

## **Artorio's Menu Allergen information**

This guide is provided to enable you to make your own decision on menu choice. We are unable to recommend or inform you what is suitable for you to eat. The descriptions on our menus do not include all ingredients or allergens, therefore always check the allergen guide to identify suitable dishes.

The information in this allergen guide is based on supplier specifications and recipe information. **Please be aware that this allergen information is subject to change, therefore ensure that you check it each time you visit. You will need to make sure you personally inform a Manager of your specific allergy dietary requirements, before you place your order. You need to do this every time you dine with us, even if you have previously eaten the dish.** This way we can ensure that extra attention to detail is taken when preparing your meal, in order to help prevent allergen cross-contamination.

Accompaniments and standard garnishes are included, unless specified. Items that are added as an additional self-selection choice or upgrade must be reviewed and added to the base information.

We regularly review the allergen data available to us. Although the circumstances in which a product is made, stored or packaged and distributed may change without our knowledge.

Not all products and dishes are available at all sites and are subject to change without prior warning.

### **Cross-contamination:**

Please be aware that in our kitchen we handle food products containing, celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, mollusc, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide and derivatives of these allergens. Therefore it is impossible to fully guarantee that your meal has not accidentally come into contact with an undeclared allergen.

Cooking equipment (e.g grills, fryers etc) and food preparation areas may be shared. It is possible that any fried items you select from this guide may have been cooked in the same frying oil as items containing allergens, meat and dairy dishes.

Please ask a Manager if you would like additional information regarding our cooking methods and policy. If you are concerned about allergen cross-contamination of the food you wish to order please inform a Manager.

**As part of the legislation on The Provision of Food Information to Consumers, Regulation EU 1169/2011, we only highlight allergenic ingredients if they are intentionally added to a product.**

### **Cereals and Gluten:**

The information in our allergen guide relating to “cereals containing gluten” is applicable to wheat, rye, barley, oats, spelt, kamut and the hybridised strains and products thereof. For identification of these specific cereals containing the gluten. Please request to see the product label/recipe.

We cannot guarantee the total absence of allergens in our dishes.

**Ve** Vegan

**V** Vegetarian

**GFI** Gluten Free Ingredient

**GFIA** Gluten Free Ingredient Alternative



## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S





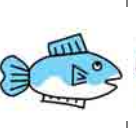
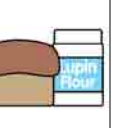




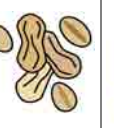

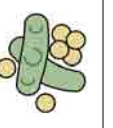

MAIN MENU														
Meze & Starters	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chorizo Cannellini Beans <b>GFI</b>							✓							
Halloumi Lountza <b>GFI</b>							✓							
Kebab Skewer		✓					✓							
Lamb Kofte		✓					✓							
Spicy Meatballs		✓					✓						✓	
Spicy Chicken Wings	✓	✓		✓			✓		✓					
BBQ Ribs <b>GFI</b>									✓				✓	
Gambas Arrabbiata <b>GFI</b>			✓											
Gambas & Garlic <b>GFI</b>			✓				✓							
Calamari		✓		✓				✓						

Salt Cod Croquettes		✓		✓	✓		✓							
Whitebait		✓		✓	✓									
Dolmades <b>V</b> <b>Ve GFI</b>														
Gigantes Beans <b>V Ve</b> <b>GFI</b>													✓	
Halloumi Saganaki <b>V</b> <b>GFI</b>							✓							
Mini Bruschettas <b>V</b>		✓					✓							
Champignons <b>V GFI</b>							✓						✓	
Stuffed Pepper <b>V GFI</b>							✓							





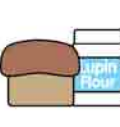


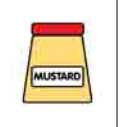


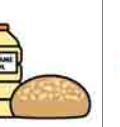
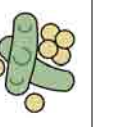







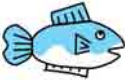
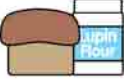








Fries <b>V GFI</b>														
Coleslaw <b>V GFI</b>				✓										

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S





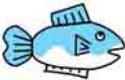
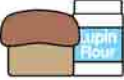








MAIN MENU														
Burgers	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese Deluxe <b>GFIA</b>		✓		✓			✓					✓	✓	
Blues and Bacon <b>GFIA</b>		✓		✓			✓		✓			✓	✓	
Creamy Goat's Cheese <b>GFIA</b>		✓		✓			✓					✓	✓	
BBQ Cheese and Bacon <b>GFIA</b>		✓		✓			✓		✓			✓	✓	
Chicken Club <b>GFIA</b>		✓		✓			✓					✓	✓	
Mount Olympus		✓		✓			✓		✓				✓	

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S

MAIN MENU														
Steaks, Grills & Kebabs	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Kebabs (Souvlaki)		✓					✓						✓	✓
Steak and Kofte		✓					✓							
Steak and Skewer		✓					✓							
Rump Steak <b>GFIA</b>		✓												
Sirloin Steak <b>GFIA</b>		✓												
Surf and Turf <b>GFIA</b>		✓	✓				✓							
Mixed Meat Grill <b>GFIA</b>		✓					✓		✓				✓	

MAIN MENU														
Steak Accompaniments	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bernaise Sauce <b>GFI</b>				✓			✓							
Peppercorn Sauce	✓	✓		✓			✓		✓					
Blue Cheese <b>GFI</b>							✓							




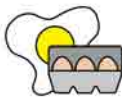

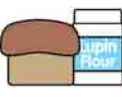








## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S

MAIN MENU														
Specials	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Piri Piri Chicken <b>GFI</b>														✓
Chicken Chorizo <b>GFI</b>				✓			✓			✓			✓	✓
Salmon <b>GFI</b>				✓	✓		✓							✓








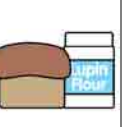




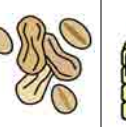
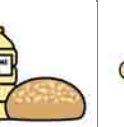
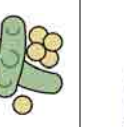

Lamb Kleftiko <b>GFI</b>	✓	✓											✓	✓
Fried Chicken & Rib Combo	✓	✓		✓					✓				✓	✓
Steak Stifado		✓											✓	✓
Rack of Ribs <b>GFI</b>				✓					✓				✓	
BBQ Chicken Melt <b>GFI</b>				✓			✓			✓				✓

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S

MAIN MENU														
Pizzas	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Margherita <b>V</b>		✓					✓						✓	
Americana		✓					✓						✓	



BBQ Chicken		✓		✓			✓		✓	✓			✓	
Four Seasons		✓		✓			✓			✓			✓	
Giardiniera <b>V</b>		✓		✓			✓			✓			✓	
Pollo Pesto		✓		✓			✓			✓			✓	
Chicken Americana Hot		✓		✓			✓			✓			✓	
El Greco		✓					✓						✓	
Spicy Beef		✓					✓						✓	
Spicy Meatballs		✓					✓						✓	

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S

MAIN MENU														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Peinirli														
Peinirli Greek Margherita <b>V</b>		✓					✓						✓	






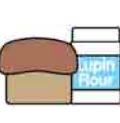




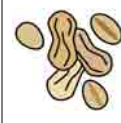



Peinirli Kima		✓		✓			✓						✓	
Peinirli BBQ Chicken		✓		✓			✓		✓	✓			✓	
Peinirli Cheese and Ham		✓					✓						✓	

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S






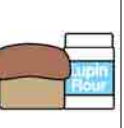


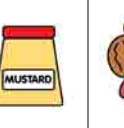
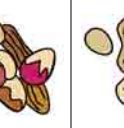
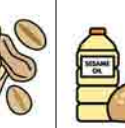
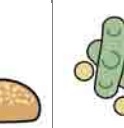


MAIN MENU														
Pasta & Baked Pasta	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

Spicy Diablo Pasta <b>V</b>		✓												
Carbonara Linguine		✓					✓							✓
Spicy King Prawn Linguine		✓	✓											
Chicken Carbonara		✓		✓			✓			✓				✓
Chicken Arrabbiata		✓		✓			✓			✓				
Spicy Meatball Linguine		✓					✓						✓	
Chicken Rusticana		✓		✓			✓			✓			✓	
Salmon Linguine		✓			✓		✓						✓	
Vegetable Lasagne <b>V</b>		✓		✓			✓		✓					✓
Aberdeen Angus Beef Lasagne		✓		✓			✓		✓					✓
Pastitsio		✓					✓		✓					✓

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S





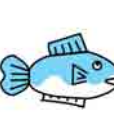
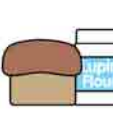


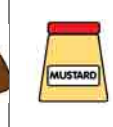

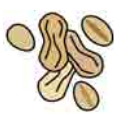



DESSERTS														
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Desserts	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Gold Digger Crunch <b>V</b>		✓		✓			✓						✓	
Cheesecake <b>V</b>		✓		✓			✓							
Chocolate Brownie <b>V</b> <b>GFI</b>				✓			✓						✓	
Warmed Baklava <b>V</b>		✓					✓			✓				
Lumpy Bumpy		✓		✓			✓			✓			✓	
Strawberry Mallow Sundae <b>GFI</b>							✓							
Chocolate and Nut Sundae <b>V</b> <b>GFI</b>							✓			✓	✓		✓	
Choc-O-Lot Challenge <b>GFI</b>							✓						✓	
Limone Frutto Ripieno <b>V</b> <b>Ve</b> <b>GFI</b>														

LUNCH MENU														
Meze Madness	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chorizo Cannellini Beans <b>GFI</b>							✓							
Halloumi Lountza <b>GFI</b>							✓							
Kebab Skewer		✓					✓							
Lamb Kofte		✓					✓							
Spicy Meatballs		✓					✓						✓	
Spicy Chicken Wings	✓	✓		✓			✓		✓					
BBQ Ribs <b>GFI</b>									✓				✓	
Gambas Arrabbiata <b>GFI</b>			✓											
Gambas & Garlic <b>GFI</b>			✓				✓							
Calamari		✓		✓				✓						
Salt Cod Croquettes		✓		✓	✓		✓							

Whitebait		✓		✓	✓									
Dolmades <b>V</b> <b>Ve GFI</b>														
Gigantes Beans <b>V Ve</b> <b>GFI</b>													✓	
Halloumi Saganaki <b>V</b> <b>GFI</b>							✓							
Mini Bruschettas <b>V</b>		✓					✓							
Champignons <b>V GFI</b>							✓						✓	
Stuffed Pepper <b>V GFI</b>							✓							

## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S











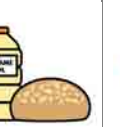
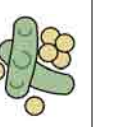

LUNCH MENU														
Sandwiches	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Salad		✓		✓			✓			✓				
Goats Cheese V		✓					✓							
Chicken Caesar		✓		✓	✓		✓		✓	✓				
Bacon and Cheese Melt		✓					✓							







## DISHES AND THEIR ALLERGEN CONTENT - ARTORIO'S

KIDS' MENU														
Main Course	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hamburger GFIA		✓		✓			✓					✓	✓	
Cheese Burger GFIA		✓		✓			✓					✓	✓	
Chicken Nuggets		✓												
Margherita Pizza <b>V</b>		✓					✓						✓	
Pepperoni Pizza		✓					✓						✓	
Kebab Skewer		✓					✓							
Chicken Carbonara		✓					✓			✓				✓

