

# Terranova Italian

## Allergens Information

March 2015

[www.terranoarestaurants.com](http://www.terranoarestaurants.com)

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The way allergens are labelled on foods has changed because of new regulations. The Food Information Regulation, which came into force in December 2014 introduces a requirement that all food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

Terranova Italian has produced this Allergen Information booklet based on the allergens in dishes on our menu.

If you have a known allergy or intolerance to nuts or any ingredients please tell our staff before ordering from our menu.

This information is provided to enable our customers to make their own decisions on menu choice. The information is based on the standard garnishes and accompaniments included on the menu.

The allergen data is based on recipe information and supplier specifications. However, within our kitchens we do use nuts, eggs, shellfish, milk and gluten containing products and it is impossible to fully guarantee the separation of these items in storage, preparation or cooking.

Any bread or breaded product may contain nuts, sesame seeds or poppy seeds as a result of cross contamination during the baking process.

Nut allergies - we cannot safely make any promise 'regarding guaranteed' nut free meals due to the nature of our business and supply chain cross contamination risks. Wheat and gluten ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross contamination we cannot totally guarantee the absence of wheat or gluten, which may therefore affect extremely sensitive sufferers.

Please ask our staff to confirm any items you are concerned about.

Yes = Allergen present

DISH/ALLERGEN TYPES	Celery	Cereal containing gluten	Eggs	Fish	Crustaceans	Milk	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Molluscs	Sulphur Dioxide	Lupin
MINISTRONE ALL' ASTIGIANA	Yes	Yes												
RISTRETTO DI POLLO CON TORTELLINI	Yes		Yes			Yes								Yes
INSALATA DI FRUTTI DI MARE				Yes	Yes		Yes					Yes		
COCKTAIL DI GAMBERETTI			Yes	Yes	Yes									
INSALATA TRICOLORE						Yes	Yes							
PROSCIUTTO DI PARMA CON MELONE														
AVOCADO CON GAMBERETTI			Yes	Yes	Yes		Yes							
BRESAOLA OF BEEF														
FUNGHI RIPIENI ALLA TERRANOVA			Yes			Yes								Yes
MELENZANE ALLA SICILIANA			Yes			Yes								
CALAMARI FRITTI ALLA ROMANA				Yes								Yes		Yes
GAMBERONI TERRANOVA	Yes			Yes	Yes	Yes								Yes
BIANCHETTI FRITTI			Yes	Yes										Yes
LASAGNE	Yes	Yes	Yes			Yes								Yes
TORTELLONI ALLA TERRANOVA	Yes	Yes	Yes			Yes								Yes
RISOTTO ALLA MARINARA	Yes	Yes		Yes	Yes	Yes						Yes	Yes	
RISOTTO PRIMAVERA	Yes	Yes				Yes								
TAGLIATELLE CON GAMBERONI	Yes	Yes	Yes	Yes	Yes								Yes	Yes





