

MENU ITEM	Allergens											DESCRIPTION
	Vegetarian (or can be made vegetarian)	Vegan (or can be made vegan)	Wheat/Gluten	Soybean	Nut & Seeds	Garlic	Egg	Dairy	Fish	Shellfish/Mollusc	Capsaicin	
ACT I												
Antipasto Misto			•			•		•				Gluten in the sourdough bread. Garlic may be in the house pickles. Dairy in the parmesan.
Calabrian Calamari						•		•		•		Buttermilk marinated. Squid is a cephalopod mollusc. Chillies are in the marinade. Garlic in the breading.
PEI Mussels						•		•		•		Garlic in the pesto. Cream in the sauce. Mussels are molluscs.
Insalata Panzanella	•		•	•	•	•		•				Gluten in the croutons. Soybean in the Miso-Tomato dressing. Nuts are pine nut garnish. Garlic in the dressing. Dairy in the cheese & croutons
Prosciutto Wrapped Mozza Balls			•			•		•				Gluten in the sourdough bread. Garlic in the pomodoro.
Roasted Winter Veg Salad	•				•	•	•	•				Dressing contains dairy, mayonnaise, tahini, & avocado. Those allergic to latex need to take note of the avocado
Tuna Tartare						•	•	•	•			Garlic in the black garlic dressing. Egg in the black garlic dressing. Dairy in the parmesan crisps.
Prosciutto Wrapped Prawns						•		•		•		Garlic in the chili paste. Butter is used to sautee the prawns. Capsaicin is the chili paste.
Seared Scallops				•	•	•		•		•		Soybean in the miso-tomato vinaigrette. Pine nuts are a garnish. Garlic in the miso vinaigrette & gremolata. All can be removed easily.
Sophia's Meatballs			•			•	•	•				Bread crumbs in the meatball mixture. Egg in the mixture. Dairy is the ricotta and parmesan cheese when plated and can be removed.
Burrata e Zucca	•		•			•		•				Gluten in the sourdough bread. Dairy in the burrata cheese.
Acadian Tempura	•	•			•	•	•	•				Herb aioli contains, Sesame, dairy, mayonnaise, & garlic. Gremolata contains garlic. Can be made vegan with the removal of fresh herb aioli.
ACT II												
All pastas contain wheat/gluten, however the with the exception of the lasagne all can be made gluten free with the exce. The risotto is GF already.												
Linguine di Gamberi			•	•		•		•		•		Linguine may contain soybean, however unlikely. Garlic is a removable ingredient. Butter is a removable ingredient.
Ragu di Pappardelle			•			•	•	•				Garlic is in the meat ragu - not removable. Egg is base for the pappardelle noodle. Dairy is in the sauce - removable but not recommended. Dairy is the parmigiano reggiano.
Mushroom Risotto						•		•				Garlic is in the risotto base - not removable. Dairy is in the cheese & butter used to re-heat, removable but not recommended.
Pesto Cream Gnocchi	•					•	•	•			•	Walnuts are in the pesto base Garlic is in the pesto base. Butter & Cream are used to make the sauce. No gluten in the gnocchi, however cooked in the pasta pot. Please notify
Seafood Lasagne			•	•		•		•		•		Lasagne may contain soybean, however unlikely. Garlic is in the pomodoro and bechamel. Dairy is in the bechamel and parmesan garnish.
Seafood Rose Rigatoni			•			•		•		•		Sauce contains roasted garlic & fresh seared garlic that cannot be removed. Contains Scallops, Prawns, and Salmon.
Rigatoni Bolognese			•			•		•		•		Sauce contains garlic and butter. Cannot be removed.
ACT III												
East Coast Cioppino						•		•		•		Garlic is in the seafood stock as well as the plated dish and a non-removable ingredient.
Atlantic Salmon						•	•	•	•			Walnuts are in the pesto. Garlic is in the pesto and creamed spinach. Dairy is in the pesto and creamed spinach.
Hunter's Stew						•		•				Garlic is in the meat ragu and not removable. Dairy is in the polenta and not removable.
Chicken Cacciactore						•		•				Garlic is in the sauce for the dish and not removable. Dairy is in the smashed potatoes and not removable
Braçiole			•			•		•				Wheat/gluten is in the stuffing for the flank steak - not removable. Garlic is in the sauce and not removable. Dairy is in the polenta and not removable.
Fried Mushroom Parmigiano	•	•				•		•				Nuts are the cashew parmesan cheese. Garlic is in the breading for the mushrooms and also in the pomodoro tomato sauce..
Roasted Beef Short Ribs				•		•		•				Braise for short ribs contain soy, garlic & dairy. Creamed spinach contains garlic & dairy. Smashed potatoes contain dairy.
Ottimo Hamburger			•	•		•	•	•				Burger buns contain wheat/gluten and possibly soybean. Garlic is in the fondue & burger sauce - both removable. Dairy is the fondue cheese sauce - removable.
Rack of Lamb						•		•			•	Lamb rack marinade contains garlic and capsaicin. Dairy is in the potato pave.
Whisky Grilled Pork Chop						•		•				Pork Chop is brined in Whisky (alcohol). Smashed potatoes contain dairy.
California Cut Striploin						•		•				Steak is marinated/sous-vide in gremolata which contains garlic. Smashed potatoes contain dairy.
Desserts												
Chocolate Mousse Dome			•		•			•				Dome by itself is nut-free but contains gluten. Brownie garnish has nuts but is GF. Sponge cake has nuts but is GF. Crumble has nuts and gluten.
Tiramisu								•				Gluten Free/Nut Free dessert options. Contains dairy.
Cannoli Stack			•		•			•				Cannoli shell contains gluten and nuts (pistachio, almonds & hazelnut). Filling contains dairy & eggs.
Coconut Tarte			•		•			•				Tarte shell contains gluten & nuts (almond). Tarte Topping contains Dairy. Tarte filling contains eggs, dairy & coconut.