

**ALERGENS & FOOD ADDITIVES**

<b>MENU</b>	<b>CELERY</b>	<b>CEREALS CONTAINING GLUTEN</b>	<b>CURUSTACEANS</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>MOLLUSCS</b>	<b>MUSTARD</b>	<b>NUTS</b>	<b>LUPIN</b>	<b>PEANUTS</b>	<b>SESAME SEEDS</b>	<b>SOYA</b>	<b>SULPHUR DIOXIDE</b>
	<b>STARTER</b>													
SOUP OF THE DAY	✓	✓		✓		✓								
LENTIL SOUP ( gluten free )	✓					✓								
VEGETABLE SOUP	✓													
GARLIC BREAD		✓		✓		✓			✓		✓			
SEAFOOD MEDLEY			✓		✓		✓							
ASIAN CRISPY CHICKEN		✓		✓				✓					✓	
SEAFOOD COMBO		✓	✓	✓	✓	✓	✓							
CRISPY COMBO PLATE		✓		✓		✓		✓					✓	
GRILLED HALLOMI CHEESE						✓			✓		✓			
TURKISH CHEESE PLATE						✓		✓		✓				
PRAWN COCTAIL			✓	✓	✓			✓						
SMOKED SALMON					✓				✓		✓			
CRISPY CALAMARI		✓			✓	✓	✓							
GRILLED PRAWNS			✓		✓	✓								
VEG FRIED						✓								
RAVIOLI ( FIVE OF CHEESE )		✓		✓		✓			✓		✓			
CRAB		✓	✓	✓	✓			✓						
<b>PASTA</b>														
PENNE ARABIATTA	✓	✓		✓		✓								
PENNE ( GLUTEN FREE )	✓			✓		✓								
FETTUCCINE ALFREDO		✓		✓		✓								
SEAFOOD LINGUNE	✓	✓	✓	✓	✓	✓	✓		✓		✓			
SPAGETTÌ BOLENEZ	✓	✓		✓		✓								
SPAGETTÌ NAPOLITAN	✓	✓		✓		✓								
SHRIMPS LINGUINE	✓	✓	✓	✓	✓	✓			✓		✓			
PORCINI RISOTTO	✓					✓								
SEAFOOD RISOTTO	✓		✓		✓	✓	✓							
<b>SALADS</b>														
TUNA SALAD					✓			✓						
MEDITERRANEAN SALAD WITH SALMON					✓			✓						
CAESAR SALAD		✓				✓		✓						
LA QUINTA SALAD						✓		✓	✓		✓			
QUINOA SALAD						✓		✓						
GREEK SALAD						✓		✓						
SHEPHERDS SALAD								✓						
CHEF'S SALAD						✓		✓						

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