

WILDWOOD

PIZZA PASTA GRILL

Allergen information

Spring Menu 20

V1.0

15.03.2020

At Wildwood we take the safety of our customers very seriously. The information provided on these pages refers to the allergens contained in the ingredients which make up the dishes found on the Spring 20 menu.

In most cases we will be able to modify dishes by removing ingredients or by replacing them with others. Please ask a member of our team who will be happy to help mix and match ingredients to suit your dietary requirements.

Please be aware that whilst every care is taken to ensure that food prepared in our kitchens remain free of allergens the chefs and manufactures of products handle other items. As a result there is a chance that items may contain a trace of other ingredients not noted on the information sheet.

Items marked **(F)** – These items are fried as part of the preparation or cooking process.

Due to offering a such wide selection of menu items the oil in our fryers will contain traces of allergens including gluten, nuts, peanuts, dairy, soya, sesame, fish, mollusc, crustacean, lupin, egg, mustard, sulphates and celery.

For dishes served with fries and chips we offer an alternative which are oven baked, please ensure your sever is notified if you have a food allergy, intolerance or preference.

Starters

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BRUSCHETTA 2019		Wheat					Yes						Yes	Yes
BAKED CAMEMBERT		Wheat					Yes						Yes	
BAKED MUSHROOMS 2019		Wheat								Almond, Hazelnut, Walnut			Yes	
CALAMARI 2019 (F)		Wheat		Yes			Yes	Yes	Yes				Yes	Yes
CIABATTA BREAD		Wheat												Yes
GARLIC & ROSEMARY BREAD 2019		Wheat												
GARLIC PRAWNS 2019	Yes	Wheat	Yes				Yes						Yes	Yes
MOZZARELLA GARLIC BREAD 2019		Wheat					Yes							
MUSHROOM ARANCINI 2020 (F)	Yes	Wheat		Yes			Yes						Yes	Yes
NOCELLARA OLIVES														
OLIVES														
TOMATO PESTO BREAD 2020		Wheat					Yes			Pine Nuts Kern				
WILDWOOD SALAD							Yes		Yes				Yes	Yes

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Grills

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
10OZ SIRLOIN STEAK (F)	Yes	Wheat			Yes		Yes						Yes	
BBQ RIBS 2020 (F)	Yes								Yes					
CHEESE BURGER 2019 (F)		Wheat		Yes			Yes		Yes				Yes	Yes
CHICKEN BURGER 2019 (F)		Wheat		Yes			Yes		Yes				Yes	Yes
PERI PERI CHICKEN 2019 (F)				Yes			Yes		Yes					
PERI PERI CHICKEN BURGER (F)		Wheat		Yes			Yes		Yes				Yes	
PHILLY STEAK SANDWICH 2019 (F)		Wheat		Yes			Yes		Yes				Yes	Yes
SEABASS 2020	Yes				Yes		Yes							Yes
VEGAN BURGER – SERVED WITH OVEN CHIPS		Wheat							Yes				Yes	
VEGAN PHILLY SANDWICH - SERVED WITH OVEN CHIPS		Wheat							Yes				Yes	Yes

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Pizza

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CALZONE CHICKEN AND MEATBALL 2019	Yes	Wheat		Yes			Yes		Yes				Yes	Yes
CALZONE SAUSAGE	Yes	Wheat		Yes			Yes		Yes					Yes
PIZZA PEPPERONI 2019	Yes	Wheat					Yes							
PIZZA CAPRICIOSA		Wheat		Yes			Yes							
PIZZA CARNE 2019	Yes	Wheat					Yes							
PIZZA COURGETTE AND GOATS 2019	Yes	Wheat					Yes			Pine Nuts Kern				
PIZZA HAM AND ROCKET 2019	Yes	Wheat		Yes			Yes							
PIZZA HOI SIN DUCK 2019	Yes	Wheat					Yes					Yes	Yes	
PIZZA MARGHERITA 2019	Yes	Wheat					Yes							
PIZZA MEAT FEAST 2019	Yes	Wheat					Yes		Yes					Yes
PIZZA PRIMAVERA 2020		Wheat					Yes			Pine Nuts Kern				

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Pasta

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BAKED CARBONARA 2019		Wheat		Yes			Yes						Yes	Yes
BAKED CHICKEN & MUSHROOM PASTA 2019	Yes	Wheat		Yes			Yes		Yes					
LASAGNE 2019	Yes	Wheat		Yes			Yes						Yes	
MAFALDE BOLOGNESE 2020	Yes	Wheat		Yes			Yes						Yes	Yes
PENNE ALLA NORMA 2020	Yes	Wheat		Yes			Yes							Yes
PENNE ARRABIATA	Yes	Wheat												
PENNE PERI PERI 2019		Wheat		Yes			Yes							
SPAGHETTI CHORIZO CARBONARA	Yes	Wheat		Yes			Yes							
SPAGHETTI POLPETTE 2020	Yes	Wheat		Yes			Yes							Yes
SPAGHETTI POMODORO 2020	Yes	Wheat												
SPICY PRAWNS SPAGHETTI 2019		Wheat	Yes				Yes							Yes

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Risotto

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHICKEN & CHORIZO RISOTTO 2020	Yes			Yes			Yes		Yes				Yes	Yes
NEW WILD MUSHROOM RISOTTO 19	Yes			Yes			Yes							Yes
PANCETTA & BUTTERNUTSQUASH RISOTTO	Yes													
SEAFOOD RISOTTO 2019	Yes		Yes					Yes						Yes
WILD MUSHROOM AND CHICKEN RISOTTO	Yes			Yes			Yes							Yes

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Salads

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
SUPERFOOD SALAD SALMON 2019		Wheat			Yes		Yes			Pine Nuts Kern			Yes	
CHICKEN CAESAR SALAD 2019		Wheat		Yes	Yes		Yes		Yes				Yes	Yes
COBB SALAD 2019				Yes	Yes		Yes		Yes					Yes
GRILLED GOATS CHEESE & MUSHROOM SALAD		Wheat					Yes			Hazel nut			Yes	Yes
GRILLED GOATS CHEESE & MUSHROOM SALAD & CHICKEN		Wheat					Yes			Hazel nut			Yes	Yes
GRILLED GOATS CHEESE & MUSHROOM SALAD & SALMON	Yes	Wheat			Yes		Yes			Hazel nut			Yes	Yes
SALMON CAESAR SALAD 2019		Wheat		Yes	Yes		Yes		Yes				Yes	Yes
SUPERFOOD SALAD CHICKEN 2019		Wheat					Yes			Pine Nuts Kern			Yes	
SUPERFOOD SALAD HALLOUMI 2019		Wheat					Yes			Pine Nuts Kern			Yes	

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Sides

	Celery	Cereals With Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHIPS PORTION 2019 (F)														
CHUNKY CHIPS 2019 (F)														
GREEN BEANS & BROCCOLI 2019							Yes							
HALLOUMI FRIES 2020 (F)				Yes			Yes		Yes					
MIXED SALAD. 2019														
SIDE GREEN SALAD									Yes				Yes	Yes
SPINACH GRATIN		Wheat		Yes			Yes						Yes	Yes
SWEET POTATO FRIES 2019 (F)														

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Dessert

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
CHOCOLATE BOMB 2019							Yes			Hazelnut			Yes	
COOKIE DOUGH		Wheat		Yes			Yes						Yes	
DOUGHNUTS CARAMEL (F)		Wheat					Yes						Yes	Yes
ETON MESS				Yes			Yes							
ICE CREAM VANILLA 1 SCOOP							Yes							
ICE CREAM CHOC 1 SCOOP							Yes						Yes	
ICE CREAM STRAWBERRY 1 SCOOP							Yes							
LEMON MERINGUE SUNDAE				Yes			Yes							
LEMON SORBET 2019														
MANGO SORBET 1 SCOOP														
ORANGE CHOCOLATE BROWNIE 2019		Wheat		Yes			Yes						Yes	
RASPBERRY SORBET 2019														
STICKY TOFFEE PUDDING		Wheat		Yes			Yes							
STICKY TOFFEE PUDDING VANILLA		Wheat		Yes			Yes							
TIRAMISU 2019		Wheat		Yes			Yes						Yes	
WILDWOOD SUNDAE		Wheat		Yes			Yes						Yes	

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Starters

Calamari 2019 (F)

Ingredient	Allergens
Cajun Mayonnaise	Egg, Mustard, Milk
Calamari Squid Mix (F)	Cereals With Gluten - Wheat, Soybeans, Sulphur Dioxide
Lemons	
Milk (F)	Milk
Rapeseed Oil (F)	
Squid (F)	Molluscs

Garlic Prawns 2019

Ingredient	Allergens
Black Tiger Prawns	Crustaceans
Butter	Milk
Garlic	
Lemon Juice	Sulphur Dioxide
Lemons	
Parsley Flat	
Red Chilli	
Salt & Pepper Cooking	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans
Vegetable Stock - Wildwood	Celery

Garlic & Rosemary Bread 2019

Ingredient	Allergens
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Garlic Spread	
Rice Flour New	
Rosemary	

Bruschetta 2019

Ingredient	Allergens
Avocado	
Balsamic Glaze	Sulphur Dioxide
Bruschetta Caprese Batch	
Lemon Juice	Sulphur Dioxide
Mozzarella Balls	Milk
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans

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Mushroom Arancini 2020 (F)

Ingredient	Allergens
Crushed Chilli	
Garlic	
Hard Cheese Block	Egg, Milk
Mushroom Arancini (F)	Celery, Cereals With Gluten - Wheat, Milk, Soybeans, Sulphur Dioxide
Olive Oil Blend	
Onions White	
Oregano	
Rocket	
Salt & Pepper Cooking	
Tomato Sauce	Celery

Baked Mushrooms 2019

Ingredient	Allergens
Mushroom Chestnut	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans
Vegan Green Pesto	Nuts - Almond, Nuts - Hazel, Nuts - Wal

Baked Camembert

Ingredient	Allergens
Garlic	
Olive Oil Blend	
Rosemary	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans
Whole Baby Camembert	Milk

Tomato Pesto Bread 2020

Ingredient	Allergens
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Garlic Spread	
Pesto	Milk, Nuts - Pine s Kern
Sunblushed Tomatoes	

Nocellara Olives

Ingredient	Allergens
Olives Green Nocellara	

Ciabatta Bread

Ingredient	Allergens
Balsamic Vinegar	Sulphur Dioxide
Ciabatta Roll	Cereals With Gluten - Wheat
Extra Virgin Olive Oil	
Roast Red Pepper Tapenade	

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Wildwood Salad

Ingredient	Allergens
Artichokes Chargrilled	
Baby Gem Lettuce	
Edamame Beans Shelled	Soybeans
Goats Cheese	Milk
Honey & Mustard Dressing	Mustard, Sulphur Dioxide
Tarrogon	

Mozzarella Garlic Bread 2019

Ingredient	Allergens
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Garlic Spread	
Mozzarella	Milk
Onion Marmelade	
Rice Flour New	

Olives

Ingredient	Allergens
Olive Medley	

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Grills

10oz Sirloin Steak (F)

Ingredient	Allergens
Olive Oil Blend	
Peppercorn Sauce	Celery, Cereals With Gluten - Wheat, Fish, Milk, Soybeans
Rocket	
Salt & Pepper Cooking	
Sirloin 10oz	
Steak Herb Butter Portions	Milk
Ultimate Fries (F)	

Peri Peri Chicken 2019 (F)

Ingredient	Allergens
Cajun Mayonnaise	Egg, Mustard, Milk
Cherry Tomatoes	
Chilli Oil (recipe)	
Chips Portion (F)	
Lemons	
Peri Peri Chicken	
Rocket	

Cheese Burger 2019 (F)

Ingredient	Allergens
Baby Gem Lettuce	
Burger	Cereals With Gluten - Wheat, Mustard
Burger Bun	Cereals With Gluten - Wheat, Soybeans
Burger Sauce	Cereals With Gluten - Wheat, Egg, Mustard, Sulphur Dioxide
Chips Portion (F)	
Monterey Jack Cheese	Milk, Sulphur Dioxide
Tomatoes Beef	

Philly Steak Sandwich 2019 (F)

Ingredient	Allergens
Chimichurri Dressing	Sulphur Dioxide
Chips Portion (F)	
Hard Cheese Shavings	Egg, Milk
Mayonnaise	Egg, Mustard, Milk
Monterey Jack Cheese	Milk, Sulphur Dioxide
Rapeseed Oil (F)	
Red Onions Caramelised	Milk
Roast Beef Rare	
Rocket	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans

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Vegan Burger

Ingredient	Allergens
Baby Gem Lettuce	
Beyond Meat Burger	
Burger Bun	Cereals With Gluten - Wheat, Soybeans
Olive Oil Blend	
Onions Red	
Oven Chips	
Rapeseed Oil	
Tomatoes Beef	
Vegan Cheese	Soybeans
Vegan Mayo	Mustard, Soybeans

Chicken Burger 2019 (F)

Ingredient	Allergens
Baby Gem Lettuce	
Burger Bun	Cereals With Gluten - Wheat, Soybeans
Buttermilk Chicken Batch	Cereals With Gluten, Cereals With Gluten - Wheat, Milk, Mustard, Soybeans, Sulphur Dioxide
Chips Portion (F)	
Mayonnaise	Egg, Mustard, Milk
Rapeseed Oil (F)	
Speck	
Tomatoes Beef	

Vegan Philly Sandwich

Ingredient	Allergens
Baby Gem Lettuce	
Cherry Tomatoes	
Chimichurri Dressing	Sulphur Dioxide
Olive Oil Blend	
Oven Chips	
Oyster Mushroom Philly Mix Batch	
Rocket	
Sourdough Bread	Cereals With Gluten - Wheat, Soybeans
Vegan Cheese	Soybeans
Vegan Mayo	Mustard, Soybeans

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Seabass 2020

Ingredient	Allergens
Butter	Milk
Cannellini Beans	
Cherry Tomatoes	
Cherry Tomatoes Yellow	
Garlic	
Lemon Juice	Sulphur Dioxide
Lemons	
Olive Medley	
Olive Oil Blend	
Rice Flour New	
Salt & Pepper Cooking	
Seabass Filleted	Fish
Spinach	
Thyme	
Vegetable Stock - Wildwood	Celery

BBQ Ribs 2020 (F)

Ingredient	Allergens
Bbq Sauce Hol Deluxe	Celery, Mustard
Cherry Tomatoes	
Chips Portion (F)	
Ribs Wildwood	
Rocket	

Peri Peri Chicken Burger (F)

Ingredient	Allergens
Baby Gem Lettuce	
Burger Bun	Cereals With Gluten - Wheat, Soybeans
Cajun Mayonnaise	Egg, Mustard, Milk
Chips Portion (F)	
Peri Peri Chicken	
Tomatoes Beef	

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Pizza

Calzone Chicken And Meatball 2019

Ingredient	Allergens
Beef Meatballs	Milk, Sulphur Dioxide
Bolognaise	Celery, Milk, Soybeans, Sulphur Dioxide
Calzone Garnish	Mustard, Sulphur Dioxide
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Flat Mushrooms	
Garlic Spread	
Hard Cheese Shavings	Egg, Milk
Mozzarella	Milk
Pizza Sauce	Celery
Pizza/ Pasta Chicken (recipe)	Mustard
Red Chilli	
Rice Flour New	
Rosemary	
Salt & Pepper Cooking	

Calzone Sausage

Ingredient	Allergens
Cherry Tomatoes	
Cumberland Sausage	Cereals With Gluten - Wheat, Sulphur Dioxide
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Flat Mushrooms	
Garlic Spread	
Hard Cheese Shavings	Egg, Milk
Mozzarella	Milk
Onion Marmalade	
Onions Red	
Pepperoni Sliced	Milk
Pizza Sauce	Celery
Pizza/ Pasta Chicken (recipe)	Mustard
Rice Flour New	
Salad Mix Seasonal	
Thyme	

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Pizza Courgette And Goats 2019

Ingredient	Allergens
Cherry bell Peppers	
Courgettes	
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Flat Mushrooms	
Goats Cheese	Milk
Mozzarella	Milk
Olive Medley	
Olive Oil Blend	
Pesto	Milk, Nuts - Pine s Kern
Pine Nuts	Nuts - Pine s Kern
Pizza Sauce Batch	Celery
Rice Flour New	
Salt & Pepper Cooking	

Pizza Carne 2019

Ingredient	Allergens
Chorizo	Milk
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Harisa Paste	
Mozzarella	Milk
Pepperoni Sliced	Milk
Pizza Sauce Batch	Celery
Rice Flour New	
Salami Milano	
Speck	
Thyme	

Pizza Hoi Sin Duck 2019

Ingredient	Allergens
Coriander	
Cucumber	
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Duck Sauce	Cereals With Gluten - Wheat, Sesame, Soybeans
Mozzarella	Milk
Pizza Sauce Batch	Celery
Prepped Hoi Sin Duck (recipe)	Cereals With Gluten - Wheat, Sesame, Soybeans
Rice Flour New	
Spring Onion	

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Pizza Margherita 2019

Ingredient	Allergens
Basil Wildwood	
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Mozzarella	Milk
Pizza Sauce Batch	Celery
Rice Flour New	

Pizza Ham And Rocket 2019

Ingredient	Allergens
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Hard Cheese Block	Egg, Milk
Mozzarella	Milk
Onion Marmalade	
Pizza Sauce Batch	Celery
Rice Flour New	
Rocket	
Speck	

Pizza Pepperoni 2019

Ingredient	Allergens
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Mozzarella	Milk
Pepperoni Sliced	Milk
Pizza Sauce Batch	Celery
Rice Flour New	
Thyme	

Pizza Meat Feast 2019

Ingredient	Allergens
Beef Meatballs	Milk, Sulphur Dioxide
Chorizo	Milk
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Mozzarella	Milk
Pancetta Diced	
Pepperoni Sliced	Milk
Pizza Sauce	Celery
Pizza/ Pasta Chicken (count)	Mustard
Rice Flour New	
Thyme	

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Pizza Capriciosa

Ingredient	Allergens
Artichokes Chargrilled	
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Eggs	Egg
Mozzarella	Milk
Mushroom Mix Tm	
Olive Medley	
Parsley Flat	
Pumpkin Puree	
Rice Flour New	
Speck	

Pizza Primavera 2020

Ingredient	Allergens
Artichokes Chargrilled	
Aubergine	
Dough Balls	Cereals With Gluten, Cereals With Gluten - Wheat
Mozzarella	Milk
Olive Medley	
Pesto	Milk, Nuts - Pine s Kern
Red & Yellow Roquito Peppers	
Rice Flour New	
Roast Red Pepper Tapenade	
Rocket	

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Pasta

Baked Chicken & Mushroom Pasta 2019

Ingredient	Allergens
Butter	Milk
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat
Flat Mushrooms	
Hard Cheese Block	Egg, Milk
Mushroom Sauce Mix (recipe)	Celery, Cereals With Gluten - Wheat, Milk
Parsley Flat	
Pizza/ Pasta Chicken (recipe)	Mustard
Salt & Pepper Cooking	
Triple Blend Cheese	Milk

Penne Peri Peri 2019

Ingredient	Allergens
(uht Single Cream)	Milk
Butter	Milk
Cherry Tomatoes	
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat
Garlic	
Hard Cheese Block	Egg, Milk
Harisa Paste	
Peri Peri Chicken For Pizzas (recipe)	
Salt & Pepper Cooking	
Spinach	

Spaghetti Pomodoro 2020

Ingredient	Allergens
Basil Wildwood	
Cooked Spaghetti	Cereals With Gluten - Wheat
Olive Oil Blend	
Salt & Pepper Cooking	
Tomato Sauce	Celery

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Baked Carbonara 2019

Ingredient	Allergens
Bechamel Sauce	Cereals With Gluten, Milk
Breadcrumbs - Tempura	Cereals With Gluten, Cereals With Gluten - Wheat, Soybeans, Sulphur Dioxide
Butter	Milk
Cooked Spaghetti	Cereals With Gluten - Wheat
Hard Cheese Block	Egg, Milk
Pancetta Diced	
Parsley Flat	
Rice Flour New	
Salt & Pepper Cooking	

Spaghetti Chorizo Carbonara

Ingredient	Allergens
Butter	Milk
Carbonara Sauce	Milk, Egg
Chorizo	Milk
Cooked Spaghetti	Cereals With Gluten - Wheat
Cooking Chorizo	Milk
Mushroom Mix Tm	
Parsley Flat	
Salt & Pepper Cooking	
Vegetable Stock - Wildwood	Celery

Spicy Prawns Spaghetti 2019

Ingredient	Allergens
Basil	
Black Tiger Prawns	Crustaceans
Cherry Tomatoes	
Cooked Spaghetti	Cereals With Gluten - Wheat
Cooking Wine White	Sulphur Dioxide
Garlic	
Harisa Paste	
Olive Oil Blend	
Red Chilli	
Salt & Pepper Cooking	
Single Cream	Milk
Spring Onion	

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Mafalde Bolognese 2020

Ingredient	Allergens
Bolognaise	Celery, Milk, Soybeans, Sulphur Dioxide
Hard Cheese Block	Egg, Milk
Mafaldine Pasta	Cereals With Gluten - Wheat
Olive Oil Blend	
Parsley Flat	
Salt & Pepper Cooking	

Penne Arrabiata

Ingredient	Allergens
Basil	
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat
Garlic	
Olive Oil Blend	
Red Chilli	
Salt & Pepper Cooking	
Tomato Sauce	Celery

Lasagne 2019

Ingredient	Allergens
Hard Cheese Block	Egg, Milk
Lasagne	Celery, Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Parsley Flat	
Triple Blend Cheese	Milk

Spaghetti Polpette 2020

Ingredient	Allergens
Beef Meatballs	Milk, Sulphur Dioxide
Cooked Spaghetti	Cereals With Gluten - Wheat
Cooking Wine Red	Sulphur Dioxide
Garlic	
Hard Cheese Block	Egg, Milk
Olive Oil Blend	
Onion Marmalade	
Parsley Flat	
Red Chilli	
Rosemary	
Salt & Pepper Cooking	
Tomato Sauce	Celery

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Penne Alla Norma 2020

Ingredient	Allergens
Aubergine	
Basil Wildwood	
Cherry Tomatoes	
Cooked Penne	Cereals With Gluten, Cereals With Gluten - Wheat
Crushed Chilli	
Garlic	
Hard Cheese Shavings	Egg, Milk
Olive Oil Blend	
Oregano	
Salt & Pepper Cooking	
Spinach	
Tomato Sauce	Celery
Vegetable Stock - Wildwood	Celery
Vinegar White	Sulphur Dioxide

Items marked **(F)**: These items are fried as part of the preparation or cooking process.
See cover for details.

Risotto

Wild Mushroom and Chicken Risotto

Ingredient	Allergens
Butter	Milk
Cooking Wine White	Sulphur Dioxide
Hard Cheese Shavings	Egg, Milk
Mushroom Mix Tm	
Risotto Base New	Celery
Thyme	
Truffle Oil	
Vegetable Stock - Wildwood	Celery

Seafood Risotto 2019

Ingredient	Allergens
Black Tiger Prawns	Crustaceans
Cooking Wine White	Sulphur Dioxide
Courgettes	
Crushed Chilli	
Lemon Juice	Sulphur Dioxide
Lemons	
Mussels	Molluscs
Olive Oil Blend	
Risotto Base New	Celery
Salt & Pepper Cooking	
Spinach	
Squid	Molluscs
Vegetable Stock - Wildwood	Celery

Wild Mushroom Risotto 19

Ingredient	Allergens
Butter	Milk
Cooking Wine White	Sulphur Dioxide
Hard Cheese Shavings	Egg, Milk
Mushroom Mix Tm	
Porcini Tablet	
Risotto Base New	Celery
Salt & Pepper Cooking	
Thyme	
Truffle Oil	
Vegetable Stock - Wildwood	Celery

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See cover for details.

Pancetta & Butternut squash Risotto

Ingredient	Allergens
Butternut Squash Cube	
Crushed Chilli	
Olive Oil Blend	
Pancetta Diced	
Parsley Flat	
Pumpkin Puree	
Risotto Base New	Celery
Salt & Pepper Cooking	
Speck	
Vegetable Stock - Wildwood	Celery

Chicken & Chorizo Risotto 2020

Ingredient	Allergens
Butter	Milk
Cooking Chorizo	Milk
Cooking Wine White	Sulphur Dioxide
Edamame Beans Shelled	Soybeans
Garlic	
Hard Cheese Block	Egg, Milk
Harisa Paste	
Lemon Juice	Sulphur Dioxide
Lemons	
Parsley Flat	
Pizza/ Pasta Chicken (recipe)	Mustard
Risotto Base New	Celery
Salt & Pepper Cooking	
Speck	
Vegetable Stock - Wildwood	Celery

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Salads

Chicken Caesar Salad 2019

Ingredient	Allergens
Anchovies	Fish
Baby Gem Lettuce	
Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Chicken Breast	
Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans
Eggs	Egg
Hard Cheese Shavings	Egg, Milk
Vinegar White	Sulphur Dioxide

Superfood Salad Chicken 2019

Ingredient	Allergens
Artichokes Chargrilled	
Cherry Tomatoes	
Chicken - Half Boned	
Chickpeas	
Cucumber	
Edamame Beans Shelled	Soybeans
Lemons	
Mint	
Olive Oil Blend	
Pesto	Milk, Nuts - Pine s Kern
Pesto Infused Grains	Cereals With Gluten - Wheat, Milk
Pomegranate	
Pumpkin Seed	
Rocket	

Superfood Salad Halloumi 2019

Ingredient	Allergens
Artichokes Chargrilled	
Cherry Tomatoes	
Chickpeas	
Cucumber	
Edamame Beans Shelled	Soybeans
Halloumi Cheese	Milk
Lemons	
Mint	
Pesto	Milk, Nuts - Pine s Kern
Pesto Infused Grains	Cereals With Gluten - Wheat, Milk
Pomegranate	
Pumpkin Seed	
Rocket	

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Superfood Salad Salmon 2019

Ingredient	Allergens
Artichokes Chargrilled	
Cherry Tomatoes	
Chickpeas	
Cucumber	
Edamame Beans Shelled	Soybeans
Lemons	
Mint	
Pesto	Milk, Nuts - Pine s Kern
Pesto Infused Grains	Cereals With Gluten - Wheat, Milk
Pomegranate	
Pumpkin Seed	
Rocket	
Salmon Fillet	Fish

Cobb Salad 2019

Ingredient	Allergens
Baby Gem Lettuce	
Bacon Streaky Smoked	
Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Cheddar Cheese	Milk, Sulphur Dioxide
Chicken - Half Boned	
Corn on The Cob	
French Beans	
Tortilla Chips 500g	

Salmon Caesar Salad 2019

Ingredient	Allergens
Anchovies	Fish
Baby Gem Lettuce	
Caesar Dressing	Egg, Fish, Milk, Mustard, Sulphur Dioxide
Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans
Eggs	Egg
Hard Cheese Shavings	Egg, Milk
Salmon Fillet	Fish

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Grilled Goats Cheese& Mushroom Salad

Ingredient	Allergens
Balsamic Vinegar	Sulphur Dioxide
Courgettes	
Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans
Extra Virgin Olive Oil	
Flat Mushrooms	
Goats Cheese	Milk
Hazelnuts Shelled	Nuts - Hazel
New Salad Leaf Mix (recipe)	
Olive Oil Blend	
Onion Marmalade	
Red Pepper	
Rocket	
Salt & Pepper Cooking	
Spinach	
Thyme	
Yellow Pepper	

Grilled Goats Cheese& Mushroom Salad & Chicken

Ingredient	Allergens
Balsamic Vinegar	Sulphur Dioxide
Chicken - Half Boned	
Courgettes	
Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans
Extra Virgin Olive Oil	
Flat Mushrooms	
Goats Cheese	Milk
Hazelnuts Shelled	Nuts - Hazel
New Salad Leaf Mix (recipe)	
Olive Oil Blend	
Onion Marmalade	
Red Pepper	
Rocket	
Salt & Pepper Cooking	
Spinach	
Thyme	
Yellow Pepper	

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Grilled Goats Cheese& Mushroom Salad & Salmon

Ingredient	Allergens
Balsamic Vinegar	Sulphur Dioxide
Courgettes	
Croutons Burger Bun (recipe)	Cereals With Gluten - Wheat, Soybeans
Extra Virgin Olive Oil	
Flat Mushrooms	
Goats Cheese	Milk
Hazelnuts Shelled	Nuts - Hazel
New Salad Leaf Mix (recipe)	
Olive Oil Blend	
Onion Marmalade	
Red Pepper	
Rocket	
Salmon Fillet	Fish
Salt & Pepper Cooking	
Spinach	
Thyme	
Vegetable Stock - Wildwood	Celery
Yellow Pepper	

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Sides

Mixed Salad. 2019

Ingredient	Allergens
Cherry Tomatoes	
Cucumber	
Olive Medley	
Onions Red	
Salad Mix Seasonal	

Green Beans & Broccoli 2019

Ingredient	Allergens
Broccoli	
Butter	Milk
French Beans	

Chunky Chips 2019 (F)

Ingredient	Allergens
Rapeseed Oil (F)	
Rosemary Salt	
Ultimate Fries (F)	

Chips Portion 2019 New (F)

Ingredient	Allergens
Chips Portion (F)	

Sweet Potato Fries 2019 New (F)

Ingredient	Allergens
Rapeseed Oil (F)	
Rosemary Salt	
Sweet Potato Fries (F)	

Spinach Gratin

Ingredient	Allergens
Bechamel Sauce	Cereals With Gluten, Milk
Breadcrumbs - Tempura	Cereals With Gluten, Cereals With Gluten - Wheat, Soybeans, Sulphur Dioxide
Cheddar Cheese	Milk, Sulphur Dioxide
Hard Cheese Block	Egg, Milk
Salt & Pepper Cooking	
Spinach	

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Side Green Salad

Ingredient	Allergens
Baby Gem Lettuce	
Cucumber	
Edamame Beans Shelled	Soybeans
Honey & Mustard Dressing	Mustard, Sulphur Dioxide

Halloumi Fries 2020. (F)

Ingredient	Allergens
Cajun Mayonnaise	Egg, Mustard, Milk
Halloumi Fries (F)	Milk
Rapeseed Oil (F)	

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Dessert

Wildwood Sundae

Ingredient	Allergens
Amaretti Biscuits	Egg
Chocolate Orange Brownie	Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Chocolate Sauce	
Double Cream	Milk
Ice Cream-Vanilla	Milk
Mini Mashmallows	
Raspberry Puree	

Sticky Toffee Pudding

Ingredient	Allergens
Custard	Milk
Icing Sugar	
Mint	
Sticky Toffee Pudding	Cereals With Gluten - Wheat, Egg, Milk

Eton Mess

Ingredient	Allergens
Double Cream	Milk
Frozen Berries	
Ice Cream-Vanilla	Milk
Meringues	Egg
Raspberry Puree	

Ice Cream Vanilla 1 Scoop

Ingredient	Allergens
Ice Cream-Vanilla	Milk

Ice Cream Choc 1 Scoop

Ingredient	Allergens
Ice Cream-Chocolate	Milk, Soybeans

Ice Cream Strawberry 1 Scoop

Ingredient	Allergens
Ice Cream - Strawberry	Milk

Tiramisu 2019

Ingredient	Allergens
Drinking Chocolate	Milk
Mint	
Tiramisu	Cereals With Gluten - Wheat, Egg, Milk, Soybeans

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Chocolate Bomb 2019

Ingredient	Allergens
Bombe-Sticky Toffee	Milk, Soybeans
Frozen Berries	
Hazelnuts Shelled	Nuts - Hazel
Icing Sugar	
Mint	
Raspberry Puree	
Salted Caramel Sauce	Milk

Lemon Sorbet 2019

Ingredient	Allergens
Sorbet - Lemon	

Orange Chocolate Brownie 2019

Ingredient	Allergens
Chocolate Orange Brownie	Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Chocolate Sauce	
Ice Cream-Vanilla	Milk
Icing Sugar	
Mint	

Sticky Toffee Pudding Vanilla

Ingredient	Allergens
Ice Cream-Vanilla	Milk
Icing Sugar	
Mint	
Sticky Toffee Pudding	Cereals With Gluten - Wheat, Egg, Milk

Doughnuts Caramel (F)

Ingredient	Allergens
Caramel Doughnuts (F)	Cereals With Gluten - Wheat, Soybeans, Sulphur Dioxide
Chocolate Sauce	
Ice Cream-Vanilla	Milk
Icing Sugar	

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Lemon Meringue Sundae

Ingredient	Allergens
Amaretti Biscuits	Egg
Double Cream	Milk
Ice Cream-Vanilla	Milk
Lemon Curd Gales	Egg
Meringues	Egg

Mango Sorbet 1 Scoop

Ingredient	Allergens
Sorbet - Mango	

Raspberry Sorbet 2019

Ingredient	Allergens
Frozen Berries	
Sorbet - Raspberry	

Cookie Dough

Ingredient	Allergens
Cookie Dough	Cereals With Gluten - Wheat, Egg, Milk, Soybeans
Ice Cream-Vanilla	Milk
Icing Sugar	

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