

PIZZASQR

ALLERGEN GUIDE

Please find our allergen guide with information about any allergens which may be present in the PIZZASQR menu. You will find a list of all of the products sold in PIZZASQR - if a product contains one of these ingredients, then you will find a tick in the corresponding box. Please do refer back to this guide regularly as our recipes may change, and therefore the allergen information may also change.

If you need any more information on our menu and allergens, please visit our website pizzasqr.com, or send us an email to info@pizzasqr.com

In this guide, we are able to advise you on the presence of the following allergens in our food: Eggs, Milk, Fish, Crustaceans (like crayfish), Molluscs (like mussels, oysters & squid), Tree Nuts, Sesame, Cereals Containing Gluten (these are wheat, rye and barley), Soya, Celery & Celeriac, Mustard, Sulphur Dioxide and Sulphites.

PIZZA

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Margherita with buffalo mozzarella	✓			✓			✓		✓						
Margherita	✓			✓			✓		✓						
Veggie supreme	✓			✓			✓		✓						
Ham & mushroom				✓			✓		✓						
Bacon & potato				✓			✓		✓						
Ham & provola cheese				✓			✓		✓						
Chicken & mushroom				✓			✓		✓						
Pepperoni wih buffalo mozzarella				✓			✓		✓						
Apple & cinnamon	✓			✓			✓		✓						
Tuna & sweetcorn				✓			✓		✓					✓	
Tuna & red onion				✓			✓		✓					✓	
Ham & pineapple				✓			✓		✓						
Italian sausage & red pepper				✓			✓		✓						
Bacon & provola cheese				✓			✓		✓						
Meat feast				✓			✓		✓						
Tandoori chicken				✓			✓		✓						
Deluxe Italian				✓			✓		✓						

BAGUETTES

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Chicken caesar & bacon				✓	✓		✓		✓				✓		
Egg & bacon				✓	✓				✓		✓				
Ham & cheese				✓	✓		✓		✓			✓	✓		
Tuna & cucumber				✓			✓		✓					✓	
Posh cheddar & pickle	✓			✓	✓		✓		✓			✓	✓		

WRAPS

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Hoisin duck wrap			✓	✓			✓		✓				✓		
Chicken caesar wrap				✓	✓		✓		✓						
Humous wrap	✓		✓	✓			✓				✓	✓			✓
Italian chicken salad wrap				✓	✓		✓					✓			

TOASTIES

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Tuna melt toastie				✓	✓		✓					✓		✓	
Ham & cheese toastie				✓	✓		✓					✓			
Mozzarella & pomodorino tomatoes toastie	✓			✓			✓								

SANDWICHES

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
PIZZASQR super club				✓	✓		✓								
Egg, mayo & cress	✓			✓	✓		✓				✓				
Ham & cheese				✓			✓								
Tuna & cucumber				✓	✓		✓						✓		
Posh cheddar & pickle				✓	✓		✓					✓			
Ham salad				✓			✓								
Kids - ham				✓			✓								
Kids - cheese	✓			✓			✓								

SALADS

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Italian chicken salad				✓	✓		✓					✓			
Tuna, egg & baby tomato salad					✓		✓					✓		✓	
Chicken & egg salad				✓	✓		✓					✓			
Fresh fruit	✓	✓													
Humous & veg	✓	✓	✓								✓	✓			
Buffalo mozzarella & tomato bowl	✓			✓											
Meatballs & tomato							✓								

SOUPS

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Super tomato	✓			✓							✓				
Leek & potato	✓			✓							✓				
Cream of chicken				✓											

DESSERTS

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Cookie	✓			✓	✓		✓		✓					✓	
Brownie	✓			✓	✓				✓					✓	
Carrot cake	✓			✓			✓							✓	
Blueberry muffin	✓			✓	✓		✓		✓					✓	
Chocolate muffin	✓			✓	✓		✓		✓					✓	
White chocolate & berries muffin	✓			✓	✓		✓		✓					✓	
Jam donut	✓			✓	✓		✓		✓						
RIng donut	✓			✓	✓		✓		✓						
Victoria sponge	✓			✓	✓		✓								
Short bread	✓			✓			✓								

BREAKFAST

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
Apple & cinnamon yogurt	✓			✓			✓								✓
Honey yogurt	✓			✓			✓								✓
Berry yogurt	✓			✓			✓								✓
Original porridge	✓			✓											
Pain au raisin	✓			✓	✓		✓								
Chocolate croissant	✓			✓	✓		✓		✓						
French butter croissant	✓			✓	✓		✓								
Almond croissant	✓			✓	✓		✓								✓

BAKES & ROLLS

PRODUCT	Vegetarian	Vegan	CONTAINS TICKED ALLERGENS												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Moluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Fish	Nuts
British steak bake				✓	✓		✓								
Chicken bake				✓	✓		✓								
Cheese & onion bake	✓			✓	✓		✓								
Sausage roll				✓			✓		✓				✓		
Bacon & egg roll				✓	✓		✓								
Sausage & egg roll				✓	✓		✓								
Egg & pomodorino tomato	✓			✓	✓		✓								