

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	Capsaicin	
<b>ACT I</b>												
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. Chilies 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.
Insalata Waldorf	•				•	•	•					Candied Walnuts in the salad. Garlic in the black garlic in the dressing. Egg is raw egg in the dressing (emulsion with lemon/vinegar)
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					•	•			•			Cashews are in the romesco. Garlic is in the romesco.
Tuscan Roasted Eggplant	•	•				•			•			Garlic is in the gremolata. Dairy is in the whipped ricotta & feta.
Burrata e Porro	•		•						•			Gluten in the sourdough bread. Dairy in the burrata cheese.
<b>ACT II</b>												
All pastas contain wheat/gluten, however the with the exception of the lasagne all can be made gluten free. The risotto is GF already.												
Linguine di Gamberi			•	•		•		•		•		Linguine may contain soybean, however unlikely. Garlic is a removable ingredient. Butter is a removable ingredient.
Lobster Fra Diavolo			•	•		•				•		Spaghetti may contain soybean, however unlikely. Garlic is a removable ingredient. Capsaicin is a controllable ingredient - meaning the spice level can be controlled however not
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.
Tagliatelle al Romesco	•	•	•			•	•			•		Garlic is in the romesco. Egg is the base for the tagliatelle noodle. Capsaicin is in the romesco.
Risotto ai Funghi						•		•				Garlic is in the risotto base - not removable. Dairy is in the cheese & butter used to re-heat, removable but not recommended.
Gnocchi all Zucca	•					•		•				Gnocchi is gluten free. Garlic is in the risotto base. Dairy is in the lemon parm crema and in the parmesan reggiano for garnish.
Seafood Lasagne			•	•		•		•		•		Lasagne may contain soybean, however unlikely. Garlic is in the pomodoro and bechamel/mornay. Dairy is in the bechamel
<b>ACT III</b>												
Seafood Aquapazza						•			•	•	•	Garlic is in the seafood stock and a non-removable ingredient. Capsaicin is in chili paste added as an ingredient and removable.
Atlantic Salmon					•	•		•	•			Walnuts are in the pesto. Garlic is in the pesto and creamed spinach. Dairy is in the pesto and creamed spinach.
Roasted Halibut			•			•			•	•		Ditali (small pasta) is the wheat/gluten and removable. Garlic is in the bean ragout. Shellfish/Molusc will be in the seafood brodo.
Carne E Polenta						•		•				Garlic is in the meat ragu and not removable. Dairy is in the polenta and not removable.
Pollo Alla Cacciatora						•		•				Garlic is in the sauce for the dish and not removable. Dairy is in the smashed potatoes and not removable
Bracirole			•			•		•				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..
Pollo Fritto (Sofia's Fried Chicken)						•	•	•		•		Garlic is in the breading for the chicken. Egg is used to help bread the chicken. Dairy is in the chicken marinade, the creamed broccolini, and the lemon butter. Capsaicin is the Valentina hot sauce drizzled on the chicken.
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.