

FULL INGREDIENT MENU

Our main allergen guide covers the 14 allergens specified by the EU Food Information Regulations. However, we understand that people may want to avoid other food ingredients, therefore this menu shows the full ingredient declarations of a select number of our dishes. Please use this guide to inform your choice however we are unable to provide full information about our suppliers' allergen risks, including cross contact. In addition, our kitchens handle numerous ingredients and allergens and it is not possible for us to guarantee that our dishes will be allergen free.

Please check this information **every** time you visit our restaurant as we may have changed the recipe or the ingredients of one or more of our dishes.

If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order. However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email info@askitalian.co.uk

Section	Dish Name	Ingredient Declaration	Comments
Starters	Italian Olives	Marinated Olives (Nocellara Olives, Salt, Water, Acidity Regulator (Lactic Acid, Citric Acid), Antioxidant (Ascorbic Acid), Extra Virgin Olive Oil, Oregano).	
Starters	Garlic Bread	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Garlic Spread (Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colour (Beta-Carotene)), Rapeseed Oil, Garlic Puree, Garlic Granules, Salt, Parsley, Black Pepper, Preservative (Citric Acid)), Maize Grits, Parsley (Flat Parsley).	
Starters	Burrata Caprese	Burrata Cheese (Cows Milk, Milk Cream, Starter Culture, Vegetarian Rennet, Salt, Thickeners (Glycerol), Stabilisers (Carboxy Methyl Cellulose, Carrageenan), Emulsifiers (Lactic Acid Esters Of Mono- And Diglycerides Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids)), Baby Plum Tomatoes, Tomatoes, Extra Virgin Olive Oil, Rocket, Basil, Salt & Pepper Mix (Black Pepper, Table Salt).	
Pasta	Fettucine Bolognese	Beef Bolognese (Beef, Red Wine (Sulphites), Tomato Passata, Tomatoes, Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Glaze (Concentrated Juices Of Beef, Corn Starch, Beet Sugar, Salt, Tomato Puree, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Modified Maize Starch, Garlic Purée, Lemon Juice From Concentrate, Salt, White Wine Vinegar, Balsamic Vinegar (Red Wine Vinegar, Grape Must Concentrate), Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Anchovy Paste (Matured Salted Anchovies (Fish), Olive Oil, White Wine Vinegar), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Natural Roasted Onion Flavouring), Basil, Oregano, Rosemary, Black Pepper), Fettucine Armando (Durum Wheat Semolina), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), White Cooking Wine (Alcohol Reduced Blended White Wine, Sugar, Flavourings, Grape Skin Extract, Sea Salt, Colours (Sulphite Ammonia Caramel, Plain Caramel), Acidity Regulator (Citric Acid), Salt, Preservatives (Potassium Sorbate, Sulphur Dioxide, Sodium Metabisulphite)), Stabiliser (Metatartaric Acid), Stabiliser (Gum Arabic)), Parsley, Salt & Pepper Mix (Black Pepper, Salt), Rapeseed Oil.	Pasta boiled in boilers with other ingredients that contain the following allergens: Wheat, Egg, Milk, Fish, Crustaceans.
Pasta	Non-Gluten Bolognese	Beef Bolognese (Beef, Red Wine (Sulphites), Tomato Passata, Tomatoes, Onion, Water, Tomato Purée, Celery, Rapeseed Oil, White Sugar, Beef Glaze (Concentrated Juices Of Beef, Corn Starch, Beet Sugar, Salt, Tomato Puree, Onion Concentrate), Sun-Dried Tomato Paste (Sun Dried Tomatoes, Sunflower Oil, Salt, White Vinegar, Herbs (Garlic, Rosemary, Basil), Black Pepper), Modified Maize Starch, Garlic Purée, Lemon Juice From Concentrate, Salt, White Wine Vinegar, Balsamic Vinegar (Red Wine Vinegar, Grape Must Concentrate), Fish Sauce (Anchovy Fish Extract, Salt, Sugar), Anchovy Paste (Matured Salted Anchovies (Fish), Olive Oil, White Wine Vinegar), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Natural Roasted Onion Flavouring), Basil, Oregano, Rosemary, Black Pepper), Non-Gluten Fusilli (Maize Flour, Corn Flour, Rice Flour, Water, Chickpea Flour, Sunflower Oil, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Cooking Wine (Alcohol Reduced Blended White Wine, Sugar, Flavourings, Grape Skin Extract, Sea Salt, Colours (Sulphite Ammonia Caramel, Plain Caramel), Acidity Regulator (Citric Acid), Salt, Preservatives (Potassium Sorbate, Sulphur Dioxide, Sodium Metabisulphite)), Stabiliser (Metatartaric Acid), Stabiliser (Gum Arabic)), Parsley, Salt & Pepper Mix (Black Pepper, Salt), Rapeseed Oil.	

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Pasta	Linguine Carbonara	Linguine Armando (Durum Wheat Semolina), Ask Carbonara (Skimmed Milk, Water, Single Cream (Milk), Mascarpone Cheese (Milk) (Cream (Milk), Milk Proteins, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Preservative (Nisin)), Full Fat Soft Cheese (Milk), White Mature Cheddar Cheese (Milk), Pecorino And Regato Crumb Mix Cheese (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Modified Maize Starch, Rapeseed Oil, Garlic Purée, Cheese Stock Base (Processed Cheese Powder (Milk), Emulsifying Salt (Sodium Phosphates), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, White Pepper, Garlic, Mace, Nutmeg, Lovage), Lovage Extract), White Sugar, Yeast Extract, Salt, Thyme, Stabiliser (Xanthan Gum, Guar Gum), Black Pepper, Smoke Flavour), Smoked Pancetta Lardons (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke.), Aged Hard Cheese (Cow's Milk, Microbial Rennet, Salt), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Flat Parsley, Salt & Pepper Mix (Black Pepper, Salt), Rapeseed Oil.	Pasta boiled in boilers with other ingredients that contain the following allergens: Wheat, Egg, Milk, Fish, Crustaceans.
Pasta	Non-Gluten Carbonara	Non-Gluten Fusilli (Maize Flour, Corn Flour, Rice Flour, Water, Chickpea Flour, Sunflower Oil, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Carbonara (Skimmed Milk, Water, Single Cream (Milk), Mascarpone Cheese (Milk) (Cream (Milk), Milk Proteins, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Preservative (Nisin)), Full Fat Soft Cheese (Milk), White Mature Cheddar Cheese (Milk), Pecorino And Regato Crumb Mix Cheese (Pecorino Cheese (Sheep Milk), Regato Cheese (Milk)), Modified Maize Starch, Rapeseed Oil, Garlic Purée, Cheese Stock Base (Processed Cheese Powder (Milk), Emulsifying Salt (Sodium Phosphates), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, White Pepper, Garlic, Mace, Nutmeg, Lovage), Lovage Extract), White Sugar, Yeast Extract, Salt, Thyme, Stabiliser (Xanthan Gum, Guar Gum), Black Pepper, Smoke Flavour), Smoked Pancetta Lardons (Pork, Salt, Dextrose, Glucose Syrup, Preservative (Potassium Nitrate, Sodium Nitrite), Antioxidant (Ascorbic Acid), Flavourings (Onion, Pepper, Juniper, Laurel), Spices (Garlic Powder), Beechwood Smoke.), Aged Hard Cheese (Cow's Milk, Microbial Rennet, Salt), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Flat Parsley, Salt & Pepper Mix (Black Pepper, Salt), Rapeseed Oil.	
Pasta	Spaghetti Al Pomodoro	Spaghetti (Durum Wheat Semolina), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Mozzarella (Milk), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Rapeseed Oil), Salt & Pepper Mix (Black Pepper, Salt), Extra Virgin Olive Oil.	Pasta boiled in boilers with other ingredients that contain the following allergens: Wheat, Egg, Milk, Fish, Crustaceans.
Pasta	Non-Gluten Pomodoro	Non-Gluten Fusilli (Maize Flour, Corn Flour, Rice Flour, Water, Chickpea Flour, Sunflower Oil, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Mozzarella (Milk), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Rapeseed Oil), Salt & Pepper Mix (Black Pepper, Salt), Extra Virgin Olive Oil.	
Pasta	Vegan Spaghetti Al Pomodoro	Spaghetti (Durum Wheat Semolina), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Rapeseed Oil), Salt & Pepper Mix (Black Pepper, Salt), Extra Virgin Olive Oil.	Pasta boiled in boilers with other ingredients that contain the following allergens: Wheat, Egg, Milk, Fish, Crustaceans.
Pasta	Non-Gluten Vegan Pomodoro	Non-Gluten Fusilli (Maize Flour, Corn Flour, Rice Flour, Water, Chickpea Flour, Sunflower Oil, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Sugopronto Al Pomodoro (Tomato Pulp, Onion, Olive Oil, Tomato Paste, Sugar, Salt, Basil, Sunflower Oil), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Baby Plum Tomatoes, Basil, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Garlic Puree & Oil Mix (Garlic Puree, Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Rapeseed Oil), Salt & Pepper Mix (Black Pepper, Salt), Extra Virgin Olive Oil.	
Pizza	Classic Margherita	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Mozzarella (Mozzarella (Milk), Anti-Caking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, Oregano.	
Pizza	Vegan Margherita	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano, Lemon Juice, Thickener (Arabic Gum, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, Oregano.	

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Pizza	Non-Gluten Margherita	Non-Gluten Pizza Base (Rice Starch, Maize Starch, Tapioca Starch, Sea Water, Water, Potato Starch, Rice Flour, Sunflower Oil, Extra Virgin Olive Oil, Rapeseed Oil, Pea Flour, Psyllium Husk Powder, Vegetable Fibre (Potato, Rice, Psyllium, Flax, Lemon, Pea), Sugar, Millet Flour, Buckwheat Flour, Flaxseed Oil Panel Flour, Flaxseed Meal, Salt, Fresh Brewer's Yeast, Natural Flavourings, Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Raising Agents (Glucono-Delta-Lactone, Sodium Hydrogen Carbonate, Sodium Diphosphate)), Diced Mozzarella (Mozzarella (Milk), Anticaking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Oregano.	
Pizza	Non-Gluten Vegan Margherita	Non-Gluten Pizza Base (Rice Starch, Maize Starch, Tapioca Starch, Sea Water, Water, Potato Starch, Rice Flour, Sunflower Oil, Extra Virgin Olive Oil, Rapeseed Oil, Pea Flour, Psyllium Husk Powder, Vegetable Fibre (Potato, Rice, Psyllium, Flax, Lemon, Pea), Sugar, Millet Flour, Buckwheat Flour, Flaxseed Oil Panel Flour, Flaxseed Meal, Salt, Fresh Brewer's Yeast, Natural Flavourings, Thickeners (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Raising Agents (Glucono-Delta-Lactone, Sodium Hydrogen Carbonate, Sodium Diphosphate)), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano, Lemon Juice, Thickener (Arabic Gum, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, Oregano.	
Pizza	Classic Stromboli	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Mozzarella (Mozzarella (Milk), Anti-Caking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Pepperoni (Pork, Pork Fat, Salt, Paprika Powder, Spices (Garlic, Cumin, Black Pepper), Acidity Regulator (Glucono-Delta-Lactone), Sugar, Antioxidants (Ascorbic Acid, Citric Acid), Preservative (Sodium Nitrite), Stabiliser (Sodium Citrates)), Maize Grits, Oregano.	
Sides	Chips	Chips (Potatoes, Sunflower Oil, Batter (Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Modified Starch, Rice Flour, Salt, Corn Starch, Turmeric Extract, Colour (Paprika Extract))), Garlic Mayonnaise (Rapeseed Oil, Water, Pasteurised liquid EGG, Acidity Regulator (Acetic Acid), Sugar, Modified Starch, Garlic, Salt, Stabiliser (Guar Gum), Spices (Mustard), Herb, Preservative (Potassium Sorbate), Stabiliser, Xanthan Gum, Antioxidant (Calcium Disodium)), Black Pepper, Salt, Rapeseed Oil, Palm Oil.	Fried in fryers with other ingredients that contain the following allergens: Wheat, Barley, Milk, Molluscs, Mustard, Egg, Fish, Celery, Soya, Sulphites.
Desserts	Raspberry / Berry Sorbet	Raspberry Sorbetto (Water, Raspberry Purée, Glucose Syrup, Sugar, Fructose, Maltodextrin, Lemon Juice Concentrate, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Acidifier (Citric Acid), Colour (Beetroot Juice Concentrate), Sweetener (Steviol Glycosides)), Mixed Berry Sorbet (Water, Strawberry Puree, Sugar, Glucose Syrup, Blackcurrant Puree, Raspberry Puree, Fructose, Maltodextrin, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Sweetener (Steviol Glycosides)).	
Desserts	Mango Sorbet	Water, Mango Puree, Glucose Syrup, Sugar, Fructose, Maltodextrin, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Acidity Regulator (Malic Acid).	
Desserts	Vanilla Gelato	Reconstituted Skimmed Milk Powder, Sugar, Vegetable Fat (Palm Oil, Palm Kernel Oil), Glucose Syrup, Whey Powder (Milk), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum), Natural Vanilla Flavouring, Vanilla Pod, Colour (Annatto Norbixin).	
Desserts	Chocolate Gelato	Reconstituted Skimmed Milk Powder, Sugar, Vegetable Fat (Palm Oil, Palm Kernel Oil), Cocoa Powder, Glucose Syrup, Whey Powder (Milk), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Guar Gum, Xanthan Gum, Locust Bean Gum).	
Desserts	Cherry & Clotted Cream Gelato	Whole Milk, Sugar, Double Cream (Milk), Clotted Cream (From Cows Milk), Amarena Cherry Sauce (Dried Glucose Syrup, Sugar, Candied Cherries (Cherries, Glucose-Fructose Syrup, Sour Black Cherry Juice, Acidity Regulator (Citric Acid), Vegetable Concentrate (Black Carrot, Hibiscus), Natural Flavourings), Water, Concentrated Amarena Cherry Juice, Acidity Regulator (Citric Acid), Thickener (Agar Agar, Pectin), Flavourings (Colour (Anthocyanins))), Dextrose, Skimmed Milk Powder, Cinnamon Biscuit (Wheat Flour, Sugar, Vegetable Fat (Rapeseed Oil), Candied Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Cinnamon, Salt), Digestive Biscuit Crumble (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Sg (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agent (Sodium Carbonate), Salt), Vegetable Fat Sg (Shea Kernel Oil, Palm Oil, Emulsifier (Sunflower Lecithin)), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabiliser (Locust Bean Gum, Guar Gum, Carrageenan).	
Desserts	Ve Salted Caramel Gelato	Water, Glucose Syrup, Sugar, Coconut Oil, Salted Caramel (Water, Sugar, Partially Inverted Refiners Syrup, Glucose Syrup, Corn Oil, Corn Starch, Vanilla Extract, Natural Flavourings, Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids)), Maltodextrin, Dextrose, Soya Protein, Colour (Plain Caramel), Sea Salt, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabilisers (Locust Bean Gum, Carrageenan, Guar Gum), Natural Flavourings.	

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Desserts	Biscoff Cheesecake	Lotus Biscoff Cheesecake (Biscuit Base (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Invert Sugar Syrup, Raising Agent (Sodium Bicarbonate, Ammonium Bicarbonate), Salt), Double Cream (Milk), Reduced Fat Soft Cheese (Skimmed Milk, Cream (Milk), Permeate (Milk), Salt, Tapioca Starch, Stabiliser (Xanthan Gum, Locust Bean Gum), Bacterial Starter Culture), Lotus Original Caramelised Biscuit Spread (Caramelised Biscuit (Wheat Flour, Sugar, Vegetable Oil (Rapeseed Oil, Palm Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)), Sugar, Full Fat Soft Cheese (Milk), Caramelised Biscuit (Wheat Flour, Sugar, Vegetable Oils (Rapeseed Oil, Palm Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Starch (Maize), Partially Inverted Sugar Syrup, Milk, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate)), Salted Caramel Sauce (Water, Partially Inverted Refiners Syrup, Cream (Milk), Brown Sugar, Salted Butter (Cream (Milk), Salt), Modified Maize Starch, Rapeseed Oil, Sea Salt, Stabiliser (Xanthan Gum), Colour (Ammonia Caramel)), White Chocolate Curls (Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), Emulsifier (Soya Lecithin), Natural Vanilla Flavouring).	
Desserts	Blood Orange & Chocolate Tart	Vegan Coconut, Dark Chocolate & Blood Orange Tart (Coconut Milk (Coconut, Water), Dark Chocolate (Cocoa Mass, Sugar, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Chopped Dates (Dates, Rice Flour), Water, Pumpkin Seeds, Sunflower Seeds, Modified Maize Starch, Linseed, Blood Orange Concentrate, Orange Juice From Concentrate, Poppy Seeds, Flavouring, Salt, Caster Sugar, Colours (Annatto bixin, Curcumin)), Raspberry Sorbet (Water, Raspberry Purée, Glucose Syrup, Sugar, Fructose, Maltodextrin, Lemon Juice Concentrate, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Acidifier (Citric Acid), Colour (Beetroot Juice Concentrate), Sweetener (Steviol Glycosides)), Mixed Berry Sorbet (Water, Strawberry Puree, Sugar, Glucose Syrup, Blackcurrant Puree, Raspberry Puree, Fructose, Maltodextrin, Stabilisers (Guar Gum, Locust Bean Gum, Hydroxypropyl Methyl Cellulose), Sweetener (Steviol Glycosides)), Icing Sugar (Icing Sugar, Maize Starch).	
Kids	Vegetable Sticks, Bread Soldiers and Dip	Breadsticks (Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Golden Vegetable Oil (Sunflower Oil, Extra Virgin Olive Oil), Salt & Pepper Mix (Black Pepper, Salt), Rapeseed Oil), Carrots, Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Cucumber.	
Kids	Top Your Own Pizza Face	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Mozzarella (Mozzarella (Milk), Anti-Caking Agent (Cellulose)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)), Olives (Olives, Brine (Water, Vegetable Oils (Sunflower And Rapeseed Oil In Varying Proportions), Salt)).	
Kids	Vegan Top Your Own Pizza Face	Dough (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Sponge (Fortified Wheat Flour (Wheat, Iron, Niacin, Thiamine, Calcium Carbonate, Ascorbic Acid), Water), Water, Salt, Olive Oil, Yeast, Sugar, Dough Improver (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Enzymes, Dextrose, Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids))), Vegan Mozzarisella (Bio Surice (Water, Germinated Brown Rice, Salt, Apple Vinegar), Water, Cold Pressed Coconut Oil, Sunflower Oil, Oregano, Lemon Juice, Thickener (Arabic Gum, Locust Bean, Xanthan Gum)), Pizza Sauce (Tomatoes, Salt, Basil, Oregano), Maize Grits, Roasted Red Peppers (Red Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (Citric Acid)), Olives (Olives, Brine (Water, Vegetable Oils (Sunflower And Rapeseed Oil In Varying Proportions), Salt)).	
Kids	Frutti	Strawberries, Black Grapes	