

# Coppa Club Allergen Information

Autumn/Winter 2020 | Version 1.1

NIBBLES	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Zucchini Fritti	• wheat			◇		◇	◇	•	◇	◇	◇	◇	◇		◇	◇	No
Parmesan Croquettes small / large	• wheat			◇		◇	◇	•	•	◇	◇	◇	◇		No	No	No
Warm Sourdough Bread	• wheat, rye														Yes	Yes	No
Garlic Bread	• wheat														Yes	Yes	No
Rose Harissa Nuts		•	• all tree nuts												Yes	Yes	Yes
Large Green Olives															Yes	Yes	Yes

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STARTERS	This dish contains														Suitable for?		
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<b>Nduja &amp; Pork Ragù</b>	• wheat							•	•			•	•		No	No	No
<b>Truffle Arancini</b>	• wheat			◇		◇	◇	•	•	•	◇	•	•		No	◇	No
<b>Crispy Squid</b>	• wheat			◇		•	◇	◇	•	◇	◇	•	•		No	No	No
<b>Burrata &amp; Caponata</b>			• pine nuts					•					•		No	Yes	Yes
<b>Ham Hock Terrine</b>	• wheat									•			•		No	No	No
<b>Orrechiette</b>	• wheat							•							No	Yes	No
<b>Tuna Carpaccio</b>	• wheat			•									•		No	No	No

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SMALL PLATES	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Devon Crab Salad					•			•							No	No	Yes
Buttermilk Fried Chicken	• wheat			◇		◇	•	•	•	◇	◇	◇	•		No	No	No
Beetroot & Lentil Salad			• hazelnuts				•					•	•		No	Yes	Yes
Crab Linguine	• wheat			•	•			•	•						No	No	No
Seared King Prawns	• wheat				•								•		No	No	No
Carbonara	• wheat							•	•						No	No	No

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MAINS	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Haddock & Salmon Fishcakes	• wheat			•				•	•			•	•		No	No	No
Grilled Whole Lemon Sole	• wheat		• almonds	•				•							No	No	No
Loch Duart Salmon				•								•	•		No	No	Yes
British Flash Steak															No	No	Yes
British Flash Steak with Fries															No	No	Yes
10oz Sirloin Steak															No	No	Yes
Roast Lamb Rump								•							No	No	Yes

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<b>Coppa Club Burger - no bacon</b>	• wheat, oats							•		•		•			No	No	No
<b>Vegan Burger</b>	• wheat, barley, oat									•	•	•	•		Yes	Yes	No
<b>Corn Fed Chicken</b>							•								No	No	Yes
<b>Corn Fed Chicken, Tomatoes, Rocket &amp; Parmesan</b>							•								No	No	Yes

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SALAD	This dish contains														Suitable for?		
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Devon Crab Salad					•			•							No	No	Yes
Grain Bowl										•			•		Yes	Yes	Yes
Grain Bowl with Salmon				•						•			•		No	No	Yes
Grain Bowl with Chicken										•			•		No	No	Yes
Grain Bowl with Halloumi								•		•			•		No	Yes	Yes
Poke Bowl				•						•			•		No	No	Yes
Buddha Bowl							•		•	•			•		No	Yes	Yes
Buddha Bowl with Tuna				•			•		•	•			•		No	No	Yes

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<b>Buddha Bowl with Salmon</b>				•			•		•	•			•		No	No	Yes
<b>Buddha Bowl with Halloumi</b>							•		•	•			•		No	No	Yes
<b>Buddha Bowl with Halloumi</b>							•	•	•	•			•		No	Yes	Yes
<b>Club Caesar</b>	• wheat							•	•	•					No	Yes	No
<b>Club Caesar with Tuna</b>	• wheat			•				•	•	•					No	No	No
<b>Club Caesar with Salmon</b>	• wheat			•				•	•	•					No	No	No
<b>Club Caesar with Chicken</b>	• wheat							•	•	•					No	No	No
<b>Club Caesar with Halloumi</b>	• wheat							•	•	•					No	Yes	No

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Super Greens & Grains Salad							•			•			•		Yes	Yes	Yes
Super Greens & Grains Salad with Tuna				•			•			•			•		No	No	Yes
Super Greens & Grains Salad with Salmon				•			•			•			•		No	No	Yes
Super Greens & Grains Salad with Chicken							•			•			•		No	No	Yes
Super Greens & Grains Salad with Halloumi							•	•		•			•		No	Yes	Yes

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PIZZA	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
<b>Margherita</b>	• wheat							•							No	Yes	No
<b>Margheritta Buffala</b>	• wheat							•							No	Yes	No
<b>Coppa Club Hot</b>	• wheat							•							No	No	No
<b>Pugliese Pizza</b>	• wheat							•					•		No	Yes	No
<b>Parma Ham</b>	• wheat							•							No	No	No

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PASTA	This dish contains														Suitable for?		
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin	Vegan	Vegetarian	Non-Gluten diets
Carbonara	• wheat							•	•						No	No	No
Crab Linguine	• wheat			•	•			•	•						No	No	No
Penne Pomodoro	• wheat							•							No	Yes	No
Penne Pomodoro + Burrata	• wheat							•							No	No	No
Nduja & Pork Ragù	• wheat							•	•			•	•		No	No	No
Orrechiette	• wheat							•							No	Yes	No

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Green Beans			• almonds												Yes	Yes	Yes
Tenderstem Broccoli															Yes	Yes	Yes
House Salad							•			•			•		No	Yes	Yes
Skinny Fries															Yes	Yes	Yes
Truffle Pecorino Fries								•							No	Yes	Yes
add Chimchurri															Yes	Yes	Yes
add Truffle Cream	• wheat							•							No	Yes	No

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