## MENU ALLERGEN INFORMATION <br> UPDATED 07.04.2024

We have marked some of our menus with red notes indicating if they can be made:
Vegan Friendly (our Sourdough is Vegan Friendly) AND/OR Gluten Free (we provide Gluten Free Bread)

Breads
Woodfire Sourdough GF BREAD AVAILABLE - VF BUTTER AVAILABLE
Sourdough: Gluten (wheat) 1
Hazelnut Butter: Dairy 7, Nuts (hazelnuts) 8
Tomato Focaccia VF - CAN BE MADE GLUTEN FREE - WITH GF BREAD
Focaccia: Gluten (wheat) 1
Tomatoes:

## Small Plates while we have gluten free options available and take care to prepare your gluten FREE ITEMS - OUR ENVIRONMENT IS NOT GLUTEN FREE

Homemade Soup can be made gluten free - with gf bread / vegan soup available with vf Bread Soup: Dairy 7, Celery 9
Brown Bread: Gluten (wheat) 1, Dairy 7, Sulphites 12

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WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS OUR ENVIRONMENT IS NOT GLUTEN FREE
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## Vegetarian

Spiced Vegetable Couscous Fritters GLUTEN free - PLEASE ASK for no tZatziki to make it Vegan friendly Fritters:
Ratatouille:
Tzatziki: Dairy 7
Poached Pear Blue Cheese Salad CAN be MADE GLUTEN FREE - WITH GLUTEN FREE BREAD
Walnuts: Nuts 8, Blue Cheese: Dairy 7
Honey Mustard Dressing: Sulphites 12, Mustard 10
Sourdough: Gluten (wheat) 1
PLEASE ASK FOR VF DRESSING AND NO BLUE CHEESE
Pizza menu - While We have gluten free options available and take care to prepare your GLUTEN FREE ITEMS - OUR ENVIRONMENT IS NOT GLUTEN FREE
Our pizza dough is Vegan Friendly and can be topped with vegan cheese - please request with your server All our pizzas can also be made on Gluten Free bases but *please note they are cooked in the same oven in a heavy flour environment, while we use separate utensils to do so.

Garlic Pizza - Gluten (wheat) 1, Dairy 7
Margherita - Gluten (wheat) 1, Dairy 7, Sulphites 12
Vegetarian Pizza - Gluten (wheat) 1, Dairy 7, Sulphites 12
Desserts - WHILE WE HAVE GLUTEN FREE OPTIONS AVAILABLE AND TAKE CARE TO PREPARE YOUR GLUTEN FREE ITEMS - OUR ENVIRONMENT IS NOT GLUTEN FREE

