

ROCCA ALLEGENS /// 2023

x = Contains

xx = May contain / Made in a factory that uses

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					x							
Bacon White Sandwich		Wheat					x							
Bacon Granary Sandwich		Barley & Wheat					x							
Cumberland Sausage Ciabatta		Barley & Malt					x							x
Cumberland Sausage White Sandwich		Wheat					x							x
Cumberland Sausage Granary sandwich		Barley & Wheat					x							x
Scrambled Egg on ciabatta		Barley & Malt		x			x							
Scrambled Eggs & Smoked Salmon on ciabatta		Barley & Malt		x	x		x							
Eggs Benedict served on Ciabatta		Barley & Malt		x			x							
Chilli Citrus Avocado on ciabatta		Barley & Malt												
Porridge		May Contain Traces of Wheat Rye					x						x	
Plain Croissant		Wheat & Cereal		x			x			xx		xx	xx	
Almond Croissant		Wheat & Cereal		x			x			Almond		x	x	

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

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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							x							
Latte with full fat/skinny milk							x							
White Americano with full fat/skinny milk							x							
Flat White with full fat/skinny milk							x							
Macchiato with full fat/skinny milk							x							
Mocha with full fat/skinny milk							x							
Hot Chocolate with full fat/skinny milk							x							
Iced Latte with full fat/skinny milk							x							
Iced Flat White with full fat/skinny milk							x							
Any Tea wirth with full fat/skinny milk							x							
Soya Milk													x	
Oat Milk														

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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														x
Parma -Parma ham, mozzarella, fresh tomato, basil & olive oil		x					x							
Soppressa - Veneto salami, taleggio cheese, sun blushed tomatoes, oregano		x					x							
Italian Club - Grilled Chicken, Tomatoes, Smoked streaky bacon, parmesan, red onion, spicy tomato sauce, basil.	x	x					x							
Bufala & Pesto - basil pesto, cherry tomatoes, olive oil, rocket		x					x							
Chilli pecorino - pecorino with chilli, roasted peppers, mushroom, red onions, tomato & pesto sauce, spinach	x	x					x							
Speck - smoked cured ham, asiago cheese, peppers		x					x							

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

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Meatball sauce - onion & tomato sauce	x	x		x										
Amatricana sauce - bacon, red onion & tomato sauce	x													
Italian Sausage sauce - red onion, tomato sauce, sausage	x	x												x
Chicken & Broccoli sauce							x							
Nduja Sauce - sausage & tomato sauce	x	x												x
Beef Lasagne	x	x		x			x							
SALADS														
Rocket & Parmesan salad, balsamic vinegar							x							x
Parma ham & burrata salad with balsamic vinegar							x							x
Chicken Caesar Salad with ceasar dressing		x		x			x		x					
Roasted Veg & Vegan Pesto Salad												x		
Grilled Italian Chicken Salad with basamic vinegar												x		x
Tricolore salad with balsamic vinegar							x							x
Rocca salad plain with balsamic vinegar														x
Rocca salad with ricotta & balsamic vinegar							x							x
SOUP														
Italian Tomato soup	x	x												
Rustic minestrone soup	x													
Chicken Noodle soup	x	x		x										
Leek & Potato soup	x													

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Italian sausage hotpot soup	x	x												x
Pancetta hotpot soup	x													
Italian ham & pea soup	x													
Mushroom soup	x													
Vegetable broth	x													
ALL SOUPS SERVED WITH TOASTED BREAD & BUTTER		x					x							
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 WITH A SALAD GARNISH & BALSAMIC GLAZE CONTAINING SULPHUR DIOXIDE - FOR THOSE CUSTOMERS EATING IN ONLY														x
Parma -Parma ham, mozzarella, fresh tomato, basil & olive oil		x					x							
Soppressa - Veneto salami, taleggio cheese, sun blushed tomatoes, oregano		x					x							
Italian Club - Grilled Chicken, Tomatoes, Smoked streaky bacon, parmesan, red onion, spicy tomato	x	x					x							
Bufula & Pesto - basil pesto, cherry tomatoes, olive oil, rocket		x					x							

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

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