

MENU ITEM												DESCRIPTION
	Vegetarian (or can be made vegetarian)	Vegan (or can be made vegan)	Wheat/Gluten	Soybean	Nuts & Seeds	Garlic	Egg	Dairy	Fish	Shellfish/Mollusc	Pork	
ACT I												
Garlic Cheese Bread	•		•			•		•				Dairy in cheese, bread is toasted with garlic butter
Whipped Ricotta	•		•		•	•		•				Nuts are removable, garlic in gremolita, but is removable but not recommended
Sophia Crab Cake						•		•	•	•		Garlic in crab cake, cant be removed. Dairy can be removed by removing garlic milk and remoulade. No sauces
Mozza Fritta	•		•			•	•	•				Dairy/Egg cant be removed. Garlic can be removed by taking away pomodoro. Can not be GF
PEI Mussels					•	•		•		•		Garlic in the romesco and red gremolita . Cream in the sauce. Mussels are molluscs. Stock contains All types of seafood. Can be made Nut Free and Dairy free
Insalata Panzanella	•		•	•		•		•				Gluten in the croutons. Soyabean in the Miso-Tomato dressing. Garlic in the dressing. Dairy in the cheese
Roman Salad			•		•	•			•			Dressing has anchovies, nuts can be removed, breadcrumb can be removed for GF
Tomato	•		•					•				Dairy in butter and cheese, gluten in grilled bread
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. Seafood stock contains shellfish,fish
Seared Scallops			•			•		•		•		Garlic in, Garlic emulsion and gremolita, gluten in orzo, dairy in brown butter crumb and garlic emulsion, pork is removable
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 sauce
Sophia's Meatballs			•			•	•	•				Bread crumbs in the meatball mixture. Egg in the mixture. Dairy also inside mixture. Can not be gluten or dairy free.
Piccolo Mortadella Grilled Cheese			•			•		•				Dairy in cheese, bread is toasted with butter
ACT II												
Linguine di Gamberi			•	•		•		•		•		All pastas contain wheat/gluten. The risotto is GF already.
Ragu di Tagliatelle			•			•	•	•				Linguine may contain soybean, however unlikely. Garlic is a removable ingredient. Butter is a removable ingredient.
Mushroom Risotto	•					•		•				Garlic and pork is in the meat ragu - not removable. Dairy is in the sauce, removable but not recommended. Dairy is in Fontina Cheese
Cacio Pepe	•		•					•				Garlic is in the risotto base - not removable. Dairy is in the cheese & butter used to re-heat, removable but not recommended.
Seafood Spaghetti			•			•	•	•	•	•		Sub GF noodle to make GF, egg in spaghetti noodle,Butter in crumb garnish. Dairy in sauce, sub tomato sauce or Red Pepper sauce for Dairy Free
Chicken Tetrazini	•		•			•		•				Remove chicken to make veg, sub GF noodle, cannot be made DF
Ravioli	•		•			•	•	•				Sauce contains butter, Raviolis contain dairy/egg gluten. Can not be made Dairy Free, Gluten free or garlic free
ACT III												
Halibut			•		•	•		•	•	•		Nuts, garlic in romesco, dairy in sauce. Garlic in gremolita. Can Be gluten free, remove Crumb garnsih and Sub lentils for orzo. Stock conatins all seafood/fish.
Atlantic Salmon					•	•		•	•			Nuts, garlic, dairy in pesto. Dairy in pauve.
Hunter's Stew						•		•				Garlic is in the meat ragu and not removable. Dairy is in the mash and not removable.
Chicken Primo						•		•				Garlic is in the sauces for the dish and not removable. Dairy is in the pave and not removable. Chicken is marinated in buttermilk.
Top Sirloin						•		•				Dairy in the mash and butter. Garlic in black garlic butter.
Beef Cheek Gnocchi			•			•	•	•				Egg Gluten in Gnocchi, cream and cheese in sauce, none can be removed. Beef cheek cooked with garlic and sauce aswell.
Roasted Beef Short Ribs				•		•		•				Braise for short ribs contain soy, garlic & dairy. 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.
Crispy Duck Leg			•	•		•		•				Gluten in the orzo, Garlic in red pepper and glaze, garlic emulsion.
Whisky Grilled Pork Chop								•				Pork Chop is brined in Whisky (alcohol). Pauve has dairy.
California Cut Striploin						•		•				Potatoes contain dairy, garlic. Mushroom onions, brasied in mush stock which contains garlic.
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.
Panna Cotta			•		•			•	•			Cream,milk in panna cotta base. Egg, Gluten in Basil crumble. Gluten in cookie. Remove cookie and SUB gluten free crumble to make Gluten free.
Zeppole			•					•	•			Batter contains Egg, dairy, gluten. CAN NOT be gluten free.