Ingredients and Allergens list

ALLERGENS AND CROSS-CONTAMINATION NOTICE: Please be informed that we will do our best to prevent cross-contamination in our products wherever possible. Unfortunately, some production steps won't allow for products to be kept separate (i.e. oven, blast chiller, fridge). In our kitchen we handle: **celery, cereals containing gluten (such as wheat, rye, barley and oats), eggs, fish, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites, tree nuts**.

Product	Ingredients		Allergens
Carcioffola (Artichoky)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Grilled Artichokes	Grilled Artichokes - Artichokes, sunflower oil, sliced chillies, water, spices, wine vinegar, salt, acidity regulator (citric acid), Antioxidant (ascorbic acid)	
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Smoked Scamorza	Smoked Scamorza - Cows Milk, salt, rennet, lactic ferments, smoke flavouring	**Milk**
Fresh Dynamite	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	
	Rocket	Rocket - Rocket	
Gloria	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Red onion	Red onion - Onion	**Celery**

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Mediterranea	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Sun dried Tomatoes	Sun dried Tomatoes - Sun-dried tomatoes, Sunflower oil, Sea salt, Dried garlic, Dried parsley, Black pepper, Dried basic, White wine vinegar	**Traces of Celery and Sulfur Dioxide**
	Smoked Scamorza	Smoked Scamorza - Cows Milk, salt, rennet, lactic ferments, smoke flavouring	**Milk**

Our Favourite	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**

Vecchia Modena	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Parmesan Cheese	Parmesan Cheese - Milk, Salt, Rennet	**Milk, Egg**
	Balsamic glaze	Balsamic glaze - Concentrated grape must, Wine vinegar, cooked grape must, colorant: caramel, syrup glucose, fructose, water, thickener: modified corn starch, xanthan gum	**Sulphites**

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Crudo	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Parma Ham	Parma Ham - Pork meat, salt	

Devil (Diavola)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	

Fausto	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**
	Red onion	Red onion - Onion	**Celery**

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Four Cheeses	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Smoked Scamorza	Smoked Scamorza - Cows Milk, salt, rennet, lactic ferments, smoke flavouring	**Milk**
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**
	Parmesan Cheese	Parmesan Cheese - Milk, Salt, Rennet	**Milk, Egg**

From the Woods (Boscaiola)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Mushrooms	Mushrooms - Mushrooms 79%, Sunflower oil, water, salt, dextrose, flavourings, parsley, garlic. yeast extract, spices, acidity regulator E330, Antioxidant E300	
	Grilled Ham	Grilled Ham - Pork Meat, Water, Salt, Sugar, Dextrose, Saccharose, Potato Starch, Gelling E407, Flavours, Spices, Antioxidant E301, Preservative E250.	

Funghi	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Mushrooms	Mushrooms - Mushrooms 79%, Sunflower oil, water, salt, dextrose, flavourings, parsley, garlic. yeast extract, spices, acidity regulator E330, Antioxidant E300	

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Ghiottona	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	
	Mixed grilled vegetables	Mixed grilled vegetables - Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%	

Margarlic (Garlic Margherita)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Garlic	Garlic - Garlic	

Margherita	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Parmesan Cheese	Parmesan Cheese - Milk, Salt, Rennet	**Milk, Egg**

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Meat Feast	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	

Moody (Capricciosa)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Grilled Ham	Grilled Ham - Pork Meat, Water, Salt, Sugar, Dextrose, Saccharose, Potato Starch, Gelling E407, Flavours, Spices, Antioxidant E301, Preservative E250.	
	Mushrooms	Mushrooms - Mushrooms 79%, Sunflower oil, water, salt, dextrose, flavourings, parsley, garlic. yeast extract, spices, acidity regulator E330, Antioxidant E300	
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	
	Grilled Artichokes	Grilled Artichokes - Artichokes, sunflower oil, sliced chillies, water, spices, wine vinegar, salt, acidity regulator (citric acid), Antioxidant (ascorbic acid)	

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Pavola	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Mixed grilled vegetables	Mixed grilled vegetables - Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%	

Pico (Pig-o)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Grilled Ham	Grilled Ham - Pork Meat, Water, Salt, Sugar, Dextrose, Saccharose, Potato Starch, Gelling E407, Flavours, Spices, Antioxidant E301, Preservative E250.	
	Garlic	Garlic - Garlic	

Puttanesca	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	
	Anchovies	Anchovies - Anchovies (fish), sunflower oil, salt.	**Fish**
	Capers	Capers - Capers, Water, Salt, Acidity Regulator (Acetic acid)	
	Oregano	Oregano - Oregano	

Ingredients and Allergens list

The Thirsty One	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	
	Tuna	Tuna - Skipjack Tuna (Fish), Sunflower Oil, Salt	**Fish**
	Anchovies	Anchovies - Anchovies (fish), sunflower oil, salt.	**Fish**
	Capers	Capers - Capers, Water, Salt, Acidity Regulator (Acetic acid)	
	Red onion	Red onion - Onion	**Celery**
	Oregano	Oregano - Oregano	

Sara	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Parmesan Cheese	Parmesan Cheese - Milk, Salt, Rennet	**Milk, Egg**
	Balsamic glaze	Balsamic glaze - Concentrated grape must, Wine vinegar, cooked grape must, colorant: caramel, syrup glucose, fructose, water, thickener: modified corn starch, xanthan gum	**Sulphites**

Sempre (Forever)	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Fennel Sausage	Fennel Sausage - Pork meat, Salt, Black Pepper, Fennel Seeds, Garlic, Natural Casing	
	Red onion	Red onion - Onion	**Celery**

Ingredients and Allergens list

Smoky Margherita	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Smoked Scamorza	Smoked Scamorza - Cows Milk, salt, rennet, lactic ferments, smoke flavouring	**Milk**

Stefano	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	
	Red onion	Red onion - Onion	**Celery**
	Mixed grilled vegetables	Mixed grilled vegetables - Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%	

The Breathtaker	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Red onion	Red onion - Onion	**Celery**
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**

Ingredients and Allergens list

The Jack	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Spicy Salame	Spicy Salame - Pork meat, Salt, black pepper, natural spices, and fresh or dried red chili peppers, dextrose, sucroseAscorbic acid or sodium ascorbate (E300/E301), potassium nitrate (E252), and sodium nitrite (E250)	
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	

Veggie	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Red onion	Red onion - Onion	**Celery**
	Mixed grilled vegetables	Mixed grilled vegetables - Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%	
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	

Amatriciana	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Red onion	Red onion - Onion	**Celery**
	Pancetta	Pancetta - Seasoned Pork Bacon, Pork belly, salt, dextrose, spices, natural flavourings, antioxidants, preservatives	
	Parmesan Cheese	Parmesan Cheese - Milk, Salt, Rennet	**Milk, Egg**

Ingredients and Allergens list

Marinara	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Garlic	Garlic - Garlic	
	Oregano	Oregano - Oregano	

Napoli	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Anchovies	Anchovies - Anchovies (fish), sunflower oil, salt.	**Fish**
	Capers	Capers - Capers, Water, Salt, Acidity Regulator (Acetic acid)	
	Oregano	Oregano - Oregano	

Tonno e Cipolla	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Tuna	Tuna - Skipjack Tuna (Fish), Sunflower Oil, Salt	**Fish**
	Anchovies	Anchovies - Anchovies (fish), sunflower oil, salt.	**Fish**
	Capers	Capers - Capers, Water, Salt, Acidity Regulator (Acetic acid)	
	Oregano	Oregano - Oregano	

Ingredients and Allergens list

The Vegan	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Tomato Polpa	Tomato Polpa - Tomatoes, salt	
	Red onion	Red onion - Onion	**Celery**
	Green Olives	Green Olives - Olives, Water, Salt, Acidity Regulator (Citric Acid, Lactic Acid), Antioxidant (Ascorbic Acid)	
	Mixed grilled vegetables	Mixed grilled vegetables - Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%	

Focaccia Genovese	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	

Garlic Focaccia	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Garlic	Garlic - Garlic	

Focaccia 4 cheese	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Fiordilatte Mozzarella	Fiordilatte Mozzarella - Milk, Salt, Vegetarian Rennet, Potato Starch.	**Milk**
	Smoked Scamorza	Smoked Scamorza - Cows Milk, salt, rennet, lactic ferments, smoke flavouring	**Milk**
	Gorgonzola	Gorgonzola - Pasteurized cows milk, salt, rennet	**Milk**

Ingredients and Allergens list

Red onion focaccia	Wheat Strong flour	Wheat Strong flour - Organic white Wheat flour (with statutory nutrients Calcium Carbonate, Nicotinamide, Iron, Thiamine - all not organic)	**Gluten (Wheat)**
	Wheat Manitoba flour	Wheat Manitoba flour - Soft Wheat Flour 00, Calcium Carbonate, Niacin, Iron, Thiamine	**Gluten, Wheat, traces of Soy and Mustard**
	Wholemeal Spelt Flour	Wholemeal Spelt Flour - Organic wholemeal SPELT flour	**Gluten (Spelt)**
	Durum wheat re-milled semola	Durum wheat re-milled semola - Durum Wheat	**Traces of Soy and Mustard**
	Yeast	Yeast - Bakers yeast (saccharomyces cerevisiae) Emulsifier E491 Sorbitan Monostearate	
	Salt	Salt - Salt, Anti-Caking Agent (Sodium Ferrocyanide)	
	Diastatic Malt	Diastatic Malt - Malted barley	**Gluten, Barley**
	Extra virgin Olive Oil	Extra virgin Olive Oil - Extra virgin olive oil	
	Red onion	Red onion - Onion	**Celery**