

Froth & Flame : Allergen Information July 2022

FROTH & FLAME

Edinburgh

**ALLERGEN
INFORMATION
2022**

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The main 14 allergens are:

GLUTEN

Cereals containing gluten: Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. Gluten is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

DAIRY

Common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

PEANUTS

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

NUTS

Not to be mistaken with peanuts, this ingredient refers to nuts which grow on trees, such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

LUPIN

Lupin is a flower, sometimes found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta. This is not a very common allergy.

SOYA

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

SESAME

Sesame seeds can often be found in bread (sprinkled on burger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

FISH

You will find fish in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is a particular ingredient to look out for.

MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

SULPHITES

Sulphur dioxide (sometimes known as sulphites) is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine, beer and vinegars. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

****All above information provided by the Food Standards Agency : www.food.org.uk ****

The following pages show all allergen information for the dishes on the menu at Froth & Flame, Edinburgh, as of July 2022.

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Pizza

No.1 : Marinara

GLUTEN in the dough

No.2 : Margherita

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

No.3 : Prosciutto & Funghi

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

No.4 : Sarda

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

No.5 : Vegetariana

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

SULPHITES in the vegetables

No.6 : Tricolore

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the parmesan

EGG in the parmesan

No.7 : Romana

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

FISH in the anchovies

SULPHITES in the capers

No.8 : Froth & Flame

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the parmesan

EGG in the parmesan

SULPHITES in the balsamic vinegar

No.9 : Napoli

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

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No.10 : Quattro Formaggi

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the parmesan

DAIRY in the gorgonzola

DAIRY in the goat's cheese

No.11 : Pepperoni

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

Tre Carne

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

Diavola

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the calabrese sausage

SULPHITES in the roquito chilli

SULPHITES in the chilli pearls

I Sapori Della Terra

GLUTEN in the dough

DAIRY in the buffalo mozzarella

DAIRY in the Parmesan

SULPHITES in the balsamic pearls

Corsa All Oro

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the burrata

NUTS in the pistachios

Dolomite

GLUTEN in the dough

DAIRY in the scamorza (smoked mozzarella)

Pompei

GLUTEN in the dough

DAIRY in the buffalo mozzarella

SULPHITES in the balsamic pearls

Pascalina

GLUTEN in the dough

NUTS in the walnuts

SULPHITES in the roquito chilli

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Starters

Bruschetta

GLUTEN in the dough

DAIRY in the garlic butter

Houmous

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

SESAME in the houmous

Haggis Bon-Bons

GLUTEN in the bon-bons (breadcrumb coating, haggis & pork sausage)

DAIRY in the bon-bons

Carozza

GLUTEN in the mozzarella sticks (flour & breadcrumb coating)

DAIRY in the mozzarella

DAIRY in the coating

CELERY in the pomodoro dip

Halloumi

DAIRY in the halloumi

Calamari

GLUTEN in the squid (flour coating)

MOLLUSC in the squid

EGG in the garlic mayo dip

MUSTARD in the garlic mayo dip

Burrata Bruschetta

DAIRY in the burrata

DAIRY in the pesto

NUTS in the pesto

Crispy Ravioli

GLUTEN in the pasta

DAIRY in the ricotta (in the filling)

SULPHITES in the white wine (in the filling)

DAIRY in the parmesan

EGG in the parmesan

CELERY in the pomodoro sauce

Pane Con Cipolla

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

DAIRY in the garlic butter

DAIRY in the caramelised onions

SULPHITES in the caramelised onions

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Salads

Bistecca

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

SULPHITES in the balsamic pearls

SULPHITES in the ginger

Pollo

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

EGG in the poached egg

EGG in the dressing

MUSTARD in the dressing

SULPHITES in the roquito chilli

SULPHITES in the poached egg

Vitality

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

Salmon & Avocado

FISH in the salmon

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

SULPHITES in the mango dressing

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Platters

Mediterranean

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

DAIRY in the buffalo mozzarella

DAIRY in the gorgonzola

SULPHITES in the olives

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GLUTEN in the haggis bon-bons (breadcrumb coating, haggis & pork sausage)

GLUTEN in the mozzarella sticks (flour & breadcrumb coating)

GLUTEN in the garlic bread

DAIRY in the mozzarella sticks

DAIRY in the garlic butter on the garlic bread

DAIRY in the fior di latte mozzarella on the garlic bread

CELERY in the pomodoro dip

SESAME in the houmous

Vegetarian

GLUTEN in the breadsticks

DAIRY in the garlic butter on the breadsticks

DAIRY in the buffalo mozzarella

SULPHITES in the vegetables

SULPHITES in the olives

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Sides

Chips

(no allergens)

Froth & Flame Chips

DAIRY in the parmesan

SULPHITES in the roquito chilli

Garlic Bread

GLUTEN in the dough

DAIRY in the garlic butter

Garlic Bread with Mozzarella

GLUTEN in the dough

DAIRY in the garlic butter

DAIRY in the fior di latte mozzarella

Caprese Salad

DAIRY in the buffalo mozzarella

SULPHITES in the balsamic glaze

Rocket Salad

DAIRY in the parmesan

SULPHITES in the balsamic glaze

Bread Board

GLUTEN in the dough

DAIRY in the garlic bread

DAIRY in the garlic butter on the breadsticks

DAIRY in the fior di latte mozzarella

SULPHITES in the balsamic vinegar

Olives

SULPHITES in the olives

Onion Rings

GLUTEN in the batter

Sweet Potato Fries

(no allergens)

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Mains

Penne Froth & Flame

GLUTEN in the pasta
EGG in the pasta
EGG in the parmesan
DAIRY in the parmesan
DAIRY in the sauce
SULPHITES in the roquito chilli

Spaghetti Carbonara

GLUTEN in the pasta
EGG in the pasta
EGG in the sauce
EGG in the parmesan
DAIRY in the parmesan
DAIRY in the sauce

Funghi Risotto

DAIRY in the parmesan
DAIRY in the risotto mix
SOYA in the stock
CELERY in the stock
CELERY in the risotto mix

Penne Salmon

GLUTEN in the pasta
EGG in the pasta
EGG in the parmesan
DAIRY in the parmesan
DAIRY in the cream
FISH in the salmon
DAIRY in the red pesto
EGG in the red pesto
NUTS in the red pesto
FISH in the red pesto
SULPHITES in the red pesto

Beef Burger

GLUTEN in the bun
GLUTEN in the burger
SULPHITES in the burger

additions:

DAIRY in the smoked mozzarella
DAIRY in the gorgonzola
GLUTEN in the onion rings

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Vegan Burger

GLUTEN in the bun

GLUTEN in the burger

SESAME in the burger

SULPHITES in the vegetables in the burger

Seabass Cartoccio

FISH in the seabass

SULPHITES in the white wine

SULPHITES in the peppers

SULPHITES in the roquito chilli

Classic Lasagne

GLUTEN in the pasta

EGG in the pasta

EGG in the parmesan

DAIRY in the bechamel sauce

DAIRY in the parmesan

DAIRY in the mozzarella

CELERY in the ragu

SULPHITES in the ragu

Vegetable Lasagne

CELERY in the lasagne

Gluten-free Spaghetti / Penne (Pasta)

(no allergens)

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Kids Meals

Chicken Nuggets

GLUTEN in the nuggets

MUSTARD in the ketchup

SULPHITES in the ketchup

Mac & Cheese

GLUTEN in the pasta

DAIRY in the cream

DAIRY in the fior di latte mozzarella

Margherita Pizza

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

Pepperoni Pizza

GLUTEN in the dough

DAIRY in the fior di latte mozzarella

Dips

Green Pesto

DAIRY

NUTS

Garlic Mayo

EGG

MUSTARD

Sweet Chilli

(no allergens)

Other Sauces

Mayonnaise

EGG

MUSTARD

Ketchup

MUSTARD

SULPHITES

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Desserts

Nutella Pizza

GLUTEN in the dough
DAIRY in the nutella
NUTS in the nutella
SOYA in the nutella

Paulo's Sweet Pizza

GLUTEN in the dough
DAIRY in the hazelnut spread
NUTS in the hazelnut spread
SOYA in the hazelnut spread
NUTS in the pistachios

Paulo's Chocolate Bun

GLUTEN in the dough
DAIRY in the mascarpone
DAIRY in the gelato (*except strawberry)

Sicilian Lemon Tiramisu

GLUTEN in the biscuit
EGG in the biscuit
DAIRY in the mascarpone
EGG

Panna Cotta

DAIRY in the milk
DAIRY in the cream
DAIRY in the white chocolate
SOYA in the white chocolate
GLUTEN in the shortbread
DAIRY in the shortbread

Crema Di Latte

GLUTEN in the flour
DAIRY in the milk
EGG

GELATO:

Vanilla, Chocolate, Honeycomb

DAIRY

Strawberry

(no allergens)

****PLEASE NOTE****

We cannot guarantee that our food items are 100% free of allergens not listed here, trace amounts may be found in many dishes due to them being used in the production factories. If in doubt ask the chefs to check the labels of any product.