

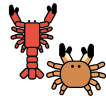
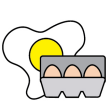





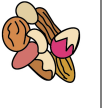
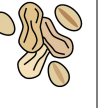

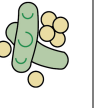



DISHES AND THEIR ALLERGEN CONTENT PANINI AND PASTA

Y contains the allergen **M** it may can contain the allergen

Blank does not contain the allergen

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy (milk)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
FOCACCIA PUGLIESE, MORTADELLA AND STRACCIATELLA		Y					Y							
ROSEMARY FOCACCIA, TOMATO AND MOZZARELLA		Y					Y							
SFILATINO, COPPA AND PROVOLA		Y					Y							
SQUID INK SPAGHETTI, CRAB AND TOMATO		Y	Y	Y				Y						Y
WHOLEMEAL CASERECCE, AUBERGINE, BASIL AND PINENUTS		Y								Y				
MORTADELLA AND MASCARPONE TORTELLI		Y		Y			Y			Y				Y
RIGATONI WITH A LIGHT OXTAIL STEW	Y	Y		Y			Y							Y
FLOURLESS POTATOES GNOCCHI, FONTINA AND CANDIED WALNUT				Y			Y			Y				
RISOTTO WITH COURGETTE FLOWER AND SAFFRON							M							Y

Food Allergy Disclaimer



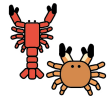
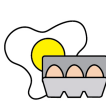

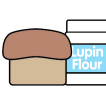






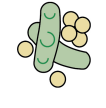

The Megaro Eatery makes every attempt to identify ingredients that may cause an allergic reaction for those with food allergies and intolerances. However there is always risk of contamination as in our kitchen we use products that can contain the above 14 allergens, although we have strict cross contamination policies we cannot guarantee a total absence of these products in any of our dishes.

Please contact the restaurant directly with specific questions you may have regarding allergens or food consumption.

DISHES AND THEIR ALLERGEN CONTENT SALADS & DESSERT

Y contains the allergen **M** it may can contain the allergen

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DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy (milk)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
ROCKET AND GRAPES SALAD							Y		Y	Y				Y
MELON AND MINT SALAD														Y
GEM LETTUCE AND CHICKEN SALAD		Y		Y			Y							Y
TIRAMISU'		Y		Y			Y							
AMARETTI AND APRICOT CHEESECAKE		Y		Y			Y			Y				Y
SICILIAN CANNOLI		Y		Y			Y			M				Y
MINI BOMBAS		Y		Y			Y							
AFFOGATO AL CAFFE'				Y			Y							
AFFOGATO AL LIMONE														

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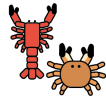
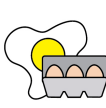

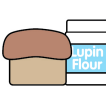






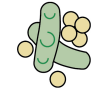

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DISHES AND THEIR ALLERGEN CONTENT

GRAZING DISHES AND PASTA TAKE AWAY

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DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy (milk)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
NOCELLARA OLIVES, FENNEL AND ORANGE														
SELECTION OF BREAD	PLEASE CHECK WITH A MEMBER OF STAFF AS IT CAN CHANGE DAILY													
BURRATA, PEACHES AND ROCKET PESTO							Y			Y				
SALUMI & CHEESE, CORNICHON, FRUIT MUSTARD AND CARTA DI MUSICA		Y					Y		Y					Y
FRIED COD ARANCINI WITH BUFFALO MOZZARELLA		Y		Y	Y		Y							
CHARRED BROCCOLI, CONFIT GARLIC AND ZESTY CRUMB														
CROSTINO TOSCANO, LARDO, WALNT AND HONEY		Y		M						Y				
SQUID INK SPAGHETTI		Y		Y				Y						
RIGATONI		Y		Y										
WHOLEMEAL CASERECCE		Y												

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