


# NON-GLUTEN MENU

Mains marked with a  contain fewer than 600kcal. **V** is for **Vegetarian**. **Ve** is for **Vegan**. All of our dishes are made to order, so unfortunately calorie counts can only be approximate. Keep an eye out for any pesky stray olive stones.

**DISHES MARKED WITH AN ASTERISK (\*) INCLUDE A COMPONENT WHICH IS COOKED IN A FRYER/BOILER WITH OTHER GLUTEN CONTAINING INGREDIENTS.**

Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously. Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free. Please note that allergens contained within our condiments & extra toppings are not included in this information.

**Any changes to ingredients of these dishes will alter the allergen or dietary information which may render them unsuitable.**

WHEN PLACING YOUR ORDER, PLEASE SPECIFY THAT YOU'D LIKE THE NON-GLUTEN OPTION OF THIS DISH TO YOUR WAITER TO AVOID CONFUSION.

## STARTERS

**ZIZI MIXED OLIVES** Our mix of pitted green & purple olives in a garlic, red pepper & herb oil. **2.95 V Ve**

**NOCELLARA GIGANTI OLIVES** Giant bright green olives sourced from Trapani, Sicily, served naked. The most sought after olives in the world, some say. **3.95 V Ve**

**INSALATA CAPRESE** Bufala mozzarella, tomato & basil salad. **4.35 V**

**NEW ZIZI SPICY NUTS** A roasted mix of cashews, almonds & chickpeas. **2.95 V Ve**

**The Zizzi Antipasti, the Sicilian Antipasti, the Butterflied King Prawns & the Toscana Soup on our main menu can be made non-gluten by removing the 'little soul' bread – please communicate this clearly to your waiter to avoid confusion.**

## PASTA

**The below sauces do not contain gluten, please ask for the dish with our non-gluten containing fusilli pasta.**

**NON-GLUTEN POMODORO** Bufala mozzarella, baby plum tomatoes & basil. **7.95 V **

**NON-GLUTEN CARBONARA** With pancetta, wild mushrooms, thyme & parsley. **10.50**

**NON-GLUTEN PULLED BEEF & VENISON** A rich beef brisket & venison ragu with mushrooms, red wine, garlic, tomatoes & Grana Padano. **11.95**

**NON-GLUTEN PESTO ROSSO** Spicy chicken, red pesto, mascarpone & spring onions. **10.75**

**NON-GLUTEN BOLOGNESE** With fresh basil. **9.85**

**NON-GLUTEN KING PRAWN** King prawns & courgette ribbons in a hot roquito chilli, tomato, white wine & lobster sauce. **12.95**

**NON-GLUTEN POLLO PICCANTE** Spicy chicken in a creamy sauce with fresh tomatoes & baby spinach. **10.75**

**NEW NON-GLUTEN VEGAN LENTIL RAGU** Rich Italian lentil ragu with fresh oregano. **8.95 V Ve**

## CLASSIC PIZZA

**Please ask for the below with our non-gluten containing pizza base.**

**NON-GLUTEN MARGHERITA** Tomato, mozzarella & basil. **7.95 V**

**NON-GLUTEN VEGAN MARGHERITA** Tomato, vegan mozzarella alternative (made with coconut oil) & basil. **7.95 V Ve**

**NON-GLUTEN PEPPERONI CAMPAGNA** Pepperoni, ham, mushrooms, mozzarella & thyme. **10.45**

**NON-GLUTEN POLPETTE** Lamb & red pepper meatballs, anchovies, Fior di Latte & smoked mozzarella, spinach, olives, sunblush tomatoes, crushed chillies, roasted garlic cloves & smoked garlic oil. **10.95**

**NEW NON-GLUTEN WINTER ZUCCA** A creamy butternut squash base with mozzarella, caramelised balsamic onions, spinach & roasted butternut squash. Once baked, topped with crumbled goat's cheese, super green pesto, pine nuts & rosemary. **9.95 V**

**NON-GLUTEN ITALIAN HOT** Pepperoni, spicy Nduja sausage, green chillies, Fior di Latte mozzarella, riserva cheese & basil. **10.25**

### Extra toppings

Artichokes | Butternut squash | Caramelised balsamic onions | Roasted garlic cloves | Fire roasted peppers | Field mushrooms | Black olives | Green chillies | Balsamic tomatoes | Roasted red onions | Spinach | Smoked chilli jelly | Pine nuts. **90p each V Ve**

Pepperoni | Nduja sausage | Anchovies | Torn roasted chicken | Cotto ham | Spicy roasted chicken | Crispy pork crackling | Fior di Latte mozzarella. **1.30 each**

## MEAT + FISH

**ZIZZI SPIEDINI** A Mediterranean hanging skewer of oven roasted meat or fish. Served over Tuscan potatoes with a white wine & lemon sauce & an Italian naked slaw:

**SPIEDINI POLLO\*** Roast chicken breast, red onions, courgettes & peppers. **13.50** ©

**SPIEDINI PESCATORE\*** Juicy king prawns, salmon, peppers & courgettes. **14.50** ©

**NEW ITALIAN BEEF SHORT RIB\*** Slow-cooked with a Chianti & rosemary sauce with buttered mash & tenderstem broccoli. **15.50**

**NEW DUCK ARROSTO\*** Roasted Gressingham duck leg with buttered mash, Italian lentil ragu, crispy sage, Chianti & rosemary sauce & tenderstem broccoli. **14.95**

**SIDES:** Tenderstem broccoli\* **3.50 V Ve** | Mixed leaf, tomato & spring onion salad **3.50 V Ve** | Green beans **3.00 V Ve** | Rocket & Grana Padano salad **3.50** | Bufala mozzarella, tomato & basil salad **4.35 V** | Italian naked slaw **3.50 V Ve** | Tuscan potatoes\* **3.50 V Ve** | **NEW** Buttered mash **3.50 V**

## RISOTTO & SALAD

**RISOTTO PESCE** King prawns, mussels & squid rings, tomato, chilli & white wine. **12.95** ©

**RISOTTO POLLO FUNGHI\*** Roasted chicken, mushrooms, rosemary, sage & riserva cheese. **12.25** ©  
**Vegetarian? Ask for it without chicken.\* 10.95 V** ©

**GREEN GODDESS BROCCOLI SALAD\*** Tenderstem broccoli on cannellini beans, courgette ribbons & mixed leaves tossed in super green pesto with balsamic tomatoes, radish, watercress & toasted omega seeds. **10.95 V Ve** ©

**Super zucca salad in our main menu can be made non-gluten by removing the 'little soul' breads.**

## DESSERTS & GELATO

### CHOCOLATE, PRALINE & SEA SALT TORTE

Served with honey, sea salt & mascarpone gelato & crumbled honeycomb. **5.95 V**

**CHOCOLATE MELT** Hot, gooey chocolate pudding served with vanilla gelato. **5.95 V**

**BANANA & SALTED CARAMEL SUNDAE** With chocolate & vanilla gelato, whipped mascarpone cream, salted caramel sauce & caramelised pecans. **5.95 V**

**LEMON MERINGUE SUNDAE** Lemon sorbet, vanilla gelato, crumbled meringue, whipped mascarpone cream, lemon curd & mint. **5.95 V**

## GELATO BY THE SCOOP

### 3 SCOOPS FOR 4.95

Vanilla **V** | Chocolate **V** | **NEW** Coconut & chocolate ripple **V Ve** | Honey, sea salt & mascarpone **V** | Lemon sorbet **V Ve** | Strawberry sorbet **V Ve**

### Extra toppings 1.00 each **V**

Add melted chocolate, Prosecco & passion fruit coulis, caramelised pecans, popping candy, lemon curd or salted caramel sauce.

**The dishes listed here may contain other allergens, please refer to the Allergen tables in this booklet for more information.**

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