

MENU INFORMATION

RECIPES	Ingredients
Dough	Flour, Yeast, Water, Oil, Salt
Gluten free base	Water, corn starch, rice flour, potato starch, vegetable fibre: psyllium, dextrose, sunflower oil, fresh yeast, salt, fructose, thickener: E464, vegetable fibre: inulin, stabilizer: sorbitol
Pizza Sauce	Tomatoes, Salt, Basil, Pepper
Vegan Mozzarella	Water, Coconut Oil, Modified Potato Starch, Pea Fibre, Salt, Fructose, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Thickener (Carrageenan), Colour (Carotenes)
Salad dressing	Extra virgin olive oil, Balsamic vinegar, Pomace olive oil, Lemon juice, Honey, Brown sugar, Dijon mustard, Salt, Black pepper, Water
Garlic & herbs dip	Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Garlic 2%, Pasteurised Egg Yolk, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Mustard Seeds, Herbs 0.1%
Hot Chilli dip	Water, Thickener (Modified Starch), Acidity Regulator (Acetic Acid), Salt, Chilli Powder 3%, Chilli Flakes 1%, Red Peppers, Onion, Preservatives (Potassium Sorbate, Sodium Benzoate), Colour (Plain Caramel), Herbs
Hot Honey Dip	Honey (78%), Red Chilli (10%), White Wine Vinegar (SULPHITES), Chilli Flakes (1%), Chipotle Flakes (1%), Salt, Preservative (Potassium Sorbate), Onion Powder, Garlic powder (Garlic Powder),(SULPHITES), Anti Caking Agent (E470a)

BAROLLO DICTIONARY

Vegan	A person who does not eat or use animal products
Vegetarian	A person who does not eat meat or fish, however will eat animal derived products such as milk, cheese, eggs, etc.
Halal	Food that adheres to Islamic law.
Pasteurise	Food subject to a process of partial sterilisation, making the product safer to consumption

SERVICE / PRODUCT KNOWLEDGE

"Does Pizza Union cook a 'gluten free, dairy/nuts free or vegan pizza' on a separate area inside the oven or on top of a plate?"	Due to our high level of business, we are unable to cook pizzas following special requirements from guests. To answer correctly you should say "Please know that we do not have a designated area to cook your gluten free/dairy free pizza, would you like to order?"
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NUTRITION GUIDE



The nutritional information for our menu is provided as a guide.

It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes (RIs) can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet. They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

REFERENCE INTAKES (RIs) OF AN AVERAGE ADULT:

NUTRIENT	REFERENCE INTAKES
Energy (kcal)	2000kcal
Energy (kJ)	8400kJ
Fat (g)	70g
Saturated Fat (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Allergen menu

Our allergen information covers the 14 allergens specified by the Food Information Regulations and alcohol: Milk, Fish, Crustaceans, Mollusc, Cereals containing gluten, Egg, Peanuts, Nuts, Sesame, Mustard, Soya, Lupin, Celery, Sulphur dioxide. Our pizzas are prepared in the same area and baked in the same oven, including the **gluten free base**, so unfortunately it is not possible for us to guarantee that our pizzas will be 100% allergen or contamination-free.

NUTRITION AND ALLERGEN INFORMATION



	Typical Nutrition Values Per Average Portion								Contains	Suitable for?	
Menu item	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Salt (g)	Allergens, Alcohol	Vegans	Vegetarians
	PIZZA										
Marinara	606	2555	13.7	2.1	102.9	8.7	18.9	1.5	Gluten: Wheat	Yes	Yes
Bianca	872	3649	35.5	15.1	98.7	5.5	42	2.5	Milk, Gluten: Wheat	No	Yes
Margherita	792	3324	24.6	13.4	102.3	8.7	43.2	2.9	Milk, Gluten: Wheat	No	Yes
Funghi	812	3407	25	13.5	105	10.1	45.5	3	Milk, Gluten: Wheat	No	Yes
Fiorentina	915	3836	32.6	16.6	102.6	9.1	54.8	3.4	Milk, Gluten: Wheat, Egg	No	Yes
Giardino	827	3474	25	13.5	108.2	13.3	46	3	Milk, Gluten: Wheat	No	Yes
Formaggi	1024	4286	45.5	27.7	103	9.6	53.5	3.6	Milk, Gluten: Wheat	No	No
Regina	921	3860	32.9	16.2	105	9.7	53.7	4.7	Milk, Gluten: Wheat	No	No
Tropicali	875	3672	25.9	13.9	114.1	18.9	49.2	3.8	Milk, Gluten: Wheat	No	No
Vesuvio	885	3715	32.1	18.2	102.9	9.1	48.8	4.9	Milk, Gluten: Wheat	No	No
Pepperoni	983	4127	40.3	23.6	102.8	9.4	54.7	4.9	Milk, Gluten: Wheat	No	No
Calabria	1110	4646	55.9	29.7	104	10.2	50.4	4	Milk, Gluten: Wheat	No	No
Carne	1016	4264	35.2	19.3	107.2	11.4	69.4	5	Milk, Gluten: Wheat	No	No
Pollo	899	3778	26.9	14	105.2	11.2	61.2	3.2	Milk, Gluten: Wheat	No	No
Napoli	894	3747	31.7	14.4	102.3	8.7	52	8.1	Milk, Gluten: Wheat, Fish: Anchovies	No	No
	SALAD										
Rucola	174	724	15.4	2.7	4.9	4	3.4	0.4	Milk, Sulphur dioxide, Mustard	No	Yes
Verdura	203	844	19.2	3	4	3.5	3	1.1	Milk, Sulphur dioxide, Mustard	No	Yes
Campagna	246	1029	16.9	3	5.7	4.7	17.3	0.6	Milk, Sulphur dioxide, Mustard	No	No
	SAVOURY										
Hot Chilli dip	16	67	0.2	0.04	2.1	0.2	0.2	1.2		Yes	Yes
Hot Honey dip	118	496	0.2	0	29.6	28.5	0.45	0.4	Sulphites, May contains: Milk, Cereals containing Gluten, Eggs, Sesame, Mustard, Soybean, Celery	No	Yes
Garlic & herb dip	235	969	24.2	1.8	3.5	3.2	0.3	0.8	Egg, Mustard	No	Yes
Taralli	443	1783	13.3	2	65.6	0	9	2.5	Gluten: Wheat, Sesame, Sulphur dioxide: White wine May contains: Mustard, Milk, Soya"	Yes	Yes
Mixed olives	122	501	12	1.3	0.7	0	1	4		Yes	Yes

Renewed 17.03.26



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Menu item	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Salt (g)	Allergens, Alcohol	Vegans	Vegetarians
	SWEET										
Cannoli chocolate	131	545	7.8	2.4	13.6	8.2	1.2	0.1	Milk, Gluten: Wheat & Barley, Egg, Nuts: Hazelnuts, Soya; May contain other nuts & Mustard	No	Yes
Cannoli pistachio	127	529	7.7	2.4	14.2	8.4	1	0.1	Milk, Gluten: Wheat & Barley, Egg, Nuts: Hazelnuts & Pistachio, Soya; May contain other nuts & Mustard	No	Yes
	GELATO, SORBETTO										
Dark Chocolate Sorbetto	170	715	4	2.4	30.2	30	2	0.25	Soya	Yes	Yes
Bronte Pistachio Gelato	183	767	7.4	2.9	22.7	16.8	5.4	0.37	Dairy, Nuts (Pistachio)	No	Yes
Madagascan Vanilla Gelato	178	744	7.1	5	22.3	14.3	3.7	0.15	Dairy	No	Yes
Sea Salted Caramel Gelato	208	871	9.4	6.4	26.4	25.7	3.5	0.65	Dairy	No	Yes
Raspberry Sorbetto	100	426	0	0	24	20	0.6	0		Yes	Yes
	TOPPINGS - MEAT *ONLY CHICKEN IS HALAL										
Anchovies (Fish)	62	259	3	0.6	0	0	8.7	4.5	Fish	No	No
Chicken	80	340	1.0	0.3	0.4	0.4	17.5	0.7		No	No
Ham (PORK)	56	234	2.5	0.8	0.2	0.2	8.2	0.8		No	No
N'duja (PORK)	207	866	20.4	8.8	0.4	0.3	5.2	1.0		No	No
Pepperoni (PORK)	91	382	7.4	4.8	0.3	0.3	5.5	0.7	Milk	No	No



NUTRITION AND ALLERGEN INFORMATION

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Menu item	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Salt (g)	Allergens, Alcohol	Vegans	Vegeterians
	TOPPINGS - VEG										
Black olives	41	170	4.1	0.5	0.2	0	0.2	0.7		Yes	Yes
Fresh spinach	9	37	0.2	0	0.5	0.5	0.8	0		Yes	Yes
Jalapeno peppers	3	14	0.1	0	0.5	0.1	0.2	1.1		Yes	Yes
Mushrooms	11	46	0.2	0.1	1.7	0.1	1.6	0		Yes	Yes
Mixed peppers	11	48	0.1	0	0	1.8	0.4	0		Yes	Yes
Onions	10	43	0.1	0	2	1.4	0.3	0		Yes	Yes
Pineapple	41	174	0	0	9.8	9.8	0.4	0		Yes	Yes
Rocket	7	29	0.1	0	0.8	0.4	0.5	0		Yes	Yes
	TOPPINGS - CHEESE *ALL CHEESES ARE PASTEURISED										
Gorgonzola	84	349	7.3	5	0	0	4.8	0.5	Milk	No	No
Mascarpone	107	439	10.8	7.5	0.9	0.9	1.8	0	Milk	No	Yes
Mozzarella	205	848	15.6	9.2	0	0	17.3	1	Milk	No	Yes
Parmesan (dalter vegetarian cheese	43	179	2.9	1.8	0	0	3.9	0.2	Milk	No	Yes
Vegan Mozzarella	233	968	18.4	15.5	14.9	0.9	0.1	1		Yes	Yes
Egg	73	301	5	1.4	0	0	6.9	0.2	Egg	No	Yes
	TOPPINGS - OTHER										
Chilli oil	135	555	13.8	1.8	0	0	0	0		Yes	Yes
Garlic oil	135	555	13.8	1.8	0	0	0	0		Yes	Yes
Pizza sauce	21	90	0.3	0.1	3.3	2.8	1	0.4		Yes	Yes
Salad dressing	137	568	13.7	1.7	3	3	0.3	0.3	Sulphur dioxide, Mustard	Yes	Yes



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	DOUGH										
Dough	401	1699	1.8	0.3	83.3	4.9	14.8	1	Gluten: Wheat	Yes	Yes
Gluten free base	506	2138	7.8	1	100.4	8.6	4.2	1.6	"Can contain: Gluten, Wheat from semolina"	Yes	Yes
	SOFT DRINKS										
Coke	139	594	0	0	35	35	0	0		Yes	Yes
Diet Coke	1	5	0	0	0	0	0	0		Yes	Yes
San P. Aranciata	69	291	0	0	14.9	14.6	0.3	0		Yes	Yes
San P. Limonata	73	310	0	0	14.9	14.9	0.2	0		Yes	Yes
Water - Still	0	0	0	0	0	0	0	0		Yes	Yes
Water - Sparkling	0	0	0	0	0	0	0	0		Yes	Yes
	HOT DRINKS										
Americano	9	40	0	0	1.7	0	0.4	0		Yes	Yes
Cappuccino	96	404	3.2	2.2	10	10	6.8	0.3	Milk	No	Yes
Espresso	11	47	0	0	1.9	0	0.8	0		Yes	Yes
Latte	105	444	3.4	2.4	11.7	10	7.2	0.3	Milk	No	Yes
Tea English	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*		Yes	Yes
Tea Green	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*		Yes	Yes
Tea Mint	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*		Yes	Yes
	*N.D. - no data available										
	BEERS										
Beer Moretti	125	521	0.3	0.3	10.6	0.3	1	0.3	Gluten: Barley, Alcohol	Yes	Yes
Beer Moretti Large	250	1043	0.7	0.7	21.1	0.7	2	0.7	Gluten: Barley, Alcohol	Yes	Yes
Beer - Moretti 0%	66	277	0	0	14.5	4	1.7	0	Gluten: Barley, Alcohol - Not More than Alc. 0.05% Vol.	Yes	Yes



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	WINES										
Prosecco glass	48	202	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Sulphur dioxide, Alcohol	No	No
Red glass	123	515	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Sulphur dioxide, Alcohol	No	No
White glass	123	515	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Sulphur dioxide, Alcohol	No	No
	*N.D. - no data available										
	COCKTAILS										
Frozen Margarita	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Alcohol	Yes	Yes
Frozen Raspberry mojito	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Alcohol	Yes	Yes
Aperoll Spritz	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Sulphur dioxide, Alcohol	No	No
Limoncello double shot	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	Alcohol	Yes	Yes
	*N.D. - no data available										