicken	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Mezzo e Mezzo	Yes, from riserva, cream and mozzarella	No	Yes, from dough	Yes, from riserva	No	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Piccante	Yes, mozzarella, mascarpone and milk powder in salami	No	Yes, from dough	No	No	Yes, from piccante sauce	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Mare E Monti	Yes, mozzarella and crème fraiche	Yes, prawns	Yes, from dough	No	No	No	No	No	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			
Agro Dolce	Yes, mozzarella, mascarpone, pumpkin puree and Amaretti Biscotti	No	Yes, from dough and Amaretti Biscotti	Yes, from Amaretti Biscotti	No	No	No	No	No	Amaretti biscuits are nut free as they contain apricot kernals			
Primavera	Yes, from mozzarella, goats cheese and pesto	No	Yes, from dough	No	Yes, pine nuts in pesto	No	No	Yes	No	Suitable for coeliacs with our gluten free pizza base but this contains egg and is not suitable for vegans			

	Does it contain?							Is it suitable for?		
Menu Item	Milk, Dairy, Whey & Lactose	Fish, Shellfish, Molluscs	Gluten	Egg	Nuts	Soya	Alcohol Only	Vegetarians	Vegans	Comments
SALADS & SIDES										
Superfood Insalata	Yes, from garlic butter on dough sticks and goast cheese	No	Yes, from dough sticks	No	No	No	No	Yes	No	Suitable for coeliacs without dough sticks
Bistecca e Funghi	Yes, from grana padana	No	No	Yes, from grana padana	No	No	Yes	No	No	None
Beetroot and Ricotta	Yes, ricotta and garlic butter on dough sticks	No	Yes, from dough sticks	No	No	No	No	Yes	No	Buffalo ricotta is now suitable for vegetarians and suitable for coeliacs without dough sticks
Tricolore	Yes, from mozzarella, grana, garlic butter on dough sticks	No	Yes, from dough sticks	Yes, from grana padano	No	No	No	No	No	Suitable for coeliacs without the dough sticks and suitable for vegetarians without shaved grana padano
Tuscan Potatoes	No	No	No	No	No	No	No	Yes	Yes	None
Courgette Fritti	Yes, from added milk and riserva	No	Yes, seasoned flour	Yes, from riserva	No	No	No	Yes	No	None
Spring Greens	Yes, from Butter	No	No	No	No	No	No	Yes	No	None
Fine Green Beans	No	No	No	No	No	No	No	Yes	Yes	None
Rocket and Grana Padano Salad	Yes, from grana padano	No	No	Yes, from grana padano	No	No	No	No	No	None
Mixed Salad	No	No	No	No	No	No	No	Yes	Yes	None
DESSERTS										
Chocolate Melt (without Gelato)	Yes	No	No	Yes	No	Yes	No	Yes	No	None
Pannacotta	Yes	No	No	No	No	No	No	No	No	Contains gelatine so unsuitable for vegetarians
Torta Cioccolata (without Gelato)	Yes	No	Yes	No	Yes	Yes	No	Yes	No	None
Torta Amaretti	Yes	No	Yes	Yes	Yes	No	No	Yes	No	None
Torta Zizzi (without Gelato)	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	None
Tiramisu	Yes	No	Yes	Yes	No	No	Yes	Yes	No	None
Affogato	Yes, from crema gelato and amaretti biscuits	No	Yes, from amaretti biscuits	Yes, from crema gelato and amaretti biscuits	No	No	No	Yes	No	Amaretti biscuits are nut free as they contain apricot kernals
Torta Limone	Yes	No	Yes	Yes	No	No	No	No	No	Contains gelatine so unsuitable for vegetarians
Grissini e Cioccolata	Yes, from chocolate sauce	No	Yes, from dough	No	Yes, pine nuts	Yes, from chocolate sauce	No	Yes	No	None
Chocolate Gelato	Yes	No	No	No	No	No	No	Yes	No	None
Crema Gelato	Yes	No	No	Yes	No	No	No	Yes	No	None
Fior Di Latte Gelato	Yes	No	No	No	No	No	No	Yes	No	None
Mint Choc Chip Gelato	Yes	No	No	No	No	No	No	Yes	No	None
Pistachio Gelato	Yes	No	No	No	Yes	No	No	Yes	No	None
Sorbetti (strawberry, lemon and blood orange)	No	No	No	No	No	No	No	Yes	Yes	None
Gelato Topping - Amaretti Biscotti	Yes	No	Yes	Yes	No	No	No	Yes	No	Amaretti biscuits are nut free as they contain apricot kernals
Gelato Topping - Chocoalte Ganache (Tablet)	Yes	No	No	No	No	Yes	No	Yes	No	None
Gelato Topping - Fruit Compote	No	No	No	No	No	No	No	Yes	Yes	None
Gelato con frittelle	Yes, all Gelato flavours	No	Yes, from doughnuts	Yes, from crema only	Yes, from pistacchio only	No	No	Yes	No	
BAMBINI										
Dough Sticks	Yes, from garlic butter	No	Yes, from dough	No	No	No	No	Yes	No	None
Spaghetti Pomodoro	No	No	Yes, from spaghetti	No	No	No	No	Yes	Yes	Can be suitable for coaliacs with gluten free pasta
Spaghetti Bolognese	Yes, from cheese in ragu sauce	No	Yes, from spaghetti	No	No	No	Yes, red wine in ragu	No	No	Can be suitable for coaliacs with gluten free pasta
Penne Burro	Yes, from butter and riserva	No	Yes, from penne	Yes, from riserva	No	No	No	Yes	No	Can be suitable for coaliacs with gluten free pasta
Spaghetti Polpette	No	No	Yes, from spaghetti & Meatballs	No	No	No	No	No	No	The meatballs contain wheat, this dish is not suitable for coeliacs even with the gluten free pasta.
Pizza Margheritta	Yes, mozzarella	No	Yes, from dough	No	No	No	No	Yes	No	None
Pizza Pepperoni	Yes, mozzarella	No	Yes, from dough	No	No	No	No	No	No	None
Grissini e Cioccolata (kids) with the Chocolate Granache	Yes, from chocolate sauce	No	Yes, from dough	No	No	Yes, from chocolate sauce	No	Yes	No	None
Ice-cream	Yes, from milk	No	No	Yes, in crema only	Yes, in pistachio only	No	No	Yes	No	All Gelati Flavours
CICHETTI										
Aubergine Involtni	Yes, from mozzarella, riserva and pesto	No	No	Yes, from riserva	Yes, pinenuts in pesto	No	No	Yes	No	None
Tagliata	Yes, from grana padano	No	No	Yes, egg derivative in grana padano	No	No	No	No	No	None
Saccottini (Calzone Carne)	Yes, from mozzarella and garlic butter	No	Yes, from dough	No	No	No	No	No	No	None
Saccottini (Calzone Vegetarian)	Yes, from goats cheese, mozzarella and garlic butter	No	Yes, from dough	No	No	No	No	Yes	No	None
Bruschetta ai Funghi	Yes, from cream and mascarpone	No	Yes, from Ciabattini	No	No	No	Yes, from added cooking wine	Yes	No	None
Gamberoni	Yes, from butter	Yes	Yes, from dough	No	No	No	Yes, from added cooking wine	No	No	Can be suitable for coaliacs without the dough sticks
Insalata Caprese	Yes, from buffalo mozzarella	No	Yes, from dough	No	No	No	No	Yes	No	Can be suitable for coaliacs without the dough sticks
Spiedini di Polto	No	No	No	No	No	No	No	No	No	None
Polpette al Pomodoro	No	No	Yes, wheat in meatballs	No	No	No	No	No	No	None
Arancini	Yes, from mozzarella and riserva	No	Yes, from bread-crumbs	Yes, from riserva	No	Yes, from bread-crumbs	No	Yes	No	None

For nutritional information check out zizzi.co.uk or ask the manager for details.

