

Sample Ingredient list

First Courses

Spaghetti Carbonara

- Ingredients: durum wheat spaghetti, cured pork cheek (guanciale), eggs, Pecorino Romano PDO, black pepper.
- Allergens: **gluten**, **eggs**, **milk** (in the cheese).

Porcini Mushroom Risotto

- Ingredients: Carnaroli rice, fresh porcini mushrooms, vegetable broth, butter, Parmesan cheese, white wine, parsley.
- Allergens: **milk**, sulfites (possible in wine).

Potato Gnocchi with Pesto

- Ingredients: potato gnocchi, basil, Parmesan cheese, Pecorino cheese, pine nuts, extra virgin olive oil, garlic.
- Allergens: **gluten**, **milk**, **tree nuts** (pine nuts).

Main Courses

Sliced Beef with Arugula and Parmesan

- Ingredients: beef sirloin, arugula, Parmesan shavings, extra virgin olive oil, salt, pepper.
- Allergens: **milk** (Parmesan).

Grilled Salmon with Vegetables

- Ingredients: salmon fillet, zucchini, carrots, bell peppers, extra virgin olive oil, lemon.
- Allergens: **fish**.

Curry Chicken

- Ingredients: chicken breast, onion, curry powder, coconut milk, basmati rice.
- Allergens: possible **peanuts** or **tree nuts** (depending on curry blends).

Side Dishes

Roasted Potatoes

- Ingredients: potatoes, rosemary, extra virgin olive oil, salt.
- Allergens: none.

Mixed Salad

- Ingredients: lettuce, tomatoes, carrots, corn, extra virgin olive oil, vinegar.
 - Allergens: sulfites (possible in vinegar).
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Desserts

Tiramisu

- Ingredients: mascarpone, eggs, sugar, ladyfingers, coffee, cocoa powder.
- Allergens: **milk, eggs, gluten.**

Berry Cheesecake

- Ingredients: digestive biscuits, butter, cream cheese, heavy cream, sugar, mixed berries.
 - Allergens: **gluten, milk.**
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Beverages

Soft Drinks and Juices

- Possible allergens: sulfites (especially in industrial juices).

Craft Beers

- Allergens: **gluten** (in most beers).