BREAKFAST	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
DISHES														
Bacon Ciabatta Roll		Barley & Malt					х							
Bacon White Sandwich		Wheat					х							
Bacon Granary Sandwich		Barley & Wheat					х							
Cumberland Sausage Ciabatta		Barley & Malt					х							х
Cumberland Sausage White Sandwich		Wheat					х							х
Cumberland Sausage Granary sandwich		Barley & Wheat					х							х
Scrambled Egg on ciabatta		Barley & Malt		х			х							
Scrambled Eggs & Smoked Salmon on ciabatta		Barley & Malt		х	х		х							
Eggs Benedict served on Ciabatta		Barley & Malt		х			х							
Chilli Citrus Avocado on ciabatta		Barley & Malt					х							
Porridge		May Contain Traces of Wheat Rye					х						х	
Plain Croissant		Wheat & Cereal		х			х			хх		жх	хх	
Almond Croissant		Wheat & Cereal		х			х			Almond		х	х	

Chocolate Croissant		Wheat		ХX			х			х		х	х	
Pain Au Raisin		Wheat		х			х			хх		хх	хх	
Vegan Raspberry Croissant		Wheat		хх			хх			хх		хх	хх	
Pecan & Maple Plait		Wheat		х			х			Pecan				
Croissant filled with crema		Wheat, Barley		х			х			хх		хх	хх	
Croissant filled with marmalade		Wheat Barley		х			х			хх		хх	хх	
Cheese & Ham Croissant		Wheat & Cereal		х			х			хх		ж	хх	
Cheese Croissiant		Wheat & Cereal		х			х			хх		хх	хх	
Cheese & Tomato Croissant		Wheat & Cereal		х			х			хх		хх	хх	
CAKES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pastel De Nata		Wheat		х			х			хх		хх		х
Bolo de arroz		Wheat,Barley, Rye		х			х			хх		хх		
Florentines		х		х			х			х				
Tiramisu		Wheat		х			х			хх			хх	
White Choc Cannoli		х		х			х			х			х	х
Hazelnut Chocolate cannoli		x		x			х			x			x	х
Pistachio Cannoli		х		х			х			х			х	Х
Hazelnut Chocolate Sfogolatine		х		х			х			х			х	х
White Chocolate Sfogolatine		х		х			х			х			х	х

DRINKS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Espresso														
Double Espresso														
Iced Black Americano														
Cappuccino with full fat/skinny Milk							х							
Latte with full fat/skinny milk							х							
White Americano with full fat/skinny milk							х							
Flat White with full fat/skinny milk							х							
Macchiato with full fat/skinny milk							х							
Mocha with full fat/skinny milk							х							
Hot Chocolate with full fat/skinny milk							х							
Iced Latte with full fat/skinny milk							х							
Iced Flat White with full fat/skinny milk							х							
Any Tea wirth with full fat/skinny milk							х							
Soya Milk		_									_		х	
Oat Milk														

			_										_	I I
DAY MENU	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
DISHES														
TOASTED ITALIAN SANDWICHES														
ALL SANDWICHES COME WITH A SALAD GARNISH & BALSAMIC GLAZE CONTAINING SULPHUR DIOXIDE - FOR THOSE CUSTOMERS EATING IN ONLY														х
Parma -Parma ham, mozzarella, fresh tomato, basil & olive oil		х					х							
Soppressa - Veneto salami, taleggio cheese, sun blushed tomatoes, oregeno		х					х							
Italian Club - Grilled Chicken, Tomatoes, Smoked streaky bacon,parmesan, red onion, spicy tomato sauce, basil.	х	х					х							
Bufula & Pesto - basil pesto, cherry tomatoes, olive oil, rocket		х					х							
Chilli pecorino - pecorino with chilli, roasted peppers, mushroom, red onions, tomato & pesto sauce, spinach	х	x					х							
Speck - smoked cured ham, asiago cheese,		х					х							

Speciale - parma ham, olives, sundried tomatoes, fresh		х				х				
tomatoes, mozzarella, basil, olive oil										
Tuna melt / Spicy Tuna melt		х		х	x	x				
ESCALOPES										
Piccante - chicken escalope mozzarella, spicy salami, jalepeno, spicy tomato sauce	х	Wheat		х		х				
Cotta - Chicken escalope, italian cooked ham, cheddar, spicy tomato sauce	х	Wheat		х		х				
Rucola - Chicken escalope, mozzarella, fresh tomato.		Wheat		х		x				
PASTA		х		х						
GLUTEN FREE PASTA				х						
VEGAN PASTA		х								
Arrabiatta sauce - chilli, tomato sauce, pasta	х									
Bolognese sauce - Minced beef, tomato	х									
sauce. bavleaf Mushroom sauce						×				
Mushroom & Pepper sauce						х				
Mushroom & sundried Tomato sauce			_			х				
3 Cheese & mushroom sauce						х				
Chilli spinach sauce	х									
Ragu - beef, cherry tomatoes, tomato sauce	х									

At the control sauce A										
Anathricans sauce - babacon, red online & tomato sauce talian Sauce, sauce - et online, tomato sauce talian Sauce, sauce - et online, tomato sauce de online, tomato sauce, saussage control et online tomato sauce, saussage & x x x x x x x x x x x x x x x x x x	Meatball sauce - onion	х	х	х						
hacon, red onlon & tomato sauce talian Sausage sauce -	& tomato sauce									
tomate sauce red onion, tomate sauce, sausage sauce - red onion, tomate sausage sauce - red onion, tomate sausage sauce - red onion, tomate red onion, t	Amatricana sauce -	х								
talian Sausage sauce - de doino, tomato sauce cauce, sausage e Chicken & Brocolli sauce cauce, sausage e Chicken & Brocolli sauce cauce cauce, sausage e Chicken & Brocolli sauce cauce ca	bacon, red onion &									
acaucy, studied a saucy of the control of the contr	tomato sauce									
Salute S	Italian Sausage sauce -	х	х							х
Neduja Sauce - sausage &	red onion, tomato									
Notation Sauce - sausage & x x x x x x x x x x x x x x x x x x	sauce, sausage									
Beef Lasagne	Chicken & Brocolli sauce					х				
Beef Lasagne X X X X X X X X X X X X X X X X X X X	Nduja Sauce - sausage &	х	х							х
SALADS Rocket & Parmesan salad, balsamic vinegar Parma ham & burratina salad with balsmatic vinegar Kohicken Cesar Salad with cesar Salad with cesar dressing Roasted Veg & Vegan Pesto Salad Grilled Italian Chicken salad with basamic vinegar Tricolore salad with balsamic vinegar Rocca salad with balsamic vinegar Rocca salad with ricota balsamic vinegar Rocca										
Rocket & Parmesan salad, balsamic vinegar		Х	Х	Х		Х				
Salad, balsamic vinegar Parma ham & burratina salad with balsamic vinegar Chicken Ceasar Salad	SALADS									
Parma ham & burratina salad with balsmatic vinegar Chicken Ceasar Salad with ceasar dressing Roasted Veg & Vegan Pesto Salad Grilled Italian Chicken Salad with balsamic vinegar Tricolore salad with basamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar Rocca salad vite ricotta & balsa	Rocket & Parmesan					х				х
Salad with balsmatic vinegar Chicken Ceasar Salad with ceasar dressing Roasted Veg & Vegan Pesto Salad Grilled Italian Chicken Salad with basamic vinegar Rocca salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & company of the part of the pa	salad, balsamic vinegar									
vinegar Chicken Ceasar Salad	Parma ham & burratina					х				х
Chicken Ceasar Salad with ceasar dressing Roasted Veg & Vegan Peeto Salad Grilled Italian Chicken Salad with basamic vinegar Tricolore salad with ricotta & balasmic vinegar Rocca salad plain with balasmic vinegar Rocca salad with ricotta & balasmic vinegar Rocca salad with ricotta & balasmic vinegar Rocca salad with ricotta & company of talian Tomato soup x x x x x x x x x x x x x x x x x x x	salad with balsmatic									
with ceasar dressing Roasted Veg & Vegan Pesto Salad Grilled Italian Chicken Salad with basamic vinegar Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar Rocca salad with	vinegar									
Roasted Veg & Vegan Pesto Salad Grilled Italian Chicken Salad with basamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Italian Tomato soup X X X X X X X X X X X X X X X X X X X	Chicken Ceasar Salad		х	х		х	х			
Pesto Salad Grilled Italian Chicken Salad with basamic vinegar Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Italian Tomato soup X X X X X X X X X X X X X X X X X X X	with ceasar dressing									
Grilled Italian Chicken Salad with basamic vinegar Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Italian Tomato soup X X X X X X X X X X X X X X X X X X X	Roasted Veg & Vegan								х	
Salad with basamic vinegar Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta &	Pesto Salad									
vinegar Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta &	Grilled Italian Chicken								х	x
Tricolore salad with balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Rustic minestrone soup X X X X X X X X X X X X X X X X X X X	Salad with basamic									
balsamic vinegar Rocca salad plain with balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Rustic minestrone soup X X X X X X X X X X X X X X X X X X X	vinegar									
Rocca salad plain with balsamic vinegar Rocca salad with ricotta &	Tricolore salad with					х				x
balsamic vinegar Rocca salad with ricotta & balsamic vinegar SOUP Italian Tomato soup	balsamic vinegar									
Rocca salad with ricotta & balsamic vinegar SOUP Italian Tomato soup Rustic minestrone soup X X X X X X X X X X X X X	Rocca salad plain with									x
& balsamic vinegar SOUP Italian Tomato soup	balsamic vinegar									
SOUP Italian Tomato soup	Rocca salad with ricotta					х				х
Italian Tomato soup x x x	& balsamic vinegar									
Rustic minestrone soup x Chicken Noodle soup x x x x x	SOUP									
Chicken Noodle soup x x x	Italian Tomato soup	Х	х							
	Rustic minestrone soup	х								
Leek & Potato soup x	Chicken Noodle soup	х	х	х						
	Leek & Potato soup	х								

														Ī
Italian sausage hotpot	х	x												х
Pancetta hotpot soup	х													
Italian ham & pea soup	х													
Mushroom soup	х													
Vegetable broth	х													
ALL SOUPS SERVED WITH		х					х							
TOASTED BREAD &														
BUTTER														
EVENING MENU	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
DISHES														
TOASTED ITALIAN														
SANDICHES														
ALL SANDWICHES COME														х
WITH A SALAD GARNISH														
& BALSAMIC GLAZE														
CONTAINING SULPHUR														
DIOXIDE - FOR THOSE														
CUSTOMERS EATING IN														
ONLY														
Parma -Parma ham,		x					х							
mozzarella, fresh														
Soppressa - Veneto		х					х							
salami, taleggio cheese,														
sun blushed tomatoes,														
oregeno														
Italian Club - Grilled	х	х					х							
Chicken, Tomatoes,														
Smoked streaky														
bacon,parmesan, red														
onion, spicy tomato														
Bufula & Pesto - basil		х					х							
pesto, cherry tomatoes,														
olive oil, rocket														

		1							
Chilli pecorino -	x	х			х				
pecorino with chilli,									
roasted peppers,									
mushroom, red onions,									
tomato & pesto sauce,									
Speck - smoked cured		x			х				
ham, asiago cheese,									
peppers									
Speciale - parma ham,		х			х				
olives, sundried									
tomatoes, fresh									
tomatoes, mozzarella,									
1 11 12 11									
Tuna melt / Spicy Tuna		х	х	х	х				
melt									
PASTA		х	х						
GLUTEN FREE PASTA			Х						
VEGAN PASTA		х							
Arrabiatta sauce - chilli,	х								
tomato sauce, pasta									
Bolognese sauce -	х								
Minced beef, tomato									
sauce, bayleaf									
Mushroom sauce					х				
Mushroom & Pepper					х				
sauce									
Mushroom & sundried					х				
Tomato sauce									
3 Cheese & mushroom					х				
sauce									
Chilli spinach sauce	Х								
Ragu - beef, cherry	x								
tomatoes, tomato sauce									
Meatball sauce - onion	x	x	х						
& tomato sauce									
Amatricana sauce -	х								
bacon, red onion &									
tomato sauce									

ROCCA ALLEGENS /// 2023

x = Contains xx = May contain / Made in a factory that uses

Italian Sausage sauce -	х	х							х
red onion, tomato									
sauce, sausage									
Chicken & Brocolli sauce					х				
Nduja Sauce - sausage &	х	х							x
tomato sauce									
Cured Meats & Toasted		х							
Bread									
Cured meats, cheese &		х			х				
toasted bread									
Cheese & Toasted Bread	х	х			х				
Board									
Burratina					х				
Nocellara Olives				_			_	_	
Toasted Foccacia, Olive		х							х
oil & Balsamic vinegar									