



ALLERGEN INFORMATION

Our allergen and suitability menu below details information on our ingredients and dishes. Unfortunately, it is not possible for us to guarantee our busy kitchens are 100% allergen/contamination free.

2nd January 2019

At Milano your lifestyle choices and dietary requirements are just as important to us as they are to you. We hope you enjoy our Vegan Mozzarella Alternative which is made with sprouted Italian brown rice. It is free from gluten, soya, nuts, preservatives, palm oil and is suitable for those with dairy reduced diet. We are very excited to bring you a specific vegan menu which lists all our dishes and drinks that are suitable. Please ask our teams.

With regards to our vegan menu, you will notice that not all of our dishes are listed. We have chosen the selected dishes, since appropriate controls have been implemented to make them suitable. Your safety is of the utmost importance to us.



DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE				
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Maize	Egg	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Sulphur Dioxide / Sulphites	Vegetarian	Vegan	Coeliacs	

APPETISERS, STARTERS AND SIDES

Arrabbiata Prawns			✓	✓ Wheat	✓										✓	✓			✓						Suitable for coeliacs if served with Gluten-free Dough Balls	
Bruschetta Originale 'PizzaExpress'	✓			✓ Wheat	✓			✓ Pine Kernels							✓	✓	✓		✓		✓					Suitable for vegans if garlic butter and pesto are removed
Buffalo Mozzarella & Tomato Salad	✓							✓ Pine Kernels							✓	✓						✓		✓		
Calamari	✓	✓		✓ Wheat		✓				✓					✓			✓ Vinegar	✓							
Classic Italian Antipasto	✓			✓ Wheat	✓						✓ In Pistorissa				✓	✓	✓ In Marinated Olives	✓ Vinegar	✓							Suitable for coeliacs if dough sticks are removed
Coleslaw 'PizzaExpress'						✓				✓					✓	✓	✓	✓ Vinegar	✓		✓		✓			
Dough Balls Doppio	✓			✓ Wheat	✓			✓ Pine Kernels			✓ In Pistorissa				✓	✓		✓ Vinegar	✓		✓					
Dough Balls 'PizzaExpress'	✓			✓ Wheat	✓											✓			✓		✓				Suitable for vegans if garlic butter is substituted with garlic or chilli oil	
Garlic Bread with Mozzarella	✓			✓ Wheat	✓											✓			✓		✓					
Gluten-Free Dough Balls	✓				✓											✓			✓		✓		✓		Suitable for vegans if the garlic butter is substituted with garlic or chilli oil	
Lemon & Herb Chicken Wings (New)						✓ In Dressing				✓ In Dressing						✓	✓	✓ Vinegar in Dressing	✓					✓		
Marinated Olives					✓											✓	✓				✓	✓	✓			



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APPETISERS, STARTERS AND SIDES

Mixed Salad						✓ In Dressing				✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing		✓ In Dressing	✓		✓	
Polenta Chips	✓			✓ Wheat	✓					✓ In Dressing						✓		✓ Vinegar	✓		✓			
Roasted Tomatoes															✓	✓			✓		✓	✓	✓	

SALADS

Grand Chicken Çesar	✓ In Dressing and Cheese	✓ Anchovies in Dressing			✓ Wheat in Dough	✓ In Dough and Chicken	✓ Fresh and in Dressing			✓ In Dressing						✓ In Dressing		✓ Vinegar in Dressing and Anchovies	✓ In Dough, Dressing and Croutons	✓ In Anchovies				Suitable for coeliacs if served without dough sticks and croutons	
Leggera Superfood Salad						✓ In Dressing				✓	✓					✓	✓	✓ Vinegar		✓	✓		✓	Suitable for vegans if dressing is removed	
Niçoise		✓ Tuna and Anchovies			✓ Wheat in Dough	✓ In Dough	✓ Fresh and in Dressing			✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing, Anchovies and Capers	✓ In Dough	✓ In Dressing and Anchovies				Suitable for coeliacs if served without dough sticks	
Pollo	✓ Goat's Cheese				✓ Wheat in Dough	✓ In Dough and Chicken	✓ In Dressing			✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Peppers and Dressing	✓ In Dough and Croutons	✓ In Dressing				Suitable for coeliacs if served without dough sticks and croutons	
Pollo Milanese (Cos Lettuce)	✓	✓ In Dressing			✓ Wheat	✓	✓			✓	✓					✓	✓ Vinegar	✓							
Pollo Milanese (Rocket)	✓				✓ Wheat	✓			✓ Pine Kernels		✓				✓	✓			✓						

AL FORNO

Bolognese (New)	✓					✓						✓	✓	✓	✓	✓	✓ Vinegar		✓				✓	
Cannelloni	✓				✓ Wheat	✓	✓			✓					✓	✓	✓	✓	✓		✓			
Lasagna Classica	✓				✓ Wheat	✓	✓					✓	✓	✓	✓	✓								
Leggera Peperonata (New)						✓									✓	✓					✓	✓	✓	
Pollo Pesto	✓					✓			✓ Pine Kernels in Pesto		✓				✓	✓								✓



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PIZZA

American	✓			✓ Wheat	✓										✓	✓			✓							
American Hot	✓			✓ Wheat	✓										✓	✓		✓ Vinegar	✓	✓ In Jalapeños and Hot Green Peppers						
Calabrese	✓			✓ Wheat	✓			✓ Pine Kernels							✓	✓		✓ Vinegar in Roquitos	✓							
Carbonara (New)	✓			✓ Wheat	✓	✓					✓				✓	✓	✓		✓							Suitable for coeliacs on a gluten-free base
Diavolo	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Jalapeños, Hot Green Peppers and Tabasco	✓	✓ In Jalapeños and Hot Green Peppers						
Fiorentina	✓			✓ Wheat	✓	✓									✓	✓			✓		✓					
La Reine	✓			✓ Wheat	✓									✓	✓				✓	✓						
Leggera American Hot	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Dressing	✓ Vinegar in Dressing and Peppers	✓	✓ In Dressing, Jalapeños and Hot Green Peppers						
Leggera Padana	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Pizza and Dressing	✓ Vinegar in Dressing and Chutney	✓	✓ In Dressing and Chutney	✓					Suitable for vegans if goat's cheese is substituted with Vegan Mozzarella Alternative
Leggera Pollo ad Astra	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Pizza and Dressing	✓ Vinegar in Dressing and Peppadew	✓	✓ In Dressing						
Leggera Vegan Giardiniera				✓ Wheat and Spelt	✓									✓	✓	✓	✓		✓		✓	✓				
Margherita	✓			✓ Wheat	✓										✓				✓		✓					Suitable for coeliacs on a gluten-free base



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PIZZA

Padana	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Chutney	✓	✓ In Chutney	✓				Suitable for vegans if goat's cheese and mozzarella are substituted with Vegan Mozzarella Alternative
Pollo ad Astra	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar	✓	*					Suitable for coeliacs on a gluten-free base * May contain Sulphites
Pollo Forza	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Roquitos	✓						Suitable for coeliacs on a gluten-free base
Ragù (New)	✓			✓ Wheat	✓							✓	✓	✓	✓	✓	✓		✓						
Sloppy Giuseppe	✓			✓ Wheat	✓										✓	✓	✓		✓						
Vegan Giardiniera				✓ Wheat	✓									✓	✓	✓	✓	✓ Vinegar	✓		✓	✓			
Vegan Puttanesca (New)				✓ Wheat	✓										✓	✓	✓	✓ Vinegar	✓	✓	✓	✓	✓		
Veneziana	✓			✓ Wheat	✓												✓	✓ Vinegar in Capers	✓		✓				Suitable for vegans if mozzarella is substituted with Vegan Mozzarella Alternative



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DESSERTS

Affogato	✓			✓ Wheat in biscuit							✓								✓		✓			Suitable for coeliacs if biscuit is removed	
Chocolate Brownie with Gelato	✓				✓	✓					✓								✓		✓		✓		
Chocolate Fudge Cake (served with Cream, Gelato or Mascarpone)	✓			✓ Wheat		✓															✓				Pasteurised milk / Unpasteurised eggs
Coppa Gelato Chocolate	✓										✓ In Chocolate Straw										✓			✓	Pasteurised
Coppa Gelato Salted Caramel	✓				✓						✓ In Gelato and Chocolate Straw										✓			✓	
Coppa Gelato Strawberry	✓				✓						✓ In Chocolate Straw										✓			✓	
Coppa Gelato Vanilla	✓										✓ In Chocolate Straw										✓			✓	
Leggera Sorbet (Coconut and Raspberry)					✓																✓	✓	✓		
Lemon Tart & Raspberry Sorbet (New)	✓			✓		✓		*											✓		✓			* May contain nuts	
Raspberry Honeycomb Cream Slice (served with Gelato)	✓			✓ Wheat	✓						✓								✓		✓				
Sticky Toffee Bundt Cake	✓			✓ Wheat	✓	✓					✓ In Gelato								✓		✓				
Tiramisu	✓			✓ Wheat	✓	✓												✓ Wine		✓	✓				
Vanilla Cheese Cake with Fruit Coulis	✓			✓ Wheat		✓													✓		✓			Pasteurised milk and eggs	



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DOLCETTI (NOT INCLUDING DRINKS)

Caffè Reale	✓																	✓ Rum and Wine		✓ In Figs	✓		✓	
Carrot Cake (New)					✓						✓							✓	✓		✓	✓	✓	
Chocolate Brownie	✓				✓	✓					✓								✓		✓		✓	
Lemon Posset Crunch	✓				✓ Wheat														✓		✓			
Lotus Biscoff Cheesecake	✓				✓ Wheat	✓					✓								✓		✓			
Salted Caramel Profiteroles	✓				✓ Wheat	✓					✓										✓			

PICCOLO STARTERS

Dough Balls with Garlic Butter	✓				✓ Wheat	✓										✓			✓		✓			
Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar					✓ Wheat	✓												✓ Vinegar	✓	✓	✓	✓		
Gluten-free Dough Balls with Garlic Butter	✓					✓										✓			✓		✓		✓	
Gluten-free Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar						✓												✓ Vinegar	✓	✓	✓	✓	✓	
Piccolo Salad															✓						✓	✓	✓	

PICCOLO PIZZA

American	✓				✓ Wheat	✓									✓	✓			✓					
Pollo	✓				✓ Wheat	✓									✓				✓					
La Reine	✓				✓ Wheat	✓						✓		✓					✓					
Margherita	✓				✓ Wheat	✓									✓				✓		✓			
Margherita with Light Mozzarella	✓				✓ Wheat	✓									✓				✓		✓			

Suitable for coeliacs on a gluten-free base



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PICCOLO AL FORNO

Bianca	✓				✓						✓			✓ In Sauce		✓					✓		✓	
Bolognese					✓								✓	✓	✓	✓	✓						✓	
Napoletana	✓				✓						✓				✓		✓				✓		✓	

PICCOLO SIDE SALAD

Pollo Salad (served with Dough Balls)	✓			✓ Wheat	✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓ In Dressing					
Pollo Salad (served with Polenta Chips)	✓			✓ Wheat	✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing		✓ In Dressing					
Pollo Salad (served with Gluten-free Dough Balls)	✓				✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓ In Dressing				✓	

PICCOLO DESSERTS

Bambinoccino	✓																				✓		✓	
Chocolate Brownie	✓				✓	✓					✓							✓			✓		✓	
Piccolo Sundae with Baby Cone	✓			✓ Wheat	✓						✓ In Cone										✓			Suitable for coeliacs without the Baby Cone
Pip Organic Fruity Ice Lolly																					✓	✓	✓	
Pip Organic Rainbow Ice Lolly																					✓	✓	✓	
Raspberry Sorbet with Baby Cone				✓ Wheat							✓ In Cone										✓			Suitable for coeliacs without the Baby Cone



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INGREDIENTS

Anchovies (White)	✓																	✓ Vinegar		✓			✓		
Anchovies (Brown)	✓																							✓	
Antipasto Mix (ingredients - Coppa, Finocchiona and Milano Salami)					✓											✓								✓	
Artichokes																✓					✓	✓	✓		
Baby Cones				✓ Wheat							✓										✓	✓			
Baby Figs																		✓ Rum and Wine		✓	✓	✓	✓	✓	Figs marinated in Rum and White Wine Syrup
Balsamic Vinegar																		✓		✓	✓	✓	✓		
Béchamel	✓				✓						✓				✓		✓				✓		✓		Pasteurised milk
Black Olives																					✓	✓	✓		Pitted black olives
Bolognese Mix (New)					✓							✓	✓	✓	✓	✓	✓							✓	
Bolognese Sauce (Kids)					✓							✓	✓	✓	✓	✓	✓							✓	
Bruschetta Mix															✓		✓				✓	✓	✓		Prepared in house
Buffalo Mozzarella	✓																				✓		✓		Pasteurised cheese
Butter	✓																				✓		✓		Pasteurised
Calabrese Sausage					✓																			✓	
Calamari (ingredient)			✓	✓ Wheat																					
Çaesar Dressing	✓	✓				✓				✓						✓		✓ Vinegar	✓					✓	Unpasteurised cheese
Cannelloni (ingredient)	✓			✓ Wheat	✓	✓										✓	✓				✓				Pasteurised milk and egg
Cajun Spice																✓	✓			*	✓	✓	✓		* May contain Sulphites
Capers																		✓ Vinegar			✓	✓	✓		



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INGREDIENTS

Carlo (Starspray)					✓														✓		✓	✓	✓	Emulsion based on vegetable oil
Carrot Cake (New) (ingredient)					✓						✓							✓	✓		✓	✓	✓	
Chicken Breast					✓ Dextrose																		✓	
Chocolate Brownie (ingredient)	✓				✓	✓					✓								✓		✓		✓	Pasteurised milk and egg
Chocolate Fudge Cake Mix	✓				✓ Wheat	✓															✓			Pasteurised milk / Unpasteurised egg
Chocolate Icing for Chocolate Fudge Cake																					✓		✓	
Chocolate Straws	*										✓										✓		✓	* May contain milk
Chocolate Sauce					✓																✓	✓	✓	
Coconut Delight (ingredient)					✓																✓	✓	✓	Dairy-free
Coleslaw (ingredient)						✓				✓					✓	✓	✓	✓ Vinegar	✓		✓		✓	Pasteurised eggs
Croutons					✓ Wheat																✓	✓		
Diced Onions and Peppers Mix																	✓				✓	✓	✓	
Double Cream	✓																				✓		✓	Pasteurised
Dough					✓ Wheat	✓													✓		✓	✓		
Eggs						✓															✓		✓	Free range



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INGREDIENTS

Fennel Seeds																						✓	✓	✓	
Garlic Oil																✓						✓	✓	✓	Prepared in house
Gelato Chocolate	✓																					✓		✓	Pasteurised
Gelato Salted Caramel	✓				✓					✓												✓		✓	
Gelato Strawberry	✓				✓																	✓		✓	
Gelato Vanilla	✓																					✓		✓	
Gluten-free Base (classic)					✓														✓			✓	✓	✓	
Gluten-free Base (Piccolo)					✓														✓			✓	✓	✓	
Gluten-free Dough Balls (ingredient)					✓														✓			✓	✓	✓	
Gluten-free Flour																						✓	✓	✓	Wheat-free
Goat's Cheese	✓																					✓		✓	Pasteurised goat's milk
Gran Milano	✓																					✓		✓	Pasteurised
Ham					✓																			✓	
Honey & Mustard Dressing										✓						✓		✓	Vinegar	✓		✓		✓	
Hot Green Peppers																						✓	✓	✓	
House Dressing						✓				✓						✓	✓	✓	Vinegar		✓	✓		✓	Pasteurised egg
Jackfruit Puttanesca Mix (New) (ingredient)					✓										✓	✓	✓	✓	Vinegar		✓	✓	✓	✓	
Jalapeños																			✓	Vinegar		✓	✓	✓	
Lasagna	✓				✓ Wheat	✓	✓						✓	✓	✓	✓	✓								Pasteurised milk and egg



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INGREDIENTS

Lemon & Herbs Chicken Wings (New) (ingredient)																✓	✓		✓				✓	
Lemon Posset Crunch (ingredient)	✓			✓ Wheat															✓		✓			Pasteurised milk
Light House Dressing						✓				✓						✓	✓	Vinegar		✓	✓		✓	Pasteurised eggs
Light Mozzarella	✓																				✓		✓	Pasteurised milk
Lotus Biscoff Cheesecake (ingredient)	✓			✓ Wheat	✓						✓								✓		✓			Pasteurised milk
Lemon Tart (New) (ingredient)	✓			✓	✓			*											✓		✓			* May contain nuts
Marinated Olives (ingredient)					✓											✓	✓				✓	✓	✓	
Mascarpone	✓																				✓		✓	Pasteurised cream
Mixed Peppers (grilled and sliced)																					✓	✓	✓	
Mozzarella Cubes	✓																				✓		✓	Pasteurised milk
'Nduja Sausage																							✓	
Oil - Blended																					✓	✓	✓	Blend of Sunflower and Extra Virgin Olive Oil
Pancetta																✓							✓	
Penne Pasta (New)					✓																✓	✓	✓	
Peppadew																		✓			✓	✓	✓	
Pepperoni																✓							✓	
Pesto	✓				✓			✓ Pine Kernels								✓					✓		✓	Pasteurised cheese



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INGREDIENTS

Pestorissa (Dip)											✓					✓						✓	✓	✓	
Pip Organic Fruity Ice Lolly (ingredient)																						✓	✓	✓	
Pip Organic Rainbow Ice Lolly (ingredient)																						✓	✓	✓	
Pine Kernels								✓ Pine Kernels														✓	✓	✓	
Polenta Chips (ingredient)				✓ Wheat	✓																	✓	✓		
Pollo Milanese (ingredient)				✓ Wheat	✓					✓															
Prawns		✓																						✓	
Raspberry Honeycomb Cream Slice (ingredient)	✓			✓ Wheat	✓					✓								✓				✓			
Raspberry Sorbet																						✓	✓	✓	Dairy-free sorbet
Red Onion Chutney					✓												✓	✓ Vinegar		✓		✓	✓	✓	
Ricotta	✓																					✓		✓	
Roasted Tomatoes (ingredient)															✓	✓		✓				✓	✓	✓	
Roquito Peppers																		✓ Vinegar				✓	✓	✓	
Roquito Peppers Pearls																		✓ Vinegar				✓	✓	✓	



DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE				
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Maize	Egg	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Sulphur Dioxide / Sulphites	Vegetarian	Vegan	Coeliacs	

INGREDIENTS

Salted Caramel Profiteroles (ingredient)	✓			✓ Wheat		✓					✓											✓			Pasteurised milk and egg
Sloppy Giuseppe Mix					✓										✓	✓	✓							✓	Spicy beef mixed with diced onions, peppers, and tomato sauce
Spicy Beef					✓											✓	✓							✓	
Smoked Chilli Powder																✓	✓		✓		✓	✓	✓		
Spinach																					✓	✓	✓		
Sticky Toffee Bundt Cake (ingredient)	✓			✓ Wheat	✓	✓												✓			✓				Pasteurised milk and egg
Sultanas																					✓	✓	✓		
Superfood Mix									✓	✓					✓		✓ Vinegar				✓	✓	✓		
Tiramisu (ingredient)	✓			✓ Wheat	✓	✓				✓							✓ Wine		✓		✓				Pasteurised milk and egg / Cake not baked
Tabasco (Red)																	✓ Vinegar				✓	✓	✓		
Tabasco (Green)					✓												✓ Vinegar				✓	✓	✓		
Tomato Sauce															✓						✓	✓	✓		
Tuna		✓																					✓		
Vanilla Cheesecake (ingredient)	✓			✓ Wheat	✓	✓												✓			✓				Pasteurised milk and egg
Vegan Mozzarella Alternative																	✓ Vinegar				✓	✓	✓		Dairy-free
Wholemeal, White Flour and Spelt Dough				✓ Wheat and Spelt															✓		✓	✓			
Worcester Sauce		✓		✓ Barley												✓	✓	✓ Vinegar							



DISH	SUITABLE FOR A REDUCED DAIRY DIET
Marinated Olives	No changes needed
Roasted Tomatoes	No changes needed
Dough Balls	Remove Garlic Butter, add Garlic or Chilli Oil
Bruschetta Originale	Remove Garlic Butter and Pesto
Arrabbiata Prawns	No changes needed
Lemon & Herb Chicken Wings	
Calamari	Remove Çaesar Dressing
Pollo Milanese (Rocket)	Remove Gran Milano and Pesto, add House Dressing
Pollo Milanese (Cos Lettuce)	Remove Gran Milano and Çaesar Dressing, add House Dressing
Niçoise	No changes needed
Pollo	Remove Goat's Cheese
Grand Chicken Çaesar	Remove Çaesar Dressing and Gran Milano
Leggera Superfood Salad	No changes needed
American	Remove Mozzarella, add our Vegan Mozzarella Alternative
American Hot (including Leggera)	
Diavolo	
La Reine	
Margherita	
Pollo Forza	Remove Gran Milano and Mozzarella, add our Vegan Mozzarella Alternative

DISH	SUITABLE FOR A REDUCED DAIRY DIET
Padana (including Leggera)	Remove Mozzarella and Goat's Cheese, add our Vegan Mozzarella Alternative
Fiorentina	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
Pollo ad Astra (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Vegan Puttanesca	No changes needed
Sloppy Giuseppe	Remove Mozzarella, add our Vegan Mozzarella Alternative
Vegan Giardiniera (including Leggera)	No changes needed
Veneziana	Remove Mozzarella, add our Vegan Mozzarella Alternative
Mixed Salad	No changes needed
Polenta Chips	Remove Gran Milano
Leggera Peperonata	No changes needed
Raspberry or Coconut Sorbet	
DISH	PICCOLO MENU
Piccolo Dough Balls	Remove Garlic Butter, add Extra Virgin Olive Oil and Balsamic Vinegar
Piccolo Napoletana	Remove Béchamel
Piccolo Margherita	Remove Mozzarella, add our Vegan Mozzarella Alternative
Piccolo La Reine	
Piccolo American	
Piccolo Pollo Pizza	
Piccolo Pollo Salad	Remove Light Mozzarella