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MENU ITEM				STUDY S	se ver					/	/	DESCRIPTION
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ACT I												
Garlic Cheese Bread	•		•			•		•				Dairy in cheese, bread is toasted with garlic butter
Bagna Cada			•			•		•	•			Butter,cream, garlic and anchoives in sauce, none is removable
Whipped Ricotta	•		•		•	•		•				Nuts are removable, garlic in gremolta, but is removable but not recommended
Calabrian Calamari						•		•		•	•	Buttermilk marinated. Squid is a cephalopod mollusc. Chilies are in the marinade. Garlic in the breading.
PEI Mussels					•	•		•		•		Garlic in the pesto. Cream in the sauce. Mussels are molluscs.
Insalata Panzanella	•		•	•		•		•				Gluten in the croutons. Soyabean in the Miso-Tomato dressing. Garlic in the dressing. Dairy in the cheese
Roman Salad			•		•	•			•			Dressing has anchovies, nuts can be removed, breadcrumb can be removed for GF
Tomato	•		•					•				Dairy in butter and cheese, gluten in grilled bread
Prosciutto Wrapped Mozza Balls			•			•		•				Gluten in the sourdough bread. Garlic in the pomodoro.
Yellowfin Tuna Crudo						•		•	•			Remove garlic cream to become DF
Crab & Lobster Arancini			•			•	•	•	•	•		Panko breaded with eggwash, rice & remoulade contains dairy. Seafood stock contains shellfish,fish
Seared Scallops			X			•				•		Garlic in, Garlic emulsion and gremolta, gluten in orzo, dairy in brown butter crumb and garlic emulsion, pork is removable
Burrata Bruschetta	•		•			•		•				Garlic in marinated tomato, bread can be removed to be GF, dairy in Fig crema
Crispy Brassicas	•	•				•		•				Can be made Vegan by removing lemon parmesan dressing
Sophia's Meatballs			•			•	•	•				Bread crumbs in the meatball mixture. Egg in the mixture. Dairy is the ricotta and parmesan cheese when plated and can be removed.
Piccolo Mortadella Grilled Cheese			•			X		•				Dairy in cheese, bread is toasted with butter
ACT II												All pastas contain wheat/gluten. The risotto is GF already.
Linguine di Gamberi			•	•		•		•		•		Linguine may contain soybean, however unlikely. Garlic is a removable ingredient. Butter is a removable ingredient.
Ragu di Tagilatelle			•			•	•	•				Garlic and pork is in the meat ragu - not removable. Dairy is in the sauce, removable but not recommended. Dairy is in Fontina Cheese
Mushroom Risotto	•					•		•				Garlic is in the risotto base - not removable. Dairy is in the cheese & butter used to re-heat, removable but not recommended.
Cacio Pepe	•		•				•	•				Gluten in the noodle. Dairy is in the cheeses not removable as it's a cheese pasta.
Seafood Spaghetti			•			•	•	•				Sub GF noodle to make GF, egg in spaghetti noodle, Dairy in sauce, sub tomato sauce for DF
Chicken Tetrazini	•		•			•		•				Remove chicken to make veg, sub GF noodle, cannot be made DF
Sundried Tomato Gnocchi	•					•		•				Sauce contains cream, cannot be made DF
ACT III												
Halibut			0		0	•		0	•	•		Nuts, garlic in romesco, dairy in butter sauce. Galic in gremolta, gluten in the orzo.
Atlantic Salmon					•	•		•	•			Walnuts are in the pesto. Garlic is in the pesto . Dairy is in the pesto
Hunter's Stew						•		•				Garlic is in the meat ragu and not removable. Dairy is in the mash and not removable.
Chicken Primo						•		•				Garlic is in the sauces for the dish and not removable. Dairy is in the pave and not removable. Chicken is marinated in buttermilk.
Top Sirloin						•		•				Dairy in the mash and butter. Garlic in black garlic butter.
Eggplant Parmesan	•	•			•	•		•				Cheese & fondue sauce can be remnoved to make Vegan. Cashew parm can be removed for nut allergy
Roasted Beef Short Ribs				•		•		•				Braise for short ribs contain soy, garlic & dairy. Creamed spinach contains garlic & dairy. Smashed potatoes contain dairy.
Ottimo Hamburger			•	•		•	•	•				Burger buns contain wheat/gluten and possibly soybean. Garlic is in the fondue & burger sauce - both removable. Dairy is the fondue cheese sauce - removable.
Crispy Duck Leg			0	•		•		•				Gluten in the orzo, Garlic in red pepper and glaze, garlic emulsion.
Whisky Grilled Pork Chop								•				Pork Chop is brined in Whisky (alcohol). Smashed potatoes contain dairy.
California Cut Striploin						•		•				Steak is marinated/sous-vide in gremolata which containes garlic. Potatoes contain dairy.
Desserts												
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Chocolate Mousse Dome		•	•		•		Dome by itself is nut-free but contains gluten. Brownie garnish has nuts but is GF. Sponge cake has nuts but is GF. Crumble has nuts and gluten.
Tiramisu					•		Gluten Free/Nut Free dessert options. Contains dairy.
Capri Lime Pie		•	•	•	•		Almond flour in cookie base
Coconut Tarte		•	•		•		Tarte shell contains gluten & nuts (almond). Tarte Topping contains Dairy. Tarte filling contains eggs, dairy & coconut.