

MENU ITEM												DESCRIPTION	
	Vegetarian (or can be made vegetarian)	Vegan (or can be made vegan)	Wheat/Gluten	Soyabean	Nuts & 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. Soyabean in the Miso-Tomato dressing. Nuts are pine nut garnish. Garlic in the dressing. Dairy in the cheese & croutons
Roman Salad			•		•				•				Dressing has anchovies, nuts can be removed, breadcrumb can be removed for GF
Prosciutto Wrapped Mozza Balls			•				•	•					Gluten in the sourdough bread. Garlic in the pomodoro.
Yellowfin Tuna Crudo							•	•	•				Remove garlic cream to become DF
Crab & Lobster Arancini			•				•	•	•				Panko breaded with eggwash, rice & remoulade contains dairy
Searred Scallops				•	•		•			•			Soybean in the miso-tomato vinaigrette. Pine nuts are a garnish. Garlic in the miso vinaigrette & gremolata. All can be removed easily.
Burrata Bruschetta	•		•				•	•					Garlic in marinated tomato, bread can be removed to be GF, dairy in Fig crema
Crispy Brassicas	•	•					•	•					Can be made Vegan by removing lemon parmesan dressing
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.
Piccolo Mortadella Grilled Cheese				•				•					Dairy in cheese, bread is toasted with butter
ACT II													
Linguine di Gamberi				•	•		•	•		•			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.
Ragu di Pappardelle				•			•	•	•				Linguine may contain soybean, however unlikely. Garlic is a removable ingredient. Butter is a removable ingredient.
Mushroom Risotto	•						•	•					Garlic is in the risotto base - not removable. Dairy is in the cheese & butter used to re-heat, removable but not recommended.
Sunday Sausage Riccioli	•						•	•	•				Garlic cannot be removed, Can be made dairy free by removing cheese and garlic cream garnish
Seafood Spaghetti				•			•	•	•				Sub GF noodle to make GF, egg in spaghetti noodle, Dairy in sauce, sub tomato sauce for DF
Chicken Tetrazini	•			•			•	•	•				Remove chicken to make veg, sub GF noodle, cannot be made DF
Sundried Tomato Gnocchi	•						•	•					Sauce contains creamk, cannot be made DF
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 Cacciatore							•	•					Garlic is in the sauce for the dish and not removable. Dairy is in the smashed potatoes and not removable
Braciolo				•			•	•					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.
Eggplant Parmesan	•	•					•	•	•				Cheese & fondue sauce can be removed to make Vegan. Cashew parm can be removed for nut allergy
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.
Braised Pork Belly				•			•	•	•				Garlic is in sauce, cannot be removed, dairy in polenta, miso in salad dressing
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.
Capri Lime Pie				•		•		•	•				Almond flour in cookie base
Coconut Tart				•		•		•	•				Tart shell contains gluten & nuts (almond). Tart Topping contains Dairy. Tarte filling contains eggs, dairy & coconut.