

VAPIANO®

# DIETARY GUIDE

Please note that our chicken breast and beef filet are halal certified.

While all our dishes can be modified to suit most dietary preferences,  
this is purely a guide to help choosing.

There is a possibility that traces of allergens may be found in any menu item.

If you have any questions, please ask our Managers.

# Vegetarian

## Soup:

Tomato Soup

## Salad:

Mista Piccola ✓

Mista Della Casa

## Salad Dressing:

Balsamico ✓

Rucola

## Antipasti:

Garlic Pizza Bread ✓

Garlic Pizza Bread with Cheese

Bruschetta ✓ (bread may contain traces of milk through cross contamination)

## Pasta:

Arrabbiata ✓ (without cheese)

Crema di Funghi

Vegan Crema di Funghi ✓

Vegan Pasta Bolognese ✓

Pomodoro

Aglio e Olio ✓ (without cheese)

Pesto Basilico

Kids Pasta Butter

Kids Pomodoro

## Risotto:

Risotto Funghi

Vegan Risotto Funghi ✓

## Pizza:

Margherita

Verdure

Funghi

Pesto con Spinaci

Kids Margherita

## Dessert:

Bacio

Ciocolata bianca

Chocolate and mint gelato

Mango Sorbet ✓

Strawberry gelato

Vanilla gelato

## Extras:

Bread

Croutons

All vegetables

**The vegetarian cheeses**

**Mozzarella grated or Italian hard cheese**

Dishes are Vegetarian unless marked Vegan ✓

# Lactose Free

## **Soup:**

Tomato Soup **without Cheese  
and Croutons**

## **Antipasti:**

Bruschetta (bread may contain  
traces of milk through cross  
contamination)

## **Salad:**

Insalata Mista Piccola  
Insalata Mista della Casa  
**without cheese**

## **Salad Dressing:**

Balsamico  
Rucola

## **Pasta (without cheese on top):**

Aglio e Olio  
Arrabbiata  
Gamberetti  
Bolognese  
Vegan Bolognese  
Pollo Piccante  
Filetto di Manzo e Rucola

## **Pizza:**

Any with Vegan cheese

## **Risotto:**

Vegan Risotto ai Funghi

## **Dessert:**

Mango Sorbet

# Does not contain gluten

## **Soup:**

Tomato **without croutons**

## **Salad:**

Mista Piccola  
Mista della Casa  
Reef'n Beef salad  
Caprese (salad)  
Insalata Cesare  
**without croutons**

## **Risotto:**

Funghi  
Vegan Funghi

## **Dessert:**

Crema di fragola  
Chocolate and mint gelato  
Mango Sorbet  
Strawberry gelato  
Vanilla gelato

## **Extras:**

Italian hard cheese  
Chicken  
Beef  
Prawns  
Salmon

# DECLARABLE ADDITIVES AND ALLERGENS

## INGREDIENTS


-  CEREALS CONTAINING GLUTEN\*  
If you have a specific cereal intolerance, please speak to the manager
-  CRUSTACEANS AND CRUSTACEAN PRODUCTS\*
-  EGGS AND EGG PRODUCTS\*
-  FISH AND FISH PRODUCTS\*
-  PEANUTS AND PEANUT PRODUCTS\*
-  SOY AND SOY PRODUCTS\*
-  MILK, MILK PRODUCTS AND LACTOSE\*
-  NUTS\*
-  CELERY AND CELERY PRODUCTS\*
-  MUSTARD AND MUSTARD PRODUCTS\*
-  SESAME AND SESAME PRODUCTS\*
-  SULFUR AND SULFIDES\*

at a concentration >10 mg/kg or 10 mg/l as SO<sub>2</sub>

### MOLLUSCS

### LUPIN

This list is complete and accurate. Some of the substances\* may be present through cross contamination.

 Speak to a member of the management team as these dishes may contain traces of



## FROM THE KITCHEN

### INSALATA - WITHOUT DRESSING

- CAPRESE
- CESARE 
- INSALATA MISTA DELLA CASA
- MISTA PICCOLA
- REEF'N BEEF






### SOUP

- TOMATO SOUP



### ANTIPASTI

- BRUSCHETTA 
- BRUSCHETTA GAMBERETTI 
- BRUSCHETTA MOZZARELLA 
- GARLIC PIZZA BREAD
- GARLIC PIZZA BREAD WITH CHEESE



### PIZZA - WITH REGULAR MOZZARELLA

- BARBEQUE CHICKEN
- CALZONE
- CHICKEN SPEZIATO
- DIABOLO
- FUNGHI
- MARGHERITA
- PESTO CON SPINACHI
- POLLO PICCANTE
- PROSCIUTTO E FUNGHI
- TONNO
- SALAME
- VERDURE
- KIDS PIZZA



### DRESSING

- BALSAMICO DRESSING
- CESARE DRESSING
- RUCOLA DRESSING




### LASAGNE

- CLASSIC LASAGNE



### PASTA - WITHOUT ITALIAN HARD CHEESE ON TOP

- AGLIO E OLIO
- ARRABBIATA
- BOLOGNESE 
- VEGAN BOLOGNESE
- COGNAC
- CHICKEN ALFREDO
- CREMA DI FUNGHI
- CARBONARA
- GAMBERETTI
- GAMBERETTI E SPINACI
- FILETTO DI MANZO E RUCOLA
- PESTO BASILICO
- POLLO PICCANTE
- POMODORO MOZZARELLA
- SALMON CARBONARA
- VEGAN CREAMA DI FUNGHI



- KIDS BOLOGNESE
- KIDS BUTTER AND CHEESE
- KIDS POMODORO



### RISOTTO

- FUNGHI
- VEGAN FUNGHI



### EXTRAS

- CROUTONS 
- ITALIAN HARD CHEESE



## FROM THE BAR

### DESSERT

- BACIO 
- CIOCOLATA BIANCA 
- CHOCOLATE AND MINT GELATO
- CREMA DI FRAGOLA 
- MANGO SORBET
- STRAWBERRY GELATO
- TIRAMISÙ 
- VANILLA GELATO



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