



All of the food in this restaurant is prepared fresh, in our kitchen every day, by your Cucina Chef and his team. The kitchen is an environment where food allergens are present and these allergens maybe found in the dishes that we serve.

We have highlighted, for guidance, 14 allergenic ingredients that could be present in the dishes and food provided in this restaurant.

If you have a food allergen or food intolerance we ask that you speak to the Cucina Executive Chef based in the Kitchen. Upon request, Chef will be able to confirm the ingredients that are present in all of our dishes/products. Chef will also be able to provide guidance on foods that may/may not be suitable for someone with an allergen.

Please note that allergenic ingredients have been identified for all dishes on our standard 3 week menu cycle. No guidance has been provided on Theme Day Menu dishes, Chef Specials, Soups, Salads, sushi and Sandwich Specials. However, upon request, Chef will be able to provide details and confirmation on allergenic ingredients that maybe present in these dishes.

For pre-packed drinks we ask that the manufacturers label is referred to. Coffee and Fruit Slush ingredients can be provided upon request from the Chef and may vary depending on the variety or mix of ingredients chosen.

Please note that allergenic ingredients highlighted on our menu are done so for guidance purposes only. Should you have a severe food intolerance, or allergy, we ask that you seek further advice from our Chef.

# Allergen Guidance & information (The Food Information Regulations 2014)

## Mains

	Cereals containing gluten	Eggs	Fish	Soy Beans	Milk	Mustard	Sulphur Dioxide
Proper Beef Lasagne with Roasted Garlic Bread, Rocket & Parmesan Salad	✓	✓	✓		✓	✓	
Chicken Tikka Masala with Scented Rice & Pickle Tray	✓				✓		✓
Roast Turkey with Yorkshire Pudding, Honey Roasted Vegetables	✓	✓			✓		
Authentic Chilli Con Carne with Soured Cream, Salsa, Cheese & Nachos					✓		
Ginger Beer Battered Fish & Chips with Chip Shop Special	✓						✓
Traditional Sausage, Mash & Peas with Onion Gravy	✓				✓		
Traditional Sausage Baguette with Onions	✓				✓		
Kung Po Chicken with Egg Fried Rice & Prawn Crackers		✓		✓			✓
Char Sui Pork Noodles with Egg Fried Rice & Prawn Crackers	✓			✓			
Sausage Wellington	✓	✓			✓		
Chicken Pie with Mashed Potato & Seasonal Vegetables	✓	✓			✓		
BBQ Sticky Ribs with Spicy Wedges & Blackened Corn	✓		✓	✓			
Chip Shop Battered Fillet of Fish with Chunky Chips and Mushy Peas	✓						✓
Shepherd's Pie with Seasonal Vegetables					✓		
Chicken Korma with Basmati Rice, Poppadom & Sangata	✓				✓		
Honey Roast Gammon & Trimmings	✓	✓			✓	✓	
Fernando's Wedges & Corn	✓	✓			✓		
Lemonade Battered Fish Fillet of Fish with Lemon Mayo, Chef's Salad & Chips	✓						✓

## Main Course Veggie

	Cereals containing gluten	Eggs	Fish	Soy Beans	Milk	Celery (& celeriac)	Mustard	Sulphur Dioxide
Quorn Shepherd's Pie with Seasonal Vegetables	✓	✓			✓	✓		
Goan Vegetable Curry with Basmati Rice, Poppadom & Sangata								
Macaroni Cheese with Farmhouse Cheddar, Parmesan and Mixed Green Salad	✓	✓	✓		✓		✓	
Mexican Refried Bean Enchilada with Wedges & Blackerened Corn	✓							
Veggie Burger & Chips	✓	✓						
Omelette Bar		✓			✓			
Chana Masala with Scented Rice & Pickle Tray								
Sunblushed Tomato, Feta, Olive & Pesto Tart	✓	✓			✓			
Quorn & Vegetable Chilli with Soured Cream, Salsa, Cheese & Nachos	✓	✓			✓	✓		
Quornish Pasty with Chip Shop Chips & Peas	✓	✓			✓	✓		
Quorn Sausage & Mash with Onion Gravy & Cucina Brown Sauce	✓	✓			✓	✓	✓	
Quorn Sausage in a Baguette with Onion Gravy & Cucina Brown Sauce	✓	✓			✓	✓	✓	
Veggie Chow Mein with Tempura Aubergine	✓	✓		✓				
Potato, Leek & Onion Pie with Mashed Potato & Seasonal Vegetables	✓	✓						
Stir Fry Vegetables Spring Roll with Sweet Chilli Sauce	✓	✓		✓				
Chilli Spiced Falafel Pitta with Tahini Dressing & Pickles	✓				✓			✓

## Accompaniments

	Cereals containing gluten	Eggs	Milk	Celery (& celeriac)	Mustard	Sulphur Dioxide
Garlic Bread	✓					
Rocket & Parmesan Salad						
Scented Rice						
Pickle Tray					✓	✓
Yorkshire Pudding	✓	✓	✓			
Honey Roast Veg						
Egg Fried Rice		✓				
Spicy Wedges				✓		
Blackerened Corn			✓			
Sangata						
Parmesan & Mixed Garden Salad						

## Tubs To Go

	Cereals containing gluten	Crustaceans (ie prawns, crabs)	Eggs	Soy Beans	Celery (& celeriac)	Sesame	Sulphur Dioxide	Molluscs (eg clams, mussels & whelks)
Cucina Tomato Pasta	✓							
Meatball Marinara Pasta	✓		✓					
Sweet Chilli Prawn Fried Rice	✓	✓	✓	✓				
Spicy Sausage Pasta	✓							
Singapore Noodles with Chicken Teriyaki Skewer	✓		✓	✓		✓		✓
Soy & Black Bean Noodles with Chicken Skewer	✓		✓	✓	✓	✓		
Sweet Chilli Chicken Pasta	✓							
Sweet & Sour Noodle with Chicken Skewer	✓		✓	✓		✓		

## Hot Wrap Bar

	Cereals containing gluten	Soy Beans
Chinese Chicken	✓	✓
Sweet Chilli Chicken	✓	
Reggae Reggae Chicken	✓	
Chilli Spiced Falafel Pitta with Tahini Dressing & Pickles	✓	

## Big Foot

	Cereals containing gluten	Milk
Meatball Marinara Big Foot	✓	✓
Pepperoni Big Foot	✓	✓

## Breaktime Extras

	Cereals containing gluten	Eggs	Soy Beans	Milk	Celery (& celeriac)
Ham & Cheese Toastie	✓			✓	
Cucina Sausage Roll	✓	✓		✓	
Veggie Spring Roll	✓		✓		
Cajun Chicken Wings	✓				✓
Bombay Samosa	✓	✓			

## Paninis

	Cereals containing gluten	Eggs	Fish	Milk	Mustard	Sulphur Dioxide
Pizza Melt Panini	✓			✓		
Pepperoni Panini	✓			✓		
Tuna Melt Panini	✓	✓	✓	✓	✓	✓
Ham & Cheese Panini	✓			✓		
Cheesy Bean Panini	✓			✓		

## Pizza

	Cereals containing gluten	Soy Beans	Celery (& celeriac)
Margherita Pizza	✓		
Pepperoni Pizza	✓		
BBQ Chicken Pizza	✓	✓	✓
Ham & Mozzarella Pizza	✓		
Patatas Bravas			

## Burgers

	Cereals containing gluten	Eggs	Celery (& celeriac)	Mustard
Beef Burger	✓	✓	✓	✓
Chicken Burger	✓	✓	✓	✓

## Hot Ciabattas

	Cereals containing gluten	Milk
Sausage & Cheese Ciabatta	✓	✓
Bacon & Cheese Ciabatta	✓	✓

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## Baguettes

	Cereals containing gluten	Crustaceans (ie prawns, crabs)	Eggs	Fish	Milk	Celery (& celeriac)	Mustard	Sulphur Dioxide
BLT Baguette	✓		✓				✓	
Chicken & Bacon Mayo Baguette	✓		✓				✓	
Ham Salad Baguette	✓							
Chicken & Sweetcorn Baguette	✓		✓				✓	
Prawn Cocktail Baguette	✓	✓	✓				✓	
Tuna & Cucumber Baguette	✓		✓	✓			✓	✓
Cheese Salad Baguette	✓				✓			
Lincolnshire Sausage & Ketchup Baguette	✓							

## Breadless Sandwiches

	Cereals containing gluten	Crustaceans (ie prawns, crabs)	Eggs	Fish	Soy Beans	Milk	Mustard	Sesame	Sulphur Dioxide
Breadless Piri Piri Chicken Sandwich			✓				✓		
Breadless Duck & Hoisin Sandwich	✓				✓			✓	
Breadless Chicken Caesar Sandwich	✓		✓	✓		✓			
Oriental Vegetable Sushi					✓			✓	✓

## Wraps

	Cereals containing gluten	Eggs	Fish	Soy Beans	Milk	Mustard	Sesame	Sulphur Dioxide
Chicken Caesar Wrap	✓	✓	✓		✓			
Duck & Hoisin Wrap	✓			✓			✓	✓
All Day Breakfast Wrap	✓	✓						
Chicken, Bacon & Avocado Wrap	✓	✓				✓		
Piri Piri Chicken Wrap	✓	✓				✓		
BLT Wrap	✓	✓				✓		
Chicken & Sweetcorn Wrap	✓	✓				✓		
Tuna Nicoise Wrap	✓	✓	✓			✓		✓

## Cucina Classic Breads

	Cereals containing gluten	Eggs	Fish	Milk	Mustard	Sulphur Dioxide
1/2 Free Range Egg Mayo & Cress Sandwich	✓	✓			✓	
Cheese & Tomato Sandwich	✓			✓		
Ham & Tomato Sandwich	✓					
Ham & Lettuce Roll	✓					
Cheese & Sweet Pickle Roll	✓		✓			
Tuna Mayo & Cucumber Roll	✓	✓	✓		✓	✓

## Pasta Pots

	Cereals containing gluten	Crustaceans (ie prawns, crabs)	Eggs	Fish	Mustard	Sulphur Dioxide
Pesto Pasta Pot	✓					
Prawn Pasta Pot	✓	✓	✓		✓	
Tomato & Basil Pasta Pot	✓					
Tuna & Sweetcorn Pasta Pot	✓		✓	✓	✓	✓

## Classic Breads

	Cereals containing gluten	Eggs	Fish	Mustard	Sulphur Dioxide
Tuna & Cucumber Bloomer	✓	✓	✓	✓	✓
Ham Salad Bloomer	✓	✓		✓	
Sliced Cheese Salad Bloomer	✓	✓		✓	
Chicken Salad Bloomer	✓				

## Cucina Basics

	Cereals containing gluten	Eggs	Soy Beans	Milk	Celery (& celeriac)	Mustard
Cheese Straws	✓	✓		✓		✓
Iced Vanilla Finger	✓					
Pizza Baguette	✓			✓		
Cheese on Toast	✓			✓		
BBQ Baguette	✓		✓	✓		✓
Iced Lemon Finger	✓	✓				
Iced Raspberry Finger	✓					
Chocolate Pinwheel	✓	✓		✓		

## Bagels

	Cereals containing gluten	Eggs	Fish	Milk	Mustard
BLT Bagel	✓	✓			✓
Chicken & Bacon Mayo Bagel	✓	✓			✓
All Day Breakfast Bagel	✓	✓			✓
Cheese Salad Bagel	✓			✓	
Smoked Salmon & Cream Cheese Bagel	✓		✓	✓	✓
Bacon & Cheese Bagel	✓			✓	

## Burritos

	Cereals containing gluten	Eggs	Milk
Sweet Chilli Chicken Burrito	✓		✓
Chilli Beef Burrito	✓		
Cheesy Chilli Beef Burrito	✓		✓
Southern Fried Chicken Burrito	✓	✓	✓
Mexican Bean Burrito	✓		✓

## Yoghurts

	Cereals containing gluten	Eggs	Milk
Blueberry Yoghurt Granola	✓		✓
Raspberry Custard Crumble Yoghurt	✓		✓
Strawberry & Brownie Yoghurt	✓	✓	✓
Toffee Flapjack Yoghurt	✓		✓
Lemon Shortbread Yoghurt	✓	✓	✓

## Biscuits and Cookies

	Cereals containing gluten	Eggs	Soy Beans
Raspberry & White Chocolate Cookie	✓	✓	✓
Chocolate Orange Hobnob	✓		✓
Lemon Drizzle Shortbread	✓		
Pinwheel Cookie	✓		
Strawberry Shortbread	✓		
Viennese Raspberry Finger	✓		✓

## Muffins

	Cereals containing gluten	Eggs	Crustaceans (ie prawns, crabs)	Soy Beans	Milk
Banana Muffin	✓	✓			✓
Super Skinny Lemon Muffin	✓	✓			✓
Strawberry Slush Muffin	✓	✓			✓
Raspberry & White Chocolate Muffin	✓	✓		✓	✓
Mocha Tiramisu Muffin	✓	✓			✓
Blueberry Muffin	✓	✓			✓
Jaffa Cake Muffin	✓	✓		✓	✓

## Cold Puds

	Cereals containing gluten	Eggs	Soy Beans	Milk
Fruit & Shortbread Chocolate Fondue	✓	✓	✓	
Raspberry Ripple Cheesecake	✓			✓
Banana Split Mousse	✓		✓	✓
Chocolate Brownie Torte	✓	✓	✓	✓
White Chocolate & Cherry Sundae	✓	✓	✓	
Toffee Apple Trifle	✓	✓		✓
Jaffa Mousse Pot	✓	✓	✓	
Banoffee Tub	✓			✓
Ice Cream Van	✓	✓	✓	
Banana & Toffee Cheesecake	✓			✓
Cucina Sundae	✓	✓	✓	
Key Lime Pie	✓	✓		✓
Lemon Meringue Pie	✓	✓		✓

## Hot Puds

	Cereals containing gluten	Eggs	Soy Beans	Milk
Sticky Lemon Sponge with Lemon Sauce	✓	✓		✓
Apple & Pear Turnover with Vanilla Ice Cream	✓	✓		✓
Cherry Croissant Bread & Butter Pudding with Custard	✓	✓		✓
Waffles with Berry Compote	✓	✓	✓	✓
Steamed Treacle Sponge with Custard	✓	✓		✓
Sticky Marmalade Sponge with Custard	✓	✓		✓
Pancake Bar with Toppings	✓	✓		✓
Churros with Cinnamon Sugar and Chocolate Sauce	✓	✓	✓	✓
Apple & Cinnamon Strudle with Vanilla Cream Sauce	✓			✓
Warm Chocolate Sponge Cake with Butterscotch Sauce	✓	✓		✓
Lemon Curd & Jam Roly Poly with Custard	✓	✓		✓
Drop Cherry Pancake with Vanilla Ice Cream	✓	✓		✓
Eccles Cake with Vanilla Ice Cream	✓	✓		✓
Apple Crumble Tart with Vanilla Cream Sauce	✓	✓		✓
Sticky Toffee Pudding with Toffee Sauce	✓	✓		✓

## Tray Bakes

	Cereals containing gluten	Eggs	Soy Beans	Milk
Chocolate Beetroot Brownie	✓	✓		✓
Orange Mocha Cake	✓	✓		
Banana & Yoghurt Flapjack	✓			✓
After Eight Brownie	✓	✓	✓	✓
Rocky Road	✓	✓	✓	✓
Angel Cake	✓	✓		
Raspberry Flapjack with Yoghurt Icing	✓			✓
Lemon Marble Cake	✓	✓		
Carrot Cake	✓	✓		✓
Chocolate Eclair with Raspberry Mousse	✓	✓		
Bags of Meringue		✓		
Doughsant	✓			✓