

MIMMOS[®]
eatalian

**CONSUMER PROTECTION ACT 68 OF
2008**

REGULATION – R146

**MENU ITEMS: LIST OF INGREDIENTS
UP DATED JUNE 2011**

NOTICE

The Consumer Protection Act came into effect on the 1st April 2011. We have prepared this document to assist you in complying with the regulations and the requirements provided for under the act.

It is a requirement of the Consumer Protection Act that this document be made available to any customer requesting a breakdown of ingredients of any item that is for sale on your premises.

Accordingly you are required to keep this document at hand, in order that you are able to facilitate a client's request, should it occur. (The client may in no way be given this document to remove from the premises, it is purely for use as reference on the premises).

This document is a working document and will be updated on an ongoing basis, as and when the implications of the Consumer Protection Act become clearer to the market and our business.

Should you have any queries with regards to the Consumer Protection Act, you can contact our offices for further assistance.

Regards,
The Mimmos Team.

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1. INGREDIENTS AND POTENTIAL ALLERGENS

1.1 PROVISIONS OF THE CONSUMER PROTECTION ACT (CPA):

The Consumer Protection Act requires that all risks pertaining to a product should be communicated to the customer.

The Act reads as follows:

Warning concerning fact and nature and of risks,

Section 58 (1) The supplier of any activity or facility that is subject to any-

- (a) Risk of an unusual character or nature
- (b) Risk of which a consumer could not reasonably be expected to be aware, or which an ordinarily alert consumer could not reasonably be expected to contemplate, in the circumstances, or
- (c) Risk that could result in serious injury or death

Must specifically draw the fact, nature and potential effect of that risk to the attention of consumers in a form and manner that meets the standards set out in section 49.

Section 49 (3) and (4) requires that this is done in plain language in a conspicuous manner and form that is likely to draw attention of the consumer.

Under the CPA an allergen would be regarded as a risk.

1.2 LAYOUT OF THE INGREDIENTS AND POTENTIAL ALLERGENS:

- The items name appears first, for example Margherita followed by the list of ingredients, in order of mass.
- The main ingredients are indicated with the first letter being in a capital letter (if the main ingredient is two words both words first letters are in capitals).
- All ingredients are separated by a (,).
- Allergens are represented by ingredients placed in brackets (), for example (Wheat & flour).
- Compound ingredients follow the main ingredients and are written in brackets and separated by a (,). For example, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

What are the allergens that can be found in food?

- Egg
- Milk
- Shellfish
- Fish
- Peanuts
- Soya
- Tree nuts
- Wheat (oats, barley, rye)
- Gluten (found in wheat)

2. STARTERS

2.1 FOCCACCIA

(Wheat & flour), yeast, vegetable oil, brown sugar, salt water, garlic, vegetable oil, origanum.

2.2 HALOUMI CHEESE

Haloumi cheese, lemon wedge, Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), vegetable oil.

2.3 CRUMBED MUSHROOMS

Button mushrooms, (egg), bread crumbs, ouma rusks, Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), chicken spice, vegetable oil.

2.4 CHICKEN STRIPS

Chicken breasts, (wheat & flour), bread crumbs, ouma rusks, , (egg), Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), chicken spice, vegetable oil.

2.5 CHICKEN WINGS

Chicken wings, Honey Mustard Sauce (water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate).

2.6 SNAILS

Butter, (wheat & flour), (milk), cream, snails, parsley, garlic crushed, brown bread parmesan cheese, nutmeg, white pepper.

2.7 CALAMARI HEADS

(Calamari), (wheat and flour), Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), lemon wedge, fish spice, origanum.

2.8 CALAMARI STARTER

(Calamari), lemon wedge, Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter, lemon juice, fresh cream, vegetable oil, fish spice, aromat.

3. SALADS

3.1 ITALIAN SALAD

Lettuce, tomato, cucumber, green pepper, onions, carrots, mozzarella cheese, olives, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

3.2 GREEK SALAD

Lettuce, tomato, cucumber, green pepper, onions, carrots, feta cheese, olives, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

3.3 MIMMOS SALAD

Lettuce, tomato, cucumber, green pepper, onions, carrots, smoked chicken, (mixed nuts), pineapple, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

3.4 SORRENTO SALAD

Lettuce, tomato, cucumber, green pepper, onions, carrots, chicken breast, cajun spice, vegetable oil, avocado, spring onion, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

3.5 HALOUMI SALAD

Lettuce, tomato, cucumber, green pepper, onions, carrots, haloumi cheese, bacon, (mixed nuts), Peppadews, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet, sodium benzoate, antioxidants, spice, vegetable oil).

3.6 SALAD PIZZA

(Wheat & flour), water, vegetable oil, brown sugar, salt, yeast, origanum, cherry tomatoes, haloumi cheese, rocket, lettuce, cucumber, green pepper, onions, carrots, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch), olive vegetable oil.

4. PIZZA AND PIZZA PIES

4.1 MARGHERITA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) water, vegetable oil brown sugar, salt, yeast, origanum.

4.2 GIARDINO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), aubergines, (milk), green peppers, sun dried tomatoes, feta cheese, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.3 VEGETARIAN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, onions, green pepper, olives, garlic crushed, Peppadews, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.4 FOUR CHEESE & CHERRY TOMATOES

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), mature cheddar cheese, feta cheese, haloumi cheese, cherry tomatoes, rocket, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch), water, vegetable oil, brown sugar, salt, yeast, origanum.

4.5 ROMANA FETA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, garlic crushed, feta cheese, rocket, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch)), water, vegetable oil brown sugar, salt, yeast, origanum.

4.6 SICILIANA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) water, vegetable oil, brown sugar, salt, yeast, origanum, anchovies, capers, olives.

4.7 SEAFOOD

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), (prawn tails), (calamari), (mussel meat), (crab sticks), garlic crushed, rocket, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch), water, vegetable oil, brown sugar, salt, yeast, origanum.

4.8 MARINATED CHICKEN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), water, vegetable oil, aromat, paprika, curry powder, brown sugar, salt, yeast, origanum.

4.9 CHICKEN MAESTRO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil, button mushrooms, onions, avocado, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.10 CHICKEN ORIENTAL

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), pineapple, bacon, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.11 CHICKEN ORIENTAL

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), pineapple, bacon, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.12 TIKKA CHICKEN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Tikka Sauce (Water, lemon juice, fresh yoghurt, sunflower vegetable oil, tomato paste, milk powder, hvp, spices, salt, onions, modified starch, white grape juice, acidifier, potassium sorbet, sodium benzoate), vegetable oil, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.13 SWEET & SOUR CHICKEN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), cheddar cheese, green pepper, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.14 BBQ & SMOKED CHICKEN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Barbeque Sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), cheddar cheese, smoked chicken, vegetable oil, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.15 MARCO POLLO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, mayonnaise, vegetable oil, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.16 CHICKEN TROPICAL

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Barbeque Sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), pineapple, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.17 REGINA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, ham, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.18 HAWAIIAN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), pineapple, ham, water, vegetable oil, brown sugar, salt, yeast, origanum, origanum.

4.19 BIANCA PARMA

(Wheat & flour), mozzarella cheese, parma ham, cherry tomatoes, rocket, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch), water, vegetable oil, brown sugar, salt, yeast, origanum.

4.20 QUATRO STAGIONI

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), ham, button mushrooms, artichokes, olives water, vegetable oil, brown sugar, salt, yeast, origanum.

4.21 MONTENARA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, water, vegetable oil, bacon brown sugar, salt, yeast, origanum.

4.22 TUSCANY

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), bacon, button mushrooms, avocado, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.23 RUSTICA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), water, vegetable oil, bacon, onions, jalapeno chillies, aromat, paprika, curry powder brown sugar, salt, yeast, origanum.

4.24 SPARE RIB

(Wheat & flour), mozzarella cheese, Spare Rib, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), water, vegetable oil, brown sugar, salt, yeast, origanum.

4.25 STEAK AND MUSHROOM

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), topside beef, Barbeque Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), button mushrooms, onions, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.26 MEXICANA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), mince meat, whole peeled tomato, carrots, celery, butter, aromat, bay leaves, onion, green pepper, fresh chillies, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.27 ALLA ANDREA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), salami, button mushrooms, olives, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.28 TUTTO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), ham, bacon, salami, button mushrooms, garlic crushed, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.29 POMPEI

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil, chourico sausage, green peppers, peppadews, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.30 LUCKY LUCIANO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), bacon, button mushrooms, vegetable oil, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.31 CALZONE 1

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) water, vegetable oil, brown sugar, salt, yeast, origanum, button mushrooms, onions, garlic crushed, fresh chilli.

4.32 CALZONE 2

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), cheddar cheese, bacon, water, vegetable oil, aromat, paprika, curry powder, brown sugar, salt, yeast, origanum.

4.33 CALZONE 3

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), beef mince, green peppers, garlic crushed, fresh chilli, water, vegetable oil, brown sugar, salt, yeast, origanum.

4.34 CALZONE 4

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Barbeque Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), smoked chicken, peppadews water, vegetable oil, aromat, paprika, curry powder, brown sugar, salt, yeast, origanum.

4.35 CALZONE 5

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Tikka Sauce (Water, lemon juice, fresh yoghurt, sunflower vegetable oil, tomato paste, milk powder, hvp, spices, salt, onions, modified starch, white grape juice, acidifier, potassium sorbet, sodium benzoate), aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

5. PASTA

5.1 NAPOLITANA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, salt, parmesan cheese.

5.2 ARRABIATA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, salt, parmesan cheese chilli fresh.

5.3 CALAMATA FETA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, olives, garlic crushed, feta cheese, rocket, chillies fresh, salt, parmesan cheese.

5.4 MARIANNA'S

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, olive vegetable oil, salt, garlic crushed, jalapeno chillies, button mushrooms, sun dried tomatoes, aubergines, (milk), feta cheese, parmesan cheese.

5.5 CAPRI

Pasta Dried ((durum wheat), (semolina)), water, beef topside, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (wheat & flour), (milk), button mushrooms, butter, vegetable oil, salt, nutmeg, white pepper, parmesan cheese.

5.6 BOLOGNAISE

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, olive vegetable oil, beef mince meat, carrots, onions, celery, butter, whole peeled tomatoes, arom, bay leaves, salt, parmesan cheese.

5.7 ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, (wheat & flour), vegetable oil, butter, (milk), nutmeg, white pepper, button mushrooms, ham, pepper black, salt, parmesan cheese.

5.8 CHICKEN ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, chicken breast, (wheat & flour), Basting sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), aromat, paprika, curry powder, button mushrooms, butter, (milk), nutmeg, white pepper, ground black pepper, salt, parmesan cheese.

5.9 MEXICANA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), beef mince meat, vegetable oil, (wheat & flour), butter, (milk), nutmeg, ground white pepper, carrots, onions, celery, olive vegetable oil, whole peeled tomato, aromat bay leaves, fresh chillies, salt, parmesan cheese.

5.10 ALLA LUCA

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, chicken breast, Basting Sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), aromat, paprika, curry powder, spinach, button mushrooms, garlic crushed, salt, parmesan cheese.

5.11 GABRIELLA'S

Pasta Dried ((durum wheat), (semolina)), water, chicken breast, vegetable oil, olive vegetable oil, garlic crushed, jalapeno chillies, button mushrooms, sundried tomatoes, aubergines, (milk), (wheat & flour), feta cheese, cajun spice, peppadews, salt, parmesan cheese.

5.12 FLAMING SAMBUCA BEEF PASTA

Pasta Dried ((durum wheat), (semolina)), water, beef strips, sambuca white, butter, (wheat & flour), (milk), onions, spinach, garlic crushed, fresh chilli, salt, nutmeg, ground white pepper parmesan cheese.

5.13 FLAMING TEQUILA CHICKEN PASTA

Pasta Dried ((durum wheat), (semolina)), water, chicken breast, tequila gold, butter, (wheat & flour), (milk), onions, button mushrooms, garlic crushed, fresh chilli, salt, nutmeg, ground white pepper, parmesan cheese.

5.14 SEAFOOD ALA CREMA

Pasta Dried ((durum wheat), (semolina)), water, butter, (wheat & flour), (milk), (calamari), (mussel meat), (crab sticks), (prawn meat), garlic crushed, fresh chilli, salt, fish spice nutmeg, ground white pepper, parmesan cheese.

5.15 PANZEROTI

Pasta fresh ((durum wheat), (semolina)), water, ricotta cheese, spinach, butter, (wheat & flour), (milk), Neapolitan Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), salt, nutmeg, ground white pepper, parmesan cheese.

5.16 MACARONI CHEESE

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, bacon, cheddar cheese, mozzarella cheese, (wheat & flour), butter, (milk), nutmeg, white pepper, salt, parmesan cheese.

5.17 MACARONI CHICKEN

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, button mushrooms, smoked chicken, mozzarella cheese, (wheat & flour), butter, (milk), nutmeg, white pepper, salt, parmesan cheese.

5.18 MEAT LASAGNE

Pasta Dried ((durum wheat), (semolina)), Bolognese (whole peeled tomato, beef mince, (milk) red Wine, vegetable oil, onion, carrot, celery, tomato paste, butter, dark soya, garlic crushed, chicken stock powder, bay leaves, salt, ground white pepper), butter, (wheat & flour), (milk) vegetable oil, mozzarella cheese, nutmeg, ground white pepper.

6. GRILLS

6.1 LADIES STEAK

Beef rump/sirloin steak, potato chips or rice, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate,), (acidity regulator, salts, phosphates), vegetable oil.

6.2 RUMP

Beef rump steak, potato chips or rice, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (acidity regulator, salts, phosphates), vegetable oil.

6.3 RIBS

Pork Ribs, potato chips or rice Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

6.4 T-BONE STEAK

Beef T-bone steak, chips or rice, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

6.5 CHICKEN HALF CHICKEN

Half Chicken, chips or rice, vegetable oil. Lemon and Herb Basting (Sugar, Vinegar, grape, salt, spices, msg, herbs, lemon, potassium sorbate, sodium benzoate). Peri Prego Basting (Water, cottonseed vegetable oil, spices, sugar, salt, msg, stabilizer E415, garlic, lemon, grape, spice vegetable oil, potassium sorbate, sodium benzoate, herbs, antioxidants). Barbeque Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate).

6.6 CHICKEN KEBABS

Chicken breast, potato chips or rice, onion, green pepper, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Honey Mustard sauce (Water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), vegetable oil.

6.7 CHICKEN SCHNITZEL

Chicken breast, potato chips or rice, bread crumbs, ouma rusks, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (egg), (wheat & flour), chicken spice, vegetable oil.

6.8 CHEESE AVO SCHNITZEL

Chicken breast, potato chips or rice, bread crumbs, ouma rusks, (egg), (wheat & flour), butter, cheddar cheese, (milk), avocado, nutmeg, ground white pepper, chicken spice, vegetable oil.

6.9 CHICKEN BREASTS

Chicken breasts, potato chips or rice, lemon wedge, vegetable oil, origanum.

6.10 CALAMARI

(Calamari), potato chips or rice, lemon wedge, cream, Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter, lemon juice, fish spice, aromat.

6.11 GRILLED HAKE

(Hake fillet), potato chips or rice, lemon wedge, (wheat & flour), Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter salted, lemon juice, cream, vegetable oil, fish spice, aromat, origanum.

GRILL EXTRAS

6.12 MUSHROOM SAUCE

Button mushrooms, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate) butter, (wheat & flour), (milk), nutmeg, ground white pepper.

6.13 PEPPER SAUCE

Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), butter, (wheat & flour), (milk), ground black pepper, nutmeg, ground white pepper.

6.14 GARLIC SAUCE

Butter, (wheat & flour), (milk), garlic crushed, nutmeg, ground white pepper.

6.15 CHEESE SAUCE

Cheddar cheese, butter, (wheat & flour), (milk), nutmeg, ground white pepper.

6.16 ONION RINGS

Onions, (wheat & flour), lemonade, vegetable oil.

6.17 SIDE PLATE OF VEGETABLES

Spinach, butternut, (wheat & flour), butter, (milk), cream, garlic crushed, vegetable oil, sugar, salt, nutmeg, ground white pepper.

7. KIDS MENU

7.1 SPAGETTI BOLOGNAISE

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, olive vegetable oil, beef mince meat, carrots, onions, celery, butter, whole peeled tomatoes, arom, bay leaves, salt, parmesan cheese.

7.2 CHICKEN STRIPS

Chicken breasts, (wheat & flour), bread crumbs, ooma rusks, , (egg), Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chillies, spices, sulphure dioxide, sodium benzoate), chicken spice, vegetable oil, Tomato Sauce (tomato paste, cane sugar, vinegar, salt, spices, citric acid (E330)).

7.3 PIZZA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) water, vegetable oil brown sugar, salt, yeast, origanum.

7.4 FISH FINGERS

Fish Fingers, potato chips, Tomato Sauce (tomato paste, cane sugar, vinegar, salt, spices, citric acid (E330)).

7.5 RIBS

Pork Ribs, potato chips, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil, Tomato Sauce (tomato paste, cane sugar, vinegar, salt, spices, citric acid (E330)).

7.6 ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, (wheat & flour), vegetable oil, butter, (milk), nutmeg, white pepper, button mushrooms, ham, pepper black, salt, parmesan cheese.

7.7 CHICKEN ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, chicken breast, (wheat & flour), Basting sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), arom, paprika, curry powder, button mushrooms, butter , (milk), nutmeg, white pepper, ground black pepper, salt, parmesan cheese.

7.8 VIENNAS

Vienna's (Meat (pork/beef/poultry), H₂O, starch, salt, vegetable protein, phosphates, spices, flavour enhancer (msg), antioxidant, preservative: sodium nitrate, potato chips, Tomato Sauce (tomato paste, cane sugar, vinegar, salt, spices, citric acid (E330))).

8. DESERTS

8.1 ICE CREAM AND HOT CHOCOLATE SAUCE

8.2 ITALIAN KISSES

8.3 CHOCOLATE BROWNIES

Chocolate Brownies ((white flour), (whole meal flour), vegetable oil, whole (eggs), sugar, cocoa powder, sesame seeds, salt, baking powder, vanilla essence, caramel essence.

8.4 MALVA PUDDING

(Flour), castor sugar, apricot jam, (eggs), (milk), margarine, bicarbonate of soda, vinegar, white sugar, cream, vanilla essence, water.

8.5 CREME BRULE

Crème Brulee Mix (Sugar, corn starch, (egg), modified tapioca starch, thickener (E407), flavourant, colourant (E124, E102, E110), fresh cream, (milk), sugar.

8.6 STICKY TOFFEE PUDDING

(Flour), brown sugar, (eggs), margarine, vanilla essence, dates, bicarbonate of soda, water, cream, (milk).

9. SPECIALS – DOUBLE DEAL (RIB)

9.1 RIB & CHICKEN SCHNITZEL

Pork Ribs, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

Chicken breast, bread crumbs, ouma rusks, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (egg), (wheat & flour), chicken spice, vegetable oil, potato chips.

9.2 RIB & CHICKEN WINGS

Pork Ribs, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

Chicken wings, Honey Mustard Sauce (water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), potato chips.

9.3 RIB & CHICKEN BREAST

Pork Ribs, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

Chicken breasts, lemon wedge, vegetable oil, origanum, potato chips.

9.4 RIB & CHICKEN KEBABS

Pork Ribs, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

Chicken breast, onion, green pepper, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Honey Mustard sauce (Water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), vegetable oil, potato chips.

10. SPECIALS – DOUBLE DEAL (EATALIAN STEAK)

10.1 EATALIAN STEAK & CHICKEN KEBABS

Beef rump/sirloin steak, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Spice Mix (Sucrose, salt, bell peppers, onion, mustard, coriander, cereal, garlic, flavorings, caraway flavor enhancer, spice extracts, acidity regulator, colorants, tartrazine, irradiated ingredients), (acidity regulator, salts, phosphates), vegetable oil.

Chicken breast, onion, green pepper, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Honey Mustard sauce (Water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), vegetable oil, potato chips.

10.2 EATALIAN STEAK & CALAMARI

Beef rump/sirloin steak, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Spice Mix (Sucrose, salt, bell peppers, onion, mustard, coriander, cereal, garlic, flavorings, caraway flavor enhancer, spice extracts, acidity regulator, colorants, tartrazine, irradiated ingredients), (acidity regulator, salts, phosphates), vegetable oil.

(Calamari), lemon wedge, Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter, lemon juice, fresh cream, vegetable oil, fish spice, aromat, potato chips.

10.3 EATALIAN STEAK & PRAWNS

Beef rump/sirloin steak, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Spice Mix (Sucrose, salt, bell peppers, onion, mustard, coriander, cereal, garlic, flavorings, caraway flavor enhancer, spice extracts, acidity regulator, colorants, tartrazine, irradiated ingredients), (acidity regulator, salts, phosphates), vegetable oil.

(Queen prawns), prawn marinade (water, dry white wine, crushed garlic, paprika, fish spice, bay leaves), fresh lemon, vegetable oil, potato chips.

10.4 EATALIAN STEAK & CHICKEN WINGS

Beef rump/sirloin steak, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Spice Mix (Sucrose, salt, bell peppers, onion, mustard, coriander, cereal, garlic, flavorings, caraway flavor enhancer, spice extracts, acidity regulator, colorants, tartrazine, irradiated ingredients), (acidity regulator, salts, phosphates), vegetable oil.

Chicken wings, Honey Mustard Sauce (water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), potato chips.

10.5 EATALIAN STEAK & RIBS

Beef rump/sirloin steak, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Spice Mix (Sucrose, salt, bell peppers, onion, mustard, coriander, cereal, garlic, flavorings, caraway flavor enhancer, spice extracts, acidity regulator, colorants, tartrazine, irradiated ingredients), (acidity regulator, salts, phosphates), vegetable oil.

Pork Ribs, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil, potato chips.

11. SPECIALS – PANZOOKIE

11.1 CHOCOLATE CHIP

Cookie dough ((wheaten flour), sugar, choc chunks (sucrose, cocoa mass, cocoa butter, emulsifiers (soya)), vegetable shortening (vegetable fat (Palm), water, whey (derived from milk), salt, emulsifiers (soya)), preservative (sodium benzonate), flavourant, acidifying agent, vitamins A & D, antioxidant (TBHQ), corn syrup, butter (derived from dairy), corn starch, raising agents, whole (egg), salt, cocoa, treacle, flavourant “This manufacturing plant produces products that contain tree and ground nuts”).

11.2 CHOCOLATE FUDGE

Cookie dough ((wheaten flour), sugar, choc chunks (sucrose, cocoa mass, cocoa butter, emulsifiers (soya)), vegetable shortening (vegetable fat (Palm), water, whey (derived from milk), salt, emulsifiers (soya)), preservative (sodium benzonate), flavourant, acidifying agent, vitamins A & D, antioxidant (TBHQ), cocoa, water, corn syrup, invert syrup, whole (egg), raising agents, corn starch, salt, flavourant “This manufacturing plant produces products that contain tree and ground nuts”).

12. SPECIALS – LUNCH MENU

PIZZA

12.1 MARGHERITA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) water, vegetable oil brown sugar, salt, yeast, origanum.

12.2 VEGETARIAN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, onions, green pepper, olives, garlic crushed, Peppadews, water, vegetable oil, brown sugar, salt, yeast, origanum.

12.3 REGINA

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), button mushrooms, ham, water, vegetable oil, brown sugar, salt, yeast, origanum.

12.4 MARINATED CHICKEN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), water, vegetable oil, aromat, paprika, curry powder, brown sugar, salt, yeast, origanum.

12.5 SPARE RIB

(Wheat & flour), mozzarella cheese Spare Rib, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil) Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), water, vegetable oil, brown sugar, salt, yeast, origanum.

12.6 HAWAIIAN

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), pineapple, ham, water, vegetable oil, brown sugar, salt, yeast, origanum, origanum.

12.7 LUCKY LUCIANO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Sweet and Sour Sauce (Water, sugar, apricot jam, modified starch, salt, pineapple juice, spices, flavor enhancers, garlic, thickener, potassium sorbet, sodium benzoate), bacon, button mushrooms, vegetable oil, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

12.8 TUTTO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), ham, bacon, salami, button mushrooms, garlic crushed, water, vegetable oil, brown sugar, salt, yeast, origanum.

12.9 CHICKEN MAESTRO

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), chicken breast, Basting Sauce (water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil, button mushrooms, onions, avocado, aromat, paprika, curry powder, water, vegetable oil, brown sugar, salt, yeast, origanum.

12.10 FOUR CHEESE & CHERRY TOMATOES

(Wheat & flour), mozzarella cheese, Pizza Tomato Sauce (Crushed tomato, olive vegetable oil, salt, onion, oregano, basil), mature cheddar cheese, feta cheese, haloumi cheese, cherry tomatoes, rocket, Balsamic Cream (concentrated grape must, aceto balsamico di Modena pgi 20%, wine vinegar, concentrate grape must, caramel e 150d, modified starch), water, vegetable oil, brown sugar, salt, yeast, origanum.

PASTA

12.11 NAPOLITANA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, salt, parmesan cheese.

12.12 ARRABIATA

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, salt, parmesan cheese chilli fresh.

12.13 BOLOGNAISE

Pasta Dried ((durum wheat), (semolina)), water, Napoletana Sauce (whole peeled tomato, water, onions, tomato paste, vegetable stock powder, vegetable oil, garlic crushed, basil, brown sugar, salt), vegetable oil, olive vegetable oil, beef mince meat, carrots, onions, celery, butter, whole peeled tomatoes, aromat, bay leaves, salt, parmesan cheese.

12.14 ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, (wheat & flour), vegetable oil, butter, (milk), nutmeg, white pepper, button mushrooms, ham, pepper black, salt, parmesan cheese.

12.15 CHICKEN ALFREDO

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, chicken breast, (wheat & flour), Basting sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), aromat, paprika, curry powder, button mushrooms, butter , (milk), nutmeg, white pepper, ground black pepper, salt, parmesan cheese.

12.16 ALLA LUCA

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, chicken breast, Basting Sauce (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), aromat, paprika, curry powder, spinach, button mushrooms, garlic crushed, salt, parmesan cheese.

12.17 GABRIELLA'S

Pasta Dried ((durum wheat), (semolina)), water, chicken breast, vegetable oil, olive vegetable oil, garlic crushed, jalapeno chillies, button mushrooms, sundried tomatoes, aubergines, (milk), (wheat & flour), feta cheese, cajun spice, peppadews, salt, parmesan cheese.

12.18 MARIANNA'S

Pasta Dried ((durum wheat), (semolina)), water, vegetable oil, olive vegetable oil, salt, garlic crushed, jalapeno chillies, button mushrooms, sun dried tomatoes, aubergines, (milk), feta cheese, parmesan cheese.

GRILLS

12.19 CHICKEN KEBABS

Chicken breast, potato chips or rice, onion green pepper, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), Honey Mustard sauce (Water, vegetable oil, sugar, salt, spices, ultratex acetic acid, xanthan gum, onion, potassium sorbate, sodium benzoate), vegetable oil.

12.20 CHICKEN SCHNITZEL

Chicken breast, potato chips or rice, bread crumbs, ouma rusks, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (egg), (wheat & flour), chicken spice, vegetable oil.

12.21 CHICKEN BREASTS

Chicken breasts, potato chips or rice, lemon wedge, vegetable oil, origanum.

12.22 LADIES STEAK

Beef rump/sirloin steak, potato chips or rice, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), (acidity regulator, salts, phosphates), vegetable oil.

12.23 GRILLED HAKE

(Hake fillet), potato chips or rice, lemon wedge, (wheat & flour), Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter salted, lemon juice, cream, vegetable oil, fish spice, aromat, origanum.

12.24 T-BONE STEAK

Beef T-bone steak, chips or rice, Basting (Water, chutney, sugar, onions, salt, molasses acetic acid, spice, mustard, modified food starch, glucose, lemon, caramel, xanthan gum paste, msg, hvp, garlic, sodium benzoate), vegetable oil.

12.25 BUSINESS LUNCHTIME PLATTER

Chicken breasts, (wheat & flour), bread crumbs, ouma rusks, , (egg), Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), chicken spice, vegetable oil.

Haloumi cheese, lemon wedge, Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), vegetable oil.

(Calamari), lemon wedge, Tartare Sauce (mayonnaise, lemon juice, dill cucumber, onion, salt, ground black pepper), butter, lemon juice, fresh cream, vegetable oil, fish spice, aromat.

Potato chips or rice

12.26 EXECUTIVE LUNCHTIME PLATTER

Chicken breasts, (wheat & flour), bread crumbs, ouma rusks, , (egg), Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), chicken spice, vegetable oil. Potato chips or rice.

Haloumi cheese, lemon wedge, Sweet Chilli Sauce (water, sugar, vinegar, corn starch, salt, onion, garlic, chilies, spices, sulphure dioxide, sodium benzoate), vegetable oil. Chourico sausage, vegetable oil.

SALADINI'S

12.27 GREEK SALADINI

(Wheat & flour), yeast, vegetable oil, brown sugar, salt water, garlic, vegetable oil, origanum.

Lettuce, tomato, cucumber, green pepper, onions, carrots, feta cheese, olives, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet , sodium benzoate, antioxidants, spice, vegetable oil).

12.28 MIMMOS SALADINI

(Wheat & flour), yeast, vegetable oil, brown sugar, salt water, garlic, vegetable oil, organum.

Lettuce, tomato, cucumber, green pepper, onions, carrots, smoked chicken, (mixed nuts), pineapple, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet , sodium benzoate, antioxidants, spice, vegetable oil).

12.29 SORRENTO SALADINI

(Wheat & flour), yeast, vegetable oil, brown sugar, salt water, garlic, vegetable oil, organum.

Lettuce, tomato, cucumber, green pepper, onions, carrots, chicken breast, cajun spice, vegetable oil, avocado, spring onion, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet , sodium benzoate, antioxidants, spice, vegetable oil).

12.30 HALOUMI SALADINI

(Wheat & flour), yeast, vegetable oil, brown sugar, salt water, garlic, vegetable oil, organum.

Lettuce, tomato, cucumber, green pepper, onions, carrots, haloumi cheese, bacon, (mixed nuts), Peppadews, Salad Dressing (water, cotton vegetable oil, vinegar, sugar, salt, spices, garlic, msg, onion, emulsifier E415, herbs, celery, stabilizer herb, potassium sorbet , sodium benzoate, antioxidants, spice, vegetable oil).